



Arthritis Treatment Center Newsletter November 2011

Life is what happens to you while you're busy making other plans. John Lennon

Discover The 'Wilder' Side Of This Hagerstown Family!

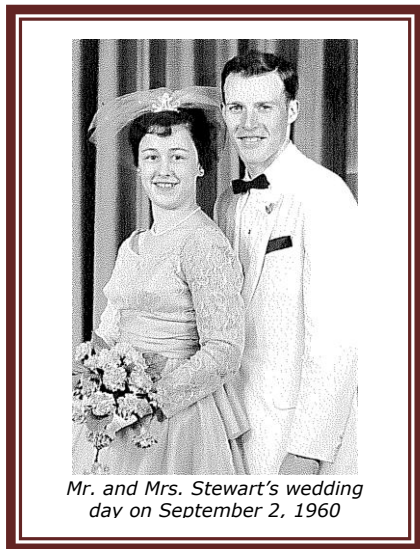
Beth Stewart has surrounded herself with animals for most of her life. Growing up she had goats, chickens, a lamb and a pet white rat. At the age of 12 she developed a strong interest in showing English jumping horses. Her sister showed Western barrel horses. Mrs. Stewart recalls, "I met Roy Rogers and his wife, Dale Evans at Madison Square Gardens when my sister was riding in a horse show. That was an exciting moment for us."

When not riding horses, her other love was dancing competitively – her favorites were square dancing and the jitter bug.

It wasn't long before she met her husband, Bill, who fell in love with her instantly. But it took Mr. Stewart a few more months to convince her that she loved him.

Mr. Stewart grew up with no animals, but it wasn't long before Mrs. Stewart shared her passion for animals. Living in New Jersey, the Stewarts became involved in rescuing injured cats, skunks, raccoons, groundhogs, bunnies, and squirrels. They would take them in, care for them and feed them until they could be released. At one point they had 13 cats and several carriers of babies from the wild. Mrs. Stewart shares, "We rescued a skunk that was no larger than a silver dollar, within a year he weighed 24 pounds. His favorite thing to do was to untie Mr. Stewart's shoe laces. Mrs. Stewart says, "Skunks almost make better pets than cats. They can be house broken, are affectionate, and love to cuddle. We never had them descended and they never sprayed."

In the midst of animal rescue



Mr. and Mrs. Stewart's wedding day on September 2, 1960

and raising two sons, Mrs. Stewart's health took a turn for the worst in 1976. She was diagnosed with a fast growing cancer and given only six months to live. After several surgeries and radiation therapy, she was not given much hope. It wasn't until she and her husband had heard of a controversial treatment in Mexico, using apricot pits, did she begin to find relief. Refusing to let the cancer take over, she travelled to Mexico to receive the treatment. It was there that she discovered and cultivated her new interest in herbology. Through healthy eating and practicing isometric muscle balancing, she has been able to manage many of her health issues, including her cancer, and provide support to others.

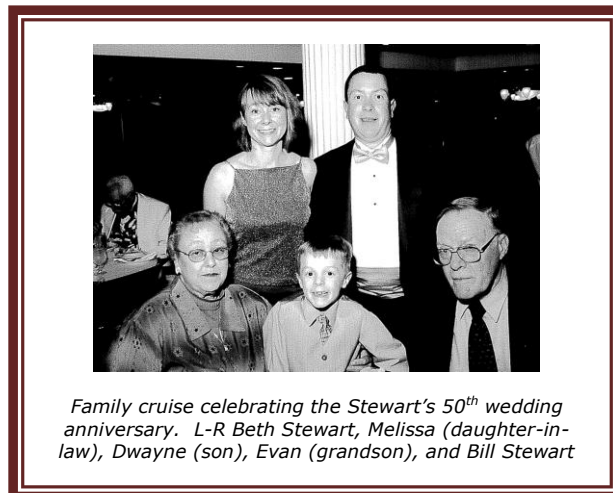


Dr. Wei and Beth Stewart

Today, she and her husband have since moved to Maryland. She says, "Because of my health, I am unable to get involved in animal rescue and I do miss it." They share their home with three cats, one turtle, and two birds. She adds, "When my husband is working, my Quaker Parrot provides lively conversation and

entertainment." Although she no longer rescues lost animals, she enjoys cooking for those in her neighborhood. "With two boys and my husband, I never learned to scale down my recipes to just two. So, I enjoy sharing with my neighbors who may need a little extra help."

In January, their son and his wife and grandson took them on a 10 day cruise for their 50th wedding anniversary. Mrs. Stewart says, "The secret to a great marriage is that I am blessed with a great friend in my husband and a great family." She adds, "We are now



Family cruise celebrating the Stewart's 50th wedding anniversary. L-R Beth Stewart, Melissa (daughter-in-law), Dwayne (son), Evan (grandson), and Bill Stewart

over the 51 year mark – looking forward to many more. If not for Dr. Wei we would not have made it this far. I have been coming to Dr. Wei for about nine years. He was able to diagnose my problem and treat it. Thank you Dr. Wei!”

Caramelized Butternut Squash

Total Time: 1 hrs. 10 mins

Prep Time: 15 mins ~ Cook Time: 55 mins

Ingredients:

Servings: 6

- 2 medium butternut squash (4 to 5 lbs. total)
- 6 -8 tablespoons unsalted butter, melted and cooled
- 1/4 cup light brown sugar, packed
- 1 1/2 teaspoons kosher salt
- 1/2-1 teaspoon fresh ground black pepper

Directions:

Preheat the oven to 400°F.

Cut off the ends of each butternut squash and discard. Peel the squash and cut in half lengthwise. Using a spoon, remove the seeds. Cut the squash into 1 1/4" to 1 1/2" cubes (large and uniform is best), and place them on a baking sheet. Add the melted butter, brown sugar, salt and pepper. Toss all of the ingredients together and spread out in a single layer on the baking sheet. Roast for 45 minutes to 55 minutes, until the squash is tender and the glaze begins to caramelize. Turn the squash while roasting a few times with a spatula to be sure it browns evenly. Adjust seasonings if needed. Serve hot. Enjoy!

Fight Memory Loss.... with Your Feet!

Put your keys down only to forget where you set them? Take more walks. Just 40 minutes three days a week can help prevent and even reverse memory loss and other effects of aging. That's because moderate exercise increases Brain-derived Neurotrophic Factor (BDNF), a protein associated with improved memory and learning. Plus, exercise can actually increase brain volume, while non-exercisers experience shrinkage – a contributing factor in memory loss and Alzheimer's disease.

Giving Up Wine

A Funny Short Story - <http://letslaugh.net>

I was walking down the street when I was accosted by a particularly dirty and shabby-looking homeless woman who asked me for a couple of dollars for dinner. I took ten dollars out of my wallet and asked, "If I give you this money, will you buy wine with it instead of

dinner?" "No, I had to stop drinking years ago," the homeless woman told me.

"Will you use it to go shopping instead of buying food?" I asked. "No, I don't waste time shopping," the homeless woman said. "I need to spend all my time trying to stay alive."

"Will you spend this on a beauty salon instead of food?" I asked. "Are you NUTS!!" replied the homeless woman. "I haven't had my hair done in 20 years!"

"Well," I said, "I'm not going to give you the money. Instead, I'm going to take you out for dinner with my husband and me tonight." The homeless woman was shocked. "Won't your husband be furious with you for doing that? I know I'm dirty, and I probably smell pretty disgusting."

I said, "That's okay. It's important for him to see what a woman looks like after she has given up shopping, hair appointments, and wine."



During the months of November and December the Arthritis Treatment Center will be host to those who wish to contribute to the *Toys for Tots* program. There will be a box available in the ATC Welcome Area until mid-December. Bring your new, unwrapped toy for a boy or girl.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to needy children in the local community.

Fun Turkey Facts

- The average weight of a turkey purchased at Thanksgiving is 15 pounds.
- The heaviest turkey ever raised was 86 pounds, about the size of a large dog.
- A 15 pound turkey usually has about 70 percent white meat and 30 percent dark meat.
- The five most popular ways to serve leftover turkey are as a sandwich, in stew, chili or soup, casseroles and as a burger.
- Turkey has more protein than chicken or beef.
- Turkeys have 3,500 feathers at maturity.
- Male turkeys gobble. Hens do not. They make a clucking noise.
- Commercially raised turkeys cannot fly.
- Turkeys have heart attacks. The United States Air Force was doing test runs and breaking the sound barrier. Nearby turkeys dropped dead with heart attacks.

- A large group of turkeys is called a flock.
- Turkeys have poor night vision.
- It takes 75-80 pounds of feed to raise a 30 pound tom turkey.
- A 16-week-old turkey is called a fryer. A five to seven month old turkey is called a young roaster.
- Turkeys can drown if they look up when it is raining.

How Do The Brits Say It?

British Life and Culture
By Mandy Barrow

Are you feeling **peckish** (hungry)?
That food looks very **scrummy** (delicious)

British English	American English
Fairy Cake	Cup Cake
Sweets	Candy
Crisps	Chips
Chips (French Fries in McDonald's)	French Fries
Starter	Appetizer
Puddings/Afters/Dessert/ Sweets	Dessert
Jelly (a dessert in the UK)	Jell-o (flavoured gelatin)
Ice lolly	Popsicle
Bill (at restaurant)	Check
Rasher	A slice of bacon
Runner beans	Green beans
Bap	Hamburger bun
Take-away	Take out
Biscuit (sweet)	cookie
Candyfloss	Cotton candy

1. Are you looking for a doctor who takes the time to listen to your concerns and answer your questions?
2. Is keeping your appointment and following prescribed therapy important to you?
3. Are you open to research?
4. Will you share your ATC experience with others?
5. All new patient consults must be scheduled between 9/1/2011 thru 11/23/2011.

Join the marathon and finish first!

Currently, we are not able to accept patients who have been diagnosed with lupus, fibromyalgia, or are on disability. In the event of a tie, first place winners will be chosen at random.

...Better Than MyoRx

Due to the overwhelming response, we're extending the Introductory Price for this amazing ointment one more month. For only **\$17.99** you can experience true pain relief! This offer will only be extended through the month of November. To order, contact us at 301-694-5800.



Hidden away in the vast outback of Australia's aboriginal wild lies the secret origin of Blue Relief Rx. For centuries, the formula for this powerful healing recipe was shrouded in mystery, handed down, generation by generation, but concealed from the outside world. Drawing upon the rejuvenating effects found inside the oils of the rare emu, the ancient Aborigines rendered this amazing restorative formula...

...And as legend has it, the mystical powers of the aloe plant were discovered by ancient shamans in Africa. From this warm, dry climate, aloe was eagerly carried by traders to other continents where word of its magical abilities to relieve pain spread like wildfire.

The good news for you is that modern medicine has combined these ingredients and improved them. Discover the marvelous relief yourself with this cool blue soothing remedy!

★ ARE YOU THE BIGGEST WINNER?

The "Biggest Winner" referral program is approaching the final month. Help us find patients... just like you!!!

Join in on the fun because the grand prize for the person who brings in the most referrals is a **\$1,000.00 Amex Gift Card. Yes, \$1,000 dollars!!!**

Here is what is on our wish list...

Wei's World (continued)

We also had an excursion to the seaside, the so-called Cinque Terre area in the north, with breathtaking vistas of the Mediterranean coast.

Our last day was spent in Rome. It's a wonderful walking city so we were on our feet the entire day. We saw some amazing buildings and structures dating back more than 2,000 years.

The city was busy and bustling with so many mini cars and motor scooters scurrying around. One last word of advice...Don't go to Rome with a Chevy Suburban.... You'll never find a parking spot.

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ADDRESS SERVICE REQUESTED

November 24th & 25th

– The office will be closed in celebration of Thanksgiving.

Reminder: Inclement weather is approaching fast... patients should plan to have their prescriptions refilled 7-10 days prior to their last pill, in the event that our office is closed due to severe weather conditions.

Wei's World

When my parents were in their 50s, their dream was that down the road, they could begin to travel. My father planned to retire from his job as a chemist by the age of 65. By then the kids would be out of the house and their travel adventures could begin.

Well, it didn't turn out that way. My mom developed progressively severe health problems starting with diabetes and hypertension. Eventually she also had strokes and heart attacks. She was tough and lingered a long time. My dad had to retire early in order to take care of her. They never got to take any of their dream trips.

I'm 62. And my wife and I have always talked about traveling together once the kids have grown. We realized that one never knows what the future will bring. So this past month, we went on a tour of the Tuscany region of Italy. Our guide was a friend of my wife's from 40 years ago. He used to lead student tours to Italy while on the faculty at the University of Massachusetts. The trips were so popular that the parents began asking him to take them as well. So he now leads some trips for students and some for the grown-ups.

My wife had approached me some time ago about the idea of going to Italy with a group like this. I was apprehensive because I knew I was going to be thrown in with about 20 other people, none of whom I had ever met. I'm a pretty shy person around people I

don't know, so I had some fear. And, I hate traveling across time zones; I just don't adjust well to the time changes.

To make a long story short, I'm so glad we went. It was fabulous. We started out the first day by taking a cooking class with a four star chef and made our own scrumptious lunch.

The Tuscany region of Italy is primarily an agricultural area consisting of olive groves, vineyards, lovely walled cities, and unbelievable scenery. The people we met were wonderful: friendly, engaging, and always willing to help.

And the architecture! Walled cities dating back to the 1200's... One city we stayed in was Lucca. It's most famous for being the birthplace of the composer, Puccini. I also learned that Lucca lost three fourths of its population in 1348 during the Great Plague.

The shops were very interesting but what impressed me most was that there were so many restaurants. The restaurants even have different names depending on their formality with the most formal ones called ristorante, the less formal trattorias, and very casual osterias.

And there was food everywhere. Not a bad meal in sight. Which is why it was so odd to not see obese people... until I realized that the food was healthy and fresh and everyone walks. (continued on page 3)