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**Nathan Wei, MD, FACR, FACP**

**Arthritis Treatment Center Newsletter – October 2010**

**“Efforts and courage are not enough without purpose and direction.” - John F. Kennedy**

## Rub Pain Away with the Tips of your Fingers

### Our Miracle Rub from the Sea!

MyoRx is an all-natural, safe, and effective treatment for the inflammation of arthritis and tendonitis. MyoRx happens to contain the purest form of omega-3 available. Omega-3 has been shown to be a remarkably effective and safe treatment for arthritis and tendonitis. Best of all it's a topical—you rub it on—nothing internal.

MyoRx provides instant soothing pain relief to aching joints. Think of it as your arthritis specialist in a jar.

But here's the problem... the manufacturer made a mistake and sent us too many jars this month. We have a large inventory on hand, but our misfortune is your gain.



MyoRx is normally priced at \$16 a jar. This month only you can get MyoRx for \$11 a jar, and save \$5 dollars! This offer is only good while supplies last, so call now.

MyoRx is so good, that Dr. Wei and his staff use it on themselves...

*"I've been using MyoRx for five years. I use this cream wherever it's hurting. I apply MyoRx after my bath about one hour before bed. It seems to work quickly and the smell is gone almost as soon as it is applied. I recommend MyoRx to anyone who might be experiencing joint pain."*  
Carolyn Walker-Fitzgerald, Mt. Airy, Maryland

## Strange-sounding but effective tips for healthy living and clear thinking

By Sheryl Kraft

Here's more proof that bigger isn't always better: Several recent studies show that sometimes the smallest changes (like how you brew your tea or when you schedule a medical exam) can have a huge payoff when it comes to improving your health. Whether it's timing, technique, or the type of food you eat, here's how to fine-tune your behavior to get the best results.

### 1. Take a 'caffeine nap'

Having a cup of coffee before closing your eyes is the most effective way to combat daytime drowsiness, according to research. Sounds counterintuitive, but it takes 20 minutes for the caffeine to get into your bloodstream. So if you take the recommended 20-minute nap, caffeine's

stimulating effects will be kicking in when your nap is ending. "You'll awaken feeling alert from the coffee and refreshed from the nap," says Jim Maas, PhD, a professor of psychology at Cornell University.

### 2. Walk backward

People performed difficult tasks faster after walking backward than they did after walking forward or even sideways in a recent study. The scientists believe that the "avoidance" mode of walking backward, similar to how you might retreat from a dangerous situation, helps focus your thinking.

### 3. Eat low-glycemic carbs before the gym

High-fiber cereals and breads and most veggies metabolize slowly, helping you burn more fat — as much as 55% — while you work out, find British researchers. So go for whole grains and produce and avoid refined foods and sweetened drinks, which spike blood sugar and produce higher concentrations of circulating glucose and insulin, in turn inhibiting fat burning. Low-GI foods also produce hormones that suppress hunger.

### 4. Wait to brush your teeth after meals

Acids in foods and drinks can soften tooth enamel, making teeth more sensitive and vulnerable to damage from brushing. Since you don't always know if a meal contains highly acidic foods, wait an hour before you pick up your toothbrush regardless of what you eat. Bonus: Waiting also gives your saliva a chance to wash away acids and for the enamel to re-harden.

### 5. Brew tea for up to 5 minutes

The longer the steep time, the greater the quantity of health-boosting flavonoids, explains Jeffrey Blumberg, PhD, professor of nutrition at Tufts University. Drink tea with a squeeze of lemon juice and you'll increase antioxidant levels by up to 80%.

### 6. Get your colonoscopy in the AM

The rate of polyp detection is significantly higher when tests are done earlier in the day, possibly because physicians aren't fatigued. The quality of bowel preparation is also better during morning screenings.

## Fish Oil for Rheumatoid Arthritis. The Secret Weapon

[Pia Pandora](#)

<http://www.articlesbase.com/supplements-and-vitamins-articles/fish-oil-for-rheumatoid-arthritis-the-secret-weapon-897680.html>

Fish Oil for Rheumatoid Arthritis. The Secret Weapon

Do you have red puffy sore joints? I'm feeling for you...

I have a secret weapon I use for rheumatoid arthritis and it works great.

So can fish oil for rheumatoid arthritis help?

Studies have been shown that people who suffer from rheumatoid arthritis and take fish oil supplements daily have found that general stiffness in their joints was a lot less and the redness and puffiness was less severe. This result was after taking fish oil supplement or oil over a period of a few months.

Here is a simple 5 step checklist before buying a fish oil for rheumatoid arthritis.

1. Look for a fish oil supplement rich in omega-3 and a higher level of DHA.
2. Look for a fish oil that has the suppliers certificate of analysis (COA) on the label or on their website. Make sure the oxidation levels are low.
3. Has the fish oil been purified/molecularly distilled? The molecular distillation will allow the oils to be set apart from the bad contaminants, leaving the rich, healthy golden omega-3 oils that can then be encapsulated into soft gels for easy swallowing.
4. What is the species of fish used for this oil? You want to make sure the handling of the fish after being harvested is done correctly and also the right care has been taken in the oil storage to ensure you receive a quality oil product.

It really pays to do a little research in fish oil for rheumatoid arthritis. You want the best oil high in DHA and omega-3 and a fresh quality product that will give the best results.

## Minnesota Golf Course Chili

By: JUDI K. /www.allrecipes.com

- 1 1/2 pounds ground beef
- 3 stalks celery, chopped
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 teaspoon crushed garlic
- 1 (28 ounce) can stewed tomatoes
- 1 (6 ounce) can tomato paste
- 1 tablespoon white sugar
- 1 cup water, or as needed
- 2 (15 ounce) cans kidney beans, undrained
- 1 tablespoon chili powder
- salt and pepper to taste



In a large pot over medium heat, cook beef until brown. Stir in celery, bell pepper, onion, garlic, tomatoes, tomato paste, sugar, water and beans. Season with chili powder, salt and pepper. Reduce heat and simmer 1 hour.

**Prep Time:** 30 Minutes

**Cook Time:** 1 Hour

**Ready In:** 1 Hour 30 Minutes

**Servings:** 8

## Did You Know...

- Trees take water from the ground through their roots & take carbon dioxide from the air. They also use the energy from sunlight to produce sugar which together is called photosynthesis.
- Because of its wide variety of trees, the Eastern United States, especially the North Eastern U.S., is one of the best places in the world for viewing fall colors.

- Bright red and purple colors come from anthocyanin pigments, such as those found in maple leaves.
- Brown colors come from a waste product called tannin, orange colors come from carotene & the yellows from xanthophyll.
- The leaf colors red, yellow & brown are in the leaves all year long & only become exposed when the green chlorophyll disappears in the fall.
- Mulching fall leaves where they fall lets them decompose so that they can release their minerals back to the underlying soil.
- Fall colors are best when late summer is dry & autumn has bright sunny days & cool nights below 40°F.
- Fall days become shorter & many plants stop making food. That is when the green chlorophyll starts to disappear from the leaves.
- Most leaves fall from trees because the ends of the branch are sealed off near the leaf stem to protect the tree through the long winter months.
- Composting fall leaves is an excellent way to improve yard & garden soils. Mixing green & brown materials together is the basic rule.
- An acre of trees can grow 4,000 pounds of wood in a year, using 5,880 pounds of carbon dioxide & giving off 4,280 pounds of oxygen in the process.



## How to Tell If You Need New Tires

By [clark711](#), eHow Member

Has it been a while since you have gotten new tires? Want to know how you can tell? Read on!



1. There are many cases when you can look at a bald tire and tell you need a new one. However, are you on the brink? Use this simple test to tell if you are getting close to needing new tires.
2. Take a regular penny, and place in between the grooves of the tire tread. If you can see the top of Abraham Lincoln's head, you probably need new tires (especially if you drive in adverse weather conditions often, like rain or snow).
3. If you cannot see the top of Lincoln's head, you are most likely ok. However, I still recommend, based on what type of vehicle you drive, and your driving conditions, to consult a professional. This penny test is merely a quick way of estimating how much life you have left on your tires.

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## Arthritis Treatment Center October Schedule

**October 21<sup>st</sup>, 22<sup>nd</sup>, 28<sup>th</sup>, and 29<sup>th</sup>** - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases.

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**Check out our new website:**

**[www.arthritistreatmentcenter.com](http://www.arthritistreatmentcenter.com)**

It's live! It's interactive! It's current! It's amazing! And, it was created with you in mind... Discover what new procedures we're doing now to help you with your arthritis!

**Let us know what you think!!!**



## ***Wei's World***

I like to fish. When I was a boy, my father used to take my brother and me on fishing outings. I still remember catching my first fish when I was five. It was a real thrill.

Some of my fondest memories revolved around those little fishing excursions we would make to the local reservoir. Occasionally, we would travel to the Jersey shore for a day trip, fishing in the bay.

But most of our fishing was fresh water. The reservoir had bluegill, crappie, and carp. Many people think of carp as a garbage fish. But the water in the reservoir was clean and the carp were beautiful. In China, carp are considered a delicacy. After our fishing trips, it was always my mom who had to clean the fish. Now I understand why she never looked particularly happy when we brought these fish home.

Another fishing memory... my brother would always catch more fish than me. Always. We would change places, switch our bait, even switch fishing rods. Didn't matter. He would still catch more than me. He had... and still has that knack. I swear... he probably could catch fish in a toilet!

I tried introducing fishing to my kids. It doesn't seem to have caught on with any of them. I mean, they could take it or leave it. Not me. I still love to fish.

One summer, about five years ago, I took my dad and one of my sons with me to Northern Ontario. We went fishing for walleye and northern pike. It was a real thrill. We had to take a float plane to the lake. I took a photo of my son helping his grandfather walk down the dock after we landed. My dad caught a trophy walleye and we had it mounted. Even though his memory is fading fast, he still remembers that trip. He calls it the "trip of a lifetime." And it truly was.

Nowadays, I still enjoy fishing. When we go to the Outer Banks of North Carolina, I love to surf fish. Sometimes I catch fish... and other days I don't. I don't really care. Being out there, with the blue sky and the birds, it's a feeling that's hard to beat. On the days when I have the luck to run into a school of fish, I'll catch a lot of them and we'll have a fish fry. Between the bait, the rigs, and the license, it probably costs about \$95 a pound for the fish I catch. My wife teases me about that. And that's okay.

Many people who know me find it hard to believe I love fishing so much because I have a Type A personality. But I guess that's why I really like fishing. It's one of the few times I'm totally relaxed.