

D | Accent HEALTHY LIVING

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HEALTHY LIVING

State-of-the-art Spine Surgery with the O-arm. Q & A, D4

THIS WEEK'S TOPIC:
SPINE SURGERY

Help The Palm Beach Post thank the nurses of Palm Beach County

with a new, community-wide campaign online and in print:

Thank a nurse 2014



Did a nurse save your life or ease your pain?

Do you know a nurse who goes above and beyond every day?

Tell us about that nurse!

The Palm Beach Post has teamed with Palm Healthcare to salute nurses – from school nurses to at-home nurses to nurses at medical centers and rehab centers.

Please **SHARE YOUR STORIES** and photographs!



We will post the stories at: palmbeachpost.com/nurse

Stories also will be published in the Accent section every Tuesday from April 15 to May 13.

We'll be awarding prizes to seven local nurses during National Nurses Week, May 6-12.

Does your nurse deserve ...

- ▶ **Dinner** at the critically acclaimed Table 26?
- ▶ **Or a facial** from MD Beauty Labs?
- ▶ **Or a \$50 gift card** from Anthony's clothing store?

Share her or his story!

▶ Please fill out the form online at: palmbeachpost.com/nurse



THE MINDFUL LIFE A MONTHLY SERIES

Can Emily stomach A 3-DAY CLEANSE?



Emily Minor, who endured the Dr. Oz three-day cleanse as part of the Post's "The Mindful Life" series, prepares to blend her morning concoction, which is not entirely appetizing. (PHOTOS BY LANNIS WATERS / THE PALM BEACH POST)

'All you need is three days, a blender and \$16 a day,' Dr. Oz declares

By Emily J. Minor
Special to The Palm Beach Post

You know Dr. Oz's 3-day Detox Cleanse is off to a rocky start when you open a kitchen cabinet and the glass jar for the blender is AWOL.

And then you remember.

Back-porch freezer, sitting deep down in that frosty well, still full of piña colodas from last week's houseguest.

Which begs the obvious question.

Should I start the day with pineapple juice, Coco Lopez and rum? Or flax seed, spinach and lemon?

Talk about the Sophie's choice of daily living.

Remember, we're getting mindful this year. So far in 2014, I've taken two for the team. First, there was that whole exercising my brain thing with Lumosity. (Seven birds times 12 birds minus 4 birds is what again? And why do I care?) Then I wore one

Inside
» See Emily's reaction, D5

of those Fitbit wearables that tracked my (in)activity.

And now, I've just cleansed myself for three very long days, which is to say that at this writing I am downright weak from lack of protein, gluten and alcohol.

Turns out coconut water and Bud Light are not the same thing. Who knew?

But why subject yourself to a cleanse? What's it even mean? And why would you want to give up food, unless you're 50 and doing The Prep Drink for The Big Test?

Well, truth is, even healthy people eat, drink and breathe in toxins, which can build up in your organs. (Food colorings, preservatives, carbon dioxide.) By replacing meals with healthy liquids, our bodies are relieved from the burden of digesting sol-

Mindful continued on D5

DR. OZ'S 3-DAY DETOX CLEANSE



Shown above are most of the ingredients for Dr. Oz's 3-day Detox Cleanse.

(Commentary provided by Emily)

Breakfast drink

- 1 cup water
- 1 tablespoon flax seed
- 1 cup raspberries
- 1 banana
- ¼ cup spinach
- 1 tablespoon almond butter
- 2 teaspoons lemon

Lunch drink (blech)

- 4 celery stalks
- 1 cucumber
- 1 cup kale
- ½ green apple

- ½ lime
- 1 tablespoon coconut oil
- ½ cup almond milk
- 1 cup pineapple

Dinner drink

- ½ cup mango
- 1 cup blueberries
- 1 ½ cup coconut water (yuck)
- 1 cup kale
- 1 tablespoon lemon
- ¼ avocado
- ¼ teaspoon cayenne pepper
- 1 tablespoon flax seeds

Bite-size book offers traveler tips



Steve Dorfman
Boomer Health

Maybe you're planning your summer vacation.

Or perhaps your daily life always has you on the go.

Either way, when circumstances dictate you make quick, unplanned decisions about nutrition, you may not always make the most healthful choices.

That's where nationally renowned health and nutrition coach Alina Zhukovskaya comes in.

Known to friends and clients as "Alina Z", the South Florida-based Zhukovskaya, who originally hails from Rus-

sia, specializes in what she calls "couture nutrition."

"In fashion, 'couture' refers to custom-made clothing that's designed to fit the wearer perfectly," she explains.

"I take the same approach with my clients' nutrition strategies," she says. "Tastes, preferences, lifestyle – they all factor in when we create personalized eating plans."

And now Zhukovska-

ya, 33, has condensed much of her health and wellness wisdom into a self-published, pocket-sized book called "Traveler's Guide to Couture Nutrition: Top Tips for Eating On-The-Go" (available at alinaz.com for \$11.11) that'll help you stay on course with your nutrition – no matter where life takes you.

Dorfman continued on D2



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Life with recovering addict is a challenge



Carolyn Hax
Tell Me About It

Dear Carolyn: I am dating a very-newly-recovering alcoholic; he's been sober five months. We have known each other for almost two years and share many friends, most of whom knew him when he was still married and witnessed the toll his addiction took on that marriage. He and I met post-divorce, but I am acquainted with his ex through mutual friends.

We have taken our relationship very slow over the past five months. We first became physically intimate the day before he had an incident that would result in his becoming sober. I have not

pressured him to make any commitment other than to sobriety. As a result, we recently dropped the "L" bombs and are in a committed, healthy relationship!

Here's the problem: Our closest friends can't seem to be happy for us! My best friend explicitly told me our relationship makes her "anxious."

How do I get friends to (1) stop comparing me to his ex-wife; and (2) stop acting like at any moment he is going to go on a drunken rampage and ruin my life? He's in therapy and I'm not blind to the chance of a relapse, but is it too much to ask that people see him for the kindhearted, loving, strong man he is for me? — **All They See Is the Alcoholic**

Carolyn says: I see the alcoholic, too — but I also see a cute-ism ("L bombs"), a dash of codependency (the "kindhearted, loving, strong man he is for me," em-

phasis mine), and a primary interest in the way you appear to others.

Would you please, please please go to Al-Anon? It's not your job to change the way people look at or think of your new love. Al-Anon would be an appropriate tutorial not just in recognizing that boundary, but also in preparing yourself for the possible challenges in sharing your life with an addict. Many have been down your path and have wisdom to share.

And while it is, again, not your job to serve as your boyfriend's publicist, it would probably help settle your friends' nerves if they knew you were taking seriously the challenge of dating a man in recovery.

Your closest friends' opinions are theirs to have, period. But it may be that they came to these opinions after watching him self-destruct. You take that lightly at your peril.

Hemochromatosis can damage heart, other organs



Dr. Keith Roach
To Your Health

Dear Dr. Roach: My 50-year-old, active son-in-law became very fatigued a year and half ago. He initially was diagnosed with low testosterone and given further testing. Finally, about six months from the onset of his symptoms, he was diagnosed with hemochromatosis, with iron levels in the 600s. Consequently, one and a half pints of blood have been withdrawn weekly for about two months. Levels are now in the 500s. His organs all have been tested for damage, but only two benign tumors have been found, in his kidneys. Despite treatment, the fa-

tigue has continued. Is there anything else he should be doing? — **M.F.**

Answer: Hemochromatosis is a disease of iron metabolism. In hereditary hemochromatosis, the body absorbs as much iron as it can, even if it doesn't need it, and the iron builds up in various tissues in the body. The organ systems most commonly affected are the bone marrow, heart and liver; however, many other organs will be affected if the disease is not treated.

Fatigue in hemochromatosis can have several causes, but the most worrisome is iron overload in the heart, which can cause heart failure. He probably should have an echocardiogram if his doctors have not already done one. Fatigue is common and does not need to be heart-related. In my experience, fatigue often gets better with treatment of the iron overload, which can take a

year or more to successfully return to normal.

Dear Dr. Roach: I'm a 42-year-old woman in good health. I am beginning a new job soon, and I feel it's a good idea to build up my immunity before I work in this new environment. I chose an over-the-counter support supplement, but I am coming down with a cold!

I have found that I regularly react in this way to vitamins and supplements. Is this common? — **D.F.**

Answer: Having a strong immune system is always a good idea. However, supplements, even those that say they are good for the immune system, have no proof that they prevent colds or shorten their duration. A healthy diet, exercise and good sleep are much better for your immune system than a supplement.

Write to Dr. Roach in care of The Palm Beach Post, 2751 S. Dixie Highway, West Palm Beach, FL 33405-1233.

Aggressive cat may benefit from playmate



Dr. Michael Fox
Ask The Vet

Dear Dr. Fox: Ten months ago, my wife adopted a tiny 8-week-old kitten whom everyone had given up on, even the vet. He weighed only 10 ounces, had a wet face and was just plain miserable. But through vitamins, fortified food and love, Jack has surpassed his bad start in life.

Through my research online, we've determined that Jack is a Maine coon. He possesses all the behavioral and physical characteristics of the breed. He's big — 26 inches long (excluding his tail) and about 16 pounds. When he's gentle, he's very sweet; however, he loves to bite, and with his size and strength, he can draw blood. He's extremely smart and will only nibble me, as he knows I don't tolerate it,

but he still bites my wife. He also can become defiant, sitting upright and spreading his paws. His vet says that he could put him on Prozac, but we'd hate to resort to that.

Jack is getting bigger every day and is not expected to be fully grown for three to five years. Do we have a monster here, and what can we do? — **T. & L.R., Manasquan, N.J.**

Dear T. & L.R.: Please do not accept a Prozac or other psychotropic drug treatment for your cat's particular condition. I think of all the poor children on these various drugs for behavioral, emotional and cognitive or attentiveness "disorders" in this insane society that manufactures new diseases by creating new names.

No, I'm not wholly opposed to the appropriate use of such pharmaceutical products in humans and other animals, but the now wholesale prescribing does need to be questioned.

First, do not get in to situations with your big cat where these potentially injurious love-bites and play-bites may be

evoked. You should be able to tell from his body language when this is about to occur. Stop petting or grooming just before it happens. Try re-motivating and redirecting his attention with a fluffy lure on a fishing pole or putting him up against a scratch post or up on a cat condo ledge.

Consider adopting another big, easygoing cat so he has company and will learn to play gently with his own kind. Part of the problem could be overattachment to you and your wife because he is lacking in the full stimulation and social enrichment that contact with his own kind can provide.

As I say in my book "Supercat: How to Raise the Perfect Feline Companion," two cats living together are generally healthier and happier than one living alone. Check my website, www.DrFoxVet.com, for the essential steps to follow when introducing a second cat. Good luck!

Write to Dr. Fox in care of The Palm Beach Post, 2751 S. Dixie Highway, West Palm Beach, FL 33405-1233

Dorfman

continued from D1

Easy to follow

Arranged in two dozen quick-read chapters, Zhukovskaya's guide covers every aspect of eating outside your home.

For instance, in the "Crunchy Carbs and Chips" chapter, Zhukovskaya offers tasty, nutritious alternatives to the typical airport pretzels, chips and popcorn. Among her favorites: Mary's Gone Crackers, which are wheat- and gluten-free. Of the organic snacks, she writes that they're "full of good carbohydrates, healthy fats and are delicious!"

An accomplished vegan chef herself, Zhukovskaya also recommends vegan snacking products from Two Moms in the Raw because they have "a generous dose of healthy Omega-3 fatty acids and filling fiber."

For those times when you know you won't be able to eat fresh fruit, she suggests That's It bars. These easy-to-carry energy boosters are made solely of just two kinds of fruit — say, mango and apple — and contain *nothing else* (hence, the name).

Avoiding illness

Zhukovskaya's "Travel-

er's Guide" goes beyond just helping satisfy your hunger cravings.

Because traveling — especially on airplanes — both stresses your body and exposes you to more toxins, she recommends ingesting supplements of chlorella because it's "an algae that is rich in blood-purifying chlorophyll."

Another tip if you're heading to a cold climate: "Avoid dairy products, such as cream and cheeses as they can be mucus-producing," which is "especially relevant in the winter when people are more prone to getting colds."

When it comes to staying hydrated, Zhukovskaya is a big fan of coconut water.

Her favorite: "Real Coconut Water in glass bottles ... because (the glass) doesn't contain chemicals."

Other suggestions

Zhukovskaya also offers interesting suggestions for snackable, non-meat protein, such as crunchy chickpeas and shelled hemp seeds (who knew?), as well as ones for single-serving organic condiments, filtered plastic water bottles and a host of immune-system-boosting supplements.

However, my favorite chapter is the "Z-Tips for Eating Out."

It's broken down by restaurant style: Mexican, Thai, steakhouse, diner, etc.

And sure, there are the ones many of us already know ("ask for sauces and dressings on the side" and "choose brown rice instead of white rice").

But then are the ones about which I had no idea.

For example, when eating raw fish at a sushi restaurant, she recommends always dipping it in soy sauce and having wasabi too. That's because "salt in the soy sauce can help kill bacteria and the spice in wasabi can help kill parasites."

As comprehensive — and convenient — as the "Traveler's Guide" is, Zhukovskaya also recognizes that "we all live in the real world," so there will be times when making the ideal "clean" food choice simply isn't possible.

And when that happens, she urges not stressing about it.

As Zhukovskaya does in her own life, allow yourself 10 percent "wiggle room" — because, as she says, "You can't be perfect all the time."

HEALTH NOTES

Diabetes support groups to meet

Tuesday: 2 p.m., Boca Raton Regional Hospital (650 Glades Road, Boca Raton); call 561-731-4321.

Thursday: 10 a.m., Bethesda Hospital West (9655 W. Boynton Beach Blvd., Boynton Beach); call 561-731-4321.

Kidney support group to meet

Tuesday: 6 to 7:30 p.m., North County Senior Center (5217 Northlake Blvd. Palm Beach Gardens); call 561-622-3745.

Fearless Caregiver conference

Thursday: From

8:30 a.m. to 2:30 p.m. at the West Palm Beach Marriott (1001 Okeechobee Blvd., West Palm Beach). Today's Caregiver magazine will host an interactive symposium for family and professional caregivers, featuring advice, support, information, experts, vendors, a luncheon and more.

For family caregivers, there are a limited number of complimentary seats.

For professionals, admittance is \$45 (\$55 on day of the event). Call 954-362-8125 or 800-829-2734, ext.125, or visit caregiver.com to register.

Positive-thinking, self-help workshop

Thursday: 6:30 p.m.

at Mandel Public Library of West Palm Beach (411 Clematis Street, West Palm Beach); call 561-868-7701.

Tinnitus self-help group

Thursday: 7:30 p.m. at South County Civic Center (16700 Jog Road, Delray Beach). Parking is free but a \$1 donation is suggested. Call 800-732-9217.

Free vein screenings

Saturday: From 9 a.m. to 1 p.m. at Kimmel Vein Institute (1905 Clint Moore Blvd., Ste. 215, Boca Raton), free vein screenings will be offered. Call 561-477-0210.

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