

STAYING
Healthy
& *Beautiful*

SPRING 2013

A special publication
of the Pleasanton Weekly



Escape!

Super spin class transports you to another world

BY DOLORES FOX CIARDELLI

That's not sweat on those exercisers' faces as they pump the pedals of the stationary bicycles — that's a "sexy glow."

So says Angel Thompson, cycle instructor and personal trainer at Club One Fitness in Pleasanton, who leads the new cardio workout on bikes called Groove Cycle. It's a different take on a spin class, she said.

"We're going to be really going to the beat of the music, dancing on the bike, incorporating the core and upper body because you're out of the saddle," Thompson explained just before the new class began last month. "Everyone is in sync, and we take people to a different place."

A forward motion video of trail and road rides throughout the world plays during the 45-minute class on a high definition 161-inch-diameter projection screen, with intervals of music videos and clips to keep the riders stimulated and motivated. Otherwise the room is black except for battery-operated candles.

"There will be scents in the room also," Thompson said. "People are constantly saying, 'I can't believe how great it smells in here.'"

Thompson taught a similar class in Newport Beach and remembers its popularity.

"It's been my dream for 10 years to bring it up here," she said. "It's a time to completely escape, to take all your senses and heighten them. When you are done you feel so invigorated it's like an endorphin rush."

"It's addicting," she continued. "People tend to come a lot. I saw people's bodies transformed. And it's so much fun. You're pushing

yourself. People drop 10-15 pounds."

It's similar to a spin class in that it uses stationary bikes.

"It's a different take on it," Thompson said. "Our big thing that sets us apart is the video screen. For me, music drives you."

She said she's seen non-cyclists try it once, then rush out to buy cycling shoes, which is key to a successful session. Participants in the class were mostly up to age 45, she estimated.

"But I had a 65-year-old southern belle who sat two-thirds in the saddle," she recalled. "It's great for all body types, all fitness levels. You pull back when you have difficulty breathing."

"People with bad knees are saying, 'I can do this,'" she added.

"We are so excited to premier this unique class in Northern California, it was only offered in small boutique studios in big cities until now," said Channing Azzolino, owner of Club One Fitness.

"This intense cardio workout is done 'out of the saddle' with high energy, choreographed movements to engage your whole body," she summed up. "The use of hand weights during segments will give you a full body workout."

"Think 'dance party on a bike,'" she added.

"Cyclists love it, too," Thompson said. "It's challenging because you are out of the saddle more than in the saddle."

Sexy glow, or whatever you want to call it, people work up a sweat that Thompson likened to a light shining in their world.

"It centers your world, to bring in your mind, your spirit," she said. ■



CONTRIBUTED

Spinning out of the saddle uses core and upper body muscles and makes for a challenging workout, shown here at Club One Fitness in Pleasanton.



skin care

massage

body waxing

five treatment rooms | large guest lounge | tea service | group events | gift cards



"I went here for a girls spa day and the service was outstanding!... the lobby smells of lavender and the decor is clean and simple. I immediately felt relaxed... it feels comfortable, cozy and private, like you are truly on a getaway." S.C. on Yelp

1987 santa rita road | pleasanton | 925.399.6959 | lavandu.com | online appointments

Mind, heart and body

Expo to present alternative therapies for health

BY DOLORES FOX CIARDELLI

Gone are the days when folks worked at one job for 20 years, or stayed in a house for a lifetime, notes Linda Crose-Andersen, founder of Wings of Luv Center for Wellness.

"People are more open to new ideas. They're starting to take ownership of themselves," she said.

This includes new ways to care for themselves.

"They are finding new non-invasive modalities that they can work with for their health," she said.

Crose-Andersen, an intuitive, has spent the past decade learning all things metaphysical, and during this time of introspection, discovered her purpose: to teach and heal and share her knowledge with others.

She founded Wings of Luv in Mountain View in 2012, and this year she is holding Alternative Therapies for Wellness Expos throughout the Bay Area. Forty or so healers will gather at the California Center, 4400 Rosewood Drive, on April 20 to share their information.

"People are really, really interested in this sort of thing," Crose-Andersen said. "They want to learn, and this gives them the opportunity to be someplace to learn. Our expo is basically one-stop shopping for them."

Exhibits will include experts in yoga, acupuncture and massage, which have become mainstream, she said. But there will also be an Angel Reader, to help people find their



Linda Crose-Andersen

guardian angels, and at least one psychic who is also an intuitive.

"I don't generally have psychics because it makes people nervous and there are plenty of venues where they can go learn about that," Crose-Andersen said. "But, yes, I am having some. I thought I'd throw in a bit of a spiritual mix."

It's also a chance to learn about gluten-free products, natural skin care, and using natural essential oils for a variety of ailments.

Crose-Andersen was a member of the pharmaceutical and medical device industry for 20 years but she began to feel like these methods weren't helping people as they had in the past.

"The day my granddaughter was born I said, 'Somebody has got to show her to go with her heart and her intuition,'" Crose-Andersen explained.

Five months later, she is pursuing her mission full-time. She had a TV show called Silicon Valley Metaphysics, which is archived on YouTube, and she is starting a new show, Alternative Therapies to Wellness.

"We'll be filming at the Expo," she said.

The Wellness Expo will be open 10 a.m.-7 p.m.; the cost is \$10, which includes interactive workshops and presentations.

"There will be one on meditation, another on energy work, and a martial arts instructor who shows you how to divert your energy and ground yourself," Crose-Andersen said.

More information will be listed two weeks before the event at www.atwellexpo.com.

"My passion is to present this to the public so people know they have an alternative choice," Crose-Andersen said. ■



Sale...

Making space for our new inventory — you're gonna love it!

Some 50%, more 40%, a lot 30%, most 20%



Angel Fair this Saturday in Our Garden

April 13th 10am-4pm

Gifted intuitives here to guide you...

In the old Kottinger Barn

200 Ray St. Pleasanton 925-600-0460

Parents' Press BEST of the East Bay 2011

We Make Kids Smile

We strive to create a fun-filled environment where children feel at home!

Our Office Locations
With two kid friendly locations in Pleasanton and Alameda, we're conveniently located to better serve your family needs.

1443 Cedarwood Lane, Suite D
925-846-KIDS
www.alamedapediatricdentistry.com

ADA cda Trained to treat children with Special Needs

Our dental staff provides dental care to children, teens, and special needs patients in the greater East Bay Area.

How happy are your hormones?

Ageless perfection for men and women

Bio-Identical Hormone Replacement Therapy
A Natural Approach to Hormone Balancing

We Help With:

- Natural Hormones Balancing and Infertility • PMS
- Menopause and Peri-Menopause • Depression and Anxiety

Signs of Hormone Imbalance:

- Fatigue
- Hot Flashes / Night Sweats
- Headaches
- Belly Fat
- Irritability
- Sluggish Metabolism
- Depression
- Low Sex Drive
- Mental fog
- Panic Attacks/ Anxiety
- Insomnia
- PMS

Dr. Lori T. Mancuso
Naturopath/Chiropractor

Lifetime Wellness
Holistic Health Center

"Express your Full Potential"

- Neurological Based Chiropractic • Homeopathy • Functional Medicine
- Weight Management • Food Allergy Testing • Wellness Programs • Custom Orthotics

484-3955 • www.LifetimeWellness.biz
4125 Mohr Avenue, Ste. K • Pleasanton

Mothering the mother

Doulas help provide the best birth experience possible

BY JESSICA LIPSKY

Birth can be a terrifying event — from choosing a doctor, hospital or birthing center to determining whether or not to use pain medication, not to mention the addition of a new person to your family for whom you're legally responsible for the next 18 years. With more questions and options than ever, new and well-seasoned moms are turning to an ages old service to help ease the process.

"Doula comes from the Greek word which means a female servant," said Caroline Fea, owner of Cup of Tea Birth Doulas in Danville. "We've taken it in modern times to mean someone who supports a woman in labor and childbirth."

"I really believe that every childbirth, every pregnancy is unique and that experience has to be lived through positively. It's frightening — the pain, the unknown. New parenthood can be very bewildering."

A British expatriate and former lawyer, Fea established Cup of Tea with her friend Alison Wong, another expat, with the goal of providing support and information to moms in a changing world. While doulas do not assist in the birthing process, they collaborate with doctors and nurses to advocate for the mother's desires.

"You're mothering the mother. You're really helping a family have the best birth they can have by making sure they have all the information," Fea said. "We see ourselves as facilitators. Anything that can bridge a gap between how a mother wants the birth to be and the final result, which isn't easy to express in the moment."

Livermore resident Crystal Langen had her second child at home in March 2012 after a negative experience at a local hospital where she fractured her tailbone during delivery. She met Stacy Hattori of Tri Valley Doula at a local breastfeeding group and decided a doula would be an excellent addition to her birthing team.

"Had I had a doula with my first hospital experience, I think my birth would have been completely different," Langen said, adding that labor was induced although she was already physically in labor. "I tried to question but didn't really know what to ask or how to ask it and I think a doula knows that language."

A doula will typically meet with a client several times to discuss a birth plan, ideas on pain relief and general concerns around pregnancy. For Fea and Hattori, the ultimate goal is to get to know the mothers and their partners to establish a connection that will facilitate better communication.

"I think in general there are a lot of ladies that are afraid of childbirth. When there's fear involved there's usually more pain and their bodies don't go into labor as naturally as it could, because fear kind of holds our bodies back a bit," said Hattori, who has helped over 150 women. "By helping ladies address a little what their fears are ... a doula helps them safely figure out an appropriate means to take care of that."

Hattori operates a private doula practice and is also part of a circle, where several doulas will share the responsibility of caring for an expectant mother and being on call.



CONTRIBUTED

Caroline Fea, a lawyer, finds her new calling as a doula satisfying as she helps bring babies such as this one into the world by advocating for their mothers' desires during childbirth.

Like many other doulas, Hattori said she is not anti-hospital but sees herself as glue to the birthing team.

"A lot of times women get nervous talking to doctors or nurses. There's a respect piece that the doctor is going to keep me safe and

keep my baby safe so I've got to do everything they suggest," Hattori said. "Doctors are more than willing to do the things they want ... but don't necessarily have that much

See **DOULA** on Page 5





"I highly recommend Dr. Shen for pain and for other health issues"
—Chris Cooper

Chris Cooper
Cooper Sports Performance
Oakland Raiders - NFL

Make an Appointment
to our new office if you:

- Want to Get Off Medication
- Avoid Expensive and Painful Surgery
- Relieve Pain that is Not Going Away
- Relieve Allergies and Detox your Liver

Eastern Medical Center after 30 years has expanded into the **newest location in Pleasanton!**

Nutritional Health Assessment Now Available!
Please call for your free 15 minute consultation
New Needle-less acupuncture for quick relief, ideal for children and seniors

And of course we have **Dr. Shen, Ph.D, L.Ac** with her famous acupuncture, acupressure therapies!

EASTERN MEDICAL CENTER
5933 Coronado Lane Suite 100 - Pleasanton, CA 94588
EasternMedicalCenter.com 925-847-8889

an escape is only moments away...








*Enjoy a Heavenly Experience.
Let us pamper you...*

Mother's Day Gift Packages Available Online

"Champagne & Strawberries for Mom" in the month of May

Massages • Facials/Waxing • Manicure/Pedicure • Microdermabrasion

\$89 FOR WRAPS • \$69 FOR MESSAGES & FACIALS

THIS OFFER IS NOT VALID WITH ANY OTHER DISCOUNT OR GIFT CERTIFICATES. WITH AD. EXPIRES 5/12/13.

Spa Gift
Certificates Available
Online






357 RAY STREET IN PLEASANTON • 462-4200
WWW.HEAVENLYREMEDIES.NET

DOULA

Continued from Page 4

of an opportunity to get to know their clients at that level. They can't spend an hour or two hours with a certain woman getting to know her."

Langen said she could have benefited from a doula's undivided attention before and after the birth of her first child. Langen's fractured tailbone made breastfeeding uncomfortable and awkward, but she missed the hospital's lactation consultant. Cup of Tea doulas provide breastfeeding support while Hattori is a member of La Leche League in Livermore.

Private doulas and groups throughout the area also offer postpartum support services, which can range from general encouragement to advice and help with baby care, nutrition and healing. Between 10 and 15% of women experience postpartum depression (PPD) according to the Centers for Disease Control; that number increases to 41% among women who have already experienced PPD during a previous pregnancy.

"Our women are expected to be back doing their normal life after six weeks and it's so challenging because our hormones are going crazy. Often depression doesn't set in until babies are 6 months old," Hattori said. "Mamas that are postpartum depressed or anxiety ridden or have the baby blues, they don't bond with their babies as well. It affects the breastfeeding experience and every relationship they have with everyone that lives at home."

A woman could then talk to her postpartum doula and receive support or information on support resources. Because many area families live away from relatives, they lack essential postpartum support and comfort — both physically and emotionally — a mother or sister might be able to provide. Also, pressures to work, parent and be a good spouse put additional stress on new parents.

"Mothers have difficulty advocating for themselves ... and people think that they can't ask for help," Fea, a mother of four, said. "We all have this idea that we need to be the perfect parent, and the longer I'm a parent, I realize there's no such thing. Everyone pushes themselves, women in particular, but we can all help each other. It is such a relief to have that support."

Fea's ultimate doula goal and philosophy boils down to trust, both in the doula and in the mother's inherent skills. Moms are always questioning and self-doubting, especially when it comes to what other people are doing, but they should instead trust their instincts.

"Only you know your body, your child, your partner. When it comes to mothering, you have to hear that, you have to listen to that voice," Fea said.

Hattori, who has two children and has been in practice for 13 years, said she feels honored to help families start off on the right foot.

"Once a woman is in a safe environment and is surrounded by people that truly support her ... (birth) shouldn't be traumatic. It should be an experience women look forward to," she said. ■



CONTRIBUTED
Jennifer Lachance is a happy client of Cup of Tea Birth Doulas.

Have a heart-smart breakfast



Heart disease is the leading cause of death in the United States. But the good news is that you can help prevent heart disease by getting regular exercise, not smoking, and eating a healthy diet.

Fresh fruits, low-fat dairy and high-fiber cereal are foods that can help prevent heart disease. All are featured in this recipe, good for breakfast or any time, from Dr. Preston Maring, MD.

Blueberry Breakfast "Roughie"

1/2 cup high-fiber cereal (the label should read about 13 grams of fiber per serving)
1 cup skim milk
2 servings fresh or frozen blueberries (or mix and match the fruit)

Put all ingredients in a blender. Blend until smooth. Enjoy.

Nutrition information per serving:

Calories: 358
Fat: 2 gm
Saturated Fat: 0 gm
Trans Fat: 0 gm
Cholesterol: 49 mg
Carbohydrate: 79 gm
Fiber: 13 gm
Protein: 15 gm
Sodium: 273 mg



A FREE Educational Seminar

Learn to lower
your golf and
fitness handicap

GOLF FITNESS

Wednesday, April 17, 2013

7:30 p.m. to 9 p.m.

FREE COMMUNITY SEMINAR

Our Sports Performance Institute presents a seminar on how to improve your golf fitness and conditioning, while avoiding common injuries. Our orthopedic surgeon will discuss common injuries, and will describe symptoms, causes, treatments, and preventive measures. Our Titleist Performance Institute Certified Trainer, who trains juniors through professional golfers, will present exercises and techniques to enhance skill development and execution.

SEMINAR LOCATION

San Ramon Regional Medical Center

South Conference Room
South Building
7777 Norris Canyon Road
San Ramon, CA 94583

SPEAKERS

Charles Preston, M.D.
Orthopedic Surgeon, and
TPI Certified Medical Provider

Tony Carrera, TPI
Certified Trainer



SAN RAMON
REGIONAL MEDICAL CENTER

Try out our new technology:
InQuickER and New Free
App on our website

NO CHARGE. Reserve your place by calling:



800.284.2878 or visit www.OurSanRamonHospital.com



Daily Wear?

The Phonak nano is a small hearing device that is removed daily. The sound quality of both devices is outstanding...the question is daily wear for you?

We are offering a 45 day trial with the Phonak nano. This will allow you to experience the sound quality of a miniature hearing device.

Call our office for a consultation appointment. We will tell you if this device is appropriate for your hearing loss...then you decide...daily wear or extended wear.



PHONAK
life is on
Proud Provider of Phonak Hearing Instruments

- No Charge Consultation
- Complimentary Cleaning of your existing hearing devices*

* with mention of this ad

Your local professionals, providing high quality hearing health care to the Tri-Valley since 1986.



HEARING SERVICES
Cutting Edge Hearing Technology



Kenneth D. Billheimer, Au.D.
Sierra Parini, Au.D.
Audiologists
Licensed Hearing Aid Specialists

Jacque Pedraza
Licensed Hearing Aid Specialist

4460 Black Avenue, Suite F
Pleasanton, CA 94566
(925) 484-3507

10 reasons to quit cooking your meals

Tips from 'Raw Food for Dummies'

Most people don't think of cooking their food as a bad thing. Chances are, you love baked potatoes, green bean casserole, glazed cooked carrots and much more. Sure, you're game for the occasional salad and veggie tray with dip, but the thought of switching to a raw foods-only diet sounds pretty radical. What would you eat, exactly? Would your diet be balanced? Would you be getting proper nutrition?

Well, according to Cherie Soria and Dan Ladermann, it might be worth your while to think outside the box (or the skillet), offering a lot of compelling reasons to go raw.

"All raw foodists have personal stories about how raw foods helped them lose weight, heal, gain more energy or mental clarity, look better, feel better, or achieve some other benefit or goal," said Soria, coauthor along with Ladermann of "Raw Food for Dummies."

"This diet has even attracted celebrities including Demi Moore, Sting, Madonna and Woody Harrelson."

If you're totally unfamiliar with the raw food lifestyle, it essentially means that you eat fresh, nutrient-rich plant foods that have not been heat processed. When foods are cooked, many of their nutrients are lost.

"You can go totally raw if you'd like, or you can simply incorporate more raw foods into your existing meal plan to experience the benefits," explained Ladermann.

Here are 10 reasons why raw might be the way to go:

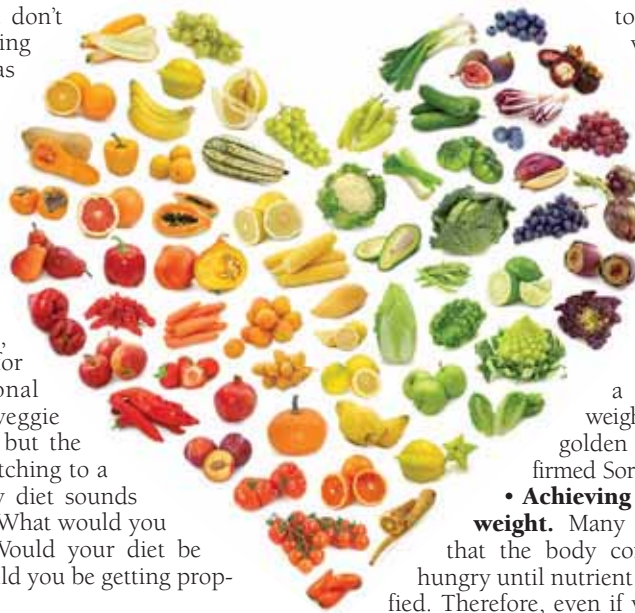
• **Looking and feeling better.** Most people report improved health and general well-being within weeks of switching to a raw food lifestyle. The nutrient-rich raw diet is high in antioxidants, phytochemicals, vitamins, minerals, fiber, and healthy fats (such as omega-3 fatty acids), so it maximizes health and vitality.

"Raw foods are available in abundant variety and present delicious food choices, especially compared to diets that focus on calorie restriction and deprivation," pointed out Soria. "Temporary diets are often very unhealthy and doomed to failure because people cannot maintain the regimen as a lifestyle. However, the raw diet is abundant with fresh produce as well as nuts, seeds, grains and legumes."

• **Reducing health risks and healing from disease.** The facts are indisputable: A raw plant-based diet leads to lower risk of heart disease, cancer, diabetes, high blood pressure, rheumatoid arthritis and obesity.

"As opposed to people who eat other types of vegetarian diets (including lacto, lacto-ovo, and even cooked vegan), people who eat a raw vegan diet are less prone to obesity, coronary disease, high blood pressure, cancer and type 2 diabetes," shared Ladermann.

• **Avoiding premature aging and promoting longevity.** Many raw foodists look 20 years younger than people of the same age who eat cooked foods. This youthfulness is due in part to the nutrient density of raw foods, which are rich in antioxidants, phy-



tonutrients and vitamins that protect the body from free radicals, which attack healthy cells.

"People who are well nourished tend to feel good and maintain a healthy body weight well into their golden years," confirmed Soria.

• **Achieving an ideal body weight.** Many people believe that the body continues to feel

hungry until nutrient needs are satisfied. Therefore, even if you eat enough

calories to fuel your body, you're still hungry — for nutrients. In this situation, your metabolism slows down, you stop burning fat, and you crave more food.

"The fast-food industry is in business to provide people with lots of opportunities to eat sugary and fatty foods, and many people are addicted to these foods," said Ladermann. "But with a raw plant-based diet, you can eat all you want of fresh, ripe and raw foods without worrying about counting calories. After eating a mostly raw diet for a few weeks, your body begins to naturally regulate how much food you need by turning off its hunger-response mechanism when you have had enough."

• **Increasing energy, vitality and stamina.**

When the human body is well nourished, it's healthy and active, and has an abundance of vitality. Fats, especially heat-processed oils, slow you down because they require long periods of digestion, which steals energy from your body. Light foods, such as fruits and vegetables, digest easily and leave you with energy for activity.

"Also, less sleep is required when you eat foods that are fresh and light. When you consume heavy, cooked foods, especially in the evenings, several hours of sleep time are spent digesting food rather than moving you to the deep sleep zone that's required to reach beta levels and the dream state," explained Soria. "Raw foodists often report that they sleep one to three hours less and still have more energy than when they ate mostly cooked foods."

• **Enhancing memory and mental clarity.**

Your brain needs nourishment, and whole, ripe, raw organic plant foods provide the power you need for strong mental acuity. The essential fats that the brain needs, such as omega-3 fatty acids, are in leafy greens, flaxseed, chia, hemp and walnuts as well as many other raw plant foods. The human brain also needs plenty of water, magnesium and organic sodium; whole raw foods offer an abundance of these nutrients.

"When nutrient- and water-deficient foods (including pasta, pizza and other fare that's laden with hydrogenated, saturated and cooked fats and salt) are replaced with nutrient-dense whole plant foods and healthy fats, brain function improves," asserted Ladermann.

• **Reducing colds, flus and allergies.** Most raw foodists find that their diet reduces or even eliminates their respiratory problems, colds, flus and allergies. A raw diet is especially great for people who are intolerant of dairy, wheat and soy because raw foods have

See **RAW** on Page 7

Safety proof homes to prevent senior falls

Check out these tips to stay steady on your feet

Centers for Disease Control continues to warn families to safety proof their homes to prevent seniors from falling since falls are the No. 1 cause of injuries, hospital visits and deaths among those 65 and older.

"Falls have become a nationwide problem and despite what people may think about the older population, falls are not inevitable. In fact, they're largely preventable," said Peter Ross, CEO and co-founder of Senior Helpers. "Up to 30% of those who fall suffer injuries such as hip fractures or head traumas."

Here is a checklist to help make a home safe:

- Install handrails on BOTH sides of stairs and grab bars in bathrooms (One-third of households in America with stairs do not have banisters or handrails. Only 19% of households in America have grab bars in tubs/showers).
- Provide plenty of light at the top and bottom of stairs and throughout hallways.
- Paint the bottom basement step white to make it more visible.
- Secure rugs to the floor to prevent tripping.
- Attach non-slip strips to the bottom of slippers and shoes.
- In outside areas, check steps and walkways for loose bricks, cement or stone.

Other tips to help prevent falling:

Have Foot Size Measured — Seniors should do this each time they buy shoes. Foot size changes with age and a shoe that is too big increases the risk of a fall.

Exercise Regularly — Choose activities that increase leg strength and improve balance in seniors, such as Tai Chi or yoga.

Eye Check-ups — Seniors should have their eyes checked by a doctor at least once a year and have their eyeglasses updated as needed.

A good tip: Consider getting a pair with single vision distance lenses for activities such as walking outside.

Review medications — Have a doctor or



THINKSTOCK IMAGES

Yoga helps seniors with their balance, which is important because one out of three seniors falls each year.

pharmacist review medications/prescriptions to learn what may cause side effects, such as dizziness or drowsiness.

Senior fall facts:

- In 2008, 2.1 million older Americans were injured in falls.
- In 2008, 19,700 older Americans died from fall related injuries.
- In 2008, 82% of fall deaths were among people 65 and older.
- Fall-related fractures occur more than twice the rate for older women than for older men.
- More than 90% of hip fractures are caused by falls. And white women have significantly higher hip fracture rates than black women.
- Direct medical costs of falls equaled \$28.2 billion in 2010.

Since one out of three seniors fall each year, according to statistics by Centers for Disease Control, taking safety measures now is well worth the time and effort. ■

RAW

Continued from Page 6

virtually no hidden ingredients.

"Apples and carrots, for instance, are dairy- and lactose-free, wheat- and grain-free, soy-free, egg-free and even corn-free," said Soria. "Yes, it's a 'duh'-type statement, but you have to admit that a raw diet would eliminate a lot of allergy-related worries."

• **Forgetting about cleaning dirty pots and pans.** Hallelujah! A raw diet frees you from cooking! And raw food preparation is (for the most part) quick and easy with meals that are a breeze to clean up. No greasy stoves, hot ovens or fryers.

"Of course, any gourmet food takes time to prepare — raw foods included," clarified Ladermann. "But you can make satisfying raw meals without a lot of fuss. A knife and a blender are all that's required to whip up smoothies, soups, sauces and even desserts in a flash. And if you spend just one day a week making foods for the pantry and fridge, you can ensure that food prep is quick and easy for the rest of the week."

• **Demonstrating kindness to animals.** Although some raw foodists do consume small amounts of meat and fish, Soria and Ladermann recommend following a raw vegan diet, which includes only plant foods. When all of your recipes are vegan, no ani-

mal suffering is involved.

"The animal husbandry industries can be quite cruel to animals," reminded Soria. "Chickens, cows, lambs, sheep, pigs, rabbits and other sentient beings that are used for food feel pain and fear, just as we do. These creatures become ill without proper living conditions, and the fact is, we're healthier when we don't eat meat, so why do it?"

• **Protecting the environment.** A raw lifestyle supports sustainable farming, creation of healthy topsoil, protection of watersheds and reduction of your carbon footprint. A vegan diet also protects natural resources by not contributing to the deforestation that's inherent in the meat industry.

"Moreover, raw food, when purchased in its natural state, contains little to no packaging; it's packaged by nature," points out Ladermann. "Cooked and processed foods in cans, plastic containers and plastic-coated boxes add to the volume of hazardous waste."

"Hopefully, any reluctance you may have felt to try raw foods is abating," concluded Soria. "After all, who doesn't want to improve his or her health, appearance, mental clarity and much more ... while being friendlier to the environment in the process?"

"So many people are looking for a magic bullet that will help them look, feel and be better," Ladermann adds. "Well, the raw food diet might just be it." ■

THE PARKVIEW EXPERIENCE



Live Well at The Parkview.

Enjoy the independence you want with the support you need. The Parkview's assisted living and memory care provide you the comfort, convenience, and care to experience a healthy, safe and inspiring longevity.

Call, click or come visit today and enjoy complimentary lunch.




THE PARKVIEW
ASSISTED LIVING IN PLEASANTON

100 Valley Avenue, Pleasanton
925-461-3042



License # 015601283

managed by
ESKATON
Transforming the Aging Experience
www.eskaton.org

Count on your

San Ramon ER



Our emergency doctors treat everything from cuts and breaks to life-threatening illnesses. Our 24-hour Emergency Department has private treatment rooms, and a comfortable, large waiting room. While we hope you never have an emergency, our experienced physicians and nurses are here, close to home and around the clock. For non-life threatening conditions, try InQuickER on our website.

HOSPITAL SERVICES

- Blood Conservation Program
- Breast Center
- Cancer Services
- Cardiac Services
- Diabetes Management
- Family Birthing Center
- Infusion Center
- Joint Treatment
- Orthopedic Services
- Pediatric Services
- Pediatricians from Children's Hospital Oakland
- Outpatient Surgery Center
- Outpatient Therapy Services
- San Ramon Regional Medical Plaza in Gale Ranch
- Spine Treatment
- Sports Performance Institute
- Stroke Program
- Wound & Ostomy Care



Try our New Free Maternity & Baby's 1st Year Apps on our website www.OurSanRamonHospital.com



SAN RAMON
REGIONAL MEDICAL CENTER

6001 Norris Canyon Road, San Ramon
925.275.9200 | Physician Referral: 800.284.2878

