

health & wellness

THURSDAY, NOVEMBER 6, 2014
THE ST. AUGUSTINE RECORD
STAUGUSTINE.COM

Reduce your thighs in 3 easy steps!

Most men and women do not list their thighs as their favorite body part. Fat and cellulite have a way of ending up there — especially in the upper, inner and back thigh area. Women tend to hold weight in the thigh area and nicknames such as “thunder thighs” and “quadzilla” will probably continue to haunt women everywhere until the end of time.

I'm often asked how to quickly and easily reduce fat in this unwanted thigh region, so today's article is all about reducing your thighs.

First I need to remind you that it's not possible to spot reduce fat from one single part of your body, so my 3 steps to reduce your thighs will work by reducing your body fat percentage as a whole. It sure would be great if we could point a magic wand and make fat shrink from one particular spot, but that's just not how the human body is built.

The great news is that your entire body will become leaner and sexier in addition to your thighs shrinking!

Here are my 3 steps to Reduce Your Thighs...

Step #1: Ban liquid calories

Liquid calories are a major problem for many, resulting in countless unwanted pounds and inches around the thighs. These calories are easy to overlook, since you're just drinking and not actually eating anything, but don't doubt for a second that they are adding up quickly.

The best strategy to take, when your goal is to reduce your thighs, is to cut out liquid calories completely. This is an easy way to instantly cut hundreds of calories per day without feeling deprived. Simply replace those high calorie beverages with water or unsweetened coffee or tea.

I'm sure you are aware of which beverages in your diet contain calories, but I'll remind you with this list anyway: sweetened coffee drinks, blended coffee drinks, smoothies, sodas, energy drinks, alcoholic drinks...



AMY BAILEY
GO HQ

Step #2: Focus on protein and fiber

Want to know what lean, fit people all have in common? They focus all of their meals and snacks around protein and avoid sugar and simple carbs. It's really that simple.

Now when you look at your current diet, which is likely filled with high carb and high sugar items, making the switch to a diet focused around protein may seem hard to do. The truth is that any change is difficult, but once you make it, you'll quickly adjust and will begin a whole new, leaner lifestyle.

Cut out the packaged, high carb and high sugar items from your diet. Plan each meal around vegetables and lean proteins. This simple nutritional shift will make all of the difference in quickly dropping your body fat.

Step #3: Exercise smart

There's exercise, and then there's smart exercise.

Exercise is good, and will get you to burn some calories and even build some muscle. It will raise your metabolism and improve your cardiovascular health. It will even reduce your thighs. All very good things.

Smart exercise will get you more of these benefits in less time.

So what makes exercise smart?

Doing a progression of movements with increasing intensity. Changing your workout often, to keep your body guessing. Varying your speed and working to increase your range of motion. Incorporating complex, full body movements. Stimulating different muscle groups in each session.

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Hearing specialist Joseph Pezak helps Richard Owens with an ear piece at the Beltone Hearing Aid Center.

Smartphone technology improves hearing devices

BY LAURA HAMPTON
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Technology has infiltrated every facet of our lives, and although we long to get away from it sometimes, there is no doubt that bits, bytes and gigahertz can be useful.

Take hearing aids for example.

When Richard Owens started using hearing aids 20 years ago, they were nothing more than amplifiers.

Today, thanks to sophisticated technology, Owens' hearing aid can be customized with such precision it almost duplicates natural hearing.

"I volunteer at the lighthouse once a week and climb the tower," Owens said. "I used to take my hearing aids out sometimes because I couldn't talk to people — the wind was blowing so hard. Now I don't have to."

Hearing specialist Joseph Pezak said back-

ground noise is a common complaint for hearing aid users, but thanks to revolutionary technology, that problem has been eliminated.

Introduced to consumers in February of this year, Beltone First is capable of streaming high-quality stereo sound from a smartphone or tablet without the need for a pendant-like device, but being wireless is just one advantage.

Because Beltone First is controlled with smartphone technology, wearers can use their hearing aids to talk on the phone or listen to music.

And of course there's an app. The Beltone Hear-Plus app allows users to set the volume levels and treble/bass settings, but it can also be used to locate the hearing aid if lost.

Using GPS technology, someone who has lost their hearing aid can hold their smartphone over the area where they think they lost the device, and

the phone will let them know whether they are getting closer to or farther from the hearing aid — just like a game of hot and cold.

Pezak said of all the benefits of the new device, clarity is the most important.

"With the smartphone we can give clarity down to frequencies we could never hit before," Pezak said. "Everything can give power, but we can give clarity."

Owens doesn't use a smartphone, so his hearing aid is operated with a remote control, which he said comes in handy sometimes.

The other day, my wife and I were talking in a restaurant, and the guy next to me was talking so loud," Owens said. I took my remote control out and cut out my right ear, so I didn't hear him."

For information on Beltone First hearing aids, go to beltoneflorida.com.

Blood cells topic of Whitney lecture

CONTRIBUTED

Many would be surprised to learn adult humans contain between 10 and 20 trillion circulating red blood cells, which represent about one quarter of all cells in our bodies.

Truly one of the experts in the science of red blood cells (RBCs), Dr. Jorg Bungert will speak on RBCs from their formation to the many roles they play to keep the body functioning properly at 7 p.m. Nov. 13 at the Center for Marine Studies at the Whitney Laboratory for Marine Bioscience, 9505 Ocean Shore Blvd.

Bungert is a professor at the University of Florida (UF), College of Medicine, Department of Biochemistry and Molecular Biology. He earned his doctorate from Philipps University in Marburg, Germany in the disciplines of biology and molecular genetics. He has held a variety of positions of increasing responsibility at the University of Florida and Northwestern University.

Bungert has been the recipient of many prestigious awards including the Exemplary Teacher Award at UF for seven years. In addition, he has received many grants supporting his research including NIH grants focusing on hematopoiesis and globin gene expression. Bungert's depth of knowledge will serve as the foundation for the Evenings at Whitney lecture on red blood cells.

Over a quarter of the world's population suffers from anemia, a deficiency of red blood cells that can cause fatigue, confusion and unusual thirst. Sickle cell anemia is a severe, life-threatening form of the disease where unfortunately there are no satisfactory treatments. Bungert's lecture will present the life cycle of red blood cells, defects of RBC production and the deleterious consequence to humans as well as novel experimental strategies to therapeutically combat RBC disorders in the future. Whitney lectures are free and open to the public.

Overhead press targets all three shoulder muscles

BY EDDIE ALVAREZ
Miami Herald

Q: What's the best exercise to build broad shoulders?

A: Few muscle groups impact your strength and appearance the way broad shoulders do. Your deltoids, or shoulder muscles, are used in most pushing movements, making them an important muscle for upper body strength. For men, broad shoulders project an image of strength and masculinity. For a woman, broad shoulders make the waist and hips appear smaller.

There are 3 main muscles in the shoulders: anterior deltoid (the front part of your shoulders), medial deltoid (the middle part of your shoulders), and posterior deltoid (the back part of your shoulders). Just like on any muscle, you need to use low weight and high repetitions to build a base of strength, then over time add weight to make the shoulders grow bigger, wider, broader, and stronger.

Best exercise for shoulders? The overhead press is a classic

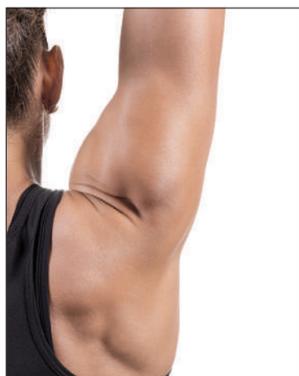


PHOTO COURTESY FOTOLIA/MCT
The overhead press is a classic compound movement and effectively targets all three shoulder muscles.

compound movement and it effectively targets all three shoulder muscles. Overhead presses can be done with a barbell or dumbbells. While the overhead press can be performed standing or seated, standing is generally easier on your back because you can use your legs as natural shock absorbers.

Start by holding the weight at about shoulder height, with your elbows directly under your hands. Push the weight overhead until it is at arm's length. Fully extend your arms but don't hold your elbows locked out. Repeat the movement for 3 sets of 10 repetitions, adding a little weight as you feel comfortable.

Hepatitis C vaccine shows promise

BY MONTE MORIN
Los Angeles Times

LOS ANGELES — An experimental vaccine for hepatitis C has shown promise in preliminary human safety trials, according to researchers, and may pave the way to a more affordable means of fighting the virus.

In a paper published Wednesday in the journal *Science Translational Medicine*, authors wrote that 15 people in Britain were given a "prime and boost" course of the experimental vaccine.

Researchers said the shots stimulated a protective response from the body's T cells — white blood cells that are critical to battling pathogens.

Although the vaccine caused headaches, feverishness and fatigue in some subjects, researchers said those adverse effects disappeared within two days. Overall, they said the vaccine was proved to be "safe and well tolerated."

A larger Phase II trial will now be performed on more than 350 test subjects at the University of California, San Francisco, and Johns Hopkins Bloomberg School of Public Health, according to the National Institutes of

Health.

"We won't really know if it works — if it is able to prevent hepatitis C infection — until we have the results of the efficacy studies in the USA," said Eleanor Barnes, an immunology professor at Oxford University and the paper's senior author.

Hepatitis C is believed to affect 180 million people worldwide, and is spread through contact with infected blood. It often is associated with intravenous drug use, and can lurk in the body for years before it is detected. It is a leading cause of liver cirrhosis and can lead to liver failure and liver cancer.

New therapies for patients infected with the virus have proved effective, but they are extremely costly — a 12-week course of medication can cost up to \$84,000.

The Phase I safety trial was conducted by researchers at Oxford, Stanford University and the Italian biotechnology company Okairos, which is part of GlaxoSmithKline.

"Although new oral antivirals are available ... these are unaffordable and unavailable to most people, are least effective in patients with advanced liver dis-

ease, are associated with development of viral resistance, and do not provide protection from reinfection," the authors wrote. "For these reasons, an effective vaccine to prevent chronic infection remains of clinical importance."

Researchers pointed out that 1 in 4 people who suffers a first-time infection of the virus will clear it from his or her body naturally. This strongly suggests the immune system can fight off the virus with help from a vaccine. In this case, the experimental vaccine includes an initial "prime" shot of a weakened chimpanzee cold virus that has been genetically modified to carry four proteins associated with hepatitis C. A second "boost" shot, to be given eight weeks later, contains a modified vaccinia Ankara (MVA) virus with the same four proteins.

By injecting these viral proteins into the body, researchers hope T cells will recognize them as potential future threats and marshal an immune cell attack on the virus.

Study authors said they were encouraged by the immune system's response following vaccination.