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Uptown  
Downtown

## Get Fit and Have Fun

# PUT ON YOUR DANCING SHOES

If you find yourself nearly falling off your treadmill from boredom, consider an alternative route to fitness: dancing. Hitting the dance floor can be an effective way to exercise, and it's anything but monotonous. Not only can it provide a healthy aerobic workout, it can also create an opportunity for social interaction, friendship and fun.

### Physical benefits

The aerobic nature of dancing provides conditioning for your heart and lungs and increases your body's efficiency in transporting vital oxygen. The key is to keep moving long enough and fast enough to increase your heart rate and make you sweat a little.

The longer you dance, the more you improve your endurance and motor skills. Following dance moves also increases your balance and coordination. These benefits translate into your everyday life by making it easier for you to use the stairs, play with your grandchildren and carry out routine tasks.

Dancing can also promote weight loss--the more you move, the more calories you burn. An hour of aerobic dancing, such as swing or salsa, can burn between 400 and 450 calories in a 150-pound person. This is as many calories as you would burn on a stationary bike. Last but not least, dancing that involves moving on your feet is a weight-bearing activity that can help prevent or slow bone loss (osteoporosis).

As with any form of exercise, however, you should take it easy at first and build up to an appropriately challenging level. Most experts recommend 30 to 60 minutes of continuous activity most days of the week for optimal cardiovascular conditioning. Dancing may not provide all the conditioning you need, but it can certainly help.

### Mental benefits

Dancing also has mental perks. Learning the choreography of a particular dance style challenges your mind in addition to your body. And if you're worried about having two left feet, give yourself some time. Most dance styles require practice before you're able to glide smoothly around the floor. The most important requirement is that you enjoy moving to music.

### Social benefits

Perhaps the best part about dancing is that it offers social benefits. Taking a dance class gives you the chance to meet others with similar interests and the opportunity to master a craft. Going to a ballroom or dance club with a friend can be just as fun and energizing, with the added bonus of spontaneity.

When approached with a relaxed attitude, dancing offers a way to relieve stress and simply have fun, something that's often missing in today's hectic and scheduled world.

### How to get started

Formal dance classes are usually available through dance studios, community recreation centers, fitness clubs and social clubs. You can go alone or with a partner. Some formal classes also offer the possibility of competitive dancing

Look for an instructor who can show you clearly how to move, explain the dance steps well and offer good individual advice. Most instructors will allow you to

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## Let's Talk

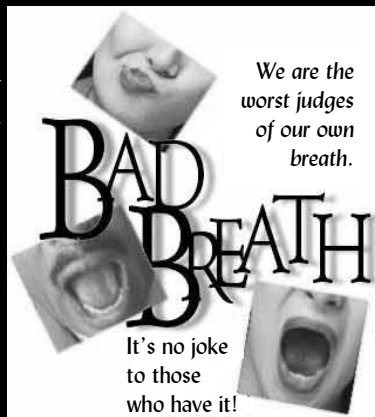
Dr. Jerry Shapiro

### WHY UPTOWN WILL NOT FILL THE \$4 PRESCRIPTION

Hello again, it is your neighborhood pharmacist. For those of you who read the Downtown News this may sound familiar since I did an article for them last year on this subject. But before you read on there is a segment of the Today Show with Matt Lauer that is worth viewing at [www.tinyurl.com/genericdrugs](http://www.tinyurl.com/genericdrugs). This interview includes their chief medical editor, Nancy Snyderman and explains the dangers of substituting with generic drugs for certain medications. The reason I bring this up is to help you understand how many of the big chains can fill the \$4 prescription and why Uptown will not fill the \$4 prescription.

## The Truth About Bad Breath

Millions of people who have bad breath don't know it, while millions of others who think they have bad breath don't. That's the conclusion of a review of self-perception of breath odor, published in the Journal of the American Dental Association.



Bad-smelling breath often indicates oral or medical conditions requiring treatment. Those conditions include periodontal disease, faulty dental restorations, nasal infections (including postnasal drip), and bacterial and debris buildup under dentures and on the back of the tongue. The realization that the tongue is a major source of malodor is only now beginning to gain wide recognition.

When checking to see if they have bad breath, people usually cup their hands over their mouth or lick their wrist and sniff. But in experiments, those methods correlated poorly with objective assessments by odor judges. Studies have found good subjective-objective correlations when people sniffed a plastic spoon or tongue scraper that had been rubbed against the back of their tongue or smelled a dental toothpick that had been inserted between their teeth. You might ask a close family member or trusted friend to sniff and tell.

Let me continue by emphasizing our mission at Uptown: to put you and your family's health and safety first. We work every day to fill your prescriptions quickly and accurately. So why will we not fill the \$4 prescription? To begin with, no one can fill a \$4 prescription and make money. This is strictly a loss leader aimed to draw people into that store to do some aisle shopping. I guess the question you should asking yourself is "how much do I spend when I go to Wal-Mart, Costco, Walgreen's, etc to purchase my \$4 prescription"? You see, their purpose is to get you in every month so that you can continue to shop, often for items that you really did not need. This is how they generate significant profits. Many of these same pharmacies are now offering a three month supply for \$10. This is done to compete with the mail-order pharmacies and to get you aisle shopping once again.

Obviously these stores want to minimize their loss on these items so they purchase whichever is the bargain generic of the month. The only problem with this is that there are variances in potency from one generic to another generic. On certain drugs (such as some heart medications, seizure medications, blood thinners and thyroid medication) this can be dangerous to your health. At Uptown, we try to purchase the same generic brand every month, so there is no variance in potency. I would like to make it clear that generics are, for the most part, safe and offer a less expensive alternative for the vast majority of brand name drugs. I do realize that for some, the information presented here will raise more questions. Please, do not hesitate to call us at (213) 612-4300 and one of our pharmacists will gladly take the time to discuss your medications with you.

## A Dog Lover's Story!

Upon entering a little country store, a stranger noticed a sign saying, "DANGER! BEWARE OF DOG!" posted on the door. Inside, he noticed a harmless old hound dog asleep on the floor near the cash register. He asked the store's owner, "Is that the dog folks are supposed to beware of?" "Yes," the proprietor answered, "that's him." The stranger couldn't help being amused. "That certainly doesn't look like a dangerous dog to me," as he chuckled. "Why did you post that sign?" "Because," the owner replied, "before I posted that sign, people kept tripping over him."





## Hints from JoAnn

### KITCHEN HINTS

- Instead of throwing away bread heels or leftover cornbread, use them to make bread crumbs. For use later, store them in the freezer.
- Substitute half applesauce for the vegetable oil in your baking recipes--you'll greatly reduce the fat content. (Example: 1/2 cup vegetable oil = 1/4 cup applesauce + 1/4 cup oil.)
- To ripen avocados and bananas, enclose them in a brown paper bag with an apple for 2-3 days.
- Brush beaten egg white over pie crust before baking to yield a beautiful, glossy finish.
- In recipes calling for margarine, substitute reduced-calorie margarine to help cut back on fat. (Same goes with sour cream, milk, cheese, cream cheese, and cream soups.)
- Place a slice of bread in hardened brown sugar to soften it back up.
- When boiling corn on the cob, add a pinch of sugar to help bring out the corns natural sweetness.

- Don't throw out all that leftover wine. Freeze into ice cubes for future use in casseroles and sauces.
- If you have problem opening jars: Try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.
- Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.
- To take the tears out of chopping onions: Plug in a portable fan and turn it to high. It'll help blow away the fumes from your eyes--no more tears.
- Don't panic if your soup's too salty: Add cut raw potatoes and throw them away once they are cooked and have absorbed the salt. Your soup's saved.
- Instead of throwing away a sponge that has a stale odor, simply toss it in the dishwasher and wash it with the next load of dishes. It will come out clean and fresh smelling and will kill any bacteria in the sponge, so it's a good idea to toss your sponges into the dishwasher often.
- Save celery leaves. Spread them out on paper towels or a paper plate and let them dry. Crumble them into soups, salads and stuffing's. They will add an extra zippy flavor for free.

## How Things Have Changed... The Year 1900 vs. Today



- The average life expectancy in the U.S. was about 48 years.

Today, the average life expectancy is 77 1/2 - 80 years.



Canada is over 80 years.

- Fewer than 15% of the homes in the U.S. had a bathtub. Today more than 95% have a bathtub.
- The 3 leading causes of death in the U.S. were pneumonia & influenza, tuberculosis, and diarrhea. Today Heart Disease is the #1 cause followed by Cancer & Stroke.
- 10% of U.S. adults could not read or write. Today, it's 14%. More than 20% read at or below the 5th grade level!

Sore after your regular workout at the gym?  
Try some alternative pain relievers that will help the soreness go away.

Vinco's Arnica-Profen  
Homeopathic pain relieving Cream



Vinco's Thera-Derm  
Chinese Herbal Therapeutic  
Pain Relieving Patches for  
muscle tissue and joint pain.



New Chapter's Zylamend

Herbal support for reducing inflammation

Found exclusively at Uptown Drug

Nintendork.com - LogOff Warning



You have been on-line for 1 year.

Do you wish to Log Off and get a life?

Yes

NO

Remind me next year

# Life 101

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. Save for retirement starting with your first paycheck.
9. When it comes to chocolate, resistance is futile.
10. Make peace with your past so it won't screw up the present.
11. It's OK to let your children see you cry.
12. Don't compare your life to others. You have no idea what their journey is all about.
13. If a relationship has to be a secret, you shouldn't be in it.
14. Take a deep breath. It calms the mind.
15. Get rid of anything that isn't useful, beautiful or joyful.
16. Whatever doesn't kill you really does make you stronger.
17. It's never too late to have a happy childhood. But the second one is up to you and no one else.
18. When it comes to going after what you love in life, don't take no for an answer.
19. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
20. Over prepare, then go with the flow.
21. Be eccentric now. Don't wait for old age to wear purple.
22. No one is in charge of your happiness but you.
23. Frame every so-called disaster with these words 'In five years, will this matter?'
24. Always choose life.
25. Forgive everyone everything.
26. What other people think of you is none of your business.
27. Time heals almost everything. Give time time.
28. However good or bad a situation is, it will change.
29. Don't take yourself so seriously. No one else does.
30. Believe in miracles.
31. Don't audit life. Show up and make the most of it now.
32. Growing old beats the alternative--dying young.
33. Your children get only one childhood.
34. All that truly matters in the end is that you loved.
35. Get outside every day. Miracles are waiting everywhere.
36. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.
37. Envy is a waste of time. You already have all you need.
38. The best is yet to come.
39. No matter how you feel, get up, dress up and show up.
40. Yield.
41. Life isn't tied with a bow, but it's still a gift.

(Continued from page 1)

observe before you commit to a series of classes.

Although some dancing styles, such as tap, may require special gear, most require only comfortable clothing.

You may prefer a more informal route to dancing, which means simply finding a dance club that offers your kind of music. Some popular dance styles include line-dancing, country western, swing, square-dancing and even disco. All you need is a willingness to go and participate (and possibly an entrance fee at some clubs). Just remember to load up on water rather than alcoholic beverages to get the most benefit from your time on the dance floor.

Any day above ground is a good one.

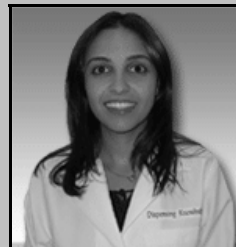


## Uptown Pharmacy



Tired of waiting for your prescription? We offer quick convenient and friendly service.

We can handle all of your FSA/HSA needs electronically.



Phone, FAX or bring in your prescription.

Tel: 213-612-4300

Fax: 213-612-4313

Delivery available

