



Improve your General Health & Reduce Your Cancer Risk

— Sheila Yonemoto, PT

IN THIS ISSUE



- 1 IMPROVE YOUR GENERAL HEALTH
- 2 WHY ARE ANTIOXIDANTS IMPORTANT TO YOUR GENERAL HEALTH.
- 3 ANTIOXIDANTS OVERVIEW
FAQ
- 4 TIPS: BENEFITS OF ANTIOXYDANTS.
- 5 TAKE A SIMPLE TEST
FEATURED THERAPIST
Our Featured Therapist can assist you achieve Whole Body Health
- 6 SUCCESSES
CONTACT US

I recently read a handout from John Hopkins University stating the latest findings on cancer. One of the more interesting statements was that every person has cancer cells in the body and it only becomes apparent on tests after they have multiplied to a few billion cells. A person's immune system is vital to preventing cancer cells from multiplying and forming tumors.

When cancer is detected, it indicates that the person has multiple nutritional deficiencies as a result of genetic, environmental, food and lifestyle factors.

This means that improving nutrition through dietary changes, including nutritional supplementation, can strengthen the immune system.

An effective way to combat cancer is to starve the cancer by not feeding it with the foods it likes. Suggestions in the article included eliminating sugar, sugar substitutes, milk (since it produces mucus), meat (since it produces an acidic environment and is difficult to digest), distilled water (since it produces an acidic environment) and highly caffeinated drinks.

It is much better to eat a diet made of 80% fresh vegetables, seeds, nuts and a little fruit to put the body into an alkaline environment. Eating some raw vegetables provide live



Sheila Yonemoto, PT—Owner, Yonemoto Physical Therapy

enzymes that are easily absorbed and enhance the growth of healthy cells.

Cancer cells cannot thrive in an oxygenated environment so daily exercise and deep breathing exercises help to get more oxygen down to the cellular level. Aerobic exercise is one way to improve the oxygen flow to the whole body and there are specific qigong exercises designed to improve lung function and whole body oxygenation.

Nutritional supplementation to help build the immune system also is recommended. Vitamins, minerals, essential fatty acids, antioxidants and tonics that bolster the body's nutrition help to enable the

Continued on Page 3

Health & Fitness

Why are Antioxidants Important to Your General Health



Most people, including most physicians, don't realize that most diseases that appear to be the result of "aging" and do not result from the effect of germs actually develop from a common cause. And, the cause is NOT time or advancing age!

FREE RADICALS

Free radicals are what are causing all the trouble!

So, what's a free radical? Radicals are atoms that are grouped and often passed from molecule to molecule. Your body constantly reacts with oxygen as you breathe and your cells produce energy.

Sometimes during high-energy chemical reactions, an electron is pulled away, breaking away from the molecule and becomes a "free radical".

What makes these cause so much trouble in the body is that they are unstable and tend to pull electrons from other molecules, setting off a chain reaction, creating more free radicals until key biological molecules become permanently damaged. This oxidative stress can cause damage to proteins, membranes and genes.

Oxidative damage has been implicated in the cause of many diseases such as cancer and Alzheimer's and has an impact on the body's aging process.

External factors such as pollution, sunlight and smoking also trigger the production of free radicals.

The surprising thing is that each cell in the body gets about 10,000 free radical hits per day! If that's true why aren't we all suffering from

debilitating diseases? That's a good question and research shows that it seems to be dependant on the antioxidant levels in the body.

ANTIOXIDANTS

Antioxidants are natural nutrients that include vitamins, minerals, amino acids and co-enzymes. They are substances or nutrients in our foods that can prevent or slow the oxidative damage to our body.

Antioxidants have low energy, so when they combine with high-energy free radicals, they nullify and stop the chain reaction of continuous free radical formation. They act as "free radical scavengers" and prevent and repair damage done by these free radicals. Antioxidants may also enhance immune defense and therefore lower the risk of cancer and infection.

ANTIOXIDANTS BENEFIT YOUR OVERALL HEALTH

It's exciting to know that there is a safe, simple, natural way to block the ravages of free radicals on the body and prevent the development of the more than 60 diseases that they cause. Free radicals can be controlled and minimized by certain antioxidant nutrients.

In fact, there is even better news! Not only can these nutrients protect against the initiation of these diseases but can also help those who already have these diseases and disorders.

Better health is possible by eating a good diet and properly supplementing your diet with dietary supplements – especially good antioxidant supplements. The option to live better, longer is available. The choice is yours.



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Improve Your General Health

Continued from Page 1

body's own killer cells to destroy cancer cells. Some of the specific antioxidants are helpful in reducing damage to blood vessels as well as strengthening blood vessels to bring more oxygen flow to the entire body.

Limiting one's exposure to toxic chemicals is also very important. Microwaving food in plastic containers is especially poisonous.

Mental attitudes and emotions can also contribute to cancer. Anger, resentment and bitterness put the body into a stressful and acidic environment. So it is important to cultivate positive attitudes, which leads to stress reduction and greater enjoyment of life.

There are many routes to improving your health. Take a step in any of these paths to begin your program for improved health and reducing your cancer risk.

Antioxidant Overview

MOST COMMONLY KNOWN ANTIOXIDANTS



Vitamin A & Carotenoids
Vitamin C
Vitamin E
Vitamin D
Minerals
Co-Enzymes
Bioflavonoids



Antioxidants are found in beans, grain products, fruits and vegetables. In particular, look for fruits with bright color.

FAQ - Frequently Asked Questions about Antioxidants

Why doesn't my physician know the real cause of diseases normally associated with aging?

There is no doubt, amongst research scientists in the fields of free-radical pathology and aging, that free radicals are involved in the diseases and disorders commonly associated with growing older, such as arthritis, cancer, or heart disease and you can reduce your risk of these diseases related to aging with dietary supplementation of OPC* antioxidants. (* OPC – Oligomeric Proanthocyanidins)

However, because the science is still too new for everyone in the clinical field to have been taught the new information, many health professionals still think of these diseases either as being the result of time, age or other causes. It takes years and often decades for this kind of information to reach the clinical field.

Many physicians have begun using this information to help improve health, longevity and quality of life for thousands of patients.

Is it beneficial to start using antioxidant supplementation after one has already begun to experience the effects of these diseases?

These nutrients can help to protect against the initiation of these diseases but can also help those who already have these diseases and disorders. Many years of research have shown they can prevent and treat many diseases.

From what are these nutrients (OPC antioxidants) derived?

OPCs are among today's most potent and promising free-radical fighters. They are actually a family of antioxidants – found in grape seeds, red wine and the bark of French maritime pine trees. They are more powerful than vitamins C and E, which have traditionally been held to be the gold standard of antioxidants.

** Answers derived from Live Better Longer by Richard A. Passwater, Ph. D.

Tips - Benefits of Antioxidants

BENEFITS OF ANTIOXIDANTS

- Softens blood vessels
- Decreases blood fats
- Decreases blood pressure
- Prevents sclerosis
- Decreases blood viscosity
- Counteracts the negative effects of cholesterol
- Prevents formation of blood clots
- Is a natural sunscreen
- Improves circulation by strengthening capillary walls
- Helps with waste removal out of cells
- Crosses the blood brain barrier, improving cognitive function by decreasing free radicals
- Decreases histamine production by inhibiting enzymes necessary for histamine
- Boosts immunity
- Strengthens and repairs connective tissue, reduces wrinkles
- Relaxes blood vessels
- Terminates free radical production and protects cells
- Binds to skin proteins, collagen and elastin, to protect tissues and seal leaky capillaries.



DOES YOUR BODY NEED ANTIOXIDANTS?

Take this simple test to determine if you can benefit from antioxidants.

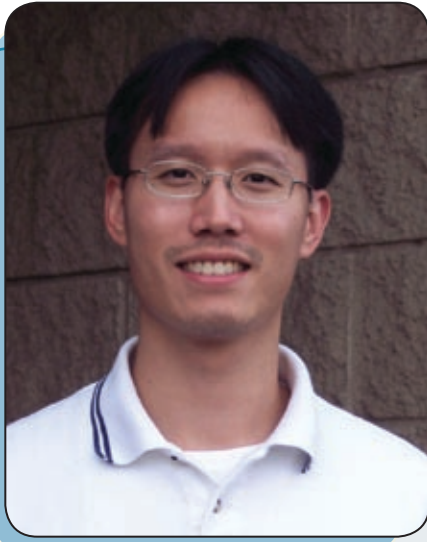
YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience inflammation in parts of your body?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have heart trouble or diminished cardiovascular function?
<input type="checkbox"/>	<input type="checkbox"/>	Do you have diminished eye health?
<input type="checkbox"/>	<input type="checkbox"/>	Do you experience skin rash, excema or other skin problems?
<input type="checkbox"/>	<input type="checkbox"/>	Have you felt any trouble or diminished capacity with your lungs?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel pain in your joints?
<input type="checkbox"/>	<input type="checkbox"/>	Is your digestion as good as it could be?
<input type="checkbox"/>	<input type="checkbox"/>	Do you feel you've lost or have a diminished ability to learn or remember?

Results

If you've answered YES to any of the above questions, the addition of antioxidants to your diet and nutritional supplementation is indicated.



Featured Therapist



Aram Utrapiromsuk, D.P.T.

Aram Utrapiromsuk, D.P.T. has been working at YPTS for a few years and takes an integrated approach to patient care. He uses a hands-on approach as well as utilizing exercise and teaches patients to be proactive about their own health.

He got into physical therapy via his interest in science and his desire to help others. Aram graduated from USC's physical therapy school, which is rated as one of the top schools in the country for physical therapy. He went to UC San Diego for his

undergraduate training.

When he is not working, Aram goes running and to the gym for his own conditioning as well as spending time with family and friends. He also enjoys traveling, sports and even does flower arranging.

SUCCESS STORIES

Patients Spread the Word

"I have taken vitamin supplements for over 30 years, but this is the first time that I have had such a fast and dramatic change in about 1-2 months of use. My night vision is very good now and I can see the alarm clock without my contact lens in the morning from about 10 feet away! My skin also feels softer and looks younger."

- S.Y.

"I had a very bad sore throat and had a difficult time swallowing. I started drinking the Ultimate Aloe when

someone told me that it boosted your immune system. Normally, the recommended dosage to drink is 2-4 ounces per day, but I drank several glasses throughout the

day. By the next day, my throat was fine and I was able to eat again without any problems."

- A.Y.

I had hoped for some relief from an aching knee. After the sessions, my hopes were exceeded. Not only has the ache gone, but the instructions I received for avoiding future problems have been excellent!

- N. L.

I went to my heart doctor this past week and had tests done. My doctor was quite impressed and said, "You're doing great!"

I'm 67 years old and have not been doing any formal walking or exercise program. I attribute this change to the treatments I've been receiving at Yonemoto PT. Thank you for all your help!

- D. M.



I am grateful for the staff here at Yonemoto. The wonderful and caring individuals who not only help but are a part of my life. They make a real difference. It's not just what they do but the way they do it.

I now sleep through the night soundly. I wake up to a wonderful day. My pain has decreased. I'm always walking and standing. I have hope for a better future and full recovery!

- T. T.



IS YOUR HEALTH AT RISK?

Help your body win the fight against Free Radicals!

nutraMetrix™

Experience the world's most advanced nutraceuticals.

- Superior delivery system
- Rapidly absorbed by the body
- Natural nutrients delivered in the most natural way

Experience some of today's most potent free-radical fighters

Potent antioxidants which:

- Help maintain cardiovascular health
- Promote normal blood vessel dilation
- Help maintain healthy cholesterol levels
- Help regulate and maintain healthy blood glucose levels

<http://sheilayonemoto.nutrametrix.com>



since 1982

YONEMOTO PHYSICAL THERAPY

Yonemoto Physical Therapy has successfully treated patients since 1982. We provide several therapy programs ranging from Integrative Manual Therapy, wellness programs, Worksteps which provides services for employers, chi-gong, as well as therapy for common orthopedic problems such as backaches, knee injuries and twisted ankles and pool therapy programs.

Other specialties include orthopedics and sports medicine, TMJ, chronic headaches, Bell's Palsy, urinary incontinence, and low back pain from pregnancy.

We have highly qualified staff trained in methods combining the best from Eastern and Western medicine and philosophies.



Our clinic is open on Monday through Friday 7:30 a.m. to 6:30 p.m.

We can help you recover and achieve Whole Body Health.

Call us today for a **FREE CONSULTATION** at

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www.yonemoto.com



Health

Improving Your

Frequently Asked Questions

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Special Article: Why Are

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Health and Reduce

Health: Improve Your General

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