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MARCH 2018

SPRING CLEANING THE HEART & MIND

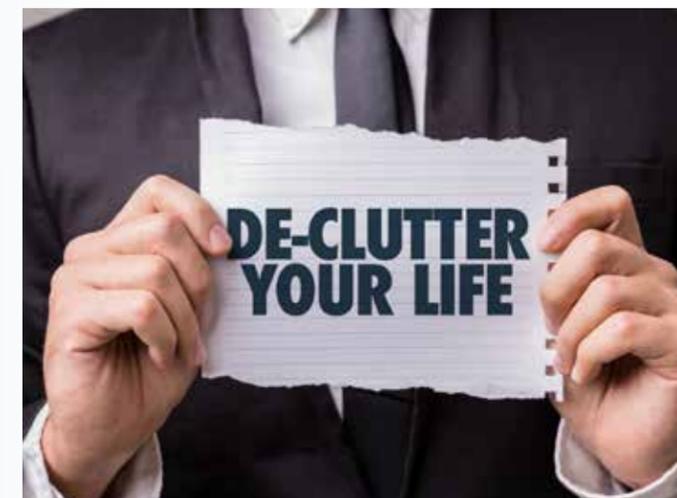
How Eliminating Clutter Can Change Our Lives

We may not have four real seasons here in Houston, but spring still brings a frenzy of cleaning out our garages, closets, and drawers, attempting to declutter our lives and usher in a new reign of organization. Spring cleaning is a weird tradition, but I get it. Some people just need the shifting of the seasons to be motivated enough to simplify their space. For me, though, cleaning comes naturally. I'm basically whatever the polar opposite of a hoarder is. I like to strip the things in my life down to the bare essentials.

There's a part in Marie Kondo's wildly popular book, "The Life-Changing Magic of Tidying Up," where she outlines the main component of her minimalist approach to living. Basically, when you pick something up to put it away, you should measure your emotional response to the item. If the shirt, screwdriver, strainer, ironing board, or whatever it is doesn't immediately "spark joy" in your hands, then you don't need it. While I was struck by her ideas and interested in her approach, I found that many of her practices were already part of my everyday approach.

Sometimes, when I go to a friend's home, I'm overwhelmed by the bizarre clutter — little knickknacks adorn every shelf, unnecessary pictures and paintings cover the walls, and all kinds of random objects are left out everywhere. This sprawl of things occupying most people's living space was always alien to me. When people come to my house, they'll often think the opposite. "Why don't you get more furniture?" they'll ask me, or "Where are your decorations?" Obviously, I like my place to look nice, but I feel that a bunch of extra stuff lying around will only stress me out, not make me feel more comfortable. I have a couch, a nice bed, and a dining table. What more could I really need?

"... Ask yourself if you are living in the midst of clutter. If so, why? I think these kinds of probing questions can drive us to understand our motivations and find the root cause of our struggles."



I do understand how hard it can be to clean up and simplify your life. Often, a messy space is reflective of an unfocused, undriven self. Like a few of my patients when they first come into the office, maybe they've lost the zest for life. Maybe the ache in their knee or back saps their daily motivation. After receiving treatment, one of the first things patients often tell me is something along the lines of, "I went home, and my pain had gone completely away. I got so excited that I threw away all the old junk lying around in one evening!" It's amazing how connected the spaces we live in are to our innermost thoughts and feelings, how much each reflects and influences the other.

As we move into March, ask yourself if you are living in the midst of clutter. If so, why? I think these kinds of probing questions can drive us to understand our motivations and find the root cause of our struggles. Eventually, spring cleaning might even allow us to move past them once and for all.

-Dr. Subhmi An, DC, BSN, RN



HEART ATTACK SYMPTOMS IN WOMEN

When people think of heart attack symptoms, they often think of stabbing chest pain. However, that's not always how symptoms manifest, particularly in women. The following are serious symptoms that can indicate a looming heart attack. If any of these symptoms are present, consider seeking medical attention.

Chest Discomfort

The most common symptom is chest discomfort, including pain, tightness, squeezing, or pressure. In women, chest discomfort is more likely to feel like pressure or tightness.

Radiating Pain

Pain isn't necessarily restricted to the center of the chest. It may be felt at the sides or even in the upper abdomen or back. It can also radiate into your shoulders, jaw, neck, or arms. Remember, anything above the waist could be related to the heart.

Shortness of Breath

Sometimes your body will present symptoms well before an attack. For instance, you may experience shortness of breath during normal activities. If you notice this symptom, your doctor may run blood pressure, cholesterol, and glucose tests and administer an EKG.

Feeling Faint, Lightheaded, or Dizzy

Feeling like you're going to faint or actually fainting are both warning signs of a heart attack or other cardiac issue. This is especially worrying if it happens while exercising.

Sudden Sweating

Sudden sweating can easily be confused with night sweats or hot flashes. However, sweating that indicates a heart attack is particularly extreme, doesn't go away, or can make it difficult to sleep.

Nausea or Vomiting

Often, women who experience nausea or vomiting think they have food poisoning, gastrointestinal issues, or a bug. However, these are common heart attack symptoms and should be taken very seriously.

Unusual Fatigue

New, unexplained fatigue may be a warning sign of a heart attack. However, fatigue can also be a symptom of many other issues, including anemia, depression, thyroid conditions, and even cancer. So even if it's not a heart attack, it's still important check in with your doctor.

Research suggests that women often don't recognize heart attack symptoms simply because they don't know what they are experiencing. The best thing a woman can do is make herself aware of heart attack symptoms and get checked out immediately if there is a concern.



KEEPING UP WITH YOUR NEW YEAR'S RESOLUTIONS



March is the month of spring time and rejuvenation. It's also the time when most people have forgotten about the resolutions and goals they set earlier in the year. Have you neglected or given up your goals? If you have, you are far from alone. Most people let their goals fall to the wayside at least by March, if not long before. It comes down to four simple reasons.

THEY SET GOALS THAT WERE OUT OF REACH OR UNREALISTIC.

THEY HAD ZERO ACCOUNTABILITY.

THEY SET ABSTRACT GOALS.

THEY DIDN'T TRACK PROGRESS.

Setting goals is the easy part. A lot of people say they want to lose weight, eat better, learn a new skill, or try a new hobby, but they don't define their goals any further. Vague goals aren't really goals at all.

The best way to stay on track is to be as specific as possible. Understand what you need to do to accomplish your goals. Make sure you have access to the appropriate resources that will help you make progress. Resources come in all forms. Look to the people around you for accountability — your family, friends, neighbors, or colleagues. If you don't want to involve anyone else, keep a notebook or diary to track progress. Or if you are learning a new skill, such as a foreign language for a trip next year, the resource you need may be an app on your phone.

When you bring specific goals together with the necessary resources, achieving your dreams becomes more possible than ever before. You just have to take steps to avoid falling into the mistakes listed above. Set attainable concrete goals, track your progress, and check in with someone to keep you accountable. Since it's been a few months, take a moment to review how far you've come since January. What do you need to do to make 2018 your best year yet?

WHY IS EVERYONE CRAZY ABOUT LACROIX? A SPARKLING SUCCESS STORY

Huge displays of canned beverages are nothing new for grocery stores. Traditionally, those towers were either Coca-Cola red or Pepsi blue. But these days, you're just as likely to see a display featuring an array of pastel colors. The cans in those boxes are LaCroix (pronounced la-croy) sparkling water. In the past few years, the brand has exploded in popularity, and it will only get more ubiquitous as 2018 continues.

You don't have to be a dentist or a dietician to know that soda is bad for you. It's basically water, high fructose corn syrup, acid, and coloring. In comparison, LaCroix is just sparkling water with natural fruit essences and no sweeteners. All you'll see on the nutrition label on the back of a can are zeros. As we become a more health-conscious society, more people are replacing their soda habit with a LaCroix obsession.

In fact, you probably know a zealous fan of the sparkling water. Without any big advertising budget, LaCroix has created an army of admirers. People proudly display their stocked fridges on Instagram and debate the merits of specific flavors (coconut is particularly divisive). With over a dozen varieties, including "pure" sparkling water, there's a LaCroix for every palate.

In addition to its great taste and the nutritional benefits of switching from soda, LaCroix has a refreshing approach to marketing. Unlike

their biggest competitor, Perrier, they've designed their packaging to be fun and inviting. There's nothing stodgy about their branding, and the same goes for the price point. In many grocery stores, it's cheaper than bottled water!

LaCroix's recipe of affordable, natural, and delicious has made the soda industry giants green with envy. They're racing to create competitive products that will recapture the market. If you haven't jumped on the LaCroix bandwagon yet, there's no better time than now.

Who knew that sparkling water could be so cool? The people at LaCroix did, and they've bubbled to the top of people's minds as a result. It's a sweet success story, no sugar added.



HOW THE VAMPIRE FACELIFT CAN LEAVE YOU LOOKING YOUNG AGAIN



Just like any other part of our bodies, our faces deteriorate and degenerate as we age. Our skin may lose its color, appearing slightly gray as blood flow decreases. On top of developing regular wrinkles from wear and tear, skin may begin to droop as our body stops maintaining the underlying muscles and collagen. Essentially, we start to look old, while losing some of our youthful luster and rosy hue.

Of course, getting older is nothing to be ashamed of. It happens to everyone, after all. But for many of us, the effects of facial deterioration can run more than skin deep. Looking and feeling old may damage our confidence and drive, leaving us feeling inadequate.

Whatever your reason for wanting to restore your face's youthful beauty, we have the answer: the Vampire Facelift. The treatment might sound strange or scary, but it's actually a proven technique used to rejuvenate the face without all the problems of traditional cosmetic surgery.

First, your physician will use a well-known compound called hyaluronic acid to lift your facial skin away from the bones, providing

the basis of healthy youthful volume and shape. Then, using a small sample of your blood, we'll isolate key growth factors that spur healing and growth in deteriorating cells. When we inject these compounds into the face, the stem cells within will become activated, growing brand-new tissue and essentially turning back the clock.

After the treatment is complete, new collagen, new fatty tissue, and new blood vessels flood the treated area, resulting in a face that looks years younger. It's a quick, painless procedure, resulting in steady improvement over the following 2-3 months, with effects lasting for at least 1-2 years!

The main difference between the Vampire Facelift and other cosmetic procedures is how natural it looks. By using the natural growth factors in your blood, the treatment effectively reverses time, leaving you looking youthful while still maintaining the natural shape of your face.

If you think Vampire Facelift may be for you, visit VampireFacelift.com for more details or call Campbell Medical Clinic at 832.460.6468 to schedule a free consultation!

SUDOKU

PUZZLE
YOUR BRAIN!



6	3			1	9		
9		4		5	6	1	3
				9			8
1			8		7		9
	6				2	1	
2		5	1				
	5				4		
	2	1	7	5			
8		6		1	4		2

For a lighter take on enchiladas, go carb-free by swapping tortillas for zucchini!

ZESTY ZUCCHINI ENCHILADAS

Ingredients

- 4 large zucchini
- 1 tablespoon olive oil or ghee
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 3 cups cooked, shredded chicken
- 2 cups shredded cheese
- 1 cup prepared enchilada sauce

Instructions

1. Heat oven to 350 F. In a large skillet, heat oil. Add onion, garlic, cumin, chili powder, and salt to taste. Stir to combine. Add chicken and 1 cup prepared enchilada sauce.
2. Use vegetable peeler to thinly slice zucchini. Lay out three slices, slightly overlapping, and spoon chicken mixture on top. Roll the zucchini "tortilla" and place on baking sheet. Repeat until all zucchini and chicken is used.
3. Cover the enchiladas with remaining sauce and sprinkle with cheese. Bake 20 minutes, and enjoy!

Adapted from delish.com