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Eat Your Way to a Healthy Mouth

Within seconds after we eat, bacteria in the mouth convert sugars into acids that can damage tooth enamel, leading to decay and cavities. We all know that we need to brush and floss to keep our teeth and gums healthy, but certain foods also can dilute acids, cleanse the teeth and reduce inflammation—the underlying cause of periodontal (gum) disease.

Important: By reducing gum disease, you also reduce your risk for other diseases that are linked to inflammation. These include heart disease, diabetes and even cancer.

Here are the best foods and beverages to keep your teeth and gums healthy...

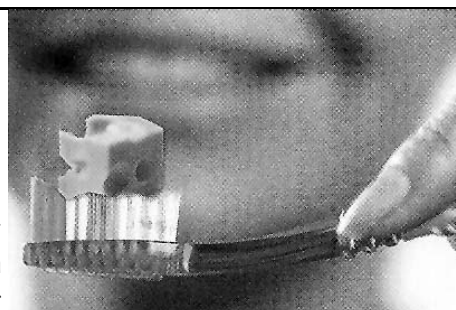
☛ **Crunchy clean.** Celery, apples and carrots are ideal for dental health. These and other crisp fruits and vegetables act like mini-toothbrushes. They scour off plaque, the bacteria-laden film that accumulates on teeth and beneath the gums. These foods also have a high water content, which dilutes oral acids.

☛ **Cheese after meals.** The European tradition of serving cheese after meals is healthier for the mouth than after-meal desserts. Cheese neutralizes oral acids and helps remove bacteria. It stimulates the flow of saliva, which also has acid-neutralizing properties.

The calcium and phosphorus in cheese and other dairy foods remineralizes tooth enamel, making it stronger and more impervious to acids. *Bonus:* The ratio of phosphorus and calcium in cheese is optimal for the absorption of fluoride, which helps prevent decay.

If you don't eat dairy: Use MI Paste (a 40-gram tube is available online for \$29). It binds calcium and phosphate to tooth surfaces and makes teeth stronger. Apply twice

daily after brushing with your regular toothpaste.



☛ **Tea.** Both green and black teas contain *polyphenols*, antioxidants that reduce inflammation and may decrease the risk for periodontal disease.

Researchers in Japan found that people who drank one cup of green tea daily were less likely to develop periodontal disease than those who didn't drink tea.

☛ **Vitamin C-rich foods.** The body uses vitamin C for the growth and repair of tissues. It's a necessary component of *collagen*, a protein that is one of the building blocks of cartilage, teeth and bones.

Why it matters: Patients with even mild periodontal disease can experience a weakening of tissues that support the teeth. In more advanced cases, periodontal disease can lead to tooth loss. A diet high in vitamin C can help repair and rebuild these tissues.

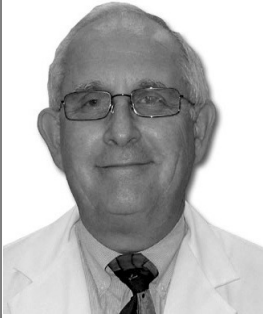
Vitamin C also is a potent antioxidant that can help counter the damaging effects of inflammation.

Foods rich in vitamin C include citrus fruits, peaches, papayas, strawberries, tomatoes, turnip greens, red and green peppers and broccoli.

If you are not getting enough vitamin C from food, consider taking a supplement. 500 milligrams (mg) daily is recommended.

Warning: Wait an hour after eating acidic foods to brush your teeth. If you brush after consuming acidic foods, such as tomato products, citrus fruits or vinegar—or after taking a chewable vitamin C tablet—the

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Let's Talk Dr. Jerry Shapiro

Hello from Atlanta! Normally I write my article earlier in the month but thought I should wait until Emily, JoAnn and I went to the gift show in Atlanta. Since most of you have

come to expect us to have that unusual gift for a special person, I am here to let you know that we have outdone ourselves. Not only did we find those special gifts, we also paid special attention to value.

At the beginning we filled in our children's section with several purchases that I would put into the educational class. While some are geared for travel, for the younger set, they can also be a fun and economical gift for home or office. There are games like Squiggles and Bananagrams just to mention two. We played Bananagrams to test it out and thought you would have as much fun as we did. Besides this

we have added to our baby section with some wonderful new gift ideas.

Another purchase that we made was some kitchen products that are whimsical. We have been carrying decorator fans for quite some time. The company we purchase these from has come out with some exciting new designs for both home and office. We have also added some wonderful new designs to our Lamar Jewelry. The Slap Watches for both adults and children will be coming back with bling and interchangeable bands.

Last month I wrote about two new products we brought in called Nanoblur and Snoxin. The first used to mask wrinkles and crows feet with the second used to shorten the time for old cells to slough. In Atlanta we found a new product called Ageless Beauty which combines the two uses in one lotion. You now have a choice as to which fits your needs better. They really do work and feel wonderful on the face. These are just a few of the many new items we have purchased. Come to explore the new items which will be arriving daily over the next several months.

15 Tips to Control Your Eating Simple ways to stick to a healthy diet

While exercise is an essential element of losing weight, the biggest change involves eating. Below are some strategies in eating.

- ✓ Plan ahead so you can look forward to eating. Don't wing it: You will often end up overeating and/or eating something unhealthful.
- ✓ Focus on what you'll eat—not what you are giving up.
- ✓ Eat at periodic intervals (every three to four hours). Skipping a meal can result in overeating later or poor food choices. Have a late-afternoon snack (fruit, carrot sticks, popcorn) for quick energy.
- ✓ Always start the day with a breakfast to manage hunger throughout the day. Overeating the night before isn't an excuse to skip breakfast.
- ✓ Add protein to each meal—such as a hard-boiled egg, tuna or nonfat cottage cheese—to manage hunger and sustain energy.
- ✓ Save alcohol for special occasions.
- ✓ Save one time each week for indulging—but even then stay conscious of choices.
- ✓ Make friends with hunger. Learn to assess your hunger

level—from “satiated” to “passing impulse” (perhaps triggered by a television commercial) to “ravenously famished.” Eat when your energy level drops, but don't panic if you are hungry for an hour.

- ✓ Train yourself to stop after one serving. If you are particularly hungry, make sure you have one food or dish you can eat as much as you want—for example, cucumber salad with seasoned rice vinegar.
- ✓ If you must eat at a fast-food joint, order salads, veggie burgers, and other low-cal dishes.
- ✓ Shop for groceries when you aren't overly hungry, angry, lonely or tired. Don't bring food home that you shouldn't eat.
- ✓ If you're hungry but don't want to eat yet, chew some sugarless gum and drink water.
- ✓ When entertaining, make sure there are foods you can eat along with your guests. When you're a guest, discreetly find foods that fit into your plan and eat them.
- ✓ If you need medicine, take it. Don't medicate with food.
- ✓ Limit caffeine. It can stimulate appetite.

I know that seems like a lot, but over time it becomes second nature. Then the pounds melt away and it really gets fun!





Hints from JoAnn

I've talked in the past about laundry. Some of you have had questions about **detergents**.

Powder...liquid...with bleach for whites...for colors...for black clothes...with fabric softener...

allergen-free—decisions, decisions, decisions. I may not help you decide exactly which product to use, but I will give you some hints for getting your clothes their cleanest.

Use the Right Stuff

For best results, adhere to the manufacturer's recommendation for the proper amount of detergent to use—based on the size of the wash load. Remember, when it comes to detergent...more is not better.

Avoid Overload

Oops! Did you spill in too much laundry detergent? Quick—add 2 tablespoons of distilled white vinegar...or a capful of fabric softener...or 3 tablespoons of table salt to the water. Any of these additives will deactivate the extra suds.

Get a Brightness Boost

In addition to your regular detergent, pour 1/2 cup of baking soda into the load. Clothes should come out smelling fresh and looking cleaner, since the baking soda helps get rid of soap residue.

Keep Children's Clothes Flame-Retardant

Children's clothing is required by law to be flame retardant. But be sure to use a phosphate detergent to launder children's clothing. The label should clearly state that the product contains phosphates. If you use a detergent with a label that says, "contains no phosphates," the fabric may lose its ability to be fire-resistant.

If you use a non-phosphate detergent, boost the flame-retardant property of the fabric by adding 1 cup of white vinegar to the cold rinse water. Let the clothes soak in it for 30 minutes before continuing as usual with the spin cycle.

Detergent Extender

If you must do a wash, but you don't have enough detergent, add 1/4 cup of baking soda to make up the difference. You may be so pleased with the results, you'll start doing every wash this way!

Detergent Substitute

In an emergency, when you must do a wash and you don't have any laundry detergent (or baking soda), use shampoo...that is, if you have shampoo. About 1/3 cup will do a full load.

NOTE: In case you were wondering, dishwashing liquid is **NOT** a good idea as a laundry-detergent substitute. The amount of liquid that is needed to launder clothes clean would create enough suds to float the Titanic.

Bleach Substitute

Instead of using a harsh bleach, try one of these safer, gentler--and more effective--alternatives. Use 1/2 cup of lemon juice...or 1 cup of distilled white vinegar...or 6 ounces of hydrogen peroxide (make sure the label says 3% hydrogen peroxide) in your wash.

Chocolate Makes You Smarter

In a recent finding, volunteers found mental arithmetic easier after they were given 500 milligrams of flavanols, compounds found in chocolate that increase blood flow to the brain. They also were less likely to feel tired or mentally drained while doing mental calculations. Dark chocolate has the most flavanols.

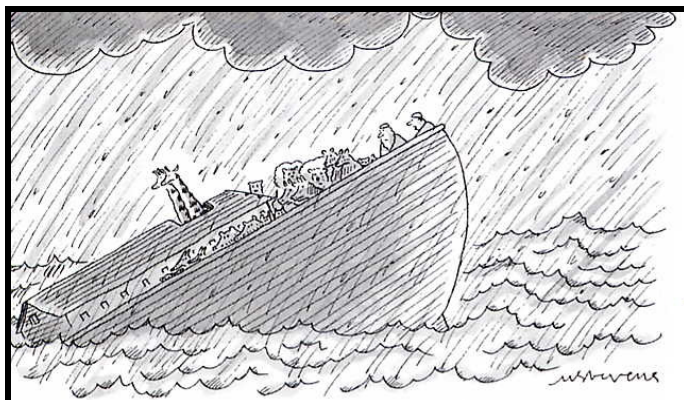


Buying a Used Car?

Get the car's *vehicle identification number* (VIN)—it's stamped onto a small metal plate and is attached to the driver's side of the dash where it meets the window—and then invest about \$25 in a CARFAX Vehicle History Report—go to www.carfax.com.

As they say on their Web page "...[this is] the first step to protecting yourself against buying used cars with costly hidden problems."

Some car dealers may offer this information for free. Be aware that repair/accident information that was never officially reported may not appear in the CARFAX summary.



"I knew the woodpeckers were a mistake."

(Continued from page 1)

toothbrush can wear away small amounts of enamel as it rubs the acid against your teeth. If you are drinking something acidic such as fruit juice or soda, drink through a straw so the liquid bypasses tooth surfaces.

• **Garlic.** Garlic contains *diallyl sulfide*, an antimicrobial compound that can reduce the development of tartar and plaque. A laboratory study published in *The Journal of Food and Drug Analysis* found that garlic extracts almost completely suppressed the growth of *S. mutans*, an acid-producing organism that is the main cause of cavities.

Other foods that contain diallyl sulfide include onions, chives, leeks and shallots.

• **Sugarless gum.** Most people think that chewing gum is bad for the teeth. Not true. It's actually one of the most effective ways to prevent tooth decay and gum disease, particularly when you chew after meals.

Chewing gum greatly increases the flow of saliva, which washes away and neutralizes bacteria. Of course, it should always be sugarless.

• **Water.** Americans consume enormous quantities of sugar, particularly in soft drinks, sports drinks and juices. There has been an increase in eroded tooth enamel in recent years because of high sugar intake. Even diet soft drinks cause problems because, like all carbonated beverages, they're acidic.

Better: Drink plain water or water with a little added fresh lemon juice or orange juice. When you do drink sweetened beverages, rinse your mouth with water when you're finished.

• **Avoid** candy, cookies, cakes, crackers, muffins, potato chips, french fries, pretzels, bananas and dried fruits. These provide a source of sugar that bacteria can use to produce acid.

Volunteering Improves Health

Volunteering improves your health. Volunteering creates a sense of belonging and can relieve depression and chronic pain and reduce risk for heart attack and stroke. To find an opportunity: Check at your house of worship, or with **VolunteerMatch.org** (415-241-6868, www.volunteermatch.org), **United Way of America** (703-836-7112, <http://national.unitedway.org/volunteer>) and the **American Red Cross** (800-733-2767, www.redcross.org/volunteer). Other ways to volunteer: Shop or run errands for an elderly neighbor...offer a ride...cook a meal for a friend in need.

Zinc Really Does Fight Colds

Still skeptical about claims that certain supplements can combat colds? New evidence: Researchers analyzed 15 clinical trials involving a total of 1,360 participants of all age groups, comparing the effectiveness of zinc (in various forms and dosages) to a placebo for preventing or treating the common cold.



Results: People who took zinc for at least five consecutive days beginning within 24 hours of getting the sniffles experienced significantly less severe symptoms...and they were only about half as likely as placebo users to still have cold symptoms after seven days. Also: Participants who took zinc daily for at least five months reduced their chances of catching a cold by about one-third, compared with placebo users. Theory: Zinc is thought to work by inhibiting replication of the rhinovirus responsible for most colds. Reported side effects of zinc lozenges (but not syrup or tablets) included mild nausea and an unpleasant taste in the mouth.

More study is needed to confirm zinc's benefits and determine the optimal dosage, researchers noted. In the meantime: You can talk to your doctor about taking zinc supplements when you have a cold...or starting now to prepare for the upcoming cold season. The safe upper limit for adults is set at 40 mg of zinc per day. Also discuss naturally zinc-rich foods, such as barley, buckwheat, bulgur and oat bran...black-eyed peas, chickpeas, kidney beans and lentils...crabs, oysters and poultry...and pine nuts.

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