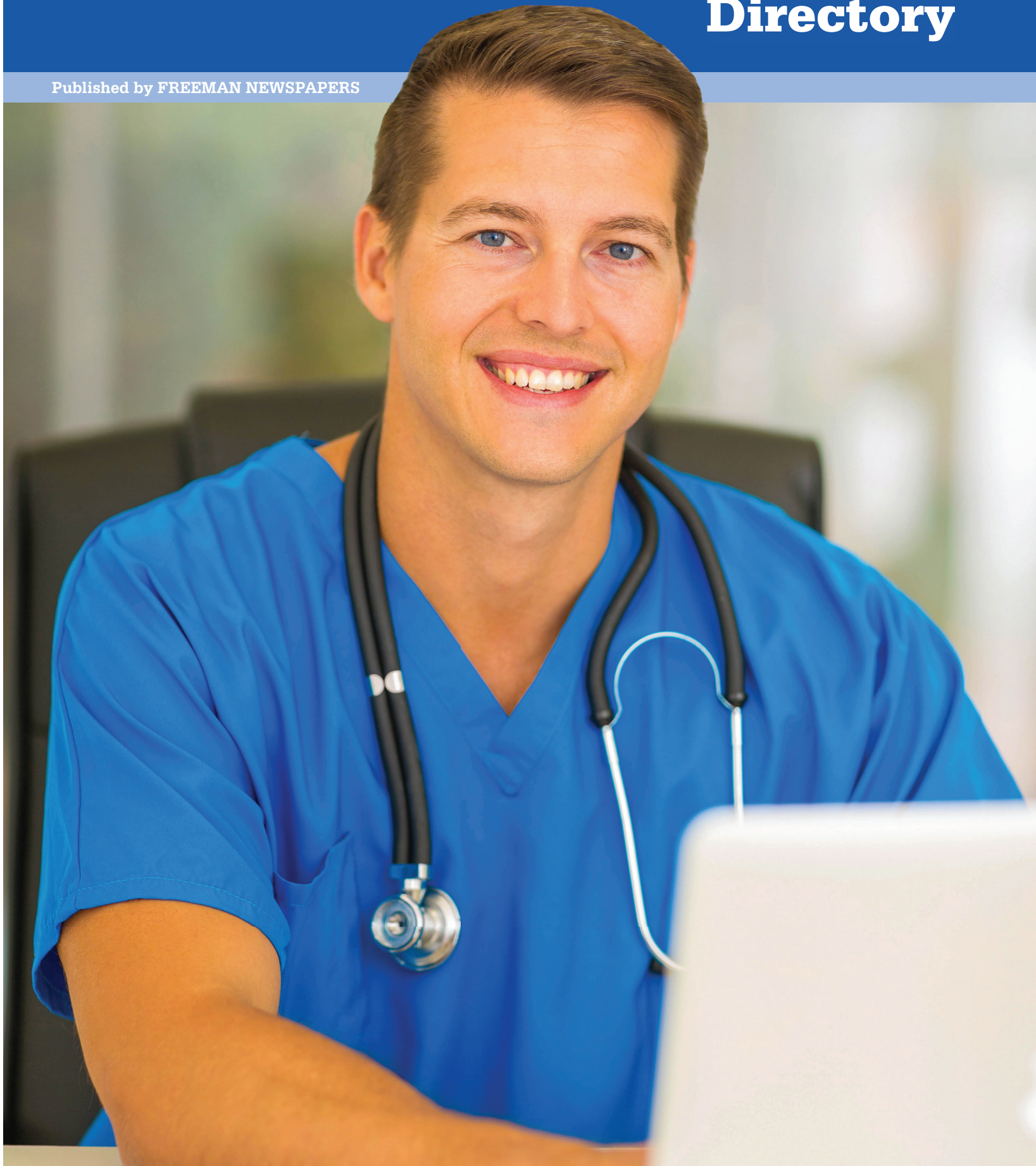


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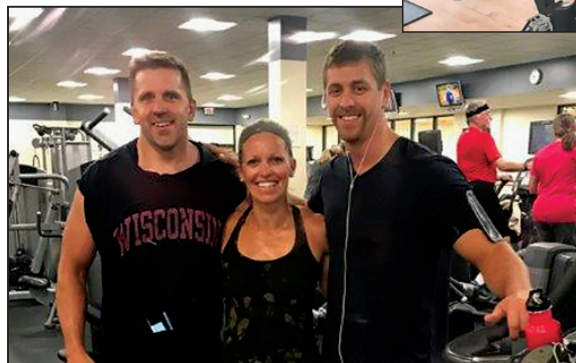
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Top fitness trends in 2018

Yoga and interval training are most popular

By Catherine Jozwik
Special to The Freeman

WAUKESHA — Trends such as high-interval intensity training (HIIT), group training, fitness classes for seniors, and yoga have more people flocking to the gym in 2018, according to an online Self Magazine article.

Yoga — physical, mental and spiritual methods which have been practiced for thousands of years — can hardly be considered a “trend,” but new variations, such as aerial yoga, have gained popularity.

The American Osteopathic Association’s website, www.osteopathic.org, illustrates that practicing one of the hundreds of forms of yoga can provide innumerable health and wellness benefits, including increased flexibility, weight reduction, improved respiration, and stress management.

“A lot more people tell me that their doctors are recommending yoga,” said Alyssa Konda, owner of Reaching Treetops Yoga, 820 N. Grand



Submitted photo

A HIIT class helps participants burn fat and enjoy themselves at the same time.

Ave. in Waukesha. The community-based studio attracts people of different age groups, from college students to senior citizens.

Aerial yoga is a type of yoga where students use fabrics suspended from the ceiling to do strength training, condi-

tioning, and inversions, such as hanging upside down by their hips.

Konda said many people are looking for fitness activities they can do with friends and co-workers. She also hosts yoga happy hours at her husband Llazar Konda’s restaurant, The Crepe Café, 290 W. Main St. in Waukesha. Students can imbibe wine and beers during yoga class.

“It’s a little bit of socializing,” she said.

Dianna Marcks, a certified personal trainer who owns TriMax Health and Fitness, 2242 W. Bluemound Road in Waukesha, said that HIIT has been a trend for around 10 years, but it’s finally gaining more momentum.

“It works,” she said.

Marcks opened up a branch of Fit Body Boot Camp, a nationwide franchise that offers HIIT, in TriMax.

“We promote fitness, nutrition, accountability, and motivation,” she said.

Thirty-minute sessions include weighted exercises with dumbbells, squats, lunges, sprints, step-ups and more. Marcks said these training sessions increase participants’ metabolic rate, and benefits continue long after the classes are over.

“When you are done with training, you are still burning fat for 30 hours,” she said.

HIIT sessions, don’t use a one-size-fits-all approach, Marcks said. Rather, they are tailored to fit the needs of the individual.

“We stress the importance of that,” she said.



Submitted photo

Dianna Marcks, owner of TriMax Fitness in Waukesha, and a client use an exercise ball during a HIIT session.

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Music education boosts more than test scores

School is much more than a place where students gather to learn. Lessons learned in school go beyond mathematics and language arts. Students learn to cultivate individual interests and find other people who share their interests. Music is one of the ways like-minded children come together.

When many people talk about the benefits of music education, they're quick to point out all of the quantitative and measurable results of that music education. For instance, numerous studies have shown the positive impact music programs can have on children in other areas of study.

Dr. Laurel Trainor, a professor of psychology, neuroscience and behavior at McMaster University, has said that young children who take music lessons show different brain development and improved memory. Stanford University researchers have found that musical training improves how the brain processes the spoken word, a find-

ing that researchers say could lead to improving the reading ability of children who have dyslexia and other reading problems. Furthermore, in an analysis of data on more than 25,000 secondary school students, researchers at the U.S. Department of Education found that students who report consistent involvement in instrumental music during middle school and high school perform significantly better in mathematics by grade 12.

Being involved in music also is a social endeavor, and music education can set the course for lifelong friends and help create social groups that last through school and beyond.

Music education breeds familiarity during a school career. Walking inside of a band room, whether in elementary school or high school, can create a sense of belonging. Thanks to music education at school, he or she will have learned lessons in working as a team and other social benefits.



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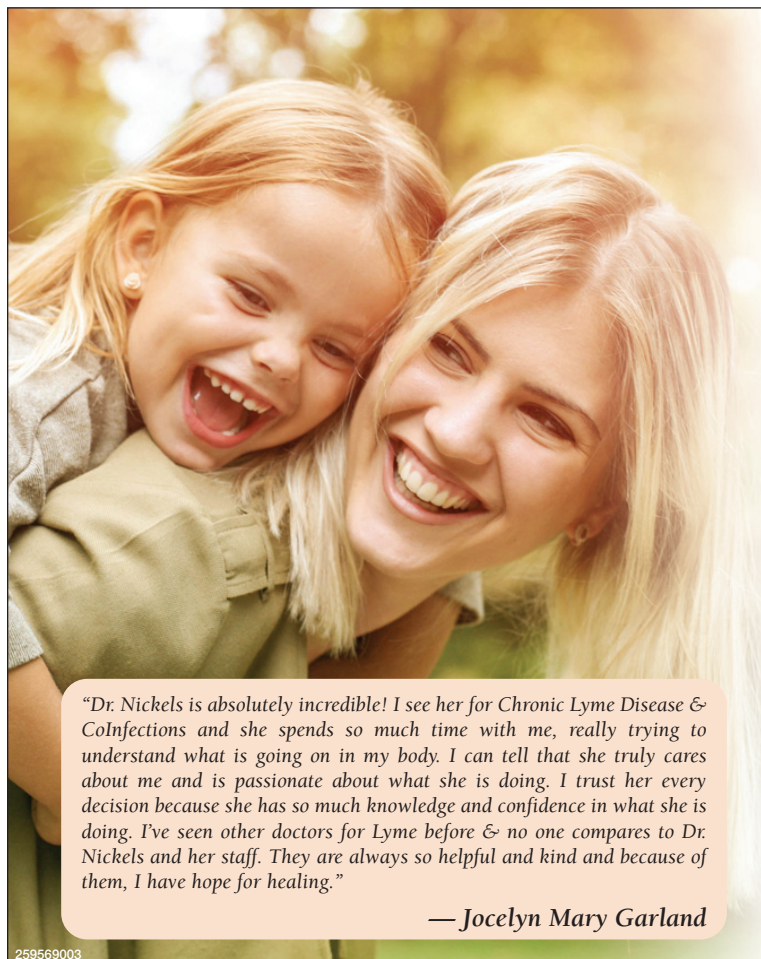
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Added vs. natural sugars — there's a difference, experts say

FDA will soon require added-sugar info on food packing

By Dave Fidlin
Special to The Freeman

WAUKESHA — Sugar, in all its different forms, is seemingly everywhere in foods. But the ways a person's body processes this sweet staple vary widely, as scientific evidence in recent decades has shown.

With growing frequency, health experts have been trying to draw a clear line between foods with natural sugars and those with added sugars. An orange and candy bar each contain sugar, of course, but the body metabolizes the foods in starkly different ways.

As its name suggests, naturally occurring sugars were in the food from the get-go. High levels can be found in produce and dairy. Added sugars, by contrast, were mixed into the food during processing.

Betty Holloway is a regional dietitian specializing in weight management at ProHealth



Care. For persons looking to shed excess pounds, Holloway said it might be tempting to go cold turkey from sugar — including fruits and other healthy options.

"Many people get so extreme," Holloway said. "But I really don't recommend that."

As the number of cases of Type 2 diabetes and obesity have continued climbing, new guidelines have been put in place for added sugars.

The American Heart Association recommends men consume no more than 9 teaspoons, or 36 grams, of added sugars per day. The benchmarks for women are less and top out at 6 teaspoons, or 25 grams per day.

"That's less than a can of soda," said Sarah Kent, a senior registered dietitian and health coach with Froedtert Hospital. "It's basically around one treat a day."

Sugar sleuthing

Experts such as Holloway and Kent recommend consumers review a product's nutrition label while grocery shopping — especially when it comes to the ingredient list. Legally, manufacturers can use one of more than a dozen names to describe what essentially is sugar.

"You have to be a little bit of a sugar sleuth," Kent said. High-fructose corn syrup and cane sugar are just a few of the examples.

To help in drawing a clear distinction between natural and added sugars, new features are being rolled out in product labels in coming years.

The U.S. Food and Drug Administration will soon require food manufacturers to clearly label how many grams of sugar have been added to

a product. Alongside the measurement will be a percentage, denoting the recommended daily allowance.

While there are stringent requirements around labels and ingredient lists, food manufacturers still have wide-ranging leeway in marketing products. After all, a stroll through an average supermarket isle will see such messages as "reduced fat" or boldly flashed caloric counts.

Holloway said consumers should be instantly skeptical of any packaging pronouncing a specific positive attribute.

"The reason they're doing that is because it's not really a healthy food," Holloway said. "That almost should be viewed as a warning."

Kent offered similar sentiments, pointing out food manufacturers regularly infuse higher doses of added sugar to compensate for modifications elsewhere.

"Think twice about going low-fat or no fat," Kent said.

With growing frequency, nutrition experts also are recommending consumers choose whole fruit over fruit juice. A typical cup of orange juice, Kent pointed out, has the amount of sugar in 3.25 whole oranges.

"You wouldn't eat that many oranges in one sitting because you'd get full," Kent said. "I can't think of a reason any of us should cut back on eating produce."

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Vitamins can do a body good

Health benefits include increased immune system, stronger bones and nails

By Catherine Jozwik
Special to The Freeman

BROOKFIELD — Supplementing a healthy diet with vitamins can have numerous health benefits, including an increased immune system, stronger bones and nails, and a better-functioning digestive system.

“Supplements have to be associated with good diet measures. People need to eat more plants,” said Joe Scovell, a chiropractor and nutritional consultant at ProActive Health, 19601 W. Bluemound Road, in Brookfield.

The sheer amount of vitamin and mineral supplements out there can make choosing the right ones a confusing and overwhelming process.

Certified nutritionist Jeffrey Langlois, owner of Langlois Vital Nutrition Center, 8843 W. North Ave. in Wauwatosa, recommends his clients take a hair follicle test.

This can indicate the pres-

ence, or lack of, essential minerals such as zinc, calcium, and magnesium in the body. These minerals perform hundreds of functions and are essential to good health.

“If you’re missing those, that can’t be good,” said Langlois.

According to Langlois, cod liver oil and collagen are two

elements most people are missing in their diets. Cod liver oil, which contains vitamins A, D and K, can be taken in a pill or a liquid form, and helps with kidney, lung and bone health.

Collagen is also an important protein that is lacking in many human diets, said Langlois. Found in animal



Submitted photo

Joe Scovell, of Proactive Health in Brookfield, recommends taking vitamins such as these to help supplement a healthy diet.

bones and gelatin, collagen has many health benefits, including helping maintain healthy skin, hair and nails. The protein can be found in soup broth made with animal bones, or in a powder form.

Scovell said getting enough vitamin D is necessary for good health, and is especially important during the winter in Wisconsin, as it helps strengthen immune systems and combat seasonal affective disorder (SAD). “It’s so invaluable. I wouldn’t be able to describe all the functions it performs,” said Scovell.

He cautions against taking multivitamins in compressed tablets, which he said may contain binders, artificial flavoring, and fillers such as talc, a carcinogen. Isotonic liquids and herbal encapsulations are a better choice, as multivitamins are harder for the body to absorb, he said.

“If you don’t absorb the supplement, it’s worthless,” said Scovell.

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Mindfulness, other meditative techniques can help in relieving stress

By Dave Fidlin
Special to The Freeman

BROOKFIELD — With electronic gadgetry and other noisy, modern-day realities at play, the notion of mindfulness — or simply being mentally and emotionally in the present moment — can seem impossible.

But there are numerous options available, whether in-person at a health and wellness center or by practicing techniques at home.

Throughout the Waukesha area, there are centers featuring classes in yoga, meditation and other related offerings that can help in bringing balance and cut through the stresses of life.

One such venue is Rooted in Mindfulness, a nonprofit, Brookfield-based organization that offers classes in yoga, day-long retreats and programs specifically tailored around the concepts of kindness and compassion.

Jesse and Erika Foy run the center, located at 4040 N. Calhoun Road and in operation about five years. Their center is tailored around the concept of harmonizing all aspects of life.

“By compassionately connecting with your thoughts, emotions and senses, you will discover the power of mindfulness meditation to enrich your life physically, mentally, emotionally and spiritually,” the Foyes wrote in a statement.

While it might be beneficial to practice mindfulness in a public setting, away from the distractions of home, it can be accomplished within the confines of a person’s residence as well.

According to the organization Mindful, meditative techniques are best accomplished in a space within a home or apartment that is free of clutter and with minimal noise. The less distraction, according to experts within Mindful, the better.

Health, Mind & BODY

Lighting — whether artificial or natural — can also play an important factor in achieving some of the principles of mindfulness.

Another common recommendation, particularly if practicing mindfulness at home, is to set parameters around the exercise so the temptation to obsess over the passage of time is eradicated. A timer can be used to alert a person when the session has ended for the prescribed length.

In keeping with the principles of yoga, posture also plays an important part in mindfulness.

Staffers at Mindful, for example, recommend traditional yogic positions, including sitting, crossing the legs and straightening — but not stiffening — the body throughout the exercise.

While cellphones could be credited with heightening the level of distraction people contend with daily, the devices also can help in aiding mindfulness and other meditative techniques.

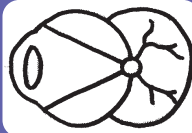
A growing number of apps devoted specifically to mindfulness have been sprouting up in recent years.

The list of offerings for smartphone devices includes Calm, Headspace, Insight Timer, MINDBODY, Smiling Mind and Stop, Breathe and Think.

Depending upon the specific app, lessons, music and other features can help in guiding one through the principles of mindfulness.



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Gluten-free a must for those with celiac disease

The availability of gluten-free offerings has increased considerably at grocery stores and restaurants in recent years. While gluten-free diets may have become a trendy way for people to deal with everything from mild indigestion to gastrointestinal problems, those with celiac disease have no choice but to avoid gluten.

According to the most recent data published by U.S. National Health and Nutrition Examination Surveys, the number of Americans who now adhere to gluten-free diets tripled between 2009 and 2014. Even though 2.7 million people surveyed reported being on a gluten-free diet, only 1.76 million people tested for celiac disease. It is further reported that following a gluten-free diet for those without diagnosed celiac disease can cause other health concerns.

The Celiac Disease Foundation says that celiac disease is an autoimmune disorder that occurs when gluten is ingested. Essentially, the body mounts an immune system response when gluten — a



protein found in wheat, rye and barley — is consumed. These attacks affect the small intestine and can damage the villi, which are small, finger-like objects that line the small intestine. Over time, the villi can diminish, impacting how well nutrients can be absorbed. Malnutrition may occur over time. Estimates suggest that celiac disease affects one in 100 people worldwide.

Left untreated, celiac dis-

ease can contribute to other health complications, such as osteoporosis, thyroid disease, autoimmune complications, and even certain cancers, offers the group Beyond Celiac. In addition, celiac disease may be linked to other conditions, including infertility and type 1 diabetes.

Classic symptoms of celiac disease include bloating, gas, fatigue, diarrhea, anemia, and osteoporosis. Some people may

have no symptoms, and the Mayo Clinic says that more than half of adults with celiac disease have signs and symptoms that are not related to the digestive system. Such symptoms may include mouth ulcers, itchy skin, damage to dental enamel, and joint pain. Reactions may occur even after consuming small amounts of gluten.

The cause of celiac disease is unknown, but gastrointestinal infections, gut bacteria and environmental factors may contribute. Unfortunately, there is no cure for celiac disease, but adherence to a strict gluten-free diet is one way to keep symptoms at bay and promote intestinal healing.

Before changing their diets, individuals who suspect they have celiac disease are urged to take the CEF symptoms quiz at www.celiac.org and to visit their doctors for blood tests. It is important to be properly diagnosed for the correct treatment, as even some medications contain gluten.



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How to handle a poisoning emergency

Any family can experience a poisoning situation, but people who live in homes with very young children or the elderly need to educate themselves about the various poisonous substances lurking in plain sight and what to do if these substances are ingested.

Although cleaning products or chemicals stored in the garage may be the most commonly thought of household poisons, many other seemingly mundane items also can be poisonous when ingested in large quantities. The National Capital Poison Center says that these common household items can poison children:

- laundry products
- pain medicine
- vitamins
- antihistamines
- pesticides
- cleaning substances

The NCPCC says the most common poisons for adults include prescription drugs, alcohol, pain medications, and cleaning substances.

People may not realize the hidden ingredients in products they use every day. Swallowing a large quantity of mouthwash containing alcohol can poison a child. Vitamins children mistakenly think are candy can be dangerous as well. Artificial nail products also can be poisonous.

If poisoning is suspected,

time is of the essence, as is taking the correct steps.

1. If the person is unconscious, not breathing or having convulsions, then the first step is to call the local emergency responders where you live or dial 911 immediately.

2. Remain calm and assess the situation if the person is responsive. Try to identify the poison by looking for open containers or the items that may have been swallowed or touched.

3. The Mayo Clinic says poisoning signs and symptoms can include burns or redness around the mouth and lips, breath that smells like chemicals, vomiting, drowsiness, confusion, and difficulty breathing.

4. Remove any pills or the substance away from the person, and check his or her mouth for any remaining pills.

5. Do not immediately induce vomiting, which may do more damage.

6. Consult with poisoning professionals. In the United States, call the American Association of Poison Control Centers at 800-222-1222. In Canada, call the provincial or regional poison control center, such as the Ontario Poison Centre, at 800-268-9017.

7. Be ready to describe the person's symptoms, age, weight, and medications, and



share any information about what has been ingested. The person on the line may give specific instructions to follow or recommend contacting emergency personnel.

While waiting for help to arrive, follow poison instructions on product labels. Depending on the substance that was ingested, this may include flushing the skin, offering water or another fluid,

flushing the eyes, or moving the person into fresh air. Avoid activated charcoal or syrup of ipecac. Poison centers rarely encourage self-care in poisoning incidents.

Unintentional poisonings account for hundreds of hospital visits and many deaths per year. Knowing how to respond to and treat a poisoning emergency can save lives.



Pet owners traveling with pets

Many individuals and families simply cannot part with their companion animals for long periods of time. As a result, it's become much more common for pets to accompany their owners on vacations. A study by AAA and Best Western International found more than half of American pet owners take their cats and dogs with them when they travel. Companion dogs for health reasons is also becoming more common.

Pet owners traveling with their four-legged friends in tow can make the experience a fun and safe one by planning ahead. Be sure the pet is up to date with immunizations and bring documentation of those immunizations with you when traveling. Update any dated information on secure tags so pets can be returned promptly

and safely should they become lost. Take frequent breaks on road trips to allow the pet to get some exercise and relieve itself. Some pets do not fly well and certain airlines no longer transport certain breeds in the cargo hold, so inquire with airlines before planning a getaway.

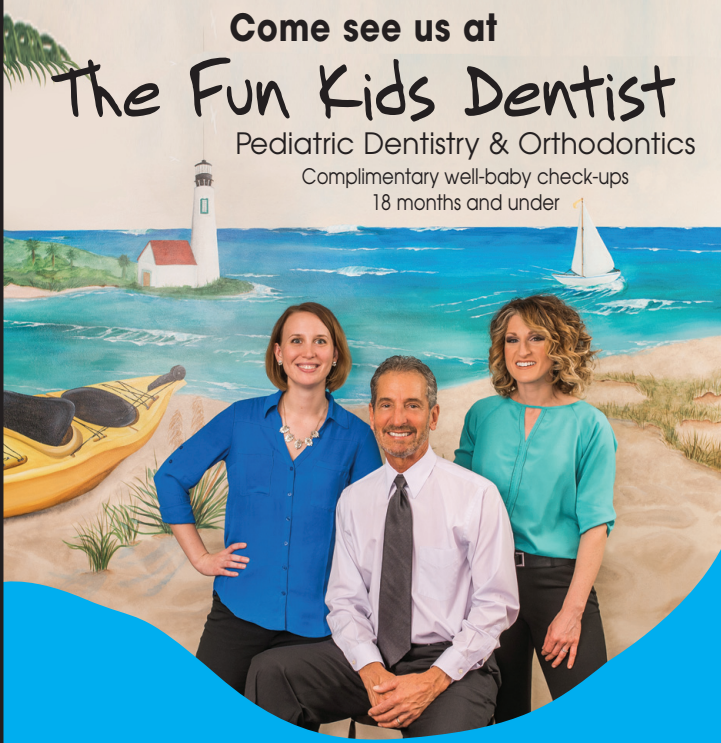
For those traveling outside of the country, recognize that some countries initially quarantine animals from other countries for a certain period of time to ensure the pet is in good health. Look for pet-friendly hotels and airlines and verify that pets are allowed before booking. If traveling international with your pet, be sure they have their passport, are up to date on their shots and find out specific regulations required by the company you are traveling to.

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DENTISTRY continued

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Maintenance a must when wearing contact lenses

An alternative to eyeglasses, contact lenses are widely used across the globe. Contact lenses provide the inconspicuous clarity many people desire, and the wide array of materials used to make lenses coupled with the assortment of styles of contact lenses have helped to make them more comfortable than ever before.

It may seem like contact lenses are a relatively recent invention, but they've actually been around far longer than one would think. As far back as 1508, Leonardo da Vinci illustrated the concept of contact lenses. Three hundred years later a British astronomer named Sir John Herschel conceptualized the practical lens design. First designs of

contact lenses covered the entire eye and were made from glass. By 1948, plastic contact lenses came on the scene and were designed to cover only the eye's cornea. Through the 20th century, contacts continued to evolve. It is believed that now more than 30 million people in the United States alone wear contact lenses. Two-thirds of those wearers are female, says the Centers for Disease Control and Prevention.

Because contact lenses come in direct contact with the eye, maintenance is especially important. Medical professionals say that teenagers as young as 13 may be able to wear contacts. It's never too early to share the proper care procedures. The following are con-

tact lens care guidelines, courtesy of the American Academy of Ophthalmology.

- Wash hands with soap and water and dry with a lint-free towel before handling contact lenses.
- Never store lenses in water (tap or sterile). Contact lenses must be stored in special disinfecting lens solution.
- Saliva is not a sterile solution and should not be used to moisten dry contacts.
- Minimize lenses contact with water. Remove them before swimming.
- Always follow the recommended lens cleaning and storage guidelines from an eye care professional and the contact solution manufacturer.
- Many professionals advise

you to rub and rinse contact lenses even if the solution used is a "no-rub" variety.

- Leave empty contact cases open to air dry.
 - Replace storage cases and contact lenses as advised by the manufacturer or your eye care professional. Cases can be a source of contamination if they are cracked, dirty or damaged.
 - Do not allow the tip of the solution bottle to come in contact with any surface, and keep the bottle tightly closed when not in use.
- Following these recommendations and adhering to proper hygiene can prevent eye infections and injury.



Physical activity may help men and women reduce their risk of developing colorectal cancer

Colorectal cancer is a formidable foe. According to the U.S. Centers for Disease Control and Prevention, colorectal cancer is the second leading cancer killer in the United States. It is similarly lethal in Canada, where the Canadian Cancer Society reports it is the second leading cause of cancer death in men and the third leading among women.

Some risks for colorectal cancer are beyond an individual's control. For example, the CCS notes that a personal or family history of polyps in the colon, rectum or both significantly increases a person's risk of developing colorectal cancer. Lynch syndrome, a condition caused by gene mutations, causes polyps to develop in the lining of these areas. Since Lynch syndrome is inherited, there is nothing men or women can do to reduce their risk of developing it.

Research into colorectal cancer is ongoing, making it difficult for doctors to positively identify behaviors or approaches that can reduce a person's risk of developing the disease. But there are certain things individuals can do that might help save them from falling victim to colorectal cancer.

- **Get screened:** The CDC notes that colorectal cancer usually begins when polyps form in the colon or rectum. If they go undetected, these polyps may turn into cancer. Screening can detect polyps early so they are found before they develop into cancer. The U.S. Preventive Services Task Force recommends colorectal cancer screening using high-sensitivity fecal occult blood testing, or FOBT, or colonoscopy for men and women between the ages of 50 and 75.



- **Embrace physical activity:** While men and women who are physically active can still get colorectal cancer, the CCS notes that people who live sedentary lifestyles are at a higher risk of developing the disease than those who are active.

- **Maintain a healthy weight:** According to the CCS, people who are overweight or obese have greater incidence rates of colorectal cancer than those who maintain healthy weights. The CCS also notes that men with a high body mass index, or BMI, seem to be most at risk of developing colorectal cancer.

- **Limit alcohol consumption:** The CDC notes that some studies have shown that limiting alcohol consumption may reduce a person's risk of developing colorectal cancer.

Colorectal cancer is a devastating disease, but men and women who embrace healthy behaviors may be able to lower their risks.



Whitney Anhorn, DMD
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WELLNESS

What causes sensitive skin?

"Sensitive skin" can describe a host of symptoms that affect the skin on peoples' faces and bodies. Some may develop sensitive skin after using skin care products that contribute to irritation or make their skin feel uncomfortable, even if there is no outward appearance of change.

According to Francesca Fusco, MD, an assistant clinical professor of dermatology at Mount Sinai School of Medicine, more than 50 percent of women categorize themselves as having sensitive skin.

Although there are many treatments designed to treat sensitive skin, what drives irritation in one person may not produce the same effects in another. Therefore, alleviating sensitivity is not always an easy fix. Getting to the root of the irritation can help people develop a more customized plan for relief.

Indoor and outdoor environment

Changes in the weather as well as the air inside of a home

can cause reactions in the skin.

For example, cool, dry air and central heating can cause the skin to become dehydrated.

Dirt and pollution also may play a role. Pollution in the air can be absorbed by the skin's natural barrier, eventually weakening it, say the sensitive skin experts at Simple skin care products.

Age

Skin can lose its elasticity and ability to recover quickly with age, making it prone to greater sensitivity. Couple that with the public's quest for younger-looking skin that involves cleansing religiously, exfoliating too frequently and relying on a bevy of anti-aging lotions, and it's understandable why skin may become less resilient over time.

Dry skin

Lack of moisture can contribute to sensitive skin. A cleanser that is too drying is often the culprit behind unnecessary irritation. According to skin care expert Renée



products as well. Allergies to food or environmental components may also make skin more sensitive. Patch testing can identify allergies.

Hydration

Keeping a proper balance of the fluid levels in skin is equally important to the health of this organ. Make sure to consume 8-10 glasses of water per day.

Some trial and error may be necessary to find a skin care regimen that works on sensitive skin. Test new products in an inconspicuous spot prior to use, choosing items that have as few ingredients as possible. Avoid items with alcohol, retinoids and fragrances. Antibacterial or deodorant ingredients also may cause problems, so choose moisturizing products and soap-free cleansers.


A person's skin is something that is often most ignored organ and least taken care of, as other organs are. Keeping proper care can help reduce the skin's sensitivity.

Rouleau, harsh detergents in commonly used facial cleansers can break down the natural lipids in skin. Furthermore, invisible cracks may form, enabling moisture to seep out and irritants to get in.

Skin disorders

Common skin disorders or allergic skin reactions may make skin more sensitive. Such conditions include rosacea, eczema, psoriasis, or allergic contact dermatitis. Injured skin may be more reactive to the environment and certain


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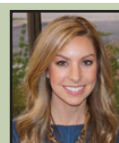
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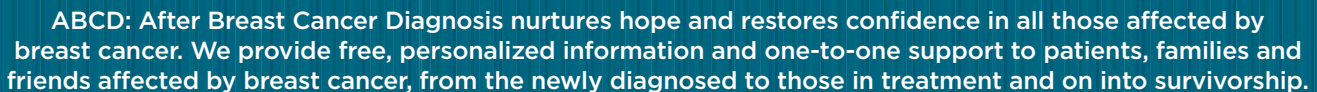
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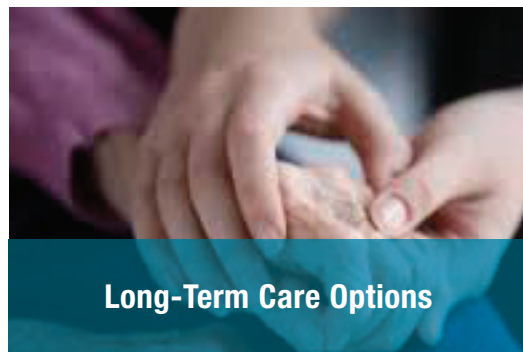
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