



AOC Newsletter – October 2008

**Happiness does not consist in pastimes and amusements
but in virtuous activities –Aristotle**

Good Health is Music To The Ears!



Mr. Eaton has been a patient of Dr. Wei's for more than 10 years.

Wendell Eaton will be 85 years old this November. He states, "I still think "young." I try to live healthy, and I want to live to

be 94 and still be able to raise a little #!@." He and his wife, Audrey, have been married for more than 65 years and live in Frederick, Maryland. He credits being able to enjoy his golden years to living a healthy lifestyle, walking everyday, being under the care of Dr. Wei, and being able to take the medicines that are now available for treating rheumatoid arthritis. He says, "I believe Dr. Wei is one of the most compassionate and knowledgeable doctors in Frederick." He continues, "No one really enjoys having to go see a doctor, but I actually enjoy going to see Dr. Wei and his staff... they're wonderful to talk to, they offer educational programs that help me manage my arthritis and they keep me current on the latest treatments. Mr. Eaton also uses the Complete Wellness vitamins. He says, "I used to take six other bottles of supplements. Complete Wellness combines all of those supplements into one pill."

Mr. Eaton was born in Pennsylvania, but lived the majority of his childhood in the Orlando, Florida area. He is one of 13 brothers and sisters—one brother being his twin. Although he is the last living member of his large parental family, his children have carried on the legacy of establishing large families. The Eaton's have two children, Wendolyn and David, eight grandchildren, and ten great-grandchildren.

Mr. Eaton made his living as a piano technician in the Washington DC area. He was one of the first technicians to train women in this field and believes that women are some of the best technicians in the industry! He has been privileged to service pianos for the White House, the State Department, the Kennedy Center, Horowitz, Rubinstein, and residential sectors. He owned his own business in Silver Spring, Maryland, for over 45 years, and acted as a consultant for Steinway. He has traveled extensively throughout Korea and Japan serving as a consultant and instructor. Although Mr.

Eaton has made a living ensuring that pianos continue to perform—he does not play. Mr. Eaton also served in the US Navy during World War II aboard various ships touring in the Atlantic and Pacific oceans.

He is a strong advocate for reading and enjoys a good biography. One of his favorite people is Abraham Lincoln. He says, "He was a brilliant man. I admire that he was self-educated and could say more in one sentence than others say in a paragraph." He enjoys listening to violin concertos and looks forward to the Baltimore Symphony when they come to town. He has a vast collection of CDs and will occasionally play his 33 1/3 rpm records on an old-fashioned record player.

Is your multivitamin lacking the vital nutrients you should have to enjoy a more vibrant, energetic, fun-filled life?

Complete Wellness is doctor recommended and customer approved. It contains more than 80 ingredients to complete your daily health program.

People often make silly mistakes when choosing vitamins. The first mistake is not to do the research.

The other common question we get from patients is, "What's the best vitamin to take if I have arthritis?"

COMPLETE WELLNESS MULTIPLE

Many people are already taking dozens of pills. It is costing a small fortune to buy for all of those individual supplements. And some people are probably taking far more than necessary of some ingredients and not enough of others. This comprehensive formula solves these problems.

The Complete Wellness Multiple has all the essential ingredients that you want, blended in one convenient and affordable daily whole-food based formula. Complete Wellness uses fresh, high quality and high potency ingredients, and leaves out the wasteful fillers. No added sugar, no yeast, wheat, rice, corn, silica, artificial flavoring or coloring. Get a quality vitamin, and you'll save time and money.

The only missing ingredient is... you!

This 80 ingredient super-supplement formula is known as the Complete Wellness Multiple. This wonderful food-based Vitamin/Mineral/Herbal Complex is quickly becoming part of the daily health program for people all across the country. Our family of loyal repeat-customers continues to grow.

Complete Wellness Multiple gives your body more nutritional support in a single daily formula than you might find in more than a half dozen different products.

This whole-food-based "super supplement" delivers a high potency spectrum of all essential vitamins and minerals, along with a rich abundance of quality nutrients.

Once you are on these supplements for 30 days you will see why. And when you read the long list of ingredients you will ask the same question everyone else asks, "How can they fit all of that goodness into one product?" The answer is simple. The formula is made up of high potencies of tonic herbs, nutrient-dense super foods, rich micro-nutrients and top quality essential vitamins and minerals.

"I've been using Complete Wellness vitamins for almost one year. I feel so much better. Before, I was always feeling tired. After two months of taking Complete Wellness, I was really feeling better. My husband even said that something must be working because I don't ever stop! I recommend Complete Wellness to everyone I know, even people without arthritis. My other doctor even recommended that I continue to take Complete Wellness...he couldn't get over the number of ingredients it contained! The vitamins have everything I need! My friends tell me they can't ever reach me because I'm always busy now!"...Charolette Northcraft (Hancock, Maryland)

"My energy level before I started taking Complete Wellness was very poor because of my fibromyalgia. Since I started taking Complete Wellness I feel I have a lot more energy! I am hooked on these vitamins!"...Anne Pakenas (Adamstown, Maryland)

It is highly recommended that you take our food-based Complete Nutritional Formula "Super Supplement" every single day. Give your body the optimal nutrition it needs, to help you enjoy optimal health.

Dr. Wei is so confident that you will find Complete Wellness the best vitamin so he's giving you a special offer for the month of October.

Buy three months of Complete Wellness and save \$20.00. If you haven't noticed an extra "pep in your step" or difference in your health within three months, we'll refund your purchase 100 percent. Guaranteed!

Complete Wellness:

Regularly \$33.90 x 3 Bottles = \$101.70

**Special Offer \$33.90 x 3 Bottles = ~~\$101.70~~
\$81.70**

SAVE \$20



Above: Basket includes Chip and Dip stoneware, cooking utensils, dish towel, and ARI Cookbook.



The Arthritis Research Institute's Recipes and Remembrances Cookbook. Proceeds benefit ARI.

Arthritis Research Institute Cookbooks!

For You Without Getting Ripped Off!

When choosing a good quality vitamin its important to look at several important factors:

Will the ingredients in the vitamin and mineral supplement you are considering actually be absorbed by your body? Here are some factors that can affect the journey of your supplement and how well your body can absorb a supplement's ingredients.

What Is Bioavailability? Bioavailability is the degree to which a nutrient is available to the body for use. For a nutrient to be bioavailable, the nutrient has to make it all the way from your mouth to a cell and be in a form the cell can use. For bioavailability to occur, you need, dissolution which refers to how fast a supplement dissolves, and, the other is chelation, which refers to a process that increases the absorption of minerals.

What Chelation Does: Chelation is very important when it comes to making sure that the minerals in your supplement are bioavailable. Chelation involves wrapping the mineral in an amino acid so that the body can more easily absorb it. This can improve the absorption of some minerals from only 10% absorption for a non chelated mineral to 45% or more for a chelated mineral. So when you are reading the label of a vitamin supplement look for something like "manganese chelate" on the label. This indicates that the manganese has been chelated.

What can happen if you pick the wrong supplement? If the vitamin supplement you are considering doesn't meet the standards discussed above, it can pass right through your body and do you no good at all.

Are the health benefit claims being made by the supplement company provable? Vitamin supplement companies may claim that their product will do certain things or that the supplement will create a particular health benefit. This claim may be true but have they proven it? Are there proven health benefits from taking their supplement? Have there been clinical trials that prove the health benefit claims?

Is the supplement you are considering safe to consume? Just because the supplement is in a bottle, and it looks like it comes from a big company doesn't mean the ingredients in the supplement are pure and safe. There can be many substances in that capsule that can have an immediate harmful effect as well as a harmful effect over the long term. -Andy Long, Foundations of Health Newsletter

Have you seen the Arthritis Research Institute's (ARI) cookbook baskets? We've taken the work out of wrapping gifts for your loved ones this holiday season. Stop by and see the perfect gifts we've created. They are both beautiful and affordable!

All proceeds will benefit ARI and all purchases are tax deductible.

Contact Sherrie at 301-624-1163 for more information.



Crab Quiche Bake -

Contributed by, Sheila Beard

8 eggs, beaten

- 2 cups half & half cream
- 1 large sweet red pepper, chopped
- 1 package (8oz) crabmeat
- 1 cup soft bread crumbs
- 1 cup (4 oz) shredded cheddar cheese
- 1 cup (4 oz) shredded swiss cheese
- ½ cup chopped green onions
- 1 tsp salt
- ½ tsp pepper

In a bowl, combine all ingredients. Transfer to a greased 13x9x2 baking dish. Bake uncovered at 350 degrees for 30-35 minutes or until a knife inserted near the center comes out clean. Let stand 10 minutes before cutting.

- The recipe calls for chopped imitation crabmeat, however I use real crabmeat.
- I also use a little more of the crab and cheeses than the recipe calls for.
- For the bread crumbs, I used *Progresso* PANKO plain bread crumbs.

Fall Maintenance In The Yard

By Michael Miller, President of Hound Dog Products

It doesn't matter if you're a seasoned landscape professional or somebody who just wants their yard to look as good as it can with as little work as possible, everyone can benefit from backyard fall cleanup, says Michael Miller, president of Minnesota-based backyard tool manufacturer Hound Dog Products. "A little bit of work in the fall will really pay off when spring rolls around," he says.

Miller offers 10 tips that the professionals use to ensure a successful backyard fall cleanup effort:

- Rake those leaves. Once the snow flies, an unraked layer of leaves can get matted down over the turf and smother it all winter long. Raking or using a mulching mower in the fall helps avoid dead patches in the spring. Don't worry about getting every last leaf as they help insulate plants, and provide valuable nutrients as they decompose.
- Feed the grass. Fertilizing in the fall is like a day at the spa for your lawn. Using a slow-release fertilizer allows the grass to soak up nutrients and assists in the recover of summer heat and stress. Building a healthy lawn is one of the best ways to protect against heat, cold, drought, insects and other stresses.
- Weeding. Weeding in the fall is probably the most valuable thing you can do to prepare for spring, and it's something that many people overlook. The good news is that there are new tools like the Weed Hound, which eliminate the need to get down on your hands and knees and gouge at the turf.
- Pick up the poop. When the snow melts next spring, the last thing you want to see on your lawn is pet waste.
- Remove thatch build-up. A build-up of above ground roots called thatch prevents sunlight, oxygen and moisture from getting to the nutrient-hungry soil below. But it's easy to remove, especially if you don't wait until it overwhelms the yard.

- Aerate. Heavy use throughout the summer can cause soil to become compacted. Perforating your lawn with small holes helps reduce compaction and lets water, air and fertilizer get down to the soil, which strengthens the grass plant's root structure.
- Water trees and shrubs. Dehydration during the colder months is an all-too-common cause of tree damage, but it's easily preventable. To sustain them over the long winter, it's important to give trees a drink before putting them to bed. After they go fully dormant - but before the ground freezes - use a soaker hose or root irrigator to water them thoroughly.
- Clean out your garden. Fruits and vegetables left in the garden can rot all winter long, and provide a comfy home for insect eggs. Now's the time to get rid of diseased plants, too, but keep them out of the compost pile so the problem doesn't spread to the rest of your garden next year.
- Plant spring bulbs. Fall is not all about closing up shop. It's also the perfect time to plant spring flowering bulbs like daffodils and tulips. But pay attention to the weather in your area; planting too early can cause bulbs to sprout before winter, and planting them too late can mean their roots don't have enough time to develop before the ground freezes.
- Give your tools a tune-up. When it comes time to put away the backyard tools for the season, don't just shove them into the garage or shed. Spend a few minutes wiping them down and removing debris and dirt, then apply a light layer of oil to keep them from rusting over the winter.

Old Man Winter may be on his way, but with a little work now, you can lay the groundwork for a happy, healthy backyard that's ready to thrive next season.

Healthy Glow? The Dangers of Tanning Salons

By Michael Woo-Ming M.D., MPH

Personal MD.com Medical Contributor

As cooler weather approaches, many "sun worshipers" will flock to tanning salons. We all know that prolonged sun exposure can lead to skin cancer in many, yet why do we not realize the potential dangers of tanning booths? In some ways, radiation emitted from tanning source may be even MORE dangerous.

Here's what we do know: There are almost 20,000 tanning salons across the United States that are visited by more than a million people a day. Most salons promote their devices, which emit Ultraviolet A (UVA) light (which is thought to be safer than Ultraviolet B light).

However, according to recent research, UVA light received in a salon may be two to three times more than the UVA light we receive from the sun on earth. Additionally, there is a strong link between UVA light and malignant melanoma, a dangerous type of skin cancer.

Despite the common perception otherwise, the only benefit tanning provides is cosmetic. In addition to cancer, prolonged radiation exposure can lead to a dysfunctional immune system, sun and eye burns, cataracts, and photosensitivity reactions to medications.

Researchers estimate that a 20 minute visit to the tanning booth is equivalent to spending a day at the beach. And contrary to most claims, there is no truth to the idea that getting a "base tan" is protecting against future sunburns.

Despite the risks, tanning booths are as popular as ever. People who may be especially at risk for skin cancer include those who:

- have a family history of skin cancer
- are fair skinned, light eyed individuals

- burn easily
- spend a great deal of time outdoors, or have had a lifelong exposure to sun

If you must artificially tan, it is imperative that you are sure that the tanning salon follows federal guidelines. These include:

- sun lamp devices must limit the amount of radiation emitted
- eye-goggles must be provided for ultraviolet protection
- education must be provided about the use of the tanning booth
- people using tanning salons must be warned about the risk of ultraviolet light exposure
- sun lamp devices must include a timer limiting the amount of radiation given
- sun lamp devices must include a label stating the proper amount of radiation

Wei's World

When my wife, Judy, and I got married in 1984, I had been in practice for about three years. My secretary was still making a higher salary than me. Judy and I were living in a townhouse subsisting on peanut butter and jelly sandwiches.

Judy and I got married in Boston. She had arranged for a “romantic honeymoon” on Martha’s Vineyard, an island off the coast of Cape Cod, Massachusetts. Obviously, she had to take our budget into account. We left for our destination right after the wedding. It was raining cats and dogs and Judy had a bad cold. We were supposed to stay at a motel called the Katama Shores. We took a ferry to Martha’s Vineyard, drove according to the directions, and arrived at a rundown building (picture the motel in Alfred Hitchcock’s “Psycho”). The neon sign above the motel read “Katama Sho-es. Our destination. The clerk, who fortunately bore no resemblance to Anthony Perkins, gave us our room key. We walked through a pool hall (not the kind with a pool... the kind with pool tables) to get to our room which had a hollow core door and even thinner walls. The people in the room next to us moved in a few hours after we checked in. Judy and I estimated there were about six people. It seemed that all they did was drink, play cards, slam doors, and curse. It rained the entire three days. Not a gentle romantic rain. More like a torrential continuous “chill you to the bone” type of rain. Judy was sick the whole time with a bad headcold.

We did get great blueberry pancakes for breakfast at a place three miles down the road called the Edgartown Inn. That almost made the honeymoon worthwhile. Well... we’ve made it 24 years. Who would have predicted after that start?

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