

Ice Cream for Breakfast *and other diet tips*

Greetings!

Welcome to 2008! Like you, the good people of LifeSpan spent at least part of the New Year formulating resolutions to make our lives happier, healthier and wiser. Foremost in our minds is the project of health. How do you get there? How do you stay there?

Amazingly, if you plug the word, "Health" into Google's search engine, you get 1 Billion + hits; the word, "Fitness" comes back with more than 44 Million. Ads for diet pills and plans and exercise contraptions dominate the airwaves. Cabbage, cayenne pepper and grapefruit are just some of the edibles pressed into service for eating strategies that exclude all other foodstuffs. Most of these questionable methods are expensive and unsound – some are even dangerous. With so much information out there, to whom do you turn for real and practical answers? *LifeSpan, of course!*

Websites We Love

www.weightwatchers.com

Since the early 1960s, Weight Watchers has helped millions of people lose weight and keep it off. Their philosophy opposes the idea of dieting, focusing instead on lifestyle changes that are sustainable in day-to-day reality. In-person meetings and/or their online programs offer a full-service menu of eating plans, exercises, and support.

www.self.com

Their website and magazine offer very comprehensive assistance for getting fit. For almost 30 years, Self's mission is one of total-well-being, incorporating beauty and health, fitness and nutrition, and happiness and personal style all in one package.

www.cookinglight.com

Here is another all-inclusive destination for food, fitness and moderation. Their magazine and website is a treasure-trove of culinary information, complete with nutrition information. ♥

"Ice Cream for Breakfast Day" is February 2!

[Click here to find out more . . .](#)

"Every human being is the author of his own health."

~ Buddha

Ice Cream for Breakfast

Since the ancient Greeks, thinking persons have touted the idea of MODERATION IN ALL THINGS - Hesiod, Euripides, Plato, Cicero, Chaucer, Moliere, Lord Byron, Montaigne, Ben Franklin, Oscar Wilde, Mark Twain, and even Henry Kissinger have weighed in on the merits of self-restraint and we are inclined to agree. One should absolutely have ice cream for breakfast, but not every day.



Good health is a question of the general condition of the body and mind with reference to soundness and vigor. We digress from here to a very clinical punch list of measurements delineating the various bodily systems, but in truth, and aside from chronic sickness (which, for the sake of discussion, is precluded from this particular diatribe), *it all comes down to how content you feel* in your own skin. Does your body keep up with your ideal of life? Are you comfortable in your clothes? Does your immune system ward off most of the bugs that you encounter? Are you happy? A preponderance of negative answers to these questions means that you are not enjoying good health.

For weight loss, the bottom line is that you need to ingest fewer calories than you burn, while not losing muscle

Join A Team, Be Fit, Find Love & Make Life Long Friendships!

The following piece was written by Pete Hesler, President of the South Jersey Rugby Football Club and one of the most highly ranked Rugby Referees in America. Full Disclosure: Pete is the dashing handsome and fit husband of our COO, Diane Gager.

I found rugby in college at the University of Delaware, and it has played a monumental role in my adult life (not least because I was introduced to my wife by a team member!). Founded in 1969, the South Jersey Rugby Football Club is comprised of more than 100 active members of all ages. The SJRFC has a men's "A" & "B" side, and teams for both high school boys and girls. We play together on and off the pitch, traveling the world and maintaining a busy social calendar at home.

Fitness is easy when you make it fun, and rugby inspires those of us who play the game to challenge themselves physically and mentally; you don't want to let your team down, so you try that much harder to play well and to maintain an athleticism that allows you to keep up with the game.

Rugby is played on a field called a **Pitch**. There are 15 players on each team, adjudicated by one referee and two line judges.

- A game lasts 80 minutes with a 5 minute half-time interval.
- The game is won by using the ball to score more points than the other team.
- A player can run with the ball, kick and pass it, but passing the ball forward is not allowed.
- Players tackle their opponents to gain possession of the ball.

There are 4 ways to score points:

- **A Try** – 5 Points are awarded for touching the ball down in the opponent's goal area (similar to a Touchdown in American Football).
- **A Conversion** – 2 Points are scored when the ball is successfully kicked through the goalposts after a Try (similar to a Conversion in American Football).
- **A Penalty** – Various infringements against an opponent result in a penalty kick. 3 Points are awarded for kicks that pass through the goal posts.
- **A Drop Goal** – A ball that has bounced on the ground can be kicked through the goal posts for 3 points.

In season, we practice every Tuesday and Thursday night, with games on the weekends. In the summer, we play Sev-

ens, which is a shorter game of rugby with only seven players on each side.

South Jersey tours extensively; we have visited England, Wales, Scotland, Ireland, France, Canada, Jamaica, and the Bahamas. Stateside, we have played in Churchill Downs, KY, New Orleans, LA, Worcester, MA, Richmond, VA, Ft. Lauderdale, FL, Charlotte, NC, and Lake Placid, NY.

Players from all over the world are our welcome guests, and we have hosted teams from Gravesend, London, Bristol, Bath, Stroud, Basingstoke and Newbury, England, Bargoed, Newport and New Tredegar, Wales among them.

The history of rugby is colorful: during an 1823 soccer game at Rugby School in England, William Webb Ellis, "with a fine disregard for the rules," picked up the ball and ran with it. To stop this insubordination, headmasters at Eton, Harrow, and other British prep schools issued to their athletes white gloves and a silver coin to be held between the first finger and thumb of each hand during a game. Dirty gloves would implicate a player who had attempted to grasp the ball, the dropped coins would be confiscated, and offenders would be publicly thrashed. Then as now, punishment and poverty did not deter the first Ruggerers from their appointed playing grounds.

After the American Civil War, Harvard and Yale began to play Rugby Football, which became so popular that soccer was discarded completely. In 1905, published photographs of a Rugby match between Swarthmore and the University of Pennsylvania so incensed President Theodore Roosevelt that he threatened to abolish the game unless violence in play was eliminated.

Rugby hosts a World Cup every 4 years. The American Women's Rugby Team won the first-ever WRWC in Cardiff, Wales in 1991.

Rugby was an Olympic sport at Paris in 1900 (France), London in 1908 (Australia), Antwerp in 1920 (USA), and Paris again in 1924 (USA). The U.S. defeat of the 'home team' in 1924 caused an uproar and ended with the I.O.C. refusing to stage rugby at the Amsterdam games of 1928 or ever after.

We remain optimistic that rugby will eventually be welcomed back as an Olympic sport, but in the meantime, we're having a lot of fun!

If you would like to participate in the world of rugby, call me at 856-854-8978, and visit our website for more insight into the South Jersey Rugby Football Team at www.southjerseyrugby.org. ♥

For previous issues of this newsletter,
please visit:
www.lifespancm.com/news.aspx



Doctor to Doctor

We are pleased to introduce a new column authored by Dr. Sebastian Dovi, our venerable on-staff cardiologist and Vice President of Medical Affairs. Each month, he will address a topic of his choosing, geared to an audience of Doctor-Readers (but even if you are a simple layman, please feel free to survey his treatise).

I was thinking of the good old days before Medicare and before HMO's and before we needed to authorize everything. The days when we did what we thought was best and had the ability to spend five minutes or five hours with a patient and sometimes we got paid and sometimes we didn't. I can remember that because I'm older than dirt. Now we have to see a patient every 10 minutes or we can't make a living and we have lawyers looking at us, insurance companies looking at us, the government looking at us and our patients questioning everything we do and can't wait to sue us.

But you know what? It's great to be a doc and, after you've spent half the night trying to get a husband healthy, having his wife kiss you on the cheek and say, "Thanks, Doc! You did a great job." I don't think that happens in a lot of professions but when it does happen it sure curls your toes.

And what about just doing the right thing? Today we have great technology, but are we using it? Nope, because we just don't have the time.

Lifespan has come up with a flash drive that can hold your entire medical record, including your health history, physical exam, lab data, blood sugar reports, chest x-rays, EKGs, stress test report and surgical reports. It can also hold your living will, all of your insurance information, your passport, a copy of your drivers license, a copy of your credit cards, pictures of your grand kids or just about anything that you want on it. It fits on your key chain or on your wrist, or you can even carry it on a lanyard around your neck.

If you travel, wouldn't it be comforting to know that all of your healthcare information is available to the medical facility that was treating you? Even if your office has electronic medical records, it doesn't help if you're unconscious in Paris or Mexico or even in Haddonfield NJ. So, what do you think? Should we recommend this device for our patients? Give them and their family piece of mind when they travel. Think it would of value to the snowbirds?

After decades in the industry, I believe that LifeSpan Care Management has come up with a key piece of the puzzle of delivering the best care to our patients, and I am not yet cynical enough to believe that this isn't the goal of every doctor! ♥

A Final Note:

You deserve to be healthy, and the power to be healthy rests in your own hands. Small, reasonable steps toward your resolution of good health will eventually get you to your destination. ♥

tissue that would lower your caloric requirements. (This is why many diets only work for a short time. Starvation diets without exercise deplete muscle tissue as well as fat tissue. This effectively lowers the caloric requirement of the body, as you burn more calories when your muscle mass is larger). One of the tricks of the trade for ensuring this outcome is to write down everything you eat, and keep track of how many calories you're taking in. Then simply walk, run, cycle, ski, skate, or dance off those calories. Staying active is the main point, and you don't even need to join a gym to do so. It helps to have a partner (or a support group, a la Weight Watchers) who will assist you to stay on track.

Our favorite recommendation when it comes to using a weight loss product is Hydroxyproline. This is an amino acid (not a drug, but a food product) that is derived from gelatin or collagen. It is marketed via a multi-level marketing scheme as *Calorad* (tagline: "Lose weight while you sleep") and *Hydroxycut* in drug stores. Used as directed, it assists in lowering cholesterol and blood sugar, prevents the progression of arthritis, and assists most users to lose weight.

Taken on an empty stomach just before sleep at night (one tablespoon in 7-8 oz. of water), this food product uses adipose (fat) tissue to produce connective tissue. Connective tissue covers every muscle fiber and nerve strand. It comes together to form tendons and ligaments, and provides structure to every organ in the body. Connective (or soft) tissue injuries require lengthy healing time because as we age, our body's ability to manufacture this tissue erodes, and because soft tissue is poorly vascularized (that is why it is white, not red like muscle tissue). Those who want to build muscle tissue can take this supplement in the morning as well, before exercising. It will tend to cut the appetite when taken in the morning, and may speed the weight-loss effort if it is taken in lieu of breakfast.

Like all amino acid supplements, some loose stool may result if large portions are taken. Otherwise, the only other side effect for most people is that they sleep more soundly. Further supplementing with Vitamin C assists this product to work better. Interestingly, the use of statin drugs robs the body of naturally occurring hydroxyproline. ♥

Healthcare Coordination and Advocacy



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