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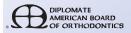


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▲ Steven Brantley, M.D.

Quantum Radiology

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ity is accredited by the American College of Radiology assuring that highly trained technologists and physicians meet stringent quality standards. The friendly WellStar staff highly emphasizes professionalism, compassionate care and patient satisfaction and is dedicated to uncompromising standards of excellence.

WellStar Kennestone Imaging Center in East Cobb is proud to offer state of the art Digital Mammography to provide the most advanced electronic breast images, which are interpreted by Radiologists who are sub-specialized in mammography using the aid of precision, high-resolution monitors. Dr. Steven Brantley explains, "Digital technology assists in improving diagnosis and makes the interpretation of results and historical comparisons quicker and more accurate." Breast MRIs will now also be offered at the East Cobb Imaging Center in adjunct to routine digital mammography screening for high-risk patients.

Diagnostic imaging services provided at WellStar Kennestone Imaging Center in East Cobb include:

- CT Scan Heart Screening (Calcium Score)
- MR
- Diagnostic Radiology Services
- · High definition ultrasound imaging
- Diagnostic and Screening Digital Mammography
- Breast MRI
- DEXA Bone Densitometry

WellStar is committed to providing the best technology to the community with a High-Field Short-Bore MRI 1.5 Tesla which has expanded our women's imaging services to include Breast MRI. This MRI System offers higher quality exams while providing patient comfort with its open ended design. In addition, our 16-slice CT Scanner offers improved diagnostic accuracy with shorter scan times. WellStar Kennestone Imaging Center in East Cobb is now also performing Heart Screenings for \$99 or \$149/couple.

Most insurance plans are accepted, and the helpful WellStar staff is happy to answer insurance related questions. Office hours are Monday-Friday from 8:00am to 4:30pm. Extended hours Thursday until 6:30p.m. and Saturday 8:00am-12:00pm for Mammography and MRI (non-contrast). Call 678-581-5900 to schedule your imaging appointment with WellStar Kennestone Imaging Center in East Cobb.

WellStar Kennestone Imaging Center in East Cobb 1070 Woodlawn Drive, Suite 100, Marietta, GA 30068 770-793-9200





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How To Pick The Right Fitness Program for You

When a woman decides to make a change and commit to a health and fitness program there are certain qualities to look for.

First of all, what are other women saying about it? Of course a fitness manager will say their program guarantees results, but do the clients feel the same way? Review the website, go to the location and chat with the women working out. Ask questions like, "What changes have you seen in vourself

For a Free Week Trial call the Marietta studio at (770) 605-8788 or visit getinshapeforwomen.com





▲ Photos of Patti Zimmer courtesy of GISFW Staff

since you started?" "What support have you received from the training team?" and "Would you recommend this to other women?"

Secondly, can you try before you buy? It's important that you're able to get a feel for the vibe at that location, the quality of the environment and the attitudes of the staff. Try out the exercise equipment and make sure it's appropriate/adjustable for your level.

Finally it's important to really listen to how the program is described, reflect on if it's what you're really looking for, and ask questions! Get In Shape For Women knows that commitment is hard. Feeling empowered to choose a health and fitness program that is the right fit is critical

"Our model supports health and fitness goals for women in the best possible ways," says Get In Shape For Women President and CEO, Brian Cook. "Our trained teams are there for members every step of the way to motivate, encourage and listen. Our studios are beautiful, clean facilities with machines that work every muscle in your body!"

Plymouth client Patti Zimmer says, "I lost 11 lbs. and 2 dress sizes in 12 weeks! Get In Shape For Women is a friendly place. Everyone comes and leaves with a smile on their face. The personal trainers are truly dedicated to their purpose. Thank you Christine, Jill and Allison for all your motivation and helpful

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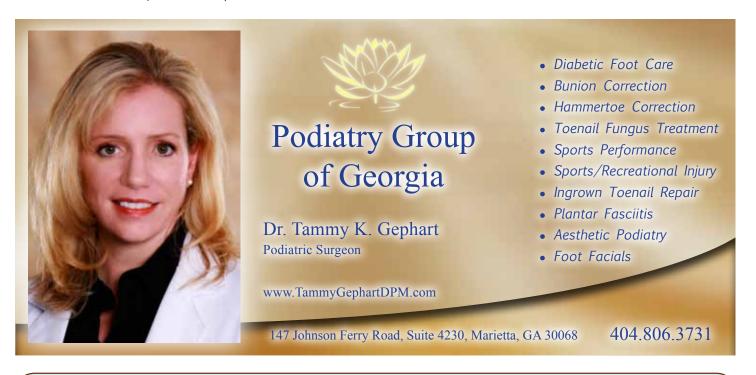
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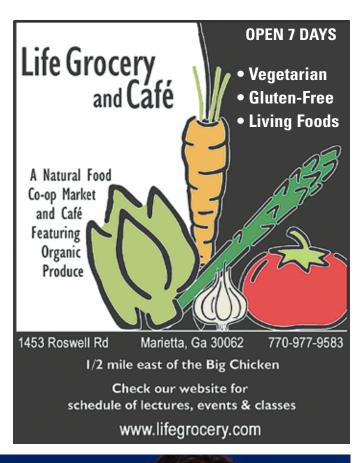
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Day Spa Nirvana Gives the Gift of Relaxation



Nirvana, in some Eastern religions, refers to a release from the state of suffering. With its offerings of a host of stressrelieving massage and therapeutic services, East Cobb's Day Spa

Nirvana is aptly named. A family-run business, Day Spa Nirvana is celebrating its one-year anniversary this month.

Located in the Kroger shopping center at Shallowford and Sandy Plains roads, Day Spa Nirvana's specialties include an affordable one-hour foot massage for \$29. Stanley Ge, manager, said this service, unique in East Cobb, employs the methods of reflexology, which can improve health and circulation while alleviating stress and insomnia.

"We chose East Cobb to open our business because it is a stable, family-friendly community," Ge said. "Our customers are interested in learning more about therapeutic massage and how it can improve their overall health and well being."

In addition to foot massage, Day Spa Nirvana also provides deep tissue massage, facials using the Hungarian organic product line Eminence, as well as waxing and eyebrow and lash tinting.

Ge said Nirvana offers a \$49 per month membership, which entitles members to a monthly one-hour massage, discounted massages for family members and 10 percent discounts on any spa service or product. They also offer facial memberships for \$59 per month, which include microdermabrasion, pumpkin peel treatments and other benefits, with no contracts required. Gift certificates for couples massages or group foot massages with friends are popular gifts during the holidays.

"We stay open late so that our clients can get massages after work or dinner," Ge said.

The spa is located at 2960 Shallowford Road in Marietta/East Cobb. The spa is open Monday – Saturday from 10 am to 8 pm and on Sunday from 11 am to 6 pm.

To enjoy Day Spa Nirvana's unique therapeutic services, readers are encouraged to stop by. To purchase a gift certificate or membership, call 770-977-0909. For more information, visit www.dayspanirvana.com.



HEALTH & WELLNESS

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Mon-Fri: 6am-9pm. Sat: 6am-3pm (by appointment only). Fitness Together is the industry's leader in private, one-on-one personal training. We provide private personal training in your own private suite as well as nutritional counseling, cardiovascular prescription and assessment testing.







The 7 Lifestyle Habits of Incredibly Healthy People

By Dr. Joe Esposito, DC

Most folks will agree that it is a good idea to take care of their body in order to obtain and maintain good health. The problem is that most people don't know what to do, or they do know what to do but don't have the will power to make the changes. If there were a simple, easy to understand, step by step method of improving your life, would you do it? I posed this question to several hundred people and most of them said they would change their lives for the better if they just knew how. I then surveyed extremely healthy people to find out how they can be healthy and still live a "normal" life. The results of that fact finding mission have been compiled into what I call "The 7 Lifestyle Habits of Extremely Healthy People." The following is a simple outline of what they do and how they live their lives.

They Don't Poison Their Bodies

Your first step in maximizing your health is to stop polluting yourself. Here are the most harmful foods you need to eliminate. The Seven Deadly Sinful Foods are alcohol, meat, dairy, sugar, coffee, soda and aspartame. The evil runners-ups are: All hydrogenated oils, margarine, nuts roasted in oil, creamy peanut butter, fruit in heavy syrup (canned peaches), canned soups, pickles, sauerkraut, snack crackers, potato chips and other chips, cereals with added sugars, colors and flavorings, white rice, pasta, bread and other refined products.

They Nourish Their Bodies With Plenty Of Live Foods

You are what you eat! Make sure your body gets the tools it needs to build a better you.

Water - Drink plenty of pure water.

Fruit - Fresh fruit, fruit juices, dried fruit

<u>Fresh Vegetables</u> - Put on salads or sandwiches. Use sprouts and sea vegetables. Buy organic often.

Nuts & Seeds - Raw sunflower, flax, pumpkin, natural nut-butters (almond, cashew, etc.), almond milk

Whole Grains - Whole grain breads, natural cereals.

<u>Tubers & Squash</u> - Potatoes, yams and sweet potatoes, acorn, pumpkin, butternut and spaghetti squash.

Legumes - Beans, peas, lentils, soybeans and tofu.

They Have Structural Integrity

"As the twig is bent, so grows the tree." Accidents, injuries and bad posture all contribute to a breakdown of the musculoskeletal system. The danger is that the nervous system will suffer impaired nerve function. This leads to a breakdown in the signals from the brain that go to the 80 trillion cells in your body. Many diseases are caused by or complicated by a nervous system that is not operating at 100% of its potential.

They Cleanse And Detoxify Their Bodies
Regular cleansing, fasting and other detoxifying programs help the body free itself of built-up toxins. Even a person on a perfectly healthy diet will accumulate waste materials over time, not to mention the buildup of chemicals from our

They Keep Themselves Fit, Strong And Flexible

air, water and food.

Regular weight-bearing exercise and flexibility training are vital to being healthy and preventing disease. You don't have to look like Arnold Schwarzenegger, but maintaining good muscle tone and flexibility helps enhance your body's well-being, prevent arthritis and osteoporosis and a host of other ailments.

They Schedule Time For Rest And Recreation

Giving your body an opportunity to restore itself must be a priority if you want to be healthy. This includes proper sleeping posture, having regular sleep times, meditation and relaxation techniques. And lots of fun! Overdoing anything can and usually does lead to burnout, which makes you less productive. Remember, this life is not a dress rehearsal: if you are enjoying what you do and could not imagine doing anything else, just keep doing what you are doing. If not, take time out to enjoy life. From what I understand, no one ever said on their death bed, "I should have spent more time in the office and less time playing and having fun."

7 They Have Passion And Purpose

The number one leading risk factor for not surviving your first heart attack is job dissatisfaction! Spend time doing things you believe in and love to do. The healthiest people live life to the fullest! Maybe your passion is cooking, reading, skiing, being with family or just spending time alone. Right now, think of the one or two things that just make you happy and follow your passion. My mother told me when I was a child and did not know what I wanted to be when I grew up, "I don't care if you are a garbage man, just be the best garbage man you can be."

Incorporate these simple ideas into your life and see what happens. If I'm wrong, so what, nothing was lost. But if I'm right (and I am), you will see an amazing change for the better in all aspects of your life.

Dr. Joe Esposito DC is owner of Health Plus Wellness Center in Marietta.

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- ★ Also in East Cobb at this location, WellStar Medical Group provides Pulmonary Medicine and Endrocrinology.
- ★ Coming this fall, WellStar Medical Group will welcome a new practice with Family Medicine and Geriatric Medicine, a new specialty to WellStar.



11

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Make a New Year's Resolution to Improve Your Oral Health



▲ Dr. Ruth Clemans is pictured in front of her office

It's no secret that oral health is crucial to total health, but all too often visits to the dentist are avoided due to fear of pain or discomfort. East Cobb dentist Dr. Ruth Clemans and her team at Elite Dentistry are putting those fears to rest, one East Cobber at a time.

Dr. Clemans has practiced dentistry in the East Cobb area for 17 years and treated thousands of local residents. She has an intimate understanding of the anxiety many people experience before and during dental procedures and is proud to offer IV sedation to adults. In IV sedation, the patient is put into a "twilight" state and the necessary work is performed painlessly. Elite Dentistry is one of the few general dentists in the area to offer IV sedation.

Elite Dentistry is a full service practice offering all realms of oral procedures including general dentistry, placing and restoring implants, oral surgery procedures, extractions and all cosmetic procedures. All work is performed in the privacy of the comfortably appointed, high tech office.

Dr. Clemans is a Certified Sedation Dentist and a fellow of the Dental Organization of Conscious Sedation. She is a member of a number of professional organizations including the American Academy of Cosmetic Dentistry and the Georgia Dental Association.

A strong believer in supporting the community, Dr. Clemans is often found on the sidelines of local football games and giving back to local fine arts programs. The animal loving staff also works with Our Pals Place dog rescue organization.

Elite Dentistry treats patients ages three to adult in a family-friendly environment. For more information or to schedule an appointment, call 770-587-5655 or visit www. attractivesmiles.com. Elite Dentistry is located at 3052 Shallowford Road, Suite 100, in East Cobb.

Top 10 Ways to Fight Seasonal Affective Disorder



▲ Dr. Alison Barrack

The holiday season has come and gone and now comes colder weather, longer nights, and shorter days. For some of us, that can mean a depressed mood which is often referred to as seasonal affective disorder. Some people experience an increase in pain with arthritic joints and sore muscles becoming even more sore and achy. Be aware of these changes in mood and pain

and if it becomes a daily occurrence, discuss the symptoms with your doctor. Also, if you know that at this time of year you feel depressed or achy, be sure to discuss this with your doctor so that some prevention can be set in place prior to the symptoms becoming intolerable.

Here is a top ten list of ways to fight Seasonal Affective Disorder. Try to do two or three of these things per week:

- 1. Be aware that even though everyone else in the world seems to be having the time of their life, remember everyone has their own issues and despite what may appear to be "perfectness" in your peer, sister, boss --everyone has their own "stuff" and no one's life is perfect. So forget about them and concentrate on what makes you happy. Just don't rub it in the perfect person's face.
- Drink water. You don't necessarily have to feel thirsty to be dehydrated so drink every hour or so whether you feel thirsty or not.
- Eat less sugar. Sugar is not only not helpful for your waistline, but highs and lows associated with sugar are not a big help when it comes to controlling your mood.
- 4. Eat breakfast.
- Get a little exercise- try to meet a friend once a week and the social time as well as the exercise is a great combo.
- 6. Get sleep. Go for 7-8 hours per night undisturbed.
- 7. Get or give affection- from your spouse, parents, children or a pet.
- 8. Adopt a rescue cat or dog. Folks with pets live longer than those who are sans four-legged fur balls.
- Identify one thing that makes you feel relaxed and commit to doing that thing weekly.
- Most importantly, remember you are your harshest critic. Ease up on yourself. Talk to yourself like you would to your best friend.

Dr. Barrack specializes in the non surgical treatment of musculoskeletal disorders of the spine, muscles, and joints. She has practiced in the Marietta area since 1994 and recently opened her practice, Barrack Spine and Joint Medicine, in East Cobb. Dr. Barrack's office is located at 1230 Johnson Ferry Place in Marietta/East Cobb. She can be reached at 678-738-7601.

HEALTH & WELLNESS

Johanna B. Jenkins, DDS
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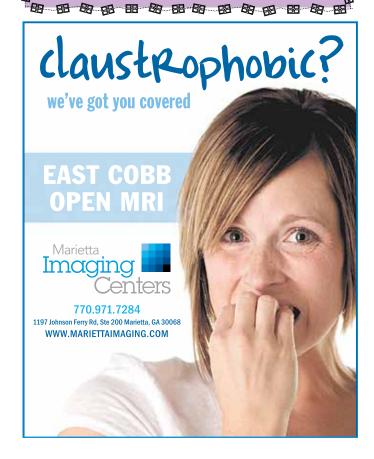
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New East Cobb Store Promotes Health and Wellness



As soon as the cork pops on the last bottle of champagne, people's minds begin turning to improving their health. The new Nutrition House Lifestyle store is ready to help.

Nutrition House Lifestyle, the largest franchise of health stores in Canada, has come to East Cobb. The store, located in the Woodlawn Point Shopping Center near Publix, is one of just three U.S. locations, all in the Atlanta area. The East Cobb location celebrated its grand opening in November.

Norma Curby, co-owner, says she chose to open a Nutrition House in the East Cobb area because of its growing population of progressive, well educated people who are interested in healthy lifestyles.

"Our motto is 'Better health lives here.' We provide education to our customers to help them live healthier lifestyles," Curby said. "We want to be a place that is comfortable and inviting, where people can browse and ask questions."

The store offers a variety of natural products designed to enhance both inner and outer health, such as vitamin and mineral supplements, a children's line, hair, skin and body care products and customized teas. The store will offer hot tea and coffee to drink, beginning this month.

"Drinking tea promotes better health," Curby said.
"We have unique blends designed to target many different health issues, such as digestion and detoxification of the body."

The stores also host a Naturopath weekly, who is available to answer questions and conduct health evaluations. Naturopathy attempts to restore the body to health and wellness in the most natural way possible.

Stop by Nutrition House Lifestyle for a cup of hot tea at 1100 Johnson Ferry Road, Suite 225, Marietta, 30068. To schedule an appointment with their Naturopath, call 770-565-7333. Customers may also walk in. Visit their web site at http://nutritionhouseatlanta.com.



*One Hour Massage Session

\$3995

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*LaVida Signature Facial

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For New Clients

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*A one hour massage/facial session includes five minutes for consultation and undressing, 50 minutes hands on and five minutes for redressing, 90 minute massage has 80 minutes hands on. † Select locations

