

# Body & Fitness

Spring 2008

Magazine



SPINNING

BODY ART

WEIGHT LOSS

LOOKING GOOD

... AND MORE!

Dallas VOICE  
DALLASVOICE.COM

# Fashion Optical

## The Art Of Eye Wear

Come see the **EXCLUSIVE**

*Emilio Pucci*

**SUNWEAR COLLECTION**

Fashion Optical is one of only six hundred opticals in all of North America chosen to receive Emilio Pucci



**Coming Soon!**

**JIMMY CHOO**

Fashion Optical is the **FIRST** to bring you the Jimmy Choo Eyewear Collection



**Experience the difference...**

Our staff is extremely friendly and very professional, come in today and see the difference in our service and selection. Prices starting as low as \$79

**Exquisite frames from the world over...**

Fendi | Giorgio Armani | Dolce & Gabbana | Dior | Versace | Gucci | Marc Jacobs | Jimmy Choo | Emilio Pucci  
Ray Ban Plume Paris | Ogi | and many more frames from all over the world!

3430 Oak Lawn Ave at Lemmon Ave. • 214.526.6006

[www.fashionopticaldallas.com](http://www.fashionopticaldallas.com)

**2008  
Best Optical Shop**

- Dallas Voice Yellow Pages

Optometrist on Site

We accept: VSP, Spectera,  
Superior Vision, Davis Vision

**100 BEST Shopping  
Destinations**

- Underground Shopper

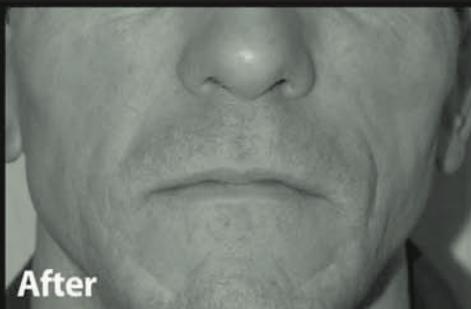
# Real results for real people.



Real results  
with Radiesse



Real results  
with Restylane



Real results  
with Sculptra



Real results  
with  
Combination  
Therapy

Seeing is believing. Achieve a more youthful appearance today. Call for a consultation on the procedure that's right for you.

Actual Vasquez  
Clinic patients



vasquez  
clinic

Jaime J. Vasquez, D.O.  
2929 Welborn Street  
PHONE 214.528.1083  
FREE 1.877.254.5589  
VasquezClinic.com





# MANNING WELLNESS CLINIC

CHIROPRACTIC • ACUPUNCTURE  
MASSAGE THERAPY • LIFE COACHING



You meticulously maintain your home or car, but what about your body?

Regular Wellness Care improves your overall health, reduces the risk of injury, improves your athletic performance and alleviates pain and soreness.



Dr. Jeffrey Manning, DC

2702 McKinney Ave., Suite 202  
214.720.BACK (2225)  
info@manningchiro.com

★★★★★  
"SIMPLY PUT, THE VERY BEST"  
CITYSEARCH.COM

"TALENT, SKILLS, HONESTY AND INTEGRITY... WHY GO ANYWHERE ELSE?"  
THE INSIDER PAGES

DR. MANNING HAS BEEN FEATURED ON  
WFAA-TV

Spring Tune-Up  
**SPECIAL**  
**\$49**  
Price Includes Chiropractic Consultation,  
Exam, Report of Findings & Adjustment

**MASSAGE THERAPY**  
Present this ad for  
**\$10 off**  
One-hour massage  
MANNING WELLNESS CLINIC  
214.720.BACK (2225)  
Expires 04/30/08

## Let us help you show confidence in your smile



- ZOOM II in-office whitening
- 21st century cosmetic dentistry
- 20 years of clinical experience
- Former faculty member at Baylor College of Dentistry

*"The beauty and health of your smile is our speciality."*

- Dr. Dale Rhodes



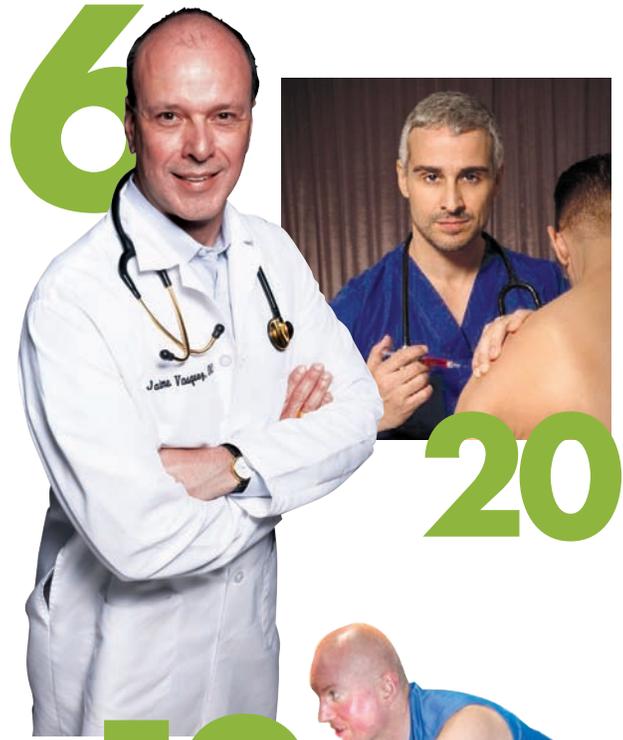
Cosmetic & Restorative Dentistry

6331 Prospect Ave. | Dallas | Texas  
Located across from Times Ten Cellars

**214.827.1885**

Please visit our NEW INTERACTIVE website at [www.DRhodesDDS.com](http://www.DRhodesDDS.com)

# table of contents



# 20



# 10

Dallas VOICE  
DALLASVOICE.COM

## body&fitness

- |    |                                    |                                   |
|----|------------------------------------|-----------------------------------|
| 6  | <b>Anti-aging treatments</b>       | <a href="#">editor</a>            |
| 7  | <b>HIV testing</b>                 | Arnold Wayne Jones                |
| 8  | <b>Tattoo etiquette</b>            |                                   |
| 10 | <b>Dissolve fat away?</b>          | <a href="#">creative director</a> |
| 12 | <b>Aerobic fitness</b>             | Michael F. Stephens               |
| 13 | <b>Cycle training</b>              | <a href="#">graphic designer</a>  |
| 14 | <b>Hypnotic health</b>             | Kristina Walton                   |
| 16 | <b>A cleaner you</b>               |                                   |
| 18 | <b>Hair apparent</b>               | <a href="#">contributors</a>      |
| 20 | <b>Electroacupuncture</b>          | Steven Lindsey                    |
| 20 | <b>5 questions for your doctor</b> | Howard Lewis Russell              |
| 22 | <b>Texas love handles?</b>         | David Taffet                      |

Photography by Arnold Wayne Jones; cover photo by Terry Thompson

Still the best health plan—*Safer Sex*.  
Protect yourself & others from HIV & STD.

Use Condoms.

[aidsinterfaithnetwork.org](http://aidsinterfaithnetwork.org)



Save the date—Sat.,  
April 26,  
2008  
Bloomin'  
Ball...sowing  
seeds of  
hope



**Brent  
Whitworth, MD**

**Internal  
Medicine\***

5461 La Sierra Drive  
Dallas, Texas 75231  
**214.692.8541**

**MSA** Medical Specialists Associated

[www.MSADallas.com](http://www.MSADallas.com)

\* Board Certified • Accepts most insurance plans.  
Same day appointments may be available.



**JUICE ZONE**

**FRESH & HEALTHY Café**

*FASHION CONSCIOUS FOOD  
STAY SEXY SMOOTHIES*

- Smoothies
- Breakfast and Lunch Wraps
- Healthy Soup Options Daily
- Wheatgrass Shots
- Salads
- Catering
- Much More!



**New and  
Improved  
Menu**

**Now Offering:**  
Sports Nutrition,  
Vitamins,  
Protein Shakes,  
Post Workout Shakes



**WEST VILLAGE Expansion • 214-522-9663 • [www.jzone-dfw.com](http://www.jzone-dfw.com)**  
Blackburn between COLE and MCKINNEY  
Hours Mon-Fri 7am-8pm Sat. 9am-6pm • Sun 11-6

# Looking good!

Jaime Vasquez began cosmetic medicine as a service to his HIV patients, but anyone can benefit from the new generation of anti-aging products

By Arnold Wayne Jones

"It is better to look good than to feel good" a TV character once jokingly cautioned. But for Dr. Jaime Vasquez, it's not really a question of choosing one or the other.

Vasquez has performed cosmetic procedures in his Cedar Springs-area clinic for about five years, initially motivated to help his patients with HIV look their best.

"It's more than just cosmetic," he says. There is a psychological component, especially in restoring the face to its prior luster, that is essential for those with HIV to forget about the disease: "I compare it to breast reconstruction after a mastectomy."

Which is one reason why it has always irked Vasquez that the Food & Drug Administration has been slow to acknowledge the health element in looking good.

For instance, the FDA calls Sculptra a cosmetic treatment, even though it is only indicated in the U.S. for HIV-related lipoatrophy. But due to its "cosmetic" status, most insurance companies won't recognize it.

"Hopefully, if we get more people hounding the insurance companies," that will change, Vasquez says. Until then, he notes there is a sliding scale for the product for patients who can't

## WHAT IS THE CAUSE OF FACIAL WASTING?

It's often reported that lipoatrophy among the HIV-positive is the result of the "cocktail" — the drugs that stave off AIDS. But Vasquez says the evidence is less than certain.

"It can be medication, or the virus itself, or a combination of the two," he says. And he says don't discount genetics.

Whatever the cause, the technical term for the effect is HIV-related fat redistribution syndrome. When loss of fat occurs in certain areas, such as the face, it is called lipoatrophy, Vasquez says. Fillers return the effect of fat loss to those areas.



Jaime Vasquez

afford the price.

But while his cosmetic work was driven by his HIV patients, Vasquez happily performs his services for *anyone* who wants to look their best. He shared facts about some of the most common treatments — and some newer ones.

**Botox.** Most people are probably familiar, if only by reputation, with Botox, the botulism toxin injected to reduce wrinkles and frown lines by paralyzing the facial muscles. Unlike Sculptra, anyone can use it. But while crow's feet often come with age, Vasquez has seen a change in those seeking Botox.

"Many of my patients are Baby-Boomers age — in their 40s — but younger women and gay men are starting out in the 20s or early 30s," Vasquez says. They often begin with Botox before moving on to other procedures. A treatment usually last three to five months.

**Restylane and Juvederm.** Remember the scene from "The

First Wives Club" where Goldie Hawn gets collagen injected into her lips until they swell like bicycle tires? That's old school by today's medical standards, Vasquez says.

Old animal-based collagen has given way to products like Restylane and Juvederm, fillers that mimic the hyaluronic acid that occurs naturally in humans when they are younger.

"Hyaluronic acid gives us our plumpness as babies, like the fat in baby cheeks," Vasquez says. "As we age, we lose it." Because they are non-animal-based and not a drug like Botox, there are virtually no allergic reactions to either product. They do not change your body, but merely fill in the trouble areas.

Treatment consists of injections into the skin to restore volume and decrease lines. Juvederm is especially formulated to diminish the nasolabial folds — the grooves that run from the nose to the sides of the lips.

Restylane usually lasts for four to six months; Juvederm lasts up to

a year.

**ArteFill.** While all the other treatments eventually wear off, ArteFill — which Vasquez calls one of the “new age fillers” — is permanent.

Rather than merely filling the space under the dermis (where lines form), ArteFill actually creates substrata that support the skin. Because it is not absorbed by the body, its effects are long-lasting.

There is a catch, of course. The product “is only indicated for nasolabial folds, and not for HIV treatment,” Vasquez says. And because it is animal-based, “you need to get tested to make sure you’re not allergic to it.”

**Radiesse.** This filler is one of the newer ones on the market, Vasquez says, and along with Sculptra is approved for treatment of those with HIV, though it also has cosmetic applications.

Because it lasts up to 18 months, some have found it a next-generation treatment. Again, it is primarily intended to reduce “smile lines.”

Indeed, Vasquez says he is often asked, especially by HIV patients satisfied by their treatments, whether the products can be used to re-sculpt their legs, arms, even chests. While off-label uses could, conceivably, do so, the treatments would be cost-prohibitive due to the must larger area required to be injected.

And there *will* be injections. Whatever procedure someone chooses, Vasquez notes that minor side effects — from redness to swelling to some pain — are common, if usually brief.

No one ever said being gorgeous was easy.

Vasquez Clinic, 2929 Welborn St. 214-528-1083. [Vasquezclinic.com](http://Vasquezclinic.com).

## PUT TO THE TEST

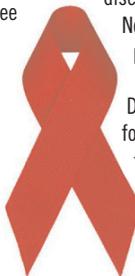
Most public health officials agree that knowing your HIV status is as important as what you do to prevent transmission. Current HIV tests can detect antibodies in an average of 22 days after exposure, although the molecule may not show up for as long as 80 days in some people, according to Brett Camp, associate executive director of Nelson-Tebedo Health Resource Center on Cedar Springs.

“If you engage in risky behavior, you probably need to check every six months,” Camp says. “That will reinforce appropriate behavior and give you additional peace of mind.”

For others, an annual test is recommended. He suggests picking a date, like a parent’s birthday, that will trigger a reminder that it’s time to get tested.

There are many options for those wanting to find out their status. The Nelson-Tebedo Health Resource Center has been doing HIV testing since 1988. Last year, they performed 1,600 tests. The procedure cost is \$20 for an E.L.I.S.A. test, with results that are returned in a week. The rapid test, an Orasure blood test, has results in 30 minutes and costs \$35. Free syphilis testing is also offered.

“Syph testing is free because of concerns about it showing up in gay male population and long term effects are



more dire than other sexually transmitted diseases,” according to Ruben Ramirez, Nelson-Tebedo’s community health programs manager.

The Dallas County Health Department offers HIV testing for \$15 for an E.L.I.S.A. test with results in three to five days and \$20 for a rapid test with results in an hour. Tests are also available at your doctor’s office. Cost, counseling and referral to HIV services varies with the experience of your physician in treating HIV.

### WHERE AND WHEN

**Nelson-Tebedo Clinic**, 4012 Cedar Springs Road. Tests are done Mondays–Wednesdays, 3:30–6 p.m. and Wednesdays, 10:30 a.m.–12:30 p.m. Testing is free at the clinic Fridays, 5–9 p.m. Counseling accompanies test results. Walk-ins are taken but appointments are preferred. 214-393-3700.

**Health and Human Services**, 2377 N. Stemmons Freeway, third floor, room 336, 8 a.m.–6:30 p.m. Referrals to counseling and HIV services accompanies test results. Appointments are preferred, but walk-ins accepted. 214-819-2800.

Ramirez says his group also shows up at clubs occasionally, and has specific times when they offer testing at bath-houses: Club Dallas, Tuesdays, 7–9 p.m.; Midtowne Spa, Saturdays, 10–11 p.m., 214-393-3700.

— David Taffet



Dr. Lynne Auerbach  
Doctor of Chiropractic

## UPTOWN CHIROPRACTIC

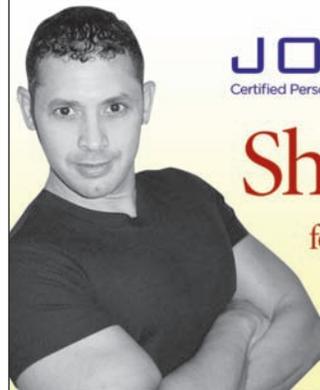
We treat:

- Chronic Pain • Neck & Low Back Pain
- Sciatica • Numbness & Tingling • Headaches
- Auto Accident Injuries

We also offer:

- Full Wellness Care Programs
  - Nutritional Supplements • Detox Programs
  - Decompression Therapy for herniated discs
- Initial consultations are free.

214 • 979 • 9013 • 2909 Cole Ave. Suite 205



**JOE SUAREZ**  
Certified Personal Trainer • ISSA, NASM, ACE • ASL & Se Habla Espanol

**Shape Up  
for the New Year.**

Call today at 214.929.9046  
or e-mail [fitness-01@hotmail.com](mailto:fitness-01@hotmail.com).

REDEEM THIS AD FOR A FREE 30-MINUTE SESSION

## Now 2 Great Fillers Both with Patient Assistant Programs!

Sculptra and Radiesse are enduring treatments with long lasting results for the correction and restoration of the signs of facial fat loss (lipoatrophy) in people with HIV. This fat loss can result in sunken cheeks, indentations, hollow eyes and temples. Take advantage of these great programs by calling our office for a free consultation.

2008 is the time to take control of your life and regain your appearance!!

**ANTHONY CAGLIA, M.D.**  
COSMETIC DERMATOLOGY

**972-690-7070**  
[www.dermlasercenter.net](http://www.dermlasercenter.net)

Offer covers products costs. Medical admission fee is applicable.

Patient Assistance Program Now Available  
Call Office For Details



# Ink goes pink

Your body art can say a lot more about you than you may realize

By Howard Lewis Russell

Jay Westerman, owner of Obscurities, relies on other artists to handle the tattooing duties — he only does piercings. But he's seen enough to give advice about what works when you want some ink.



Photo by Arnold Wayne Jones

Been drooling at a lot of inked-up deltoids on the dance floor lately? Enviously considering (gasp!) getting some life-permanent ornamentation of your own? Forget about mom clucking her disapproval — you're actually in the mainstream now.

According to a recent Harris Poll, 40 percent of every American under the age of 40 now has at least one tattoo, and 16 percent of all Americans are tattooed — fully half of those women. Remarkably, a whopping 83 percent of people who get tattooed never regret their decision.

Incredibly, there are more than 327 "tattooing, body piercing" establishments operating within a

10-mile radius of Dallas, and 20,000-plus tattoo parlors operate in the continental United States, with a new one opening every day.

Obviously, illustrated skin's rather unsavory reputation of the recent past — being exclusively the plumage of porn stars, dope peddlers, pirates, pimps, prostitutes, penitentiaries and everything puerile in between — is ancient history.

But familiarity can breed ignorance, and if there's anything you don't want to screw up it's ink soldered into your body for all time.

Virtually all body-ink patterns are symbolic of something, so "buyer beware" — wearers should

be careful of the choice they make. Whether as seemingly innocuous as a rainbow or obdurately sinister as a scorpion, tattoos — if one knows how to read them — reveal more personal information than the most confidential CIA dossier hides in top secret ... and it's exposed in plain sight. Consider:

**Webs, dots and where you get them.** A spider web tattoo may seem exotic, but it actually symbolizes a prison term; if tattooed on the elbow, it can mean that the person sporting it has killed someone. A black dot on either side of the index finger means one is a gang member; a third black dot flaunts he has murdered a rival gang member.

**It's witchcraft.** The pentagram is used to protect those who play around with witchcraft. In inverted form, it is symbolic of evil incarnate.

Which brings us to a wicked little abstract glyph of trefoil design, influenced by the benevolent shapes of red clover and bird's foot . . . yet internationally recognized as nothing less than the potential presence of deadly, toxic biohazard. Maybe not the message you want to send on the dance floor.

Indeed, among many gay men, this popular trifoliolate-shaped tat represents a quintessential example for exercising prudence before the lights go out. According to one source who requested anonymity, "The biohazard's 'spoiled cream' allusion is, perhaps, on a much deeper level, the ultimate 'user beware' symbol to scare off the weak — a multi-layered skin ornament filled with 'self-expression.'" (An amusing footnote is that biohazard tat is astoundingly popular among clueless straight men as well.)

As with all art forms, trends in tattoo designs naturally fluctuate to the rhythms of populace.

Jay Westerman, owner of Obscurities Piercing-Tattoo Studio on Cedar Springs and (according to Insiderpages.com) the highest-rated of Dallas' ink emporiums, receives a fraction of the requests for the biohazard that he did only a few years back. According to Westerman, his five most popular tattoos now (for walk-in customers, at least) are: stars, kanji, names, hearts and astrological signs. For pre-appointment customers, his top five requests are all traditional Japanese symbols: dragons, koi fish, Samurai swords, geishas and a myriad of ever-popular Asian-tinged tribal symbols.

The number one request among his lesbian clients is a variation on the Pride flag tattoo: hearts with Pride flags, triangles with Pride flags, and the state of Texas with

Pride flags. For males, stud muffin pinups, such as Tom of Finland nudes, are perennially popular, trailed closely by any and all bears imaginable, from teddy to Yogi to grizzly to Pooh.

Westerman says the body part most frequently requested to be tattooed is the shoulders followed by the inguinal lines (the fleshy area near the crotch) and the lower back.

Prices range from a minimum of \$65, to an hourly rate of \$120. It's the service one is paying for, Westerman says.

**Bad ideas.** To answer that burning curiosity: Westerman cautions that penile tattoos are a very, very bad idea.

"They don't stay, and the texture of genital skin is too difficult to tattoo in the first place," he chuckles. "Just imagine trying to draw on uncooked chicken skin. Tattoos on the wrists, hands and soles of the feet don't stay, either." Diabetics should exercise caution, but "HIV is not an issue as long as it's not full-blown AIDS."

Westerman and his staff always prefer to err on the side of caution. "We imagine everyone has everything under the sun: HerpesgonorrhoealsyphillAIDS," Westerman calls it. "All universal precautions are taken regarding the sterilization of our equipment." (And don't even *think* about requesting the new, glow-in-the-dark inks. Obscurities will not touch them.)

Asked what other body parts one should steer clear from inking, Westerman becomes emphatic: "All reputable tattoo artists will discourage below the knees and below the elbows. We call those job stoppers — would you hire someone whose forearms and ankles looked like a crack house whore's kitchen floor?" Additionally, Westerman will not tattoo anyone visibly intoxicated, narcotized or notably ill, and discourages name tattoos.

"Love don't last," he says. But the tattoo sure will.

# David E. Martin M.D.

Botox, Restylane, Sculptra,  
Liposuction, Calf and Pectoralis implants  
Skin care and Microdermabrasion

Board Certified by the American Board of Plastic Surgery

Medical City Dallas  
7777 Forest Lane Suite C-625

972-566-6988

DMARTIN.COM

**\$13 Month to Month**  
No membership required!  
160 watt, 12 minute tanning booth  
**Executive Beds**  
Three Locations  
Buy online at [www.tandallas.com](http://www.tandallas.com)  
**park cities TAN**  
[www.TanDallas.com](http://www.TanDallas.com)  
DALLAS: 5400 E. Mockingbird @ 75 Central • 214.828.0404  
North DALLAS: 4701 Frankford @ Tollway • 972.732.8111  
IRVING: 5330 MacArthur Blvd @ 114 • 214-441-3052

better bodies start here



PULSE FITNESS CLUB.COM

downtown dallas  
week nights until 10pm  
live dj monday-thursday  
complimentary 7-day trial membership  
free group classes  
free parking

214.855.0900

three hundred north akard suite one hundred thirty • dallas • at mosaic building

# Sculpting without exercise?

Forget liposuction. Dissolving your fat may be the best new way to lose inches without work

By Arnold Wayne Jones

**BEFORE AND AFTER:** A LipoDissolve patient with love handles, above left, and after two treatments, above right.



If the promise of an injection that can make fat magically disappear from your body sounds suspicious, you're not alone. Kristie Stobaugh once shared your skepticism. And she's the co-owner of LipoDissolve of Texas.

But then again, the procedure LipoDissolve performs does not, technically speaking, make fat go away. The company makes clear they do *not* promise weight loss. Instead, the procedure is intended for body sculpting.

The body has several kinds of fat cells. The visceral fat — or hard fat — is difficult to lose. The only way to get rid of it is exercise. But subcutaneous fat, the soft stuff right under the upper skin layer, is easier to deal with, and that's where LipoDissolve comes in.

Through a series of injections to your trouble area (performed by a nurse, although a medical doctor is on call with the company), the product attacks the fat cell membranes and, over the course of a few days, allows the body's natural functions to overwhelm them. Fluids storm the area, and the fat cells eventually implode and are destroyed.

Unlike normal liposuction, it's non-surgical, so there's no trauma — “no bruising and rippling and

the other things that can go wrong” with liposuction, Stobaugh says.

We decided to check it out for ourselves. I volunteered to get a session. (It usually takes as many as six sessions over the course of several months, depending on the degree of sculpting to be done and the areas the client wants treated.)

The first requirement was the consultation, to find out if I was even a candidate. “Not everyone is a candidate,” says office manager Carmen Franks. “We don't inject everyone.”

For instance, you can't be diabetic, pregnant or nursing, have allergies to soy or suffer from any auto-immune diseases (lupus, HIV). And you can't take blood thinners or aspirin for a few days after treatment. If you're *too* heavy, they don't recommend a session until you lose some weight first.

“The fat will go away, but you won't be able to tell,” Stobaugh says, emphasizing again the sculpting — not dieting — element of the procedure. I qualify, and begin the treatment.

“You hardly feel the injections,” brags Edie Smith, a registered nurse with the company.

Really? Could it be that pain-

less?

Like hell. The needles, while small, are numerous and can sting (a topical ointment reduces the pain, but I was in a hurry to get it over with and we started before it fully kicked in).

The most common side effects, which can begin within a few minutes but increase over the next few hours, are said to be a burning sensation, tingling and bloat (as the fluids rush to the area). They will prescribe painkillers for clients. But my experience was largely uneventful.

There was definitely bloating — I felt and looked pregnant, as if carrying around sacks of water in my stomach for several days — and the numbing feeling remained for several weeks. There was also some mild discomfort of the burning kind, though it was like a fever only my abdomen could feel. And I didn't move very fast for several days. But other than that, it wasn't bad.

And the results? One session isn't enough to reach major results, but although my weight stayed the same, I could definitely notice less of a gut. It appeared to work as promised.

In fact, men generally metabolize the drugs faster and see

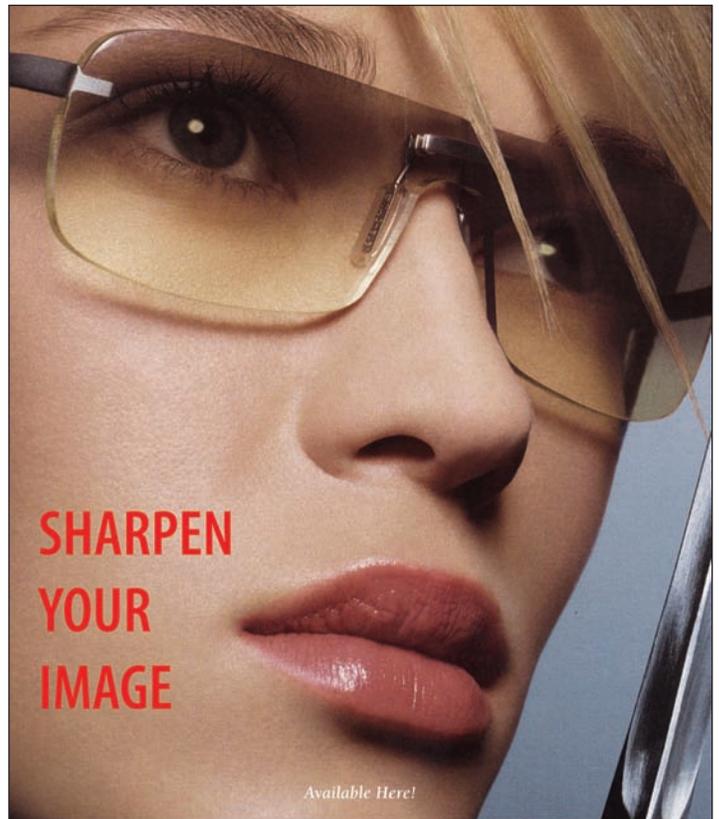
See LIPO on PAGE 22



## HIV+? Need Counseling?

Call Legacy Counseling Center  
214-520-6308, ext. 1

4054 McKinney Ave., Ste.102, Dallas, TX 75204  
www.legacycounseling.org



**SHARPEN  
YOUR  
IMAGE**

Available Here!

**IMAGE EYE WEAR**

4268 Oak Lawn at Wycliff • 214.521.6763 • www.imageeyewear.com

## No pain, BIG gain

Turtle Creek Management offers outside the box solutions: Ability to combine medications and medical procedures for the highest possible success.

**Cutting Edge Treatments:**  
Tailored treatment plans to give the greatest effect for pain relief.



3131 Turtle Creek Blvd. Suite 340  
Dallas, TX 75219  
(214) 526-1133  
turtlecreekpainmgt@sbcglobal.net  
TurtleCreekPain.com

### Chronic Pain Management:

All Types of Arthritis  
Headaches  
Carpal Tunnel Syndrome  
Knee and Shoulder  
Back Pain

There is nothing we don't treat!

Prescription Medication Filled • Nerve Blocks • Pain Injections



**Board  
Certified  
in Pain  
Management**

## Wanna Eat Bacon?

**You can! And improve your physique and health at the same time!**

With a 1.5 hour metabolic typing consultation we can pinpoint the optimal combination of protein, carbohydrates, and fat for your body type.

Metabolic Typing uses cutting edge science to determine exactly what your body needs to be lean, fit, healthy, whole, and complete.

Call Scott Shafer today to set up your metabolic typing appointment.

Receive \$25 off your consultation with this ad!!!

Also offering fitness consultations, personal training, life coaching, and corrective exercise.

Scott Shafer  
ACSM  
CHEK Practitioner L1  
CHEK Holistic Lifestyle Coach L3  
CMTA1  
214.718.1674  
Shafermta@yahoo.com



**VERITAS**  
holistic health & fitness  
Affiliated with Performance Playground

# Heavy breathing

Cardiovascular cycling workouts will keep you challenged and healthy

By Steven Lindsey

Eric Pratt, above at Pulse Fitness Club in the Mosaic, is an avid spinner, but cycling isn't the only way to get your heart racing.



Photo by Arnold Wayne Jones

Breaking a sweat while getting a good cardio workout has changed a lot over the years. Gone are the days of throwing on a pair of short-shorts and a terry cloth headband, then hitting the pavement for an outdoor jog. Ditto the leg warmers and Jane Fonda videos.

Sure, those are still viable options, but it's much more fashionable, efficient and effective to hit the gym for a high-intensity aerobic workout.

The benefits of cardio activity are numerous. Not only is weight loss a perk when performed for a good duration multiple times per week, but it also helps strengthen your heart and lungs, increase bone density and even reduce stress and anxiety.

The concept of spinning on stationary bikes as part of a high-

intensity workout class was first introduced in the 1980s, but soared in popularity in fitness clubs during the '90s. Today, spinning classes are still frequented in both traditional formats or new amped up versions for total-body workouts with an emphasis on variety.

Patti Patak became a spin instructor at the age of 40 after being encouraged by her own spin instructor. She teaches at multiple health clubs and fitness centers, at least nine times per week.

"I think the music is key to any group instruction class," she says, speaking of the typically high-energy music that provides the soundtrack to the near-hour-long sessions. "You also need to interject some personality and put together a program that all levels of participants can enjoy."

Eric Pratt, owner of Taddy's Pet Services, is a die-hard who's been spinning for more than 10 years, an average of five times per week. You might even call him a spinning addict.

"I enjoy challenging myself to see if I can take myself to another level in spin class," Pratt says. "I also feel better physically and mentally."

So why not just bike through the neighborhood or around the lake?

"I prefer spinning over outside biking because of the controlled environment and the time savings. Since I have always worked demanding jobs that consumed a lot of hours and now, particularly, that I work for myself in a pet services business, I can get a good workout and feel good in an efficient way," he says. "I also don't have the extra expenses that go with outside riding and safety issues with helmets, pads, etc."

"What we do in a one hour class can take up to two to three hours to accomplish in an outdoor setting," Patak adds.

The intensity and focus of the exercise definitely burns a lot of calories, too. According to Nutri-Strategy, a maker of fitness and exercise software, an hour of spinning can burn between 620 and 906 calories on average, depending on the weight, conditioning level and metabolism of the participant. Sometimes even more can be expended.

The trend in spinning, however, is evolving to meet the new demands of active lifestyles.

According to Everett Aaberg, owner and director of fitness services for TELOS Fitness Center, "Current concepts favor higher intensity with an attempt to create a competitive and often surreal outdoor riding experience in the gym. The equipment and bikes have gotten much higher tech."

Kelley Gray, owner of Trophy Fitness Club and the new Pulse Fit-

ness Club in downtown Dallas, has taken spinning in a new direction altogether.

"We have a cardio fusion class that uses dumbbells for body sculpting, mini-trampolines, jump ropes, spin bikes and heavy bags," Gray says. "We do this so the member gets a full body workout and it keeps the class interesting because you are not stuck doing one activity."

They also have a spin and box class. As the name suggests, it combines spinning and boxing. "We use spin bikes to give a lower body workout and they punch the heavy bag for upper body. We end each class with core strengthening and ab work."

The group setting is also beneficial.

"One of the most important reasons why we push classes is because it keeps people motivated knowing they are working out with a group," Gray says. "It also

keeps the workouts fresh, therefore people tend to stay with a workout program longer."

The total-body approach means more variety and provides less chance of repetitive motion injuries from doing the same exercise too often.

Though it varies by individual, Aaberg recommends taking spinning classes up to three times per week and adding in other forms of cardiovascular activity and resistance training.

Spinning alone "only produces one repetitive movement pattern that will create wear patterns on the joints if done in excess."

By incorporating spinning or a combination class into your routine, the benefits can be more than just physical.

"I believe if you feel good inside it will show on the outside and that's what spinning does for me," Pratt says. "It makes me feel good!"

## SPINNING YOUR WHEELS

### How one man prepared for the AIDS ride

When my smart-ass friends asked me how I was celebrating my 50th birthday, I answered, "I'm dying my hair purple and riding my bike 300 miles from Houston to Dallas."

They thought I was joking. But six months later, I did it.

It took all those six months to prepare for my first Texas AIDS Ride (the precursor to the Lone Star Ride Fighting AIDS). On my first day of training, I pedaled as far as my corner and home. When I got back to my house, I couldn't walk up the stairs.

For the next few weeks, I cycled around the neighborhood until the ride up the street became easier. Soon I was ready for the Katy Trail, three miles in length. A trip to each end and back to my car totaled six miles.

A few weeks later, I tackled White Rock Lake. The short ride (circling at Mockingbird Lane) is nine miles. The longer route (following the trail across Northwest Highway) totals 12 miles.

Once or twice a week, I faithfully cycled around White Rock Lake. At least twice a week, I rode for an hour around my Oak Cliff neighborhood. During the summer, I started as early as 7 a.m. to avoid the heat.



Early in my training, I equipped my bike with a speedometer, tracking speed and mileage. My mileage steadily increased. I progressed from the nine-mile loop around

White Rock to the 12.

Then I added the spur up White Rock Trail that begins north of Northwest Highway and follows White Rock Creek across Greenville Avenue, through the Park Central campus, under LBJ and ends at Alpha Road. Roundtrip: 20 miles. A breeze.

Not only did my mileage increase, but also my average speed crept up. At my initial rate, a trip around White Rock took 90 minutes; before the ride, averaging 13 miles an hour, I completed it in less than 30.

The practice prepared me well. With rest stops on the ride spaced every 12 to 15 miles, I just thought of the trip as a series of loops around White Rock.

And the purple hair? Six riders each picked one of the rainbow colors. The others just washed the color in. Who knew they had temporary dye? I had my crazy hair stylist, Jim Putnam, bleach my hair and put in permanent color that I lived with for two months.

— David Taffet

**HEALTHY FEET**  
FOR AN ACTIVE LIFESTYLE

WE TREAT ALL FOOT PROBLEMS  
Ingrown Nails • Heel Spurs • Arch Pain • Bunions • and everything else!

*Advanced*  
**FOOT+CARE**

Dr. Michael Saginaw • Podiatrist  
5601A W. Lovers Lane • Dallas TX  
214-366-4600

**GUT-BUSTER**  
Boot-Camp! 60 Days \$66  
Or \$33 if pre-purchased online at [www.privateworkout.com](http://www.privateworkout.com)

What is more important to you, the size of a club, social aspects, or RESULTS? This is a small club with SUPERIOR equipment used by professional sports teams, an efficient 30 minute audience-free workout, planned by Cooper Institute Certified Personal Trainers that will change your shape.

**PRIVATE WORKOUT**

|  |  |   |   |
|--|--|---|---|
| Piano<br>972.398.2827<br>2412 Preston Rd. ©<br>Park behind TGI F | Dallas<br>214.515.5517<br>5400 E. Mockingbird<br>075 by Jason's Deli | Las Colinas<br>972.870.0123<br>4835 N. O'Conner<br>1 block south of 114 | Flower Mound<br>972.355.4795<br>1221 Flower Mound<br>Rd #140 © Morris |
|--|--|---|---|

**TYLOCK**  
Eye Care & Laser Center

**\$500 OFF CUSTOMVIEW LASIK**  
Bring in this ad or just mention you seen it in Dallas Voice  
February Only!

**Dr. Mark Hayes**  
Dr. Hayes is a Therapeutic Optometrist who has served the DFW community for over 12 years.

- FREE Consultations • LASIK Evaluations
- Complete Eye Exams

**972-258-6400**  
[www.tylock.com](http://www.tylock.com)  
3100 North MacArthur Blvd. • Irving, TX 75062

# Hard habit to break?

Hypnosis can help make you healthier — if you really want it

By David Taffet

Will Smith says hypnosis can be used to stop smoking, reduce food consumption and relieve chronic pain — just don't think he'll put you in a trance.



Everyone wants to be healthier, but some of us — no matter how hard we try — can't extract ourselves from the spiral of bad habits like smoking or overeating. But what the conscious brain can't manage, the subconscious might.

Dallas hypnotist Will Smith says after two or three sessions, he can usually help individuals or couples stop smoking. Smith, a board certified member of the National Guild of Hypnotists, begins a session by talking with the person to understand the goal.

He emphasizes that he doesn't help them *quit* smoking.

"I don't want to help them be quitters," he says. Instead, he helps them *stop*. That idea is even more important with hypnosis for weight reduction. "I help them *reduce* their weight. If you lose it, you'll look for it again."

But while Smith says the process works, he's also anxious to debunk myths about hypnosis.

"People think they're losing control, but all hypnosis is self-hypnosis — you do it to yourself," he says. "If you wake up and say it's going to be a bad day, your mind

will make it that way."

Despite the Hollywood approach, Smith says he doesn't put people into trances to treat them.

"Most think they'll be unconscious. Some are asleep, but most go into a relaxed state," he says. For those afraid of what they might be made to do, he assures people "you won't do anything against your morals, ethics or beliefs."

His process involves screening his clients about what they want out of a treatment.

"Each time a person comes in, they fill out an evaluation sheet so we can work on what they need," he says. During the hour session, 10 to 15 minutes are spent in the relaxed state; the rest of the hour they discuss goals and, on subsequent visits, their progress.

While two or three visits are usually enough for smoking, more are needed with weight reduction. To drop 20 to 50 pounds, he suggests three to five visits and schedules up to 10 for more weight loss. While in a relaxed state, Smith makes sensible suggestions to

help reduce weight slowly: Drink more water, eat slowly, exercise a little, have smaller portions, enjoy healthier foods.

Smith says that hypnosis will work on most people with normal mental capacity. Hypnosis won't work on someone who is resisting or on someone impaired with drugs or alcohol, he says. (By law, he may not work on drug and alcohol cessation. In Texas, only a hypnotherapist, someone with a medical license, can.)

Hypnosis is also useful in helping people with sports-related injuries. Much of his practice centers on pain management. While new pain has a purpose (it won't go away until you see a physician, a biological imperative to correct an acute problem), hypnosis does work on chronic pain.

"You can lessen your awareness of pain. If the focus is on the pain, you'll feel it more," he says.

Smith uses an example of how awareness can change how something feels. He asks if I can feel my socks. Suddenly aware of them, I can feel nothing else. Smith says

See HYPNOSIS on PAGE 22



**Evolution of style!**

*...for the style & cut with superior quality from an amazing staff.*



Arthur Rangel II



Leslie Brooks



Mark Reavis



Chris Barton



Joshua Michael



Alex Killen



Cody Patterson



Briley Deaton



Oscar Alfonso



Paul Kraft

**Open 7 Days A Week**

Call today for an appointment or just stop in **214.219.1400**

3910 Cedar Springs Road ▼ Mon-Fri 10am to 8pm ▼ Sat 10am to 5pm ▼ Sun 11am to 5pm

Sunless Airbrush Tanning & Full Body Waxing ▼ Expert Cuts from \$23

Sign Up Today!

Sunday

Live Entertainment  
Food • Kids Area  
Vendor Booth

1 PM

Lee Park



LifeWalk



October 5, 2008

[www.aidslifewalk.org](http://www.aidslifewalk.org)

214.521.5191

LifeWalk has raised and distributed more than \$7 million for AIDS services in Dallas!

219 Sunset Avenue, #116A, Dallas, TX 75208



# Doctor EyeCare

Outstanding service - Most insurances accepted

4414 Lemmon Ave. at Herschel  
Dallas, TX 75219 • (214) 522-EYES  
[www.doctoreyecare.com](http://www.doctoreyecare.com)

MARC JACOBS D&G PRADA  
DOLCE & GABBANA  
VERSACE LACOSTE GUCCI

## Dr. Allen B. Safir

Therapeutic Optometrist  
Optometric Glaucoma Specialist  
Award-winning Contact Lens Specialist



# Lather and lilacs

Fancy soaps have their place, but what works best for the heavy jobs? We asked the experts

*This exquisite, triple-milled bar embossed with delicate birds and blossoms, made from the finest quality Shea butter, is infused with aromatic wisteria, jasmine tea, pomegranate and honeysuckle, to gently cleanse, moisturize, protect and nourish your skin, while the sensually elysian plant extracts of poppy, mangosteen and cherry fruit add botanical richness in an ultra-creamy blend, leaving a delicious snow drop fragrance, smooth and long-lasting, rich and healing. Delight yourself as you revel in bathing bliss luxury, to remember that once you feel pampered, you are ready to pamper others.*

Soap. In the world of human essentials — food, clothing, shelter and sex — soap just doesn't make the cut. It — and everything from automobiles to zodiac signs, the written word to the wheel — is just perfume.

But for us 21st century beings, imagining a world without soap would be tantamount to life void of oxygen: how could one possibly survive? Soap is the only manufactured substance with which every human comes into contact first in his life that remains a daily necessity thereafter.

Ironically, in our antiseptic world — where fat is enemy number one, and nothing ever tastes as good as thin feels — it's amusing comfort to note that nothing ever feels as good as fat smells, either. Soap is fat, traditionally, animal fat: rendered fat is boiled with an alkali (wood ash will do) and soap is the quick, odiferous result.

Soap has come a long way since the Babylonians, in 2800 B.C., first boiled oxen tallow with ashes to produce civilization's first crude form of lye. Today's scented miracles of translucent glycerin, silky liquids



Photo by Arnold Wayne Jones

and fragrant, hard moisturizing bars are the wondrous endgame from century upon centuries of trial-and-error, incorporating such intermarriage as potassium salts, sodium and sandalwood, to metallic radicals and lilac, aloe and olive oil, mistletoe and myrrh: a trip down any soap aisle of any drugstore anywhere on the planet can literally leave one breathless.

How does one go about choosing a soap from the abundance, considering that the sole objective shared by every brand of skin cleanser is to remove gunk from our epidermis? We consulted the expert who'd know best: a drag queen.

Edna Jean Robinson (a.k.a. Richard Curtin) is, if anyone ever was, a modern-day guru on the subject of facial cleansers. As the leading entertainer/superstar of Dallas' famous Rose Room, Robinson knows a helpful thing or two about harsh makeup removal and skin care.

"Choosing the proper soap comes down to three horrors,"

says Robinson. "The three biggest problems are: 1) quick removal; 2) no breakouts; and 3) no build-up of oils. And quick removal is essential, and safety especially, when unburling a lot of eye makeup."

"Because of the vehemence of the makeup needed for drag, it takes a hearty cleanser to remove it," agrees Coy Covington, a Dallas actor known for his cross-dressing roles. "My all-time favorite was Pond's Clear Cold Cream — like the regular Pond's but clear and easier to use. Naturally the product was discontinued and can't be found by even the most rigorous Internet search."

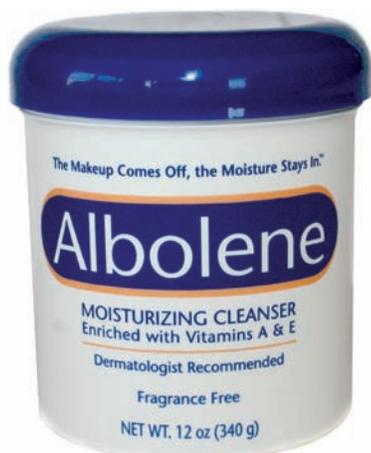
But impersonators are an inventive bunch. Covington notes that when a suitable remover was not available, "I have seen cooking oil, mayonnaise and in one bitterly dire circumstance bacon grease used. It didn't remove the makeup particularly well, but the dog loved it."

Robinson claims to have the

CONTINUED on PAGE 18

By Howard Lewis Russell

Fine-milled French soaps, above, can be wonderful gifts and gorgeous — almost *too* gorgeous — to use. But drag queens know that Albolene, below, removes makeup best.



ANYTIME FITNESS

<http://clubsanytime.com/dallastx>

**Unlimited Tanning Only \$15**  
(with membership)



# REAL PEOPLE. REAL RESULTS.

Improve your health, gain energy, stay motivated. The personal trainers at Anytime Fitness can help you do it.

**Call Today To Get Started!**

- \* Co-ed Adult Gym
- \* 24 Hour Club Access
- \* State-of-the-Art Equipment

611 N. Bishop Avenue  
Dallas, TX 75208

**214.948.6161**

Schedule your appointment to receive a free tour and membership pricing.



**SUNSTONE YOGA**

IS IT HOT IN HERE OR IS IT JUST ME?

**98.6° & 60% HUMIDITY**

**34 POSTURES 90 MINUTES**

NOT... JUST... ME

THIS IS THE HARDEST, GREATEST THING I'VE EVER DONE.

**LOTS OF CLASSES EVERY DAY**

SOME LIKE IT HOT - UNLIMITED YOGA  
INTRO OFFER: 10 DAYS FOR \$10  
LOTS OF STUDIOS IN DALLAS  
[WWW.SUNSTONEYOGA.COM](http://WWW.SUNSTONEYOGA.COM)  
214-764-2119

**SUNSTONE YOGA**

**NOW ACCEPTING VSP!**

**UPTOWN VISION**  
214-953-EYES  
2504 Cedar Springs Rd. at Fairmount  
[www.uptownvisiondallas.com](http://www.uptownvisiondallas.com)

Markus T  
Paul Smith  
Oliver Peoples  
Alain Mikli  
IC! Berlin  
Swissflex  
Philippe Starck  
Orgreen  
and many more!

**Dr. Bill Henderson, Optometrist**  
Incredible eyewear • Dependable eyecare

Voted "Best Optometrist" and "Best Optical shop" in 2002, 2003 & 2004 Texas Triangle Round-up Awards  
"Best Eyewear/Optical" Dallas Voice and Yellow Pages 2007

## Dr. Tutt, Celebrating Over 20 Years

### NOTHING BEATS EXPERIENCE

- ▼ Voted Best Chiropractor by the readers of both Dallas Voice and Lambda Pages
  - ▼ Named Americas Top Chiropractor -Consumer Research
  - ▼ Approved Texas Worker Compensation Doctor
  - ▼ Approved BCBS, Signa, PHCS and NTHN
  - ▼ Anonymous Oral HIV Testing, results in 20 minute
  - ▼ Call for your complimentary evaluation
- Visit our site at: [www.druttfdc.com](http://www.druttfdc.com)

**214.528.1900**

4245 Cedar Springs (Between Douglas & Wycliff)



**Dr. Steven Tutt**  
Doctor of Chiropractic

### CONTINUED FROM PAGE 16

perfect solution. "I used to use baby oil for makeup removal, but baby oil is really hard on the skin, and because it's not water-soluble, over time it can accumulate behind the eyeballs," she says. "Albolene is what we all use now—makeup comes off and moisture stays in. It cleanses and moisturizes better than old cocoa butter, even. [Rose Room legend] Cassie Nova started us all on it."

Covington seconds the endorsement: "It is the only thing I have found that can cut through the war paint."

Asked then about imported gourmet soaps versus everyday, drugstore varieties, Robinson is quick: "Imported soap is for decoration — to make the trailer smell pretty and look nice. Ivory soap is supreme," she champions emphatically. "It floats ... you know, like me."

### THE CUTTING EDGE

After 16 years as a hair stylist, Christian Colbert noticed a lot of clients had the same problems. Hair falling in their faces, ruining their makeup; bleach running into their eyes; hair spray stinging their faces. "Shouldn't there be a product to protect them?" Colbert thought. So he began developing a guard to protect them.

More than a decade later, his Pro-Tech Face Shields are on the market. The polyester-plastic protector, attached with a medical-grade, hypoallergenic adhesive, is applied above the eyebrows and covers past the lips.

"For contact wearers, it protects them from hair spray and it's great for anyone with allergies," Colbert says. It has many uses including "keeping itchy hair out of makeup, and [protecting against] hair color, bleach and perm solution."

After years of testing and perfecting, Colbert took his idea to the Small Business Development Center in Oak Cliff. They helped him with patent attorneys and manufacturers and then guided him through the process of getting his product on the market.

Colbert invested \$10,000 and a client put in an additional amount. Now available at some Sally Beauty Supply stores, Colbert says that more are actually sold by platform artists after demonstrations at hair



shows. A package of 40 sells for \$9.95.

Now that he's about to break even on his face shields, Colbert continues to invent products for his industry. His latest product is a curling iron burn protector. The idea came when he noticed clients with little burns and scabs on their neck and ears. This product covers the forehead and ears with a separate piece for the back of the neck. The silver facing is made of the same material that covers an ironing board and the backing is a thermal cloth, like an oven mitt. (Although not yet in stores, Colbert sells them for \$19.95.)

Contact Christian Colbert at DeNovo, 2603 Oak Lawn Ave., 214-219-4100, or Sally Beauty Supply, 940-898-7500, for more information.

— David Taffet

## Anonymous Oral HIV Testing Results in 20 minutes

**214-528-2125**  
Get tested & know

*Knowing is true confidence*

Brought to you by:  
**Cedar Springs Chiropractic**  
4245 Cedar Springs  
(Between Douglas & Wycliff)

## W.F. Howard, M.D.

Reproductive Endocrinology & Infertility Medicine

*Looking to have a baby?*

State-of-the-art Reproductive Medicine in a Compassionate Open-minded Environment

Dr. Howard has practiced infertility medicine for over thirty years. His "listen, teach, and consult" approach to his patients helps them fully understand both their medical problems and the possible solutions to them.

Other areas of focus:  
- Same-Sex In Vitro Fertilization  
- Polycystic Ovarian Syndrome (PCOS)  
- Pelvic Pain and Endometriosis

Call today for an appointment **972.394.3699**  
Visit our site at: [www.wfhoward.com](http://www.wfhoward.com)  
4325 N. Josey Ln., Ste 111 • Carrollton

## the perfect look... from the perfect place

**dr. keith dishman**  
therapeutic optometrist

- comprehensive vision & eye examinations
- LASIK/PRK co-management
- contact lenses: disposable, toric, bifocal
- complete optical services, large selection of frames,
- optometric glaucoma specialist

4311 oak lawn • suite c 125 • dallas, tx 75219  
214.521.0929 • e-mail [eyesee2@swbell.net](mailto:eyesee2@swbell.net)

## Electrolysis for Men

Permanent Hair Removal  
Call now! **214.766.8939**  
Preston & Royal • Male Technician  
By Appointment

It's a Treatment as Individual as You Are.

Temporary hair removal methods such as waxing, depilatories and threading can actually increase hair growth. For permanent hair removal, electrolysis is the only choice. It works almost anywhere on the body — face, legs, under-arms, abdomen, back and bikini line. And it's effective on light or dark hair.

[www.electrolysisformen.com](http://www.electrolysisformen.com)

# INWOOD CHIROPRACTIC CENTER

7979 Inwood Rd. Suite #123  
 Dallas, TX 75209  
 Office 214-902-0092 Fax 214-902-4848  
 www.BackPro.net

## YOUR PROBLEMS

- Headaches
- Neck and Back Pain
- Extremity Pain
- Sports Injuries
- Muscle Tension
- Stress & Stiffness
- Disc Bulges
- Auto Accidents

## OUR SOLUTIONS

- Chiropractic Spinal & Extremity Adjustments
- Massage Therapy
- Rehabilitation
- Physiotherapy
- Disc Decompression
- Nutritional Counseling
- Wellness Care

Dr. Tim Nawrocki  
 Clinic Director



*Achieve Optimal Health  
 Maximize Your Potential  
 Discover Chiropractic!*

## Free Initial Consultation

When You Mention This Ad

Call: (214) 902-0092  
 To Schedule an Appointment

# WHATEVER SHOES YOU HAVE TO FILL...



We realize every foot is different and different occupations or activities may cause different problems. That's why we offer full service care for everything as common as hammertoes and bunions to customized orthotic footwear and custom molded inserts.



**972.542.FOOT**  
(3668)

www.mckinneyfootclinic.com  
 1505 Harroun Ave, Ste H  
 McKinney, TX 75069

# Smooth Solutions Laser Hair Removal

## ALL LASER COMPANIES ARE NOT CREATED EQUAL

- Over 10 years standing behind our service
- Pay per treatment or great savings with packages - your choice
  - 0% financing available
  - CareCredit accepted
  - Refunds honored

• WE'RE HERE TO STAY, UNLIKE SO MANY COMPETITORS WHO HAVE COME AND GONE

### DALLAS VOICE SPECIALS

- Ab Trail - \$49
- Front or Back of Neck - \$69
- Speedline - \$99

Can Not Be Combined With Any Other Discount  
 Ad Must Be Presented / Offers Valid Through 4/30/08

Plano • Lewisville • Preston Center

**Free Consultation...1-866-403-0300**

www.smoothsolutions.net

**Now Accepting CareCredit®**



NX-4241

## NEEDLES? SHOCKING!

Because acupuncture (and the related treatment acupressure) have been around for centuries, you might think there aren't many developments in their usage. But there's a technique that in recent years has gained in currency — emphasis on *current*.

Electroacupuncture begins the same



way “normal” acupuncture does: with the careful insertion of extremely small needles into key places along the body. But as the name suggests, the procedure differs from the traditional form with the application of a mild electric current, which pulses in short intervals for less than 30 minutes.

“I use most of the electroacupuncture for my patients with sports injuries and chronic muscle tension and pain,” says Karim Harati-Zadeh, who specializes in the treatment of such injuries. “It works great for irritation in the shoulder, knee, hip, neck and back areas, including sciatica that does not respond to other forms of treatment.”

Studies have also been done that show its effectiveness as an anesthetic and for treatment of neurological disorders.

Patients often experience a tingling sensation during treatment, but as the saying goes, that's how you know it's working.

*Karim Harati-Zadeh, D.C.,  
3906 Lemmon Ave., Suite 214,  
214-520-0092.*

— Arnold Wayne Jones

## HERE'S TO YOUR (GAY) HEALTH

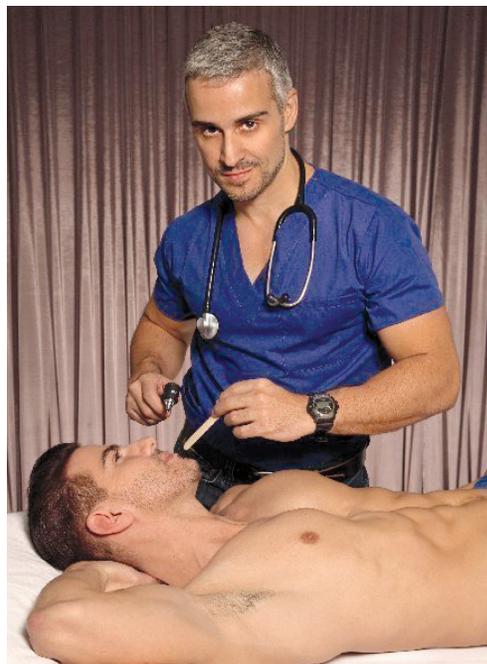
You may think that healthy is as healthy does — that gay or straight, wellness is the same. But Frank Spinelli, M.D., sees it differently.

Spinelli is the author of *The Advocate Guide to Gay Men's Health and Wellness* (Alyson Books), and in it, he details how gay men can tailor their health needs to fit their lifestyle.

Rather than concentrate solely on the physical, Spinelli's holistic approach looks at well-being through mental, emotional and spiritual health as well.

To illustrate in part the uniqueness of the gay health experience, Spinelli — who has been labeled the gay Dr. McDreamy for his smoldering looks — suggests the following “5 Things Every Gay Man Should Ask Their Doctor.” Have you asked these? If not, you might want to consider them:

1. Do you have any experience treating gay men?



2. Am I due for a checkup or a full physical exam?

3. Do I need new blood tests?

4. Should I begin getting rectal and prostate exams?

5. Should I be tested for sexually transmitted diseases — gonorrhea, Chlamydia, herpes, syphilis and HIV?

— Arnold Wayne Jones

## Melting fat is now a scientific reality

Advanced Skin Fitness is proud to offer Accent XL as our latest device for body contouring. The treatment process is entirely comfortable, quick and virtually pain free. You'll go through a series of comfortable office visits to see the full benefits.

Since it's not surgery — there are no incisions, stitches or even anesthesia needed and there's no recovery time required. You can go straight back to work or home without anyone knowing you've had the procedure.

Accent XL helps metabolize fat as well contouring any loose, wrinkled, or dimpled skin anywhere on the body. The treatment can help flatten your stomach, slim your hips and thighs, tone your upper arms, or reduce the fatty tissue under your chin or tighten the skin on your face.

**NOW only \$600. Reg \$1400.**  
Treatment is for a 60 minute session for 2 areas. Expires 02-29-2008.  
Not to be combined with any other special or promotion.



Receive 1 FREE Microdermabrasion with the purchase of 4 or more treatments. Value \$184.

**Call today! Free Consultation  
214-521-5277**



**advanced skin fitness®**  
LASER & SKIN CARE

**2928 Oak Lawn Ave. • [www.advancedskinfitness.com](http://www.advancedskinfitness.com)**





TIME:LESS  
MED SPA

It doesn't have  
to be this hard  
to lose those  
**LAST FEW  
INCHES.**

### Win Free LipoSelection!

Must attend seminar to be eligible:

**When:**

February 21, 2008

Registration begins at 6:30 pm

Seminar 7:00-7:45pm

**Where:**

Lakewood Country Club

6430 Gaston Avenue

Dallas, TX 75214

Call Timeless Med Spa to RSVP

**214-824-8463**

6333 E. Mockingbird, Suite 260

TimelessMedSpa.com

If you can't attend seminar, call us  
to schedule a complimentary consultation.

# SUPERCUTS<sup>®</sup>

**every time**



Receive a

## FREE

### Tea Tree Experience

with a purchase of a Supercut

**Please bring in this ad!**

Monday-Friday 9am - 9pm

Saturday 8am - 8pm

Sunday 10am - 6pm

4107 Lemmon Ave

214-522-1441

## FAT CITY USA

Is Dallas too fat? It is if you ask Men's Fitness.

For the 10th consecutive year, the exercise magazine has ranked the fittest and the fattest — and once again, Dallas made the list of porkiest.

Remarkably — or shall we say, sadly — the survey (which measures the exercise and health patterns of 50 U.S. cities) listed six sites from Texas among the bottom rungs: Arlington (no. 2), San Antonio (no. 3), Fort Worth (no. 4) and Houston (no. 10), with Dallas clocking in at no. 6. That's worse than last year's survey, when Dallas was no. 7 and Houston was no. 6. Fort Worth and Arlington were new to the list. (Las Vegas was, once again, no. 1.)

The healthiest populations are from all over: Colorado Springs (where many skiers and military men call home) was declared fittest (up from no. 3 last year), followed by Minneapolis; Albuquerque; Denver; Portland, Ore.; Virginia Beach; Seattle; Honolulu; San Francisco; and Milwaukee. No Texas locales were among the tops — not



that there were many left (did Austin even figure?).

But even if the Metroplex as a whole fared miserably, some locals have something to crow about.

Men's Fitness also ranked the 15 fittest *companies* in America, and Dallas' Sabre Holdings — the airline reservation service — made the list (compiled alphabetically, not in order). Too bad — if they celebrate, they might fall off the list and join the rest of us couch potatoes.

— Arnold Wayne Jones

## HYPNOSIS

Continued from Page 14

he uses that power of suggestion to carry the pain away.

Working with athletes, he says he noticed that they didn't feel pain from an injury until after a game. During a game, the focus is on winning. "If the focus is on the pain, you'll feel it more."

Success with hypnosis varies person to person. Smith says one 60-year-old man went from three packs a day to half a pack a week after the first session and stopped after the second. "Most stop immediately, some taper off," he says.

That doesn't always work. Attitude is essential — hypnosis works best with motivated individuals who can focus on a new, positive direction for themselves.

"Don't set yourself up for self-sabotage." He says visualizing a longer, healthier life can do wonders for your outlook — and for your physical wellness.

Visit [Hypnosisrc.com](http://Hypnosisrc.com).

## LIPO

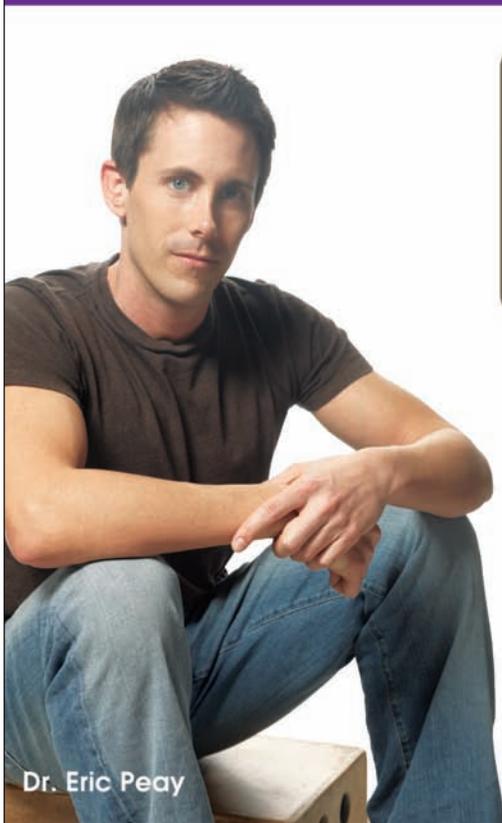
Continued from Page 10

results with fewer sessions. Gynecomastia (male breasts) are often reduced in three treatments, Stobaugh says, a double chin in as few as two. And although about 75 percent of their clients are women, it goes in waves, with gay men especially discovering the services.

"Men respond faster [than women], especially around the love handles," Stobaugh says. And because men are born with the same amount of fat cells they keep throughout life, once a cell is imploded it's gone forever (women do develop new ones).

Still, there's nothing to stop *other* fat cells from eventually moving in to replace those missing. There's only way to keep that from happening, says Stobaugh: "Do sit-ups."

*LipoDissolve of Texas, 5001 Spring Valley Road. 972-503-5476.*



Dr. Eric Peay

# I WANT YOUR BOOTY

And I want it early. Join me at 6 a.m. for Dr. Peay's Booty Camp and experience a workout that will increase your endurance, build core strength, plus melt away body fat and weight—in a fun, supportive group atmosphere. I will teach you the right way to work out so that your spine is always protected and you get the most out of every exercise.

Call today to enlist.  
Report to Booty Camp  
April 7th.

**COREhealth**  
WELLNESS CENTER  
214-219-3300

voted BEST CHIROPRACTOR and BEST MASSAGE  
2007 READERS VOICE AWARDS

3626 North Hall Street, Suite 629 | Dallas, TX 75219 | [www.CoreHealthWellness.com](http://www.CoreHealthWellness.com)

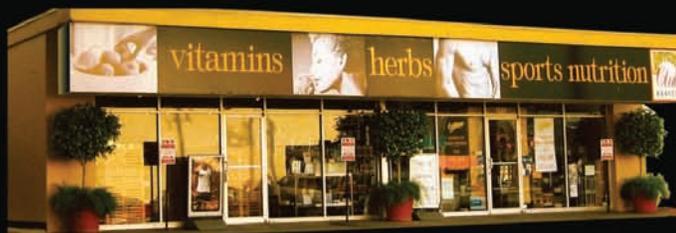
More than a supplement store.  
We are community and we are online.



Providing nutritional supplements to the Texas community since 1996.  
Visit us in person or online.

[www.HoustonBuyersClub.com](http://www.HoustonBuyersClub.com)

*Mission Statement: To improve the quality of life for people with health-related conditions through nutritional education and affordable nutritional supplements.  
Houston Buyers Club is a nonprofit 501(c)3 organization.*



**Houston Buyers Club**

3224 Yoakum Blvd 713.520.5288

across from Half Price Books

Hours: M-F 10am-8pm Sat 10am-6pm Sun noon-6pm

# SAINTS & SINNERS BALL

sponsored by [www.MANHUNT.net](http://www.MANHUNT.net)

Saturday Night - February 16th

**DJ PAUL KRAFT SPINS**

Midnight to 9am

COMPLIMENTARY  
CONTINENTAL  
BREAKFAST

For Men Only

Visit Us at  
CLUB DALLAS

Full Size Gym

Sauna

Pool

Hot Tub

Pool Table

Relaxing  
Atmosphere

18+ only



Swiss Navy Lube may be  
purchased at Club Dallas



**THE CLUB** DALLAS  
Good. Clean. Fun.

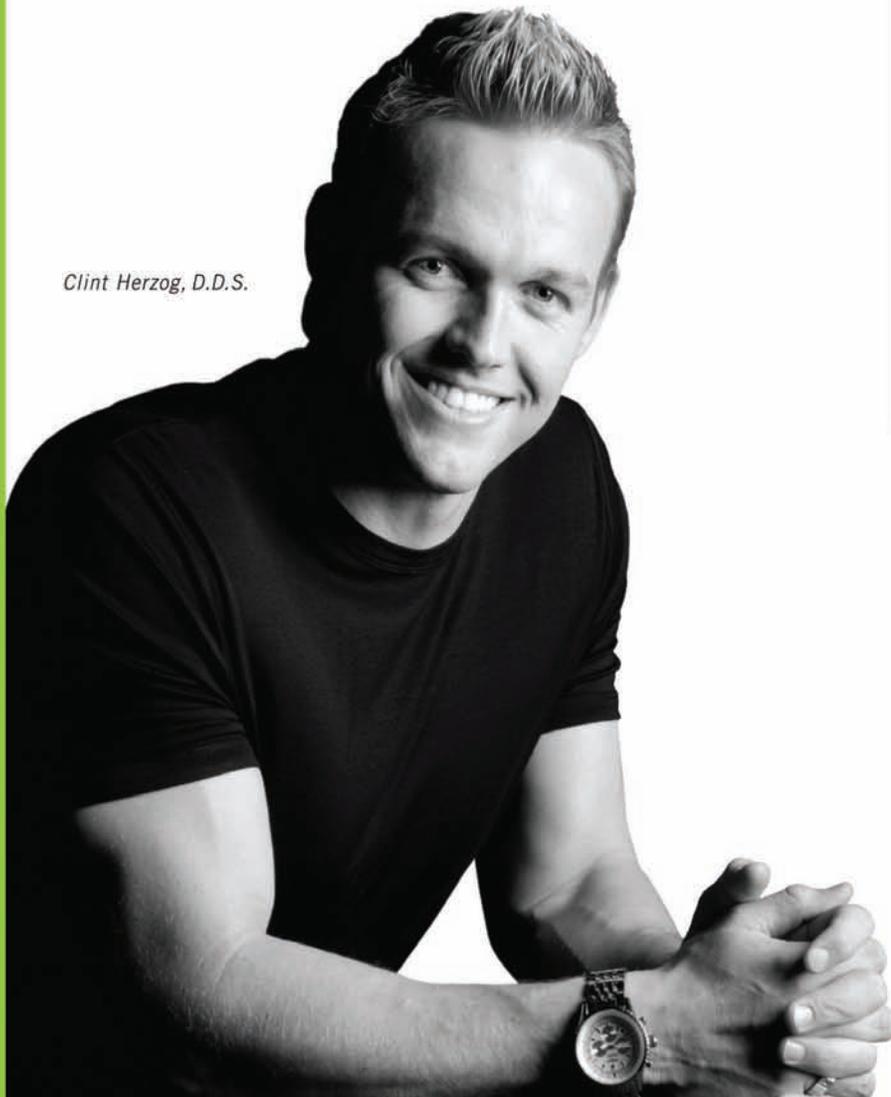
A PRIVATE MEN'S CLUB

2616 Swiss Avenue • Dallas • (214)821-1990 • [www.theclubs.com](http://www.theclubs.com)

**FREE ZOOM2! TEETH WHITENING FOR LIFE**  
with cleaning, exam and X-rays. Let us  
take off ten years in just one hour's time.

# Your teeth will be the straightest thing about you.

*Clint Herzog, D.D.S.*



Innovative technology.

Relaxed atmosphere.

Personal attention.

**There's only one Herzog.**

**H E R Z O G**  
D E N T I S T R Y

2828 Routh Street

Suite 310

Dallas Texas 75201

214.969.1000

herzogdentistry.com