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Keeping Out of Rehab
BEST BETS FOR BONE
INJURIES

Endless Debate:
Does Sugar Make
Kids Hyper?

MOTIVATE
YOUR EMPLOYEES

EARN CEUs:
Isometrics for
Osteoporosis

Are You Ready for
the Boomers?

John
SCHNEIDER

"Hazzard" Star Still Going Strong

Healthy Reading

Full Speed Ahead

We live in a busy world. We also live in a tired world. We are so busy that many of us struggle to maintain our energy and, consequently, we suffer from overwhelming fatigue. "Most sufferers of chronic exhaustion have a mix of at least five or six underlying problems (out of more than a hundred possible problems), which vary from person to person," states Jacob Teitelbaum, MD.

In *From Fatigued to Fantastic!* (Avery, 2007), Dr. Teitelbaum provides an overview of the causes and patterns of Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FMS). He shares what he has learned from years of research in addition to clinical practice from his own battle with chronic fatigue and immune dysfunction syndrome. Readers can draw lessons on how to optimize energy production and eliminate factors that drain it.

To restore energy production and recover, it is usually necessary to treat many different problems simultaneously, explains Dr. Teitelbaum. "If you suffer from CFS, FMS or ME [myalgic encephalomyelitis], this book will provide you with the tools and information you need to move beyond fatigue and into wellness."

Beauty Secrets

According to the U.S. Centers for Disease Control and Prevention, chronic disease affects more than one third of the population in the United States, and Stacy Malkan, author of *Not Just a Pretty Face: The Ugly Side of the Beauty Industry* (New Society Publishers, 2007) argues that if companies were to replace toxic chemicals with safer alternatives we'd see a reduction in those numbers. Products such as baby shampoo, baby lotions and nail polish, contain industrial chemicals. "Toxic chemicals linked to cancer, birth defects and learning

disabilities do not belong in products we smear on our bodies," warns Malkan.

Not Just a Pretty Face chronicles the quest that led a group of breast cancer activists and environmentalists to the offices of the world's largest cosmetics companies, including some that use hormone-disrupting chemicals (believed to contribute to breast cancer) in their products and package them using the breast cancer awareness symbol, a pink ribbon.

The South Beach Heart Program

"We now have the knowledge and ability to prevent the great majority of heart attacks and strokes," states Arthur Agatston, MD, author of *The South Beach Heart Program: The 4-Step Plan That Can Save Your Life* (Rodale, 2007). "Every time I hear that someone has died of a sudden heart attack, I can't help but think that it shouldn't have happened."

Dr. Agatston's life-inspiring book shows readers how to take an active role in maintaining the health of their hearts. His book is an invaluable tool anyone can use in conjunction with a doctor's guidance to steer clear of the nation's number one killer.

Agatston, the author of *The South Beach Diet* is more than a diet doctor; he has been a cardiologist for nearly 30 years.

