



Tai Chi recommended for relief of pain

Tai chi is technically one of the martial arts, but its emphasis on slow, fluid movement seems also to be effective against chronic back pain.

Tai Chi is one of a number of mind-body techniques, such as meditation and yoga, that are increasingly prescribed for chronic pain.

The Tai Chi exercise programs, or sets, are like slow dances, emphasizing graceful, gentle, but continuous, movement.

Proponents of Tai Chi have long claimed their practice reduces stress, depression, and anxiety while increasing strength, balance and flexibility.

According to Pain Medicine (September 2007), studies show that meditation and Tai Chi improved functioning in older adults with chronic low back pain.

Researchers reported that Tai Chi's mind-body interaction is effective and safe.

Quote of the Month

"People often say that motivation doesn't last. Well, neither does bathing. That's why we recommend it daily."

Zig Ziglar

Check Your Debt Level With 50-30-20 Rule

One Harvard Law School professor has come up with a formula that could help you manage your debt level.

Elizabeth Warren, who also coauthored *The Two-Income Trap: Why Middleclass Parents Are Going Broke*, says this is how her 50-30-20 formula works.

Fifty percent of your take-home pay should cover your total monthly expenses, including your mortgage, credit cards, auto loan and expense, and the cost of running a home including utilities, health insurance, food, clothing, and child-care costs.

If you restrict these must-haves to 50 percent of your take-home pay, you can allot 30 percent to what Warren calls wants, the stuff you would like to have but could do without.

That would leave the last 20 percent to build up your savings account.

When you calculate your needs and wants and find that you don't have money left over to save, it's time to take action.

Interest and principle payments on credit cards are the main reason for going over your 50 percent level. Pay off your highest-

rate credit card first. Continue paying at least the minimum on other cards until that is accomplished.

You might be able to get lower interest on that card or others. Customer Service reps may be able to get you a lower rate. Tell them that you are thinking of moving your balance to a card that offers lower interest rates.



Daylight Saving Time
March 9, 2008

'Doomsday' Vault Protects Against Disaster

Some call it a modern day Noah's Ark. Others call it a doomsday vault. Whatever it's called, the Svalbard Global Seed Vault is considered the final backup to protect the world's seeds in case of a global catastrophe.

Blasted into the permafrost of a frozen mountain on the Svalbard Archipelago in the Arctic, the refrigerated vault is

meant to preserve the world's agricultural seeds and protect the world from famine.

Norway proposed the idea of the vault back in 2005 and started to build it in 2006. While Norway owns the vault, each country that contributes seeds will own their own material. The vault has the capacity to house up to 4.5 million seed samples.

There are more than 1000 seed banks in the world, but individual countries suffer when their banks are wiped out by such natural disasters as typhoons and the man-made disaster of war.

The Global Crop Diversity Trust, which was founded in 2001 by the United Nations, will help operate the vault.

On Nov. 16, 2007, refrigeration units began pumping chilly air deep into the mountain cavern to bring the temperature down to 5 degrees Celsius.

"At these temperatures, seeds for important crops like wheat, barley, and peas can last for up to 1,000 years," said Cary Fowler of the Trust.

Seeds were arriving at the vault in mid-February with the official opening date set for February 26, 2008.



Travel Bag Facts and Tricks For Your Next Trip

New Beijing air terminal will wow Olympics visitors

A magnificent blend of glass, steel and a subtle dragon motif makes Beijing's Terminal 3 one of the most beautiful air terminals in the world, and one of the largest. Its \$250 million baggage handling system was designed by German engineering giant Siemens.

Most international airports demand six- to eight-



month trial period before opening to the public. Beijing will have the five months between late February and the formal opening in July.

Terminal 3 has the best in shopping and dining including Chinese, French, Italian, Japanese and Southeast Asian cuisine. It also includes such American favorites as McDonald's, Pizzas Hut, KFC, Burger King and Kenny Rogers Roasters.

Motion sickness drug works for canine car passengers

Love to take Fido with you on a trip, but he gets sick? Now, there's help for him and for you. The Food and Drug Administration has approved two motion sickness drugs for dogs.

Your veterinarian can prescribe maropitant citrate tablets sold as Cerenia, to prevent vomiting due to motion sickness. Pfizer Animal Health, maker of Cerenia interviewed dog owners and found that about 17 percent of all canines suffer from motion sickness. An injectable form of Cerenia is also available.

Pfizer says the drug is safe and works in 93 percent of motion sickness cases.

Playing the iPod out loud

Wouldn't it be nice to share your favorite iPod

music with friends or family? Now you can.

iPod Foldable Speakers fold to the size of a paperback book so they can be tucked into a small bag. They come in black, white or pink and are powered by four AAA batteries. The set costs \$9.



How To Get Along Better With Adult Siblings

If you're barely speaking to your brother or sister, try this:

* Forget why. Neither of you will ever understand the past completely.

* Ask your sibling to tell his side, and don't defend yourself. Say how frustrating the situation must have been.

* When he's finished, ask if he will hear your memories. If you have memories that contradict his, tell them, but don't tell your brother he's wrong.

* Apologize when it seems appropriate. It's a sign of strength.

* Be gracious. Express gratitude for something he or she did. Ask if what you did was helpful if you need thanks.

* Don't blame your sister or brother if you think a parent loved them better. It's not their fault, and often they will think that you were the favored one.

* Remember who you are now. Peter Goldenthal, author of *Why Can't We Get Along*, says if you were shy and quiet as a child but are now outgoing and assertive, don't slip back into your

old role at family gatherings.

If you feel it happening, pretend you are acting the part of a confident person. Soon it will be natural.



Shopping For a New Grill? Read This First.

If you will be shopping for a new outdoor grill this year, here are a few points to consider.

What will power it? Charcoal is classic and imparts a distinctive flavor, but it takes time to get it started and clean up afterward.

Natural gas is the most convenient, but it takes a plumber to install it. That leaves propane, which is the most popular choice.



While there's no denying the snob appeal of a stainless steel grill, classic black will serve you well if you aren't installing an outdoor kitchen.

Stainless steel has one big advantage though. It won't rust if left outside all year.

The cooking surface is an important choice, according to authorities featured on CBS News.

* Chrome cooking grills are harder to clean and will rust.

* Porcelain-coated grills resist rusting and are easy to clean.

* Cast iron holds the heat well and evenly, but must be seasoned with cooking oil to avoid rusting.

* Porcelain-coated cast iron has the benefits of iron and is easy to clean.

Use a soft brass brush to avoid scratches.

* Stainless steel grills last a long time, but don't hold the heat as well or sear as well as cast iron.

If you are buying a two-burner gas grill, pick one with the burners in an "H" shape rather than an "I" shape for more even heating.

You will notice a BTU rating (British Thermal Units) on most grills. They range from 35,000 BTU to 45,000 or more. This is the total heat the grill will generate with all burners on. A 35,000 BTU unit will use 2 pounds of propane per hour.

Other features to consider include a stainless steel warming rack which will increase cooking area for baking or warming; a sturdy handle, a side shelf for extra space, rotisserie burners and side burners.

Are The Winter Blues Getting You Down? Try These Pick-Me-Ups

Want to know how you can make your own mood?

Then try these tips on for size, I think you'll like 'em:

1. When you wake up, or right this minute, go to the bathroom and start smiling at yourself. Even if you don't feel like it; fake it. Research shows smiling creates a natural substance in your body that makes you feel better.

2. Find something to whistle about. Find something to hum or sing about. It's hard to feel bad while you are singing or humming happy tunes.

3. Get some exercise. Everyday you should get enough exercise to produce at least one bead of sweat across your forehead. How much exercise is that going to be

for you? It may be 2 minutes, it may be 30 minutes. The key is baby steps.

4. If you're feeling particularly blue, change the scenery. Go outside. If you are home, go to a mall, go for a walk. Play a sport or spend a couple hours volunteering. Focusing on someone else will make you feel better about you.

5. Eat right with lots of fruits, vegetables, nuts and legumes. Minimize the animal fat and sweets you eat by replacing them with foods that naturally exist in nature.

6. Play with a family pet. This can be a major stress reliever, whether it's throwing a stick for your dog, letting your cat chase a string or just petting a furry critter.

7. Read books that uplift and fulfill you.

Read books that you know will have a happy ending or will in some way make you feel good about yourself.



Charles Briscoe, DDS

8. Limit your daily intake of TV, newspaper and radio news, particularly if the news is negative.

9. Watch TV programming that makes you feel hopeful and optimistic, not angry, scared or depressed.

10. Get at least 7-9 hours of uninterrupted sleep each night. The important thing is to know how much you need and love yourself enough to get it!

Did You Know...

Minor twists and overlaps, as well as small gaps, can be quickly corrected through the use of bonding and veneers – **Instant Orthodontics!**



This patient achieved a beautiful smile in a short time without braces. **Call for more information at 858-454-3221**

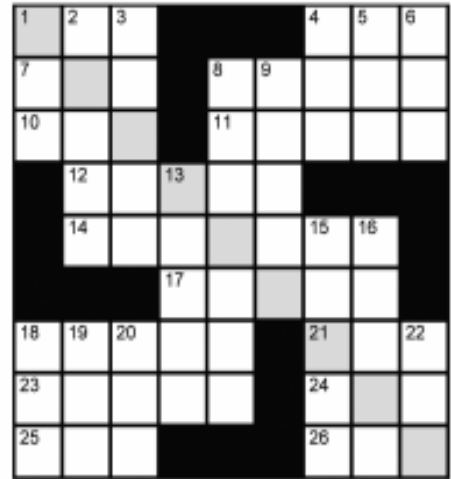
Spotted Horse

Across

1. ___ Wednesday
4. Effeminate
7. 007, for one
8. Pedal
10. Playing card mark
11. Chatters
12. Arrive at
14. A set of three
17. Bond player
18. Consumed
21. Popular cereal grain
23. Part of a sword
24. "It's no ___!"
25. Fourposter, e.g.
26. "Harper Valley ___"

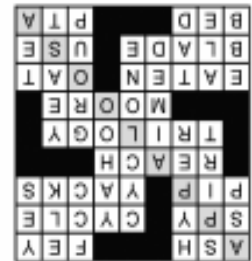
Down

1. Death on the Nile cause, perhaps
2. Gush
3. Abnormally active
4. TV monitor?
5. Antlered animal
6. "Absolutely!"



The headline is a clue to the answer in the diagonal.

8. Windstorm
9. "Hurray!"
15. Targeted
15. Family
16. Bakery supply
18. Decline
19. Amber, e.g.
20. Bit
22. Oolong, for one



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