



7 Most Common  
Foot Problems  
Explained  
B2



Healthy Aging: The  
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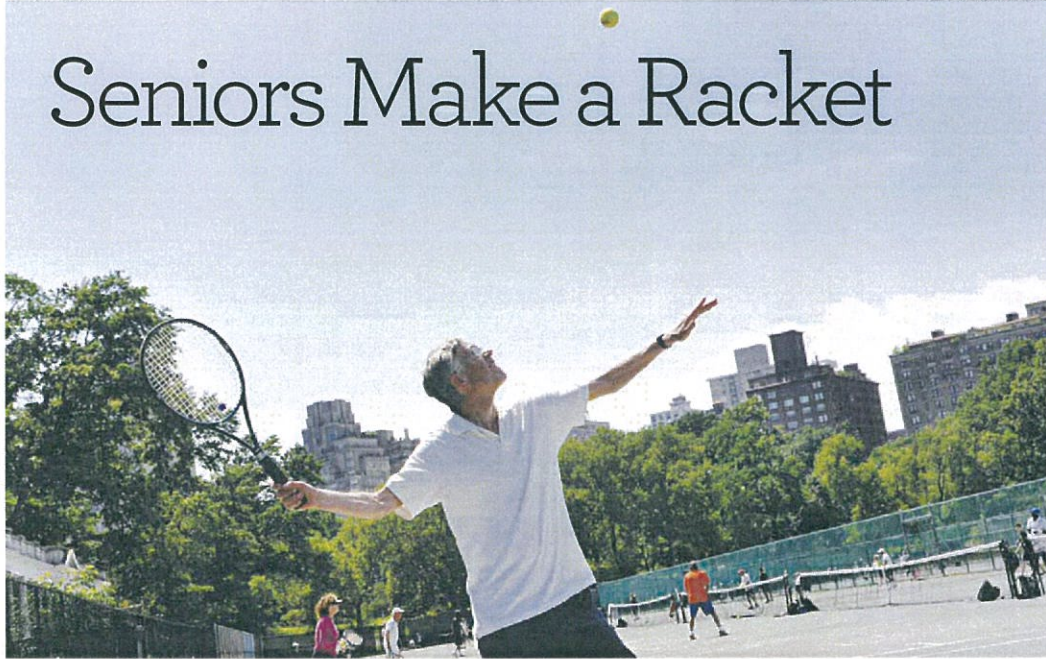


Are You Sleeping  
on an Oil Field?  
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# Health & Fitness

B1 October 11, 2013

EPOCH TIMES



A senior practices his serve during a free tennis course offered by the Parks Foundation.

ELIANA ROVE/PARKS FOUNDATION

## Seniors Make a Racket

### Active Seniors Happy With Tennis Lessons

BY JUNE FAKKERT  
EPOCH TIMES STAFF

Hip and knee replacements, hunched backs, and shuffling gait were no impediment for the 18 seniors who hit nearly every tennis ball that came their way, laughing heartily if a ball did land out of their reach. "I don't hold back because I know they are capable of executing these shots," said their instructor, Terry Hampton, who was running the seniors through drills to practice their forehand, backhand, and short-court volleys on the west side of Central Park.

This is Hampton's third year teaching the tennis lessons to

seniors as part of a free exercise program offered in the spring and fall by the City Parks Foundation. Located in parks throughout the five boroughs, the program also includes yoga and walking classes for seniors 60 years and older.

#### No Experience Necessary

The seniors who attend the classes range in age from 60 to into their 90s and come not only for the exercise, but also for the fellowship.

Ronald Wolf, 72, hadn't played tennis since a few gym classes back in high school. He came for the exercise, the fun of it, and to improve his tennis skills.

"I'm hoping to improve, from the level where I'm on, I gotta

improve," he said.

Retired computer scientist Dr. Michael Bergelson, 78, likewise had had very little tennis experience and came to the class because his wife signed him up. In poetic, accented English, Bergelson said tennis challenged him, but that he really enjoys the conviviality of the lessons.

"It's really a pleasure. [The] people are nice, the instructor is very good, not selfish, very outgoing and well wishing," he said. "It's also an environment of people, so you're not isolated. When you retire you may become isolated."

Another senior player, Mary Kane, a resident of Manhattan who declined to give her age, said she comes both to "get the exercise and socialize." Kane is a bit more serious about the sport, having played for 10 years. She also watches tennis on television and has been to see the

U.S. Open.

For Kane, a great benefit of the class is the chance to focus on improving her stroke, which she said is difficult to focus on when she's playing with her friends for fun.

#### Overcoming Limitations

Hampton said some of the seniors have more energy and are more motivated than the children he teaches over the summer. But the seniors often have to overcome limitations from things like hip and knee replacements and arthritis. As part of his job, he finds ways around those limitations.

Hampton says he makes sure seniors are properly warmed up before the two-hour classes and **modifies the lessons as needed. "If they have shoulder problems, we get them to serve underhand. If there are physical mobility issues, we adjust the**

lesson," he said.

Another aide to seniors playing on the courts near 93rd Street, is the crushed-stone surface of the courts, called Har-Tru. Hampton said the surface is pliable and softer on the seniors' hip and knee joints than other court surfaces.

The free exercise classes offered by the Parks Foundation run through Nov. 1.

For more information, call 718-760-6999 or log on to [www.cityparkfoundation.org/sports/seniors-fitness/](http://www.cityparkfoundation.org/sports/seniors-fitness/)

#### Getting Active

The seniors who sign up for tennis lessons are definitely the active subset of the population. For those who want to be more active, personal

trainer Rob Morea has five suggestions.

#### Believe You Can

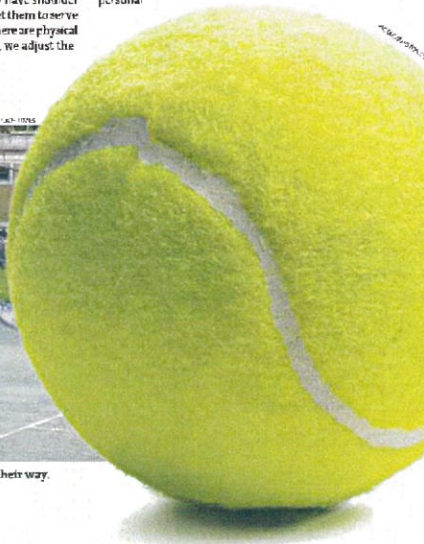
Rob Morea has been a personal trainer for 26 years, since the era when only movie stars had them. He works with a range of ages, including people in their 70s.

He said it's never too late to start exercising, but he has noticed that it's harder for seniors who haven't been active during their lives to begin exercising. So be patient and kind to yourself, and stick with it!

SEE TENNIS ON B4



Seniors do tennis drills during a tennis lesson in Central Park, Sept. 27. The seniors hit almost every ball that came their way.





## Healthy Aging: The Traditional Chinese Medicine Perspective

BY JINGDUAN YANG, M.D.

Although the risk of disease and disability clearly increase with advancing age, poor health is not an inevitable consequence of aging.

Many of the illnesses, disabilities, and deaths associated with chronic diseases are avoidable through known preventive measures. Key measures include practicing a healthy lifestyle (for example, regular physical activity, healthy eating, and avoiding tobacco use) and the use of early-detection practices (screening for breast, cervical, and colorectal cancers, diabetes, and depression).

Throughout the middle and later years, people gradually develop signs and symptoms of aging like graying and thinning hair, ringing in the ears, hearing loss, infertility, diminished sexual function, menopause, forgetfulness, urinary and bowel incontinence, pain and weakness in the lower back, hip, and knees, reduced bone density, and increased risk of fractures.

Western medicine recognizes that some of these symptoms may be due to deficiency in sexual hormones such as estrogen and testosterone, which is why hormone replacement has become a focus of "anti-aging" medicine.

**Aging is a natural process of life, and healthy aging is achievable, particularly through integrating the best of Eastern and Western medicine.**

**Kidney Qi and Essence**  
Traditional Chinese medicine

(TCM) offers a perspective on aging that is energy based. From a TCM standpoint, aging is a process of losing kidney qi and essence.

Kidney here is not just the anatomical entity of the two kidneys we have in our lower backs, but an energy subsystem called the kidney meridian. The meridians are energy channels that form a web-like system allowing qi to flow throughout the body.

One of the most important ancient texts on Chinese medicine is the "Yellow Emperor's Classic," which dates back to about 200 B.C. According to this book, kidney qi and essence is responsible for brain development

and function, including hearing, bone matrix, and function of bone marrow, sexual function and the capacity to conceive, and regulation of the urinary tract and bowels. This meridian reflects the mental functions of will power and motivation and emotions derived from fear.

TCM medicine says that the qi and essence of the kidney is prenatal because it is inherited from our parents. Therefore, there is a wide range of differences among individuals, and the amount of kidney qi and essence within an individual is limited. The status of kidney qi and essence manifests clearly in our hair, and a deficiency of kidney qi and essence can result in grey hair or hair loss.

Menopause in a woman is a hallmark of deficient kidney qi and essence. In addition, kidney qi and essence is the major support for other subsystems causing a wide variety of symptoms.

Other factors can make one lose kidney essence faster. For example, the dysfunction of other meridians can increase the demand and depletion of kidney qi and essence, for example, poor care during pregnancy and childbirth, heavy menstruation, excessive ejaculation in men, and excess of fear.

The status of qi and essence in the meridians is checked through classic TCM techniques, such as pulse diagnosis. The primary ways TCM balances the meridians include acupuncture, Chinese herbs, and qigong.

### Patients' Stories

Amy, a 40-year-old woman, reported feeling like she was 90. She had stopped menstruating 10 years ago and lost sexual drive 9 years ago, which is about when she began to suffer from urinary incontinence and osteoporosis. In addition, she had severe seasonal depression and insomnia.

She was assessed by classic Chinese medicine techniques and was diagnosed with severe kidney qi deficiency. After three weekly acupuncture sessions and Chinese herbal supplements to strengthen her kidney, her symptoms improved significantly.

Cathy, a 65-year-old woman, complained of difficulty concentrating and remembering. She thought these symptoms were side effects from the four medications she was taking to control her severe depression. She was evaluated with TCM techniques

and determined to have kidney qi and essence deficiency and liver stagnation.

For about three months, Cathy had acupuncture and Chinese herbal remedies twice a week. In addition to improvement in cognitive function, she reported less pain in her lower back and knees, more sexual satisfaction, reduced urinary incontinence, and a better mood. With her physician's guidance, she also was able to decrease her psychotropic medications.

### Tips for Healthy Aging

To age healthfully, people need to protect their kidney qi and essence as early as possible. Helpful practices include maintaining a healthy lifestyle with regular and enough sleep, a balanced diet, regular physical activity, a healthy sex life, and approaching life situations with less fear.

Foods that are thought to replenish kidney energy include grains, dark green leafy vegetables (cooked), black soybeans, black sesame seeds, black mushrooms, walnuts, chestnuts, fish, shrimp, seaweed, lamb, and duck. Herbs thought to support kidney energy are ginseng, Rehmannia root, and lycium root.

You can also learn to stimulate acupuncture points with self-acupressure. Many relaxation techniques and energy exercises can positively affect meridian balance. We particularly recommend mindfulness-based meditation, tai chi, and qigong. Some cultivation systems like Falun Dafa (also known as Falun Gong) go beyond anti-aging and aim for spiritual enlightenment and eternal life.

Aging is a natural process of life, and healthy aging is achievable, particularly through integrating that best of Eastern and Western medicine. It is advisable that you have a consultation with a well-trained doctor of traditional Chinese medicine to discuss an individual plan that uses ancient Chinese wisdom. However, you should do so in addition to the care you already get from your doctors of conventional medicine.

*Dr. Jingduan Yang is a board-certified psychiatrist and a fourth-generation doctor of Chinese medicine. His website is TaoInstitute.com*

## Spine or joint pain?

### Injury? Arthritis?

Avoid costly surgery with a cutting-edge non-invasive treatment that harnesses the body's power to heal

**A**s the human body ages, the joints start to degenerate. This can cause pain and inability to perform certain activities.

The tendons, cartilage, and ligaments start to wear out, leading to rotator cuff tears, knee injuries, and loss of cartilage in the hips. Arthritis, a common problem for aging Americans begins to set into the joints.

All too often, physical therapy, chiropractic care, and anti-inflammatory medication are unable to control the pain or get us back to the activities we want to perform. Many patients with spine and joint problems are seeking safe and non-invasive treatments. Through a range of regenerative treatment approaches – including cutting-edge platelet-rich plasma and stem cell injections – Spine & Joint Center patients can see improved symptoms, a return to function and an improved quality of life without costly surgery or dangerous medications.

**Harnessing the body's power to heal**

Latest advances in regenerative medicine allow doctors to use the power of the patient's own body to decrease pain, improve function, and heal.

Platelet rich plasma (PRP), which can be extracted from our blood, has the power to ignite the healing process. Thus, a PRP injection uses the healing factors within a patient's own blood to heal aching joints. The plasma is harvested from the patient and injected to the site of pain or injury in under 15 minutes.

Stem Cell Therapy uses stem cells from our own bodies to regrow tissue and heal chronic tears and cartilage loss. Stem cells are the body's "repairmen."



**When directed to the site of an injury or a damaged tissue area, the cells act to repair the damage and help heal the injury.**

The Spine & Joint Center is part of a study on stem cells from a person's own body for joint pain and arthritis. These stem cells are not of embryonic origin.

**FACT**

Approximately 86% of patients surveyed who have undergone regenerative therapy report being satisfied with their treatment and that they would do it again.

**Who can benefit from regenerative medicine?**

Regenerative medicine can be used to effectively treat a range of joint and spinal conditions. Among them are:

- Arthritis
- Joint, back and neck pain
- Hip, knee, and shoulder injuries
- Sciatica problems
- Disc herniations and injuries
- Tendinitis
- Joint cartilage and labral problems
- Tears and injuries of tendons, ligaments and muscles
- Tennis and golfer's elbow
- Rotator cuff tears and knee meniscal injuries
- Sacral iliac joint pain and injury

**Conservative Care**

We strive to find the least intrusive and most effective treatment regimen for each patient. We advocate lifestyle modifications, stress management, nutritional support and exercise as an essential supplement to our care. We do everything possible to avoid surgery.

**Our Practice**

Spine & Joint Center takes a unique approach to spinal and joint care. We adopt an attitude of conservative management, striving to find the least invasive and most effective course of treatment for each of our patients without surgery.



**Meet the Doctor**

Highly trained and experienced in pain management, orthopedics, and acupuncture, Dr. Damon Noto takes a patient-centered approach and focuses on each individual's psychological, emotional, and lifestyle needs when selecting a course of treatment. Patients are never treated as just another number – rather, they are designed a customized plan by an honest and compassionate physician dedicated to their care.



**Dr. Damon Noto**

**Spine & Joint Center**

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## Seniors Make a Racket

TENNIS CONTINUED FROM B1

### Find the Place That Feels Right

Relatively inactive seniors often lack confidence in their movements. Morea recommends that seniors hunt for an exercise venue that feels comfortable for them. Large gyms with loud music and a bustle of people can overwhelm the elderly, so they might prefer a smaller gym or a studio with a personal trainer.

### Budget For It

For the seniors who would like a personal trainer but worry about the cost of hiring one, Morea said that a few sessions with a personal trainer may be all that is needed to give tentative seniors the physical ability and confidence they need to join a less expensive group class. Seniors can look at their overall budget to see where they can cut to add in some exercise. For example, Morea said that some people go out to eat a lot, but for the price of a couple in-house meals a week, many could afford a few sessions with a personal trainer.

### Train Key Areas

Morea's advice is that seniors should do exercises that work

on their balance, posture, flexibility and strength to maintain their daily functioning.

These exercises can be simple, such as holding one foot off the ground for 10 seconds, intentionally standing up straight, moving shoulder, hip, knee, and other joints through their natural range of motion, touching their toes, and doing squats with just their bodyweight for resistance.

Taking the right class could mean a senior retains the ability to do daily tasks—such as picking things up from the floor and reaching into low cupboards—for much longer.

### Do It Now

Especially in the winter months, Morea recommends that even active seniors find a class to keep them in shape because as seniors age, they begin to lose muscle mass quickly.

Morea's father is over 80 and still active in the garden and around the house, but Morea said this winter he wants his father to join a class to help maintain his strength.

*Rob Morea co-owns the private training studio Great Jones Fitness in East Greenwich Village. 646-707-3249 [www.greatjonesfitness.com](http://www.greatjonesfitness.com)*