

YOUR HEALTH & FITNESS



Mobile Mammography in AJ December 10

The City of Apache Junction is pleased to again host the Mobile On-site Mammography unit on Friday, December 10, 2004 at the City Hall Complex, 1001 N. Idaho Rd. Mobile On-site Mammography (M.O.M.) is focused on providing the highest quality of mammography service with their professional experienced staff, using the latest mammography technology for your safety and comfort.



On Friday, December 10, M.O.M. will be serving Apache Junction residents from 7:00 a.m. to 4:00 p.m. and appointments are required.

Insurance coverage will be accepted, including BC/BS (PPO and Blue Choice), PacifiCare, and other select carriers. Non-insured patients pay \$112.35 (includes the Radiologist reading). In addition to the regular interpretation by the Radiologist, the R-2 computerized reading will be offered for an additional \$24.00.

once they are over 40 years old. Patients under 35 must provide a doctor's referral. Mammograms with implants are unable to be accommodated at the mobile site, but may make an appointment at the Tempe office location.

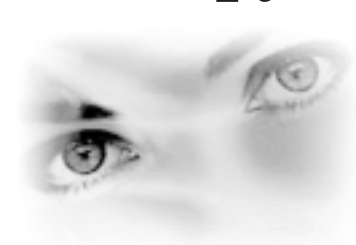
Patients are asked to bring the following information with them on the day of their appointment: Current insurance card, your doctor's name and address, and the location of where you had your prior mammogram.

Past visits have been very popular and appointment times fill up fast, so call early for your appointment. For additional information or scheduling, contact Mobile On-site Mammography at (480) 967-3767 and have your insurance card available.



Private Paradise Offers Photo Light Therapy

Photo Light Therapy is a non surgical alternative to laser skin resurfacing. Intense pulses of light in many wavelengths are used to treat: fine lines, wrinkles, age spots, broken capillaries, rosacea and other disorders that cause redness and flushing of the skin.



How does it work? An intense light is emitted in a series of light pulses using various wavelengths. This allows the penetration and treatment in all the layers of the skin, unlike lasers that only have one wavelength and are limited in the depth of penetration.

Photo Light Therapy also improves pores and acne scars, reduces large moles and smooths fine lines around mouth and eyes. You can have glowing, smooth even toned skin with no down time.

There is no risk of scarring or permanent hyperpigmentation. Until recently, intense Pulse Light Therapy could only be administered by a physician and fees were beyond the grasp of many. Now that this treatment is available to licensed aestheticians, the cost is greatly reduced. It is recommended to have a series of six to eight treatments at 10 to 14 day intervals.

The visits are approximately one hour long and normal activities can be resumed immediately. A maintenance treatment is recommended every eight to twelve months.

The professionals at Private Paradise will be happy to answer any questions that you have. For more information please call 480.982-0549.

The fat of the land (and sea)

Dietary recommendations have gotten more complicated since nutrition researchers discovered that we need to pay closer attention to the type of fat we eat, not just how much.

Fat type	Found in	Health effects
Saturated	Red meat, whole milk, cheese, butter, ice cream, chocolate, poultry skin, coconut oil, palm oil	<ul style="list-style-type: none"> Raises "bad" LDL but also "good" HDL cholesterol Associated with a modest increase in heart disease Some evidence of a link to prostate cancer
Trans (trans fatty acids)	Many margarines, cookies, crackers, meals at fast food restaurants, vegetable shortening like Crisco	<ul style="list-style-type: none"> Raises LDL, lowers HDL Linked to an increase in risk for heart disease
Mono-unsaturated	Olive oil, canola oil, olives, avocados, cashews, almonds	<ul style="list-style-type: none"> Lowers LDL, raises HDL May be partly responsible for benefits of the Mediterranean diet Hints of protective effects against cancer
Polyunsaturated fats include the omega-3 and omega-6 fats listed separately below. Scientific evidence suggests that this group of fats is better for heart protection than monounsaturated fats.		
Omega-3	Fish, flaxseed oil, walnuts, canola oil	<ul style="list-style-type: none"> Little effect on cholesterol levels Lowers risk for heart arrhythmias Lowers triglycerides (blood fats) Might help with depression
Omega-6	Corn, soybean, and sunflower oils	<ul style="list-style-type: none"> Lowers LDL, raises HDL May reduce risk for heart disease and diabetes

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Learn How to Lose Weight — Free!

Free talk on nutrition and weight loss at the Gold Canyon Basha's on November 17

By Shayne O'Brien
The News

Dee McCaffrey knows a thing or two about weight loss. Twelve years ago, she lost over 100 pounds and has kept it off. And she wants to share her secret with you.



McCaffrey will be in the cafe area at the Basha's store in Gold Canyon on November 17 from 6:30 to 7:30 p.m. offering a free talk to the public with information on her successful approach to weight loss and nutrition.

Dee McCaffrey and her Mighty Muffins will be at Basha's in Gold Canyon from 6-8:00 p.m. with free samples and a free talk on weight loss.

As a certified diet counselor with a background in organic chemistry, McCaffrey developed her "Holistic Living Weight Loss Program" as a way of teaching people to release the diet mentality and changing their ideas and attitudes about food.

and a balanced diet that will repair and heal the body, mind and spirit. Part of her experience has been eliminating all forms of flour and sugar from her diet.

"Holistic Living Weight Loss is a program that views weight loss as a healing process and blends nutrition with the importance of a person's well-being," she said.

She quickly discovered that most of the baked goods on the market, including ones labeled as whole grain, contained whole wheat flour, and sweeteners. Frustrated, McCaffrey developed a recipe for an oat bran muffin that contained no flour or refined sugar. She now markets her muffins for those, like herself, seeking to eliminate refined products from their diets.

"Rather than focusing only on the physical aspects of weight loss, diet and exercise, my program takes a holistic approach, addressing the whole individual by recognizing the need to address and heal a person's emotional life."

"Dee's Mighty Muffins" are now being carried by Basha's and A.J.'s stores throughout the Valley and she will be offering free samples at the Gold Canyon store, located at 5310 S. Superstition Mountain Dr., from 6:00 to 8:00 p.m. on November 17 during her nutrition and weight loss discussion.

McCaffrey learned to use these principles while addressing her own weight issues and when they proved successful, she began developing the process she now uses with clients. This process involves McCaffrey meeting with clients for an initial, in-depth consultation to determine their specific weight loss goals and to formulate strategies for making the necessary changes to food, eating, and lifestyle. She continues to have weekly consultations with clients throughout their course of treatment.

To arrange a meeting with McCaffrey, call her at (480) 580-6207 or email her at holistic@holisticweightloss.com For more information on her nutritional services and weight loss program, visit her website at www.holisticlivingweightloss.com.

As a nutritionist, McCaffrey emphasizes eating nutrient-rich foods

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