

**DON'T BE MEAN, BE GREEN**

A few tips for making fright night more environmentally friendly from Environmental Defense:

- **Carry canvas bags,** pillowcases or reusable totes to bring home the trick-or-treat booty.
- **Create costumes** from things you already have instead of buying them.
- **Walk, ride a bicycle** or take the bus to trick or treat; if you have to drive, carpool.
- **Having a party?** Reusable plates and utensils cut down on trash. Save the decorations to use again next year.
- **Afterward,** don't throw that pumpkin in the garbage. Bury it in the backyard, or compost it.

Joanna Ponceavage

THE POWER OF PREVENTION

**BREAK BAD HABITS NOW**

Looking to change one bad habit? Make it a few instead. Tackle your unhealthy habits all at once. People who tried to cut back on sodium while also quitting smoking were twice as likely to succeed as those who made one change every six months; for example, 30 percent lowered salt consumption compared with 17 percent of the group that tackled one habit at a time. Why keep puffing cigarettes once you've revamped your diet? For more advice on breaking your worst bad habits, go to www.prevention.com/badhabits.

From the November Issue of Prevention magazine. For more tips, see www.prevention.com.

WHAT YOU EAT

**MANAGING HEARTBURN**

Heartburn or Gastroesophageal reflux (GERD) is usually managed with lifestyle changes, medication and sometimes

surgery. Foods may aggravate the heartburn by stimulating acid production in the stomach. Foods such as onions, garlic, chocolate, alcohol, peppers, caffeine-containing beverages and peppermint can all

Jane Ziegler



aggravate heartburn.

Avoiding these foods, sitting upright for at least one hour after eating, and eating several small meals throughout the day (instead of larger meals) may be helpful in reduction of symptoms. Always check with your doctor if you think you have these symptoms.

Jane E. Ziegler, D.O.N., RD, CNSD, The Allen Center for Nutrition, Cedar Crest College

FUN HEALTHY FIT

10-minute workouts

By Wendy Solomon
Of The Morning Call

Exercise can be so time-consuming, particularly when you're trying to shoehorn a 20- to 30-minute workout into your busy life.

But what if there were a way to fit in a short, bite-sized workout that doesn't eat up a chunk of your day? Surely, you have 10 minutes to spare.

Enter the 10-minute workout. A spate of fitness DVDs have come on the market this year touting various kinds of exercise for the time-crunched woman. Of course, you can elect to go longer than 10 minutes and proceed to the other exercises also neatly segmented in 10-minute blocks.

Can you get a good workout in such a short amount of time? It depends on what you put into it, experts say.

"If it doesn't feel hard, it's not hard," fitness trainer Amy Dixon says in Women's Health's "Total Workout in Ten!"

Short of taking your pulse, a good way to determine if you're working hard enough is what is known in sports medicine as "rate of perceived exertion" or RPE, Dixon says during a phone interview from Equinox gym in Santa Monica, Calif., where she is the group fitness manager. If you're zoning out listening to an iPod, you might be short-changing yourself during a workout.

Dixon is particularly adept at squeezing the max out of an exercise and making it fun with a



kind of we're-all-in-this-together attitude. Although she suggests viewers use 3-pound dumbbells, Dixon and her crew used 5-pound dumbbells during the filming because it was more challenging, Dixon confesses.

The DVD is appropriate for all levels of fitness, she says. One of her favorite exercises on the DVD is the upper body blast "where you hit every single part of the shoulder girdle," Dixon says.

"Total Workout in Ten" is neatly divided into four segments: cardio, lower body, upper body, balance/flexibility, and includes two extras, core power (with stability ball) and Amy's fitness secrets. It has the same production quality we've come to expect from Rodale fitness DVDs.

Other recent releases include Prevention's "Shortcuts to Big Weight Loss," "Better Belly Yoga," "10 Minute Solution's Tone Trouble Zones," "Dance It Off & Tone It Up!," "Prenatal Pilates" and "Slim & Sculpt Plates." All can provide sweat-worthy workouts, if you're willing to challenge yourself.

"You can't get completely fit, but it's a good start. A lot of people fail because they feel if they can't do an hour of exercise, why do anything? We change that mindset. Something is better than nothing," Dixon says.

All of the DVDs are deceptively simple, leading one to initially think there won't be much of a workout. Your very fit instructors will soon take care of that misconception, as it doesn't take long to feel the burn of muscle fiber tearing down by your 20th squat or push-up. It gets even better if you tack on the next 10-minute segment and better still if you complete the entire DVD.

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Contributed photos
TIME-CRUNCHED? New 10-minute DVDs promise sweat-worthy workouts.

ASK DR. H



DR. MITCHELL HECHT

Advice

Q: What would cause me, a seemingly healthy non-obese 54-year-old non-smoking and non-drinking female to have a sudden rise in the liver enzymes (AST and ALT)? I've tested hepatitis A, B and C negative, and I'm not on any new medications. I also have an abnormal ANA blood titer. What do you think might be going on?

J.S., Jackson, Mich.

A: The general term for what you have is "hepatitis." Hepatitis can be caused by a number of things, including some of the things you've ruled out like viral hepatitis, alcohol injury, and drug-induced hepatitis (unlikely, since you previously had normal liver tests on the same medications you're taking now). Fatty liver, usually seen in those who are overweight, is also a less likely cause.

My bet would be that you have "autoimmune hepatitis," a liver disorder where, for reasons that are unclear, the liver attacks itself as though its cells were foreign tissue. That leads to excess destruction of liver cells and a rise in the liver enzymes. Two clues that suggest autoimmune hepatitis: 1) a positive ANA blood titer; and 2) the mention in your letter that among the medications you're taking is Levodroxine (thyroid replacement hormone). That tells me that you already have the autoimmune condition known as hypothyroidism. Those that have autoimmune hepatitis have a 50

percent likelihood of having a second autoimmune disorder like hypothyroidism, Crohn's disease, Sjogren's disease or pernicious anemia. Autoimmune hepatitis is also more common in women. Autoimmune hepatitis would be strongly suspected if a second more specific blood test, the "anti-smooth muscle antibody" blood test, were also abnormal.

My suggestion would be to have the aforementioned test done, along with a few other blood tests. A gastroenterologist will know the tests to order. The next step is to have a liver biopsy in order to remove a tiny sample of tissue that can be examined under a microscope. If autoimmune hepatitis is indeed confirmed, treatment involves taking immune-suppressing medication like prednisone and Imuran to quiet down a self-destructive liver.

Dr. Mitchell Hecht is a physician specializing in Internal medicine. Send questions to him at: "Ask Dr. H," P.O. Box 767787, Atlanta, GA 30076.

**CHECKLIST FOR LTT**

■ **Do the bottom of your shoes show uneven wear** worn on the big toe side poor arch support or flat shoes with flat feet are at risk for arthritis later in life if the problem is left untreated.

■ **Does your child walk irregularly?**

Is one leg longer than the other or do feet turn in or out excessively? A heel lift may restore proper help prevent scoliosis.

■ **Does your preschooler toes?** Stretching exercises correct tightness in the tendon area that will help lower back pain.

■ **Does your child often stumble or complain of legs, night pains and**

There's no such thing as "pains," so when kids complain that flat feet or a disorder that should be evaluated.

Adam J. Teichman, DPM, ACPodiatric foot and ankle surgeon Foot and Ankle Associates in All

FYHEALT**DID YOU TAKE YOUR**

The Halloween skeleton around us can serve as a reminder that calcium and vitamin foods are necessary to bones.

At an age when bones are actively developing, more than 90 percent of girls and 75 percent of boys do not meet daily

recommendations for adequate calcium intake, according to the National Institute of Health. Nearly 90 percent including 30-40 percent over 50, fall short.

The United States Dept. Agriculture encourages a diet to eat calcium-rich foods and to try to reach recommended levels through food before supplement use. Instead high sugar candy into their bags, consider hand string cheese snacks for calcium and vitamin D, a healthful way to get some vital nutrients.

GOOD LUCK**FILE THIS**

Pumice stones wear down brushy frays, and raspy thimbles, if improperly cleaned, can harbor bacteria perfectly pure home pedicure Beauty Products Inc. using one-time disposable to pamper heels and toes. Instead of a pumice stone, foot file with disposable pads for a debris-free scrub, individually wrapped of disposable nail files, sticks and buffers protect cross-contamination among members.