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## Five Quick Tricks For Fighting Stress



*Does juggling work, family and personal commitments leave you feeling frazzled and stressed out? Are you running yourself ragged? We asked relaxation experts for some quick fixes to work into your busy day.*

*Here are five things you can do to ease tension while waiting at the bus stop, stuck in traffic or sitting in front of your computer.*

### Breathe

There's a reason that when times get tense, it helps to sit down and take a deep breath. "When you're under stress, you tend to take quick shallow breaths from the chest," explains Evelyn Fleischman, a shiatsu massage therapist in Berkeley, Calif. "Breathing properly for a few minutes, from your abdomen, can actually relax you." (You can tell if you're breathing superficially, Fleischman says, when your belly flattens and your chest expands as you inhale.)

When you realize you're getting tense, simply concentrate on breathing slowly for a few minutes. Imagine that your abdomen is like a balloon; when you inhale, it inflates. Then exhale slowly, and try to expel the air directly from your diaphragm. The bonus to breath work? It's a relaxation technique that's easy to do anywhere.

### Treat your toes

Tension is something you can tackle from the bottom up. Tired, aching feet affect your entire physique, says Rebecca Gorrell, director of movement therapy at Canyon Ranch Spa in Tucson, Ariz. The next time your dogs are barking, Gorrell recommends that you kick off your shoes and give yourself a massage.

Start by rubbing your thumb up and down your sole, from the

heel to the ball of your foot. Then, across the sole in the other direction--as if you're trying to widen your arch. Finally, press down on the ball of your foot, and stretch out your toes by gently pulling them apart. Even after a few minutes, your feet will feel refreshed. And if you work behind a desk, no one ever has to know how you got that spring back in your step.

### Twist and shout

The act of turning your upper body into a twist can release tension in muscles, stretch your spine and stimulate your circulation. The result: a restored sense of relaxation, says Fleischman. This move is particularly effective, she explains, because the shoulders, back and neck are the body parts most likely to be affected by stress.

Here's what to do. Sit on the edge of your chair, feet planted on the ground. Place your right hand on your left thigh, reaching toward the outer side of your knee and exhale, puffing air out of your chest. Then inhale and twist your lower back, using your free hand to grab the top of the chair over your right shoulder. Exhale when you untwist, and repeat the stretch on the opposite side.

You can do this exercise anywhere and reap all its distressing benefits without leaving your office chair. (If you try this one in stalled traffic, be sure to keep your eyes on the road.)

*(Stress. Continued on page 3)*



# Let's Talk

Dr. Jerry Shapiro

## Greetings for November

This month I would like to depart from the many pressing issues of the day. It is hard to believe that 2009 is almost over. The end of this month features Thanksgiving, giving us the opportunity to reflect about all of the things we have to be thankful for. I for one am thankful for you our patients and customers for giving us the opportunity to serve and care for you this past year. Hopefully we have lived up to or exceeded your expectations. If for some reason we have fallen short, I as the owner would like to say I am sorry. Do not ever hesitate to contact me directly at [jerry@uptowndrugs.com](mailto:jerry@uptowndrugs.com). Your communication will be completely private and I will do my utmost to solve the problem whatever it was. You can also use my e-mail to tell me about a particular staff member who has made your experience with us more enjoyable.

In many different ways this has been a difficult year for all of us. Between the economy and the many fires in our area we have all been touched in some way. In a couple of ways we have tried to help out. In regards to the fires, as many of you know we have a 5 gallon water bottle at the front counter for our Change for Change Program (this money is to be used to improve the lives of the people in the community). We have decided that on December 10 we will be emptying it, add our 10% and make a contribution to

the fire victims.

On a different note; as most of you know we look for unusual gift items. This year we have done the same however we have put a special emphasis on more economical items. Still the same quality--just at a lower price.

We also continue to believe that wellness is our goal for you our patients. Because of this we have started a new service. If you have 10 or more people in your office we can have our Integrative Pharmacist Dr. Christine Gonzalez come during lunch to present your team with her ideas on how to improve wellness thru nutrition. She can also demystify the many myths in this field.

In conclusion I want to wish you a wonderful and peaceful Thanksgiving.



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## Subject: La or Le?

A language instructor was explaining to her class that French nouns, unlike their English counterparts, are grammatically designated as masculine or feminine. Puzzled, one student raised his hand and asked, "What gender is a computer?"

The teacher wasn't certain which it was, and so divided the class into two groups and asked them to decide if a computer should be masculine or feminine.

One group was comprised of women, the other of men. The men decided that computers should definitely be referred to in the feminine because:

- No one but their creator understands their internal logic.
- The native language they use to communicate with other computers is incomprehensible to everyone else.
- Even the smallest mistakes are stored in long-term memory for later retrieval.
- As soon as you make a commitment to one, you find yourself spending half your paycheck on accessories for it.

The group of women, however, concluded that computers should be referred to in the masculine because:

- In order to get their attention, you have to turn them on.
- They have a lot of data, but are still clueless.
- They are supposed to help you solve your problems, but half the time they ARE the problem.
- As soon as you commit to one, you realize that if you had waited a little longer, you could have had a better model.





## Hints from JoAnn

- Make giant ice cubes in muffin tins or plastic margarine bowls. These are perfect for using in picnic coolers or punch bowls. They look pretty and keep your drinks or food cold longer.

- Don't throw those single serving gelatin plastic cups away, make your own single servings. Place the cups in a muffin holder, fill the cups and place in the refrigerator. It only takes a few minutes and no mess.

- Quick Whipping -- A teaspoonful of cold water added to the white of an egg causes it to whip more quickly while increasing the quantity.

- Moldy Fruit -- What should you do with fruit with mold? Throw it away rather than simply cutting off the mold since mold on fruit goes much deeper than what appears on the fruit.

- Broccoli Stalks -- Don't discard the tough ends of broccoli stalks. Use them for making soups.

- Leftover Pie Dough -- Extra pie dough? Cover it with some parmesan and gruyere cheese and you'll bake a delicious appetizer--at the very same meal with your pie as desert.

- Easy Shelling -- Pecans are easy to shell if they are first soaked in boiling water for 10 minutes or so. Or microwave 2 cups of pecans or Brazil nuts in 1 cup of water for 5 to 6 minutes on HIGH.

- Cheesy Apple Pie -- Don't just serve cheese with apple pie, bake it right in. Spread grated sharp Cheddar on the bottom of the crust before adding the apple filling.

- Sticking Cake Layers -- Cake layers sticking to the bottom of the pans? Put them back in a warm oven for a short time. The layers will then come out without a problem. Or, try lining the bottom of your pans with waxed paper



### PARSLEY FOR BRUISES...

Sprigs of parsley don't often get the chance to star at the dinner table. More likely, they are an afterthought, a punctuation mark of the meal. But the next time you have an unsightly, painful bruise, crush and chop a handful of chilled parsley sprigs and apply them straight to the bruise. In the same unspectacular but efficient fashion in which it attacks bad breath, parsley goes to work taking the color out of the bruise, often within 24 hours.

(Stress. Continued from page 1)

### Drink

Stress can take its toll in different ways, but one that tops the list is exhaustion. On mornings when it seems impossible to rise and shine--or when you're on your way home to family responsibilities or to the gym after a tiring day--Gorrell offers a simple solution: slugging down a glass of orange juice.

"Aside from being packed with vitamins, OJ is a natural energizer," she says. "It boosts your blood-sugar level and can help you get going in the morning." Gorrell also reminds women to keep a bottle of water nearby at all times. It's easier than you think to get dehydrated, she points out, and that can affect you both physically and mentally.

### Uncommon scents

Betsy Kale, director of the Yoga Haven in Tuckahoe, N.Y., suggests rubbing an essential oil into your temples whenever you're feeling overwhelmed. The appealing smell can evoke calm, she says. Plus your temples are a pressure point, so the mini-massage will feel good.

Which oils should you try? Kale likes lavender, sage, patchouli and other musky oils. But she points out that certain scents are more soothing to some women than others. To find out which ones work for you, take a whiff of the test vials that are often available at health food stores and bath shops where the oils are sold.

Ever notice, the older we get,  
the more we're like computers?



We start out with lots of  
MEMORY and DRIVE  
then we become outdated,  
and eventually have to get  
our parts replaced...

## Tips to Get Out of Credit Card Debt

Credit card debt is a major problem in the United States

The average household with at least one credit card carries an average of \$9,498, nearly twice the level of a decade ago.

There are warning signs that you may be getting into trouble, said Ellen McGirth, editor at large of Money magazine, as well as simple steps you can start taking right now to get out of it.

### Signs You're in Trouble

You routinely need to pay for your basic expenses -- food, utilities and transportation -- on plastic or use a cash advance because you don't have enough cash at the end of the month.

You are only able to pay the minimum balance on your cards.

You are paying a higher-than-average interest rate on your cards -- about 14 percent -- and are unable to find a lower rate card because of our credit score.

You've been caught in a universal default situation and you are now unable to handle your credit card balances because of rate increases across the board.

You are unable to contribute to a savings program, like a savings account or IRA.

Perhaps most importantly, you are lying to someone you love about how much you charge or how much you owe.

### Getting Out of Debt

#### \* Cut the Cards\*

If you are in a hole, you have to stop digging. Don't take out another credit card to pay off the ones you have. This can be tempting because 5.3 billion credit card solicitations are sent out every year. You may need to make some lifestyle changes, whether this means not eating out or realizing you can't afford the car you drive or the house you live in. In extreme cases you may need to change both.

#### \* Pay off High Interest Cards First\*

Pay off the cards with the highest interest rates first. Don't close out the cards, pay them off. It's the fastest thing you can do to improve your credit rating. As soon as you start lowering the debt figure, your rating goes up. It happens as quickly as 60 days to 90 days. Then you can call credit card companies to ask for a lower rate.

#### \* Ask for Help\*

Your friends and family need to know that you are paying off this debt so that they can be supportive and understand that you are cutting back on expenses. Also, some people may need to get professional help by going to a credit counselor who can help work with credit card companies to make a payment plan. You can check with your state attorney general's office to find a credit counselor.

## Be Wary



**Two scams in one:** A phony job offer plus a check-cashing scam are being used to target job seekers. Scammers place an ad for secret or mystery shoppers, who are paid to go shopping in their free time to evaluate services or products. They are promised pay, plus free clothing. Those who answer the ad receive materials by mail, including a check that they are told to deposit as paid training money. They cash the check, keep the predetermined pay for themselves and wire the rest of the money back to the company address.

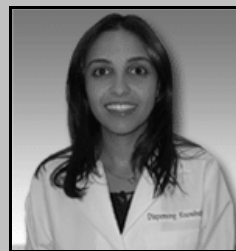
**Reality:** The checks are forgeries. Weeks after depositing them, victims learn that the checks are phony and that they must repay the bank the amount they sent to the scammers. Scammers can make \$1,000 or more per victim.

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