

THE FIBROMYALGIA TREATMENT FORUM

NOVEMBER-DECEMBER 2010

LETTER FROM THE EDITOR:

Dear Readers:

This is so very late, I'm embarrassed even to write! The addition of a new research project—enrolling patients for a possible blood test — landed on my lap along with all the other tasks I face. I was lucky to have many volunteers come forward and give blood samples. We had to go off our guaifenesin to do the study, for me, the first time in many years. I noticed an increase in fatigue which I thought was odd—fatigue was never a big symptom for me. Just another reminder that the years are passing, I guess.

We had website problems and things that had to get done—now—in the office and the usual family pulling and pushing that is always there under the surface. Never a dull moment, but wouldn't it be nice to have one?

I'll get caught up, I promise, don't lose the faith! Many of you have already sent in your renewals. If you haven't, remember that this is the last issue (if you paid for 2010). If you have already renewed for 2011 you have six issues which will hopefully come very quickly now til we are back on schedule. The address for the Treatment Center is on the back page if you need it.

So many projects, and there's never enough time. The proofs for the new edition of the book are due any day. If you've been putting off sending me your story you should do it now— send to the PO Box on the back or to my email: claudiacmarek@aol.com. More later, more soon, I promise,

Claudia Marek



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FINDING UNCONDITIONAL LOVE

by Chantal Hoey-Sanders

"Who's this?" I asked.

In his hands, my stepson, then eight, proudly displayed the ugliest tiny gray and calico-striped furball I had ever seen. (And I love cats and kittens!) She was obviously the runt of the litter, scruffy and very flea-infested.

"Lily," Nikolaus replied, and he proceeded to tell me that he and Dad had gone to the Humane Society after his game. But it was closed and a nice lady just happened to have this kitten. She offered them a free bag of kitten chow and Dad said yes.

Only four months into the guaifenesin protocol, I did not need another mouth to feed, or the responsibility of another pet. Our house soon became a three-cat home, and I was not ready. Taking care of myself was enough. Soon my attitude changed.

Lily's joy of life was infectious. When she purred her entire three-pound body vibrated like a cell phone. She loved to nestle on my chest and nuzzle under my chin whenever I was lying down, and those days, it was often. Her lack of depth perception and bursts of sudden energy made her kittenish bounds something out of a cartoon. When startled, she stood, her back arched, fur erect, and leapt straight into the air, landing all four legs sprawled. She was quite amusing

and provided the comic relief that my body craved.

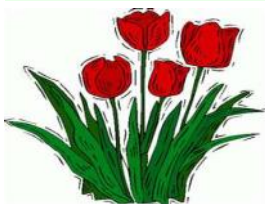
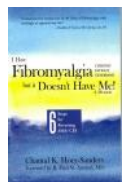
Once she decided to use my housecoat as a climbing post while I was wearing it. You can only imagine my split-second horror as I stood motionless in our living room and watched what appeared to be a tiny gray streak come charging toward me. Yes, in one fell swoop, Lily managed to climb, claws fully deployed, all the way up my fleece robe and onto my shoulder. Luckily, the robe was thick.

Needless to say, I was enchanted. And although I still had extreme pain and fatigue, I was happy again with this newfound support. I was no longer alone.

The older cats found her annoying. I found her adorable. She returned the joy into my heart and created a wonderful distraction.

I highly recommend adopting a pet from your local shelter or borrowing one from a neighbor. They will do wonders for your mental health and well-being, love you just the way you are, and take your focus off of yourself.

Chantal's book: *I Have Fibromyalgia, But It Doesn't Have Me* is now available!! www.amazon.com. Also, look for her on Facebook.



BRAIN CHANGES IMPROVE WHEN PAIN SCORES IMPROVE

Wiping out chronic pain allows the brain to recover. A new study demonstrated that six months after people's backaches were eased, their brains showed fewer signs of the abnormalities that accompany chronic pain.

In the study, doctors scanned the brains of people who had experienced back pain for at least a year. Compared to healthy controls, they had thinning in the dorso-lateral prefrontal cortex, a brain region that's been linked to pain modulation.

But six months after treatment had stopped the pain, scans revealed patients' brains bounced back. Their thin dorso-lateral prefrontal regions grew larger, and their brain activity began to look more normal. These brain changes depended on the level of pain relief: The less pain a person reported after treatment the greater the improvement, the team reported in *The Journal of Neuroscience*.

"We know that pain causes brain changes, and now we know that taking pain away

reverses those changes," the lead author, Dr. Stone said.

It's too soon to know exactly how pain reduction influences the brain or vice versa, Stone says. But if it turns out that the dorsolateral prefrontal cortex controls pain, she says, clinicians might one day be able to reduce suffering by targeting the region with noninvasive techniques such as cognitive behavioral therapy, meditation or exercise.

ARE THERE GENDER DIFFERENCES IN FIBROMYALGIA?

Gender differences in clinical picture of fibromyalgia can't be supported, according to a large German study.

Historically, it's been accepted that men and women experience fibromyalgia differently. For example, it's generally believed that more women complain of pain than men who have a higher pain threshold. It's also been written that women tend to have more depressive symptoms than men.

The purpose of this study was to compare

demographic characteristics (age, family status) and clinical variables (duration of chronic pain and FMS diagnosis, tender point count, number of pain sites, and somatic and depressive symptoms) of male and female patients in different settings (general population, FMS self-help organization, and different clinical settings).

A total of 1,023 patients (885 female, 138 male) were included in the analysis. Compared with male participants, female participants reported a longer duration

of chronic widespread pain and time since FMS diagnosis, and they had a higher tender point count.

Other than these small differences, there were no gender differences in age, family status, number of pain sites, or somatic and depressive symptoms. The study's authors concluded there are no relevant gender differences in the clinical picture of FMS, and the assumption of well-established gender differences could not be supported.

FOOD AND MUSCULOSKELETAL PAIN—is there a connection?

No single food works to relieve pain, and it's equally true that no single food makes it worse. The Arthritis Foundation recently tackled this issue in *Arthritis Today* simply because there is so much misinformation circulating. This is even more true for those with Fibromyalgia because of the normal daily fluctuations of symptoms.

Omega 3 Fatty acids (walnuts, salmon) do reduce inflammation, and as such may be helpful if pain from osteoarthritis or a sprain or strain is the issue. On the other hand, Omega 6 Fatty Acids are inflammatory and should be avoided. These are found in corn and cottonseed oils and most processed, packaged foods. Of course, avoiding processed bakery goods and cookies is part of healthy diet. Keeping weight at normal levels is helpful because it decreases stress on the joints, muscles, and tendons. Patients who not overweight also experience less fatigue with activity and less stress on their joints with movement. Normal weight can also benefit sleep.

Nightshade vegetables such as tomatoes, potatoes, eggplant and peppers contain a chemical called solanine which has been branded a culprit in arthritis pain although no credible research exists to document this notion. In fact, earlier this year, *The Journal of Nutrition* showed both yellow and purple

potatoes reduced rather than raised levels of inflammation. Other research found that patients with the highest level of lutein, an antioxidant found in tomatoes, were 70% less likely to have osteoarthritis.

Low acid diets have also been touted for pain but no formal research has been done on this either because you can't really effect the body's pH level by what you eat. After all, foods you eat are automatically bathed in hydrochloric acid when they reach the stomach! Then many compounds pitch in and prepare their pH for the bloodstream. This happens automatically and food choices don't alter the mechanism.

Raw food and vegan diets have been tried for patients with Rheumatoid Arthritis (which is autoimmune and so not related to OA or Fibromyalgia). It's a misunderstanding that this has anything to do with FMS. A Finish study in 1990 reported that patients with RA felt better on a raw Vegan diet and worse when they went back to their old way of eating. In the same study, half of the raw food group were unable to tolerate the diet. Those patients who could tolerate the diet said they felt better, none of the objective measures of the disease were changed by it.

You may have read that dairy products should be avoided if you have arthritis

because of lactose (milk sugar). Yet there is no known association between the lactose and arthritis. As a matter of fact, a type of fat found in milk inhibits substances produced by the body that play a significant role in inflammatory conditions. Conjugated linoleic acid (CLA) is an essential fatty acid is found in the milk of all grazing animals. It blocks the pathway of COX-1 and COX-2 – both enzymes that trigger inflammation that can ultimately damage joints, according to researcher, Mark Cook, PhD.

While the amount of CLA found in milk and other dairy products is small compared to other fatty acids in milk, Cook says there may be enough to benefit from its anti-inflammatory properties if several servings of dairy products are consumed daily.

Most doctors won't debate the issue with patients because in general avoiding one type of food or another isn't detrimental to their health. (It would be different if you reported you weren't going to consume any vegetables at all!) In most cases, if patients state something makes them worse a doctor advises that they can simply avoid it. Nathan Wei, M.D. simply says: "A lot of people believe that certain foods are or aren't helpful. If a patient feels better more power to her."

NEW TOPAMAX AND OPIOID WARNINGS

The US Food and Drug Administration is strengthening warnings on topiramate, an anti-seizure drug used to prevent migraines because data suggest higher risk of birth defects when used during pregnancy. The drug is sold under the name Topamax by Johnson and Johnson and is also available as a generic.

The agency said that it caused a higher risk for cleft lip and cleft palate. The problem occurs when parts of the lip or palate don't completely fuse early in the first trimester

when women might not even know they are pregnant. Healthcare professionals have been advised to inform all patients of child bearing age of the problem.

In a related news story, the Center for Disease Control is linking the use of opioid painkillers just before or during the early stages of pregnancy to a modest increased risk of congenital heart defects, spina bifida, and a certain type of hernia known as gastroschisis.

This should serve as a reminder that if you are pregnant or considering pregnancy you should be sure to check all your medications with a specialist such as a neonatologist or perinatologist who can weigh the risks and benefits of these medications for you. Be sure to chose a professional who stays in touch with any changes made by the FDA.

Also, remember not to share your medications with anyone who is or could become pregnant.

ARGININE SUPPLEMENTS—NECESSARY?

Maybe you've seen the infomercial on TV about a "miracle molecule" that can make bypass surgery, angioplasty and blood pressure drugs obsolete. The molecule? The amino acid arginine.

It's being touted by Louis Ignarro, a professor of pharmacology at UCLA who discovered the role that nitrous oxide plays in keeping arteries healthy. He believes that if people consume more arginine their blood vessels will make more nitric oxide. He teamed up with Herbalife to create a supplement called Niteworks.

Arginine is found naturally in most protein rich foods. Americans typically get 3-6 grams a day from diet.

Others aren't convinced it is miraculous. "It does nothing for healthy people with good endothelial function" says Kevin Heffernan of Tufts.

Researchers at Boston University gave 9 grams of arginine a day to patients with coronary artery disease. Endothelial function did not improve. (*Vascular Medicine* 2009).

In another study of 9 grams a day for six

months, arginine not improve endothelial function in 153 patients with men and women with previous heart attacks. And, six of the arginine takers died compared to none in the placebo group, according to researchers at Johns Hopkins Medical School. (*published in JAMA*)

"The long term safety and efficacy of arginine remains ill-examined" says Heffernan. "Arginine cannot be recommended as a general vascular panacea for all aging people at this time."

Information for this article is from Nutrition Action.

SKIN SECRETS FOR SENSITIVE SKIN

A majority of women would say they have sensitive skin, according to Dr. Elizabeth Hale of the NYU School of Medicine's dermatology dept. And we know having fibro makes us even more sensitive to common allergens. However, medical experts insist that only a small majority of us truly has sensitive skin, medically speaking. The majority don't have a serious problem like rosacea which causes flushing and red blotches or eczema. So why do so many of us walk around with patchy spots and reddish skin? What does sensitive skin mean?

The term is used to describe the skin of people who break out in rashes, and get blotchy, itchy or stinging skin in response to products or to the weather. Perspiration is also a common irritant.

But, "most skin problems are of our own doing," says Jeffrey Dover, a professor at Yale University, and author of *The Youth Equation, Take Ten Years off your Face*. He says that in an effort to uncover our younger looking selves we use too many microdermabrasions, chemical peels and retinoids that strip the skin of its outer and

naturally protective barrier.

Another common problem that can cause our skin to be more sensitive is Retin A. It has shown promise in reversing premature aging and sun damage. However, not everyone can use it. It isn't supposed to cause red skin or excessive peeling. If it does that, you are using it too often or your skin is just too sensitive for it. And anyone using a product that exfoliates should always wear a good quality non-irritating sunscreen. New, more sensitive skin must be carefully protected or you'll end up with worse skin than you started with.

If your skin is easily irritated, you must play it safe with your face. Skin products containing the following should never be used : alcohol, alpha or beta hydroxyl acids or retinoids. Lanolin used in many moisturizers to soften skin can also cause allergic reactions so can preservatives that extend a product's shelf life such as parabens and quarternium-15.

In general, over time, your sensitivities be less as your fibromyalgia improves. This is, of course, unless you have a genetic

predisposition to skin allergies or are very fair-skinned.

But just because you can use irritating products on your skin, should you? In recent years a number of watchdog groups have called attention to the fact that many topical ingredients have never been evaluated for safety. Products that work by irritating the skin such as plumpers and exfoliants should be viewed with suspicion.

Avoid masking fragrances: pick products that are fragrance-free, not unscented.

If your eyes and neck break out, check your nails. The preservatives in nail polish (formaldehyde) can cause a rash when you touch your face.

To avoid facial breakouts, first test a product on the skin of your forearm and leave it on for 24 hours. No reaction? No problem. Redness, itching or blistering means it's not for you.

Cleure products have no salicylates, sodium laurel sulfate, parabens or phthalates. They were designed for fibromyalgia patients to be used to help common skin issues and not block guaifenesin. There's more information about these products and ingredients at www.cleure.com. In addition, sales benefit The Fibromyalgia Treatment's Center.

ST. JOHN'S WORT AND IBS

Patients with IBS are often prescribed antidepressants since depression can make their symptoms worse and serotonin levels in the gut may have something to do with the condition. It's often suggested patients try St. John's Wort which is used for mild-moderate depression. However, a three month study from the Mayo Clinic found that St. John's Wort worked no better than placebo in relieving IBS symptoms. Regular exercise, done for three months, did, however, improve symptoms.

CROSS YOUR ARMS, CONFUSE YOUR BRAIN

A study suggests crossing arms at the wrists mixes up the brain's perception of pain signals sent from the hands to the brain and reduces the intensity of pain. Researchers say the findings may lead to new therapies to treat painful conditions by manipulating the brain's perception of the body. Published in *Pain*, researchers used a laser to deliver a pin-prick-like pain sensation to the hands of volunteers. The first time, the participants had their hands at their sides and the

second time they crossed their arms over the center of their bodies.

Participants rated their perception of pain and researchers measured the brain's electrical response using an EEG. The results showed that both were reduced when arms were crossed.

Researchers say this is most likely due to confusion in the brain from conflicting information being sent from

the brain's internal and external maps. "This means that the areas of the brain that contain the map of the right body and the map of right external space are usually activated together, leading to highly effective processing of sensory stimuli. When you cross your arms these maps are not activated together anymore, leading to less effective brain processing of sensory stimuli, including pain, being perceived as weaker," said the study's author, Giandomenico Iannetti, M.D.

EATING AFTER EXERCISE

According to a new study, replacing burned calories with carbohydrates immediately after exercise reduces the benefits of a workout on insulin resistance, a characteristic of Type 2 Diabetes. Participants who didn't eat carbs after working out had less insulin resistance 12 hours after exercising than those who finished off with a high carb snacks. Plus those who

abstained from eating carbs burned more fat. But remember that if you are insulin or drugs that can cause low blood sugar you made need post exercise carbs unless you have spoken to your doctor about how to compensate for a low reading.

From: *Applied Physiology, Nutrition and Metabolism*.

DO YOU NEED A MULTI-VITAMIN?

If you eat a healthful diet you probably don't need a multivitamin/multi mineral supplement commonly referred to as a "multivitamin." And large clinical trials have repeatedly found that the pills don't improve the average person's health. But you wouldn't know that from visiting the vitamin aisles which are filled with not just basic multivitamins but also special formulations for men, women, teenagers, seniors, menopausal women and dieters among others. Do you even need a multivitamin, and if so, should you be getting one targeted to a special demographic?

WHO NEEDS A MULTIVITAMIN?

Some people might not be able to meet their nutritional needs through diet alone. Those include women who are pregnant, breastfeeding or trying to conceive; those consuming fewer than 1200 calories a day or who are cutting out an entire food group due to allergies, sensitivities or intolerances; and those who have a condition that depletes nutrients such as cancer or diabetes.

In addition, people older than 50 might need help getting the recommended daily 600 IU of vitamin D (or 800 for those older than 70) and at least 2.4 micrograms of

B12 daily, since the body's ability to absorb those from food declines with age. A multivitamin is one source for these nutrients but so are individual supplements and fortified foods (such as breakfast cereal with B12.)

HOW TO CHOOSE

Formulas that contain iron can be a good choice for premenopausal women who might need to compensate for iron loss from menstruation. Men and older people typically don't need more iron and should look for a formulation without it. Botanical ingredients and food extracts found in some specialty formulas may be present in such small amounts that they're essentially useless—and that's if they even have a proven benefit to begin with. And look out for unexpected additives: *One A Day Woman's Active Metabolism* contains 120 milligrams of caffeine per pill—more than the amount in a can of Red Bull-plus, and guarana seed, another natural stimulant.

Think outside the gender box: An older man who doesn't eat dairy might be better off with the higher dose of calcium in his wife's vitamins. And a vitamin for men might be a better choice for an older woman who eats lots of calcium-rich foods

or already takes calcium-rich foods or already takes calcium pills. (But be sure to check the other ingredients to make sure they're safe for you.)

Don't swallow all the claims: Extra B Vitamins won't necessarily boost energy; ginkgo hasn't conclusively been found to sharpen the mind; and supplemental vitamin E won't help your heart. If you look closely you'll find a disclaimer stating that the claims haven't been evaluated by the Food and Drug Administration.

Talk with your doctor if you have a medical condition. In particular, if you take a multivitamin that has an active ingredient with a known biological effect—such as the plant sterols in Centrums Cardio Formula, which can help lower cholesterol it should be evaluated and monitored along with any other treatments you're using.

Avoid megadoses: Unless your doctor tells you that you need more than 100 percent of the recommended daily intake of a nutrient, you don't.

Information by Susan B. Dopart, M.S., R.D. author of *A Recipe for Life by The Doctor's Dietician*. CONSUMER REPORTS ON HEALTH, APRIL 2011.

e.l.f Products

- e.l.f All Over Color Stick
 - e.l.f Bath & Body Hand Soap
 - e.l.f. Brightening Eye Color
 - e.l.f. Color Shimmer Palette (Eyes, Cheeks, Lips)
 - e.l.f. Cream Eye Shadow
 - e.l.f. Cream Eyeliner
 - e.l.f. Duo Eye Shadow Cream
 - e.l.f Essentials Shimmering Facial Whip
 - e.l.f. Endless Eyes Pro Eye shadow Palette – Limited Edition \$10
 - e.l.f. Essentials All Over Cover Stick
 - e.l.f. Essentials Clarifying Pressed Powder
 - e.l.f. Essentials Eyelid Primer
 - e.l.f. Essentials Eyeliner Pen
 - e.l.f. Essentials Healthy Glow Bronzing Powder
 - e.l.f. Essentials Hypershine Gloss
 - e.l.f. Essentials Lipstick
 - e.l.f. Essentials Liquid Eyeliner
 - e.l.f. Essentials Natural Radiance
 - e.l.f. Essentials Plumping Lip Glaze
 - e.l.f. Essentials Regular & Waterproof Mascara Duo
 - e.l.f. Essentials Super Glossy Lip Shine
 - e.l.f. Essentials Therapeutic Conditioning Lip Balm
 - e.l.f. Essentials Tinted Moisturizer SPF 15
 - e.l.f. Essentials Tone Correcting Concealer
 - e.l.f. Essentials Wet Gloss Lash & Brow Clear
 - e.l.f. Eyeshadow
 - e.l.f. Eye Widener (White pencil)
 - e.l.f. Lengthening and Defining Mascara
 - e.l.f. Liquid Eye Shadow
 - e.l.f. Mascara
 - e.l.f. Matte Eye Shadow
 - e.l.f. Mineral Blemish Kit
 - e.l.f. Mineral Blush
 - e.l.f. Mineral Booster
 - e.l.f. Mineral Concealer
 - e.l.f. Mineral Eye shadow Primer
 - e.l.f. Mineral Foundation
 - e.l.f. Mineral Glow Bronzer
 - e.l.f. Pigment Eye Shadow
 - e.l.f. Studio Blush
 - e.l.f. Studio Body Glow
 - e.l.f. Studio Bronzers
 - e.l.f. Studio Complexion Perfection
 - e.l.f. Studio Contouring Blush & Bronzing Powder
 - e.l.f. Studio Corrective Concealer
 - e.l.f. Studio Cream Blush
 - e.l.f. Studio Eye Primer and Liner Seal
 - e.l.f. Studio Eye Transformer Palettee
 - e.l.f. Studio Eyebrow Treat & Tame
 - e.l.f. Studio Flawless Finish Foundation
 - e.l.f. Studio High Definition Powder
 - e.l.f. Studio Lengthening & Volumizing Mascara
 - e.l.f. Studio Lip Liner & Blending Brush
 - e.l.f. Studio Lip Lock Pencil
 - e.l.f. Studio Lip Stain
 - e.l.f. Studio Matte Lip Color
 - e.l.f. Studio Mineral Face Primer
 - e.l.f. Studio Mineral Infused Mascara
 - e.l.f. Studio Pressed Powder
 - e.l.f. Studio SPF 45 Sunscreen UVA/UVB Protection
 - e.l.f. Studio Translucent Matifying Powder
- e.l.f. products are inexpensive and available in most drugstores or www.drugstore.com*



SALLY'S BEAUTY SUPPLY is located around the country and has a website: www.sallybeauty.com.
 GiGi Keep it Bare for Face
 GiGi Gentle Bleaching Cream for Face Arm And Leg Hair
 Beautique Lip Pencil (\$1.50)
 Sally Girl Mini Squeeze Tip Lip Gloss 99¢
 Lip Luster Lip Gloss \$5.99

TIGI FOR MEN

- TIGI For Men Charge Up Thickening Shampoo
- TIGI For Men Charge Up Thickening Conditioner
- TIGI Bed Head for Men Matte Separation Workable Wax
- TIGI**
- Tigi Bed Head Power Trip Hair Gel
- Tigi Bed Head SuperStar Conditioner for Thick, Massive Hair
- Tigi Bed Head Girl Toys Shine Serum

SOAPS and SHOWER PRODUCTS

- Aqua Glycolic Shampoo and Body Cleanser
- Avene Emollient Soap Free Cleansing Bar with Cold Cream
- Avene Gentle Body Scrub
- Aveeno Moisturizing Shower and Bath Oil
- Camus Goat's Milk Soap Naturally Rich Moisturizing
- Cococare Vitamin E Soap
- Dial for Men Hydrating Body Wash
- Dial for Men Attraction Enhancing Phenome Infused Body Wash
- Dial for Men NutriSkin Glycerin Bars
- Dial for Men 3-D Odor Defense Body Wash
- Gillette Dry Skin 2 in 1 Hydrator and Body Wash
- Grandpa's Thylox Acne Treatment Soap with Sulfur
- Gillette Hydrator Hydrating Body Wash and Dry Skin Relief
- Neutrogena Rain bath Deep Moisture Body Wash Butter Cream
- Olay Quench Beauty Bar
- Olay Sensitive Moisturizing Body Bar
- Olay in Shower Body Lotion with Shea Butter
- Olay in Body Lotion Age Defying VitaNicin
- Purpose Gentle Cleansing Wash
- St. Ives Moisturizing Body Wash Oatmeal and Shea Butter



SUAVE PROFESSIONALS

- Suave Professionals Touchable Lightweight Hold Hairspray
 - Suave Professionals Touchable Finish Extra Hold
 - Suave Professionals Touchable Finish Super Hold (non aerosol)
 - Suave Professionals Volumizing Mousse
 - Suave Professionals Volumizing Root Boost Spray
 - Suave Professionals Captivating Curls Cream Mousse
 - Suave Professionals Captivating Curls Spray Gel
 - Suave Professionals Anti-Frizz Cream
 - Suave Professionals Heat Protection Spray
 - Suave Professionals Vibrant Shine Spray
 - Suave Professionals Sleek: Shampoo and Conditioner
 - Suave Professionals Volumizing Shampoo and Conditioner
 - Suave Professionals Humectant Shampoo and Conditioner
 - Suave Professionals Color Protection Shampoo and Conditioner
 - Suave Professionals Damage Care Shampoo and Conditioner
 - Suave Professionals 2 in 1 Plus Shampoo/Conditioner
 - Suave Professionals Captivating Curls Shampoo and Conditioner
- Suave Professionals have all been reformulated and packaged.
 According to the advertisements they perform as well as many expensive brands and are reasonably priced. Worth trying!*



Dry Shampoos

- Batiste Blush Dry Shampoo
- Batiste Colored Dry Shampoo
- Beyond the Zone Rock On Dry Shampoo
- Blow Faux Dry Dry Shampoo
- Clean Life No Rinse Shampoo
- Di Ceasare Bounce Back Dry Cleanser
- Got2be Fat*tastic Dry Shampoo
- Liquid Keratin Keratin Infused Volumizing & Revitalizing Dry Shampoo
- Oscar Blandi Pronto Invisible Volumizing Dry Shampoo Spray
- Psssstt Volume + Color Instant Spray Shampoo, Blonde
- Psssstt Dry Shampoo
- Suave Professionals (see above box)
- Tigi Rockaholic Dirty Secret Dry Shampoo



QUICK CHECK—

Do Not USE ANY of these:

SALicylate, SALicylic acid

Oil, Gel, or Extract + the name of any plant (except Corn, Rice, Oats, Wheat or Soy which you CAN use)

CHEMICALS: the syllable CAMPH, MENTH or SAL

SUNSCREENS: Octisalate, Homosalate, Mexoryl, Meradimate

BARKS: balsam, pycnogenol

FLAVORS: NO MINT of any kind or menthol

VITAMINS: No Quercetin, Hesperiden or Rutin (Bioflavonoids)

FRENCH VINAIGRETTE (real French) DRESSING (STRICT DIET)

I've been looking for this recipe for years. If you've eaten and loved salads in France you'll be thrilled to have this too

½ cup olive oil	½ cup red wine Vinegar	1½ cup canola oil	6 Tablespoons Dijon Mustard
1½ sprigs tarragon, chopped	1 egg yolk		½ minced garlic clove finely chopped

Add vinegar to the bowl along with everything but the water and oil and let marinate for a minute. Slowly drizzle oil into the vinegar mixture whisking vigorously. Add chopped tarragon and season. Adjust consistency with a little water, this will also help to mellow the flavors.

THE ORIGINAL PANTRY COLE SLAW (LIBERAL DIET)

(Adapted for a low-carbohydrate diet by Gwen Meshorer)

1 large head cabbage, very finely shredded	¾ cup sugar-free mayonnaise	2 Tablespoons Sucralose (Splenda)
1½ Tablespoons white wine or rice wine vinegar	¼ cup canola oil	½ teaspoon garlic powder
⅛ teaspoon onion powder	⅛ teaspoon dry mustard	⅛ teaspoon celery salt
1 Tablespoon lemon juice	½ cup heavy cream	¼ teaspoon kosher salt
		freshly ground black pepper to taste

Blend together mayonnaise, sucralose, vinegar and oil. Add garlic and onion powders, mustard, celery salt, pepper, lemon juice, cream and salt. Blend until smooth. Pour over cabbage in a large bowl and toss until cabbage is well coated. Makes 8-10 servings.

BEST BEER CAN CHICKEN (STRICT DIET)

From The Week : the definitive recipe for a new classic. The beer can's contribution is to hold the chicken in the optimal roasting position and it also lets the juice drain away so the skin isn't soggy. The result is both tender, juicy meat and golden, crispy skin.

1 medium sized roasting chicken	1 empty beer can	salt and pepper to taste
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Preheat the oven to 175 degrees. Separate the skin from the meat. Starting from the cavity opening work your fingers under the skin and pull it away from the flesh. Move your fingers down the thighs and legs and around the back taking care not to tear the skin. When finished the skin should hang loosely on the bird attached only at the wings and the very tips of drumsticks.

Use a knife to make a hole in the skin at the bottom of the legs and along the chicken butt so juices can drain. Insert the can into the cavity of the can. Adjust so that the chicken sits upright.

Bake chicken to an internal temperature of 140-150 degrees on a meat thermometer inserted about ⅛ of an inch under the skin. Increase the oven temperature slightly if the desired temperature has not been reached after 30 minutes of baking. If temperature rises above your target, open the oven door briefly.

Remove bird from oven and set aside uncovered. Turn the oven to the highest setting and preheat for 20 minutes. Return the chicken to the oven and bake until skin is golden and crispy. (Use forced convection if your oven has this setting). This step goes fast so watch closely. A moment's inattention is all it takes to burn the bird. Remove the crispy chicken, carve and serve.

BASIC MONTREAL STEAK SEASONING (STRICT DIET)

People remark they get tired of the same food. One of the ways to keep it interesting is to use different spices. This recipe is for a basic dry rub for steak but it can also be used as a Marinade. To do the latter add enough oil to allow it to coat the meat easily and use fresh garlic and a chopped scallion.

2 Tablespoons paprika	2 Tablespoons crushed black pepper	2 Tablespoons kosher salt	1 Tablespoon granulated garlic
1 Tablespoon granulated onion	1 Tablespoon crushed coriander	1 Tablespoon dried dill	1 Tablespoon crushed red pepper flakes
5 Tablespoons fresh ground coffee			

Shake or stir the mixture together (can be done in a baggie). Pat the steaks with the mixture and allow to sit for a few minutes before grilling. If using as a marinade, marinate for a few hours before cooking. Extra rub can be stored in an airtight container if it has not been allowed to touch the meat.

Sean Cleaves, Sandals Royal Caribbean Resort

Don't forget www.waldenfarms.com as a source of sugar-free dressings, syrups and sauces. Many products come in individual packets, perfect for travel. The website also has a section for recipes and food suggestions.

Products are also gluten free and kosher.



ASK DR ST AMAND: DO I NEED A DIET FOR FIBROMYALGIA?

I think our papers have confused some newer patients about dietary requirements for fibromyalgia. Quite simply, none are necessary.

Twenty-seven percent of our female patients do clearly have symptoms of hypoglycemia; men — 15%. These people must do a carbohydrate restrictive diet or, even after their fibro is reversed, they will still have fatigue, irritability, nervousness, depression, insomnia, impaired memory and concentration as well as anxieties. They'll continue having hunger symptoms: tremors, clamminess, headaches, weakness, palpitations, and faintness no matter how much their fibromyalgia improves.

We've perhaps instigated some of this confusion by writing our observations that almost all fibromyalgics feel better on a lower carbohydrate diet. One reason is that most people eat meals that include sugar or starch. By 11:00 A.M. and especially 4:00 P.M. even normal folks are tired and yawn. That's because their

blood sugar levels initially rise after these meals, but then drop a few hours later. Fibromyalgics are already very tired; so it's obvious to us that any added push can drain them unacceptably more.

A low carbohydrate diet helps most people feel more energetic because it stabilizes blood glucose and avoids up and down, energy-sapping swings. But there's a reason that it may help fibromyalgics specifically. Eating carbohydrates releases insulin. One of the results is that the hormone drives the kidneys to re-absorb some phosphates from the newly-forming urine, back into the bloodstream which then delivers it into cells. Binding phosphate to glucose inside muscle and fat cells then prevents them from releasing it, locking it in for energy production.

That process delivers phosphate into mitochondria, which reduces ATP formation, the little protein that disburses energy to most cells. A low carb diet

greatly reduces insulin release and thereby prevents this metabolic warp. If fibromyalgics stick to the diet for awhile, most will feel better.

For patients who are thin and can't drop weight adherence to a stricter low carbohydrate diet may be a problem. But there's still a solution. We suggest that they follow the liberal diet by day and cheating only at night when they won't mind getting sleepy.

Simple summary: diet is a must for hypoglycemia and a plus for patients with fibromyalgia and fatigue. With or without dietary restrictions, the guaifenesin will still work its magic. However, we just don't want only partially healed patients.

R. Paul St Amand, M.D. is in private practice in Marina del Rey. He is the author of several best selling books about Fibromyalgia and an Associate Professor of Medicine at Harbor UCLA. He has spent more than 50 years researching Fibromyalgia and its treatment.

BIG PHARMA FOILED AGAIN BY FDA

By Janey Rifkin

While overweight and obesity threaten the health, longevity, and the very lifestyle of millions of Americans, big Pharma is rushing to bring new diet drugs to market. Not an easy task! Cost of producing and testing a new drug may cause a pharmaceutical company as much as \$200 million—and that's prior to gaining the approval of the FDA.

A new diet drug aside from showing an acceptable percentage of weight loss in clinical trials must also show, compared to placebo, the potential for side effects, as well as risks for abuse.

Three weight-loss drugs have been kept off the market in recent months. Last October the diet drug Meridia was pulled from market shelves because of concerns that it boosted the rate of heart attacks

and strokes. Since then, the governing agency has declined to approve Queza, due to concerns about heart problems and birth defects. Its developing company, Orexigen Therapeutics of San Diego, saw its stock fall 73% after the FDA announcement.

Then came the saga of Contrave last December. Produced by Japan's Takeda Pharmaceutical Co, it is a combination of two drugs already on the market: naltrexone, a drug used to combat alcohol addiction and bupropion, an antidepressant known by the name of Welbutrin. According to the FDA spokesman, "Contrave did not show sufficient weight loss; and patients receiving the drug had a slight increase in blood pressure and pulse rates. Market analysts had predicted that, if approved, Contrave could

have had yearly sales of 1.2 billion dollars by 2018. Then, later that same month the agency declined to approve another experimental diet drug called Lorquess, due to concerns that it booked the rate of heart attack and strokes.

There is another way, America. Sure you've heard it many times and it does not involve drugs. Pick a diet that works for you and stick to it. Some diets may suit you better than other, pick one that that you can do, and then just do it. At the same time, develop and maintain an exercise program. There are more health benefits for proper nutrition and working out beyond weight control.

Janey Rifkin is a journalist, Executive Editor of a national magazine and a syndicated health columnist.

BOOK REVIEW: WHY WE GET FAT

BY GARY TAUBES

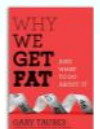
Why We Get Fat is the newest book by science writer Gary Taubes. It's a follow up to the 2007 book *Good Calories, Bad Calories*—a more patient-friendly version. *Good Calories, Bad Calories* Taubes admits, is dense in science and historical context, annotated and footnoted for experts. Reading it, he adds "demands readers devote considerable time and energy to examine this evidence." As a result, physicians and patients have been asking him for a book that is more

user friendly.

Mr. Taubes has accomplished his mission. *Why We Get Fat* explains that obesity is the result of excessive insulin release which is fueled by carbohydrate consumption. "Carbohydrates literally make us fat and by driving us to accumulate fat they make us hungrier and they make us sedentary. This is the fundamental reality of why we fatten and if we're to get lean and stay lean we'll have to understand and

accept this." Explanations are clear and simple and the book concludes with the simplest of low carb weight loss diets, very similar to the Atkins Induction diet.

Why We Get Fat is available in bookstores and online book sellers (\$14.99) and also for Kindle (\$12.99) If you have problems defending your low carb lifestyle to friends and family or doctor, this book is for you.



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