

1: Drop Unwanted Pounds For Good | Nutrition News

-- *Maintaining good nutrition / by Barbara Yost* -- *Mind and body / by Burton A. Presburg.* -- *Script for the relaxation and visualization tapes, body relaxed-- mind at ease / by Harriet Sanders.* *What Our Readers Are Saying.*

Please use our dental library to learn more about dental problems and treatments available. If you have questions or need to schedule an appointment, contact us. You probably already realize that maintaining a balanced diet offers a host of benefits to your overall health. But did you know diet also directly affects the health of your teeth and gums? During this time, an expectant mother needs to take in lots of calcium the major component of teeth along with vitamin D, phosphorous and protein. Dairy products including milk, cheese, and yogurt have all of these. Broccoli and kale also have calcium, while meats are good sources of protein and phosphorous. These foods are also important for children, whose teeth continue to develop and mineralize through the teen years. Throughout life, oral tissues are constantly recycling; they need a variety of nutrients to support this process. Studies have consistently found that a high intake of fruits and vegetables reduces the risk for oral cancer as well as other types of cancer. That depends mainly on your age, gender, height, weight and level of physical activity. But in general, a health-promoting diet is based on the concepts of: No single food can meet all of the daily nutrient requirements. Eating lots of different foods also makes meals more interesting. We need to eat the recommended amounts of foods from specific categories on a daily basis. Find out what your specific needs are at www. Foods and beverages should be consumed in serving sizes that are appropriate to meet energy needs while controlling calories, fat, cholesterol, sodium, and particularly important in the dental arena sugar. Protecting Your Teeth Your diet which includes what you drink plays a major role in tooth decay and enamel erosion. Your mouth is naturally hospitable to all kinds of bacteria. Some of these microorganisms are helpful and some are harmful, and many of the harmful ones thrive on a steady supply of sugar. As they process sugar from your diet, these bacteria produce acids that can eat into the enamel of your teeth, forming small holes called cavities. If left untreated, tooth decay can worsen, become quite painful, and threaten the survival of teeth. If you have a sugar craving and we all do from time to time, choose fresh fruit or yogurt instead of a donut or candy bar. Fortunately, there is no evidence that sugars in whole grain foods, whole fruits and vegetables, and in starch-rich staple foods like bread, rice and potatoes are harmful to teeth. Soft drinks, however, are a double whammy for teeth; many not only contain lots of sugar up to 10 teaspoons per ounce but they are also highly acidic. This means they erode teeth on contact, even before the bacteria in your mouth have processed the sugar these drinks contain. But even if they are sugar-free, the acid can still harm your teeth. So it might be best to avoid soda, sports drinks, energy drinks and canned iced tea. Doing so could make it easy for tooth enamel, already softened up by acid, to be eroded away by brushing. Drinking lots of water can help you maintain a healthy supply of saliva, which protects teeth by neutralizing acid. You can also neutralize the acid in your mouth after a sugary snack by following it up with a piece of cheese. Snacking throughout the day, especially on chips, crackers, cookies or candy, means that your saliva never gets the chance to neutralize the harmful acids being produced. So if you eat sweets, do it only at mealtimes. As an added incentive, you may find this helps you maintain a healthy weight, too! Learn new important facts about sugars the good and the bad; fluorides; tooth erosion by acids; and more

2: Singers, Let's Prevent Vocal Problems!

March is National Nutrition Month®, and proper nutrition is key to maintaining good quality of life for pancreatic cancer patients. With the onset of pancreatic cancer and related treatments, nutritional recommendations can change.

The ideal diet for your cat includes a good quality food and plenty of fresh water. Your cat should be fed amounts sufficient to meet energy and caloric requirements. Inadequate or excess intake of nutrients can be equally harmful. Special situations such as pregnancy and nursing kittens can dramatically affect nutritional needs. Cats have particularly unusual nutrient needs. His source of vitamin A must come from liver, kidney and other organ meats. If a cat lacks vitamin A in his diet, poor growth, weight loss, damage to cell membranes and decreased resistance to disease are among the possible consequences. More importantly, female cats may fail to cycle, the embryo may fail to implant or the pregnant cat may abort or produce kittens with abnormalities, such as a cleft palate. Niacin Your cat is unable to synthesize niacin from the amino acid tryptophan, due to an excess of a certain enzyme. Therefore, unlike other animals, his requirement for niacin must be met entirely from niacin present in animal tissues plants are low in niacin. Deficiencies include weight loss, loss of appetite, unkempt fur and wounds around the mouth. Essential Fatty Acids Your cat requires sufficient arachidonic acid, a fatty acid found only in animal tissue. Therefore, he requires some animal fat in his diet. Dermatitis and poor reproductive performance are among the deficiency symptoms. Fish and shellfish are also exceptionally good sources. Taurine deficiency can produce central retinal degeneration CRD , a form of blindness. Besides CRD, deficiency symptoms of taurine include poor reproduction and dilated cardiomyopathy heart muscle disease. In addition to these dietary peculiarities, your cat requires a high amount of protein in his diet, about 12 percent in comparison to 4 percent for adult dogs. Unlike you, your cat does very well on a high-fat diet. Fat gives him needed energy, assists the absorption of fat-soluble vitamins, such A and E, and adds taste. Fat also adds to his needed calories, a daily requirement of about 35 kilocalories per pound of body weight. Feeding You can either feed him at least two meals a day or leave food out for snacking. Most young cats one to four years of age are very active and self-regulate their food intake, thereby maintaining a healthy body weight. As your cat ages, he may slow down and begin putting on extra weight. Remember, water is also an important nutrient. He needs fresh clean water daily. Your cat drinks about twice the amount of water as he consumes in dry food, though since canned cat food is greater than 75 percent water, he barely drinks when his diet consists of canned cat food only. Diets that fulfill the AAFCO regulations follow the national consensus recommendations for feline foods and will state on the label: Feed your kitten a consistent canned, semi-moist, or dry cat food designed for kittens. For adult cats years: Consider switching to a food with higher protein and fat content. Many healthy cats are a bit thin, especially active young male cats. Consider increasing total daily food or caloric intake by 25 percent. Weigh your cat every week, if possible, to chart progress. If your cat is a bit overweight, try increasing the daily exercise routine. Gradually increase exercise over two weeks unless limited by a medical condition. Many cats like to play. If these measures fail, cut out all treats and reduce daily intake of food by up to 25 percent. Fat or obese cats: Stop all treats except hairball medicines if needed. Increase exercise gradually over weeks if not limited by a medical condition. Inquire about prescription-type reduction diets that can really be effective while providing balanced nutrition. Follow the label recommendations, but use your own judgment in determining how much to feed. Always provide your pet with fresh water. Please visit us at www.

3: Need Refrigerator Repair In Santa Barbara? - Santa Barbara Appliance Service

Maintaining good nutrition with ALS A guide for patients, families and friends by Barbara Tanenbaum, MA, RD Clinical Study Unit New England Medical Center.

Definition Volumetrics is a weight-management plan that encourages dieters to control calories while eating enough food to feel satisfied. People who eat according to the Volumetrics plan focus on eating water- and fiber-rich foods to achieve satiety, the feeling of fullness after a meal. Origins Volumetrics is based on more than two decades of research by nutritionist Barbara Rolls, Ph. In her laboratory at Penn State, Rolls has studied dietary patterns and eating behavior. Based on her research and that of others, she has determined that the volume of food that people eat affects both how satisfied they feel and how much they eat. Scientists like Rolls who study eating behavior have observed that over the course of a day or two, a person eats about the same weight of food. To lose weight, then, a person can lower the calories in each portion of food while maintaining the same amount of food. If a dieter eats the Volumetrics way and increases the water and fiber content in their daily food intake, he or she will still feel full. However, because the person is taking in fewer calories than before, weight loss will occur. According to Volumetrics, the ideal weight-loss program has several elements. It includes physical activity. In addition, a weight-loss plan should also be enjoyable so that users feel able to sustain the healthy eating principles long-term. Volumetrics offers detailed guidance on nutrient and fluid intake, as well as physical activity. In the page publication Volumetrics: Feel Full on Fewer Calories, published in , the authors make the following weight management recommendations: Diverticula â€”Small pouch in the colon. Diverticular disorders â€”Disorders that involve the development of diverticula. Energy density â€”The calories in a given portion of food. Hemorrhoids â€”Swollen and inflamed veins around the anus or rectum. Insoluble fiber â€”Fiber that cannot dissolve in water; found in whole grains, breads, and cereals as well as carrots, cucumbers, zucchini, and tomatoes. Irritable bowel syndrome â€”A chronic colon disorder that involves constipation and diarrhea, abdominal pain, and mucus in the stool. Satiety â€”The feeling of fullness after a meal. Soluble fiber â€”Fiber that partially dissolves in water; found in oatmeal, nuts and seeds, beans, apples, pears, and berries. Reduce usual intake by to 1, calories per day, depending on weight-loss goals. This practice should lead to a healthy weight loss of 1 to 2 pounds per week. Eat at least 20 to 30 grams per day from whole grains, fiber-rich breakfast cereals, and whole fruits and vegetables, as opposed to fruit juices. Fiber is key for lowering energy calorie density as well as increasing overall satiety. Choose a diet moderate in added sugars. Rolls suggests lowering intake of sodas and other sugary drinks because these foods add calories without satiety. Use small amounts of sugar to make low-energy, nutritious foods tastier. Beans, low-fat fish, poultry without skin, and lean meats are recommended as the most satiating choices. Adequate amounts of protein are needed to prevent muscle loss and maintain metabolism. Consume with meals and limit to one drink per day for women; men should consume no more than two drinks daily. Water consumption is a key component of the Volumetrics eating plan. It recommends women drink at least 9 cups daily, whereas men should consume 12 cups daily. Water can come from foods or beverages and should replace sugary drinks in the diet. To manage weight, dieters should also get at least 30 minutes of moderate-intensity exercise on most, if not all, days of the week. Resistance training should be included twice a week. Rolls recommends walking at 3 to 4 miles per hour as an ideal choice for most people, even those who have substantial amounts of weight to lose. Dieters should also focus on reducing the overall amount of time they spend in sedentary pursuits, such as television watching, and increase physical activity by gardening, house cleaning, or other non-sedentary activities. Volumetrics offers specific tips on how dieters can lower the energy calorie density of their food intake while maintaining satiety. For example, when choosing a sweet snack, a dieter may opt for grapes over raisins. Although dieters do not need to change everything about their diets, following the Volumetrics recommendations and eating more meals and snacks lower in energy density will help a person enjoy reasonable food portions while controlling calories, Rolls says. No foods are forbidden on the Volumetrics plan, but fried foods, sweets, and fatty foods should be limited or avoided. A sample menu on the Volumetrics plan might include: Feel Full on

Fewer Calories and other publications, Rolls includes sample menu plans based on daily caloric intake, recipes, serving size recommendations, and cooking tips and techniques. The Volumetrics publications also address the issues of emotional eating and encourage dieters to eat a variety of foods to enhance satiety and pleasure. The authors cite a study at Tufts University in Boston that found that overweight people eat a wide variety of energy-dense foods, but normal-weight people consume a variety of foods that are lower in energy density. Volumetrics also addresses a variety of dieting myths and common questions, such as: Is skipping meals OK? Will frequent meals help me control hunger? Should I avoid eating after 8 p. Should I eat more slowly?

4: Over 40 Bodybuilder of the Week: David Yost

/ Myles E. Lampenfeld --Understanding blood tests --The IV experience --Coping with nausea --Coping with other digestion problems --Maintaining good nutrition / Barbara Yost --Coping with hair loss and skin changes --Coping with fatigue --Sexuality and fertility --Bone marrow and stem-cell transplant --Mind and body / Burton A. Presburg.

Much of what is considered holistic or alternative medicine is actually based on simple common sense. Many pet owners ultimately discover that the concepts of an integrative approach to treating their dog, cat or other companion animal make sense and are in fact easier to comprehend than many conventional medical approaches. Today I have a very special guest, Dr. Royal is a holistic veterinarian who practices small animal medicine and rehabilitation therapy in Chicago. This is actually Dr. Why we need holistic and integrative medicine for pets. The first thing I wanted Dr. Why is there a need to provide alternative therapies for pets? Royal believes integrative medicine helps practitioners focus on supporting health as a first priority, rather than focusing single-mindedly on treating disease once it develops. I very much agree. Neither Barbara nor I, as veterinary students, were taught the concept of wellness. We were taught only how to treat disease, which is the case with all veterinary students. A holistic, integrative approach to healing is really just common sense. Next I asked Dr. Royal how she answers skeptics who claim there are too many risks involved with holistic or alternative medicine. Ironically, from the perspective of a holistic practitioner, there are significant risks in practicing traditional veterinary medicine. Royal says that when she sees new clients in her practice who seem a little resistant but who are also desperate to help a beloved pet, she asks them to simply listen to what she has to say. She knows if she can make sense to them, in their core, and help them understand her approach to helping their pet, she has crossed the first hurdle with them. Barbara goes on to say that what happens in holistic medicine tends to make sense to people once they give it some thought. Often, common sense principles for creating wellness are overlooked in the search for hard-core science. We lose sight of the fact that very often the body knows what to do if given the opportunity. Royal to list her top three health tips for pet owners from an integrative medicine perspective. She responded that as always, we want to focus on the basic foundations of health. What things can you do as a pet parent to keep your companion animal healthy? The first and most important decision involves nutrition. Barbara believes and I certainly agree the food you offer your pet is the most important health decision of them all. If you have a carnivore in your house " a cat or a dog " you want to feed biologically appropriate food to that carnivore, which is primarily protein, a fair amount of fat, and a bit of carbohydrate. The same approach applies to cats. Interact and play with your cat to encourage physical activity. The third health tip Dr. Royal suggests is to be careful not to overmedicate your pet. I believe many pet owners perhaps put too much faith in their veterinarians when it comes to medications. Is the drug truly necessary? Or is it perhaps totally unnecessary? Talk with your vet about such things, and as Dr. Royal points out, always remember that you are the advocate for your little silent companion. Next I wanted to discuss species-appropriate nutrition in more detail with Barbara. Back in vet school, I started raw feeding my own pets and promptly made enemies of all my professors. Royal why it is that animal nutrition often becomes a major passion for holistic veterinarians, yet most traditional vets rarely address the subject. Barbara explained nutrition is just one of those things that medicine in general seems to forget about. The focus is on things we can treat. What is the disease? And what medication or surgery will treat it? Royal feels much of the problem results from who is doing the research, and also who is funding it. Unfortunately, companies WILL fund studies and public relations campaigns to challenge consumer trends that can potentially hurt their bottom line. The results of this type of research are typically misleading, essentially worthless in terms of their scientific value, and a waste of financial resources. The cost of one double blind, placebo-controlled study is around a million bucks. One AHVMF goal is to raise independent funding for nutrition and other forms of complementary and alternative veterinary medicine research. Once the funding is available, the Foundation will be able to support things like scientific studies into, as an example, the safety of raw food vs. Of course, most holistic veterinarians are well aware of the value of raw diets for pets. A major problem for animals with health problems is underlying inflammation. These two foods also

cause problems for humans. For example, the high heat processing used to manufacture dry pet food creates heterocyclic amines and acrylamides, which are potent carcinogens. Royal also talks about the lack of moisture content in kibble, which results in clinical dehydration in dogs and especially cats. So if you have an older pet or one with kidney disease, for example, the lack of moisture will eventually cause problems. As I discuss here often at Mercola Healthy Pets, long-term dehydration inevitably results in organ degeneration. Canned foods are preferable to kibble, but the ingredients in these diets are still dead and enzyme-deficient. Enzymes play an important role in systemic health and managing inflammation. Royal to explain how the AHVM Foundation furthers understanding and the knowledge base for the practice of integrative and holistic medicine. These facilities fund large studies and the findings get out to the general population in one form or another. In veterinary medicine, there is no equivalent. Royal sees the role of the AHVM Foundation as providing that infrastructure so people have a resource to fund research and disseminate information. How you can make a difference.

5: nutrition | CATTAILS CATTERY

Good nutrition and a balanced diet are essential elements for good health. The ideal diet for your cat includes a good quality food and plenty of fresh water. Your cat should be fed amounts sufficient to meet energy and caloric requirements.

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Nutrition During Pregnancy Resource List November This publication is a collection of resources on the topic of nutrition during pregnancy.

This is the season for family gatherings and delicious meals. The refrigerator is one of the most important appliances in your home – because, food! Have a regular refrigerator cleaning schedule: Every day, make sure to clean up spills and to throw out spoiled food. This way, you prevent the growth of mold. Every week, wipe doors, edges, and the top of the refrigerator. A clean exterior also helps keep your refrigerator energy efficient. And at least twice a year, clean out the interior of your refrigerator. To do so, turn off the power and empty its contents. Take out the shelves and drawers. Martha Stewart recommends wiping the interiors with a baking soda solution. Make sure that shelves and drawers are at room temperature before you wash them with warm soapy water – dish soap is preferable. Rinse everything, then wipe them dry with a clean rag. Once done, return all contents back to the fridge. Clean off condenser coils and cooler fan: To begin, make sure to unplug your refrigerator. The idea is to get dirt, dust, and gunk off the coils, the fan, and the areas around them. There are special brushes for this task. Once done, vacuum and clean up all the dirt, then plug your refrigerator back. Set the right temperature: Make sure doors seal tightly: When you take something out of the refrigerator, make sure that the doors properly close. Regularly clean the gasket or seal with a vinegar and water solution. If the gasket no longer provides an air-tight seal, have a refrigerator repair service replace them. Keep it full but not crowded! This seems counter-intuitive, but an empty refrigerator is less energy efficient than a full one. Be careful not to cover air vents! If you have specific questions about refrigerator maintenance or in need of a refrigerator repair service, call us at As you know, businesses today thrive as a result of the reviews they receive from customers. Consider Yost Appliance for your next appliance repair. As a resource to you, each month we will recommend local area partners that we feel may be of value to you. Call for an appliance repair appointment and mention the website to receive a special Internet discount. Nov 05, Reply A. Walker Indeed, the refrigerator is one of the most important appliances in homes and is also the most hardworking. This is the reason why getting qualified Santa Barbara appliance repair services is crucial when need for repairs arise. Nov 20, Reply Paul Very relevant tips you have here, just in time for the holidays and festivities. With the holidays around the corner, we definitely cannot afford to lose the usefulness of our refrigerators.

7: Nutrition & Oral Health - Dentist Carthage, MO - Dental Education Library

identify these foods, nutrition standards have been established for all foods sold and served during the school day. The recipes in this booklet meet these standards.*

She is an active soprano soloist, choral and vocal clinician and speaker. Mathis has presented research papers and lectures for universities, national and international medical conventions, and professional music organizations. Her specialties include vocal coaching, vocal pedagogy, and vocal health and rehabilitation. In her spare time, Barbara enjoys seasonal decorating, reading, swimming, and long walks with husband George and dog Dusty. Good vocal health, of general interest to everyone, is a vital concern to the professional voice user, singers in particular. The voice is a precious commodity which cannot be replaced when worn out or damaged; therefore prevention can be the most important aspect of vocal hygiene. Vocal experts offer detailed suggestions for maintaining good vocal health and preventing serious vocal problems. Stemple states that people who make professional use of their voice must take special care to avoid risks to general health of the entire body as well as to the laryngeal mechanism, for the well-being of the voice is dependent on the well-being of the whole body. Not only may these lifestyles create vocal abuse and emotional stress, but they may also lead to less than adequate physical health. Physical exercise and proper nutrition help keep bodies and voices healthy. Brodnitz states that the mucous membranes prefer a diet with limited starches, thus discouraging the overproduction of phlegm which interferes with free nasal breathing and clarity of the voice. Today, most people involved in voice education and singing recognize that singing is athletic. As such, it requires good abdominal and respiratory conditioning, physical strength, and endurance. All of these are undermined by significant obesity. Even a moderate degree of obesity may adversely affect the respiratory system, undermining support. She states, though, that singers should refrain from diving and underwater swimming to avoid possible risks of nasal congestion and ear trouble, and further advises against weightlifting which tends to overdevelop the muscles of the neck and the adductors of the vocal folds. Unfortunately, as Lawrence points out, the cold, or the URI upper respiratory infection, "is a fever producing, sudden onset illness that attacks the respiratory tract, and which lasts about a week with treatment and about a week without treatment. Lawrence recommends steam inhalations, a decongestant, and antihistamine for the first few wet days; however, he cautions singers about the drying effects of antihistamine if used past the "pouring hot water" stages of the cold. The best cold "medicine" is to avoid catching the virus in the first place, as some sources suggest. Lawrence believes that the best way to avoid a URI during the cold season is to wash hands often and to avoid touching objects which have been in contact with someone infected with a cold. Suggestions for adequate environmental and body hydration appear often as a preventive vocal health measure. Lawrence explains that water is extremely important in the normal functioning of the respiratory tract and of the vocal tract in particular. When outside humidity levels are too high, Stemple contends that the mucus of the respiratory tract may thin out, causing excessive drainage leading to throat clearing and coughing. He further states, though, that the presence of mucous drainage, or "postnasal drip," is a normal and natural function which should not be changed with over-the-counter "sinus" medicines which dehydrate the mucosal lining. If overly aware of drainage, one is usually suffering from dehydration, although the thicker secretion can be the accompaniment of a problem such as sinusitis, upper respiratory infection, or a nasal allergy. The drying effects of the antihistamine may be counteracted by mucolytic medications such as Entex, Organidin, Robitussin, or Humibid, which increase or thin upper respiratory secretions. These medications also help dryness caused by atmospheric conditions and overuse of the voice. Almost without exception, voice experts advise against the habitual use of tobacco, marijuana, alcoholic beverages, cocaine, and other mood and mind altering drugs. Symptoms from habitual use are twofold: Sataloff warns that smoking not only may have eventual health consequences such as cancer, emphysema, and heart disease, but that the heat and consequent irritation of smoking also have an immediate effect on the larynx and the linings of the respiratory tract, producing inflammation that alters the vocal folds. The hard palate is reddened. The soft palate and the uvula have that whitened surface look you see when you drop egg white into hot water and the protein first

begins to coagulate. The edges of the vocal folds are reddened, and there is a slightly dry, nonproductive cough. Pack-a-day smokers of tobacco will sometimes show those findings after a few months, but those on weed will be unmistakably there after a very short time. And the voice loses its brilliance and its cutting edge. He states that excellent singing requires physical and mental discipline and daily practice and exercise, but that the "lovely, eased-out languid feeling of a marijuana high makes this so much less urgent, so much less agreeable to do. I find pot eroding the work ethic, at least among several of my university voice majors. Wilson warns of these possible effects: He states that while very small amounts do not pose a major problem for people who are accustomed to drinking, singers who are not routine drinkers should be careful to avoid alcohol on the day of a performance. As a depressant and muscle relaxant, alcohol may impair the control of the vocal folds and sensitivity of the throat, and the drying effect of alcohol can cause irritation in the tissues of the vocal tract eventually causing a raspy or hoarse voice. Sataloff explains to singers the decreased awareness and impairment of accurate analytic abilities caused by "street" drugs: They not only prevent a singer from making the instantaneous modifications that are intrinsic to good singing, but some street drugs also interfere with reaction time and motor control directly. In some cases, they may also decrease feeling particularly narcotics and allow a singer to injure himself without feeling pain. This can result in serious or permanent vocal fold damage as the singer continues to use his voice, perhaps remaining oblivious to the problem until the next day. Certain street drugs, particularly "uppers," may also cause a tremor that can be heard in the singing voice. The user most often experiences mood swings, from a sense of euphoria accompanied by a speeding up of thought processes and a tongue that cannot keep pace with mental activity, to the down phases, which can include attitudes of dejection, despair, and depression. Eventually true paranoia may result. Another important factor in preventing serious vocal problems is sensible use of the voice in regard to time and demand. Unfortunately, many people who use their voices professionally are in job situations which require exhausting schedules of preparation, performance, promotion, and travel. These kinds of demands create tired bodies and tired voices. Lawrence feels that total voice use time should be a major consideration in vocal health and that vocal abuse may be a matter of "too much, too loud, and too hard. I would say to any singer, to any voice user, that no larynx is infinite. None of us is made of cast iron or stainless steel. Each of us has a definite, a finite amount of vocal coin to spend. We should consider our priorities and then literally put our money where our mouths are. Even when using the voice economically and well, some people cannot perform as long as others. Endurance is affected by factors other than individuality, such as a cold, alcohol consumption, or dry air. What is harmless under normal conditions may be twice too much under unusual circumstances. In Manuel Garcia advised his students that the "practice of singing three or four hours a day will ruin the most robust organ;" and he recommended three half hours a day at long intervals as the maximum of study. He also states that even the well trained singer may experience alteration of the voice during peak points of a career due to behavioral factors such as stress, extensive rehearsal, and the need for precise control and exquisite conditioning. Speaking techniques have been discussed earlier in the chapter, but sources do offer hints for prevention. In his vocal hygiene program for professional voice users, Boone lists twelve "commonsense application" steps, among which are the following speaking habits or techniques: He also warns against habitual cheering and yelling. She also warns against overuse of the voice, speaking too rapidly, and speaking or singing in the wrong tessitura or pitch range. However, he does not seem to agree with other sources reviewed earlier in the chapter, such as Boone and McClosky, that once hyperfunction occurs it can be removed with the same techniques, as demonstrated by the following statement: Since few laryngologists, singing teachers, or speech therapists are qualified to formulate techniques successful in removing vocal hyperfunction, it seems that its prevention offers a more logical approach to both singer and teacher. It should also be noted that once the laryngeal muscles are damaged, the prognosis for a complete recovery of the singing voice is extremely guarded. In , Garcia, for example, offered corrections for vocal faults such as guttural or nasal sounds, tremolo, and slurring the attack of a sound; however, he stated that some of the faults are distressing and extremely difficult to correct. Bunch believes that hoarseness caused by misuse is usually one of two things: When this type of misuse continues until muscles have had more strain than they can take, sometimes the voice stops working "overnight" and thus surprises the singer who has

probably abused the voice for months or even years. Unfortunately, as Sundberg states, "The dispute among singing teachers and other voice experts as to what is the best method or therapy and what is the best vocal technique has gone on over the centuries, and probably there is little hope that the issue will be resolved in the near future. Sundberg believes that it is easier for the majority of students to understand instructions that reflect what is actually happening within their bodies. General rules of good health for the entire body Voice training and exercise Good vocal habits avoidance of yelling, throat clearing, etc. Attention to allergies and hormone balance Prompt and professional care for respiratory infection and laryngitis 1 Joseph C.

8: Meghan Creighton On A Historic Pace - Blue & Gold Club

Brain-Powered Weight Loss, Eliza Kingsford with Debora Yost Brain-Powered Weight Loss: The Step Behavior-Based Plan That Ends Overeating and Leads to Dropping Unwanted Pounds for Good Eliza Kingsford is the Executive Director of Wellspring Weight Loss Programs and a licensed psychotherapist.

9: Why Do Pets Need Holistic Medicine?

The following is a quick guide to reading the Nutrition Facts label. Step 1: Start with the Serving Size. Look here for both the serving size (the amount people typically eat at one time) and the number of servings in the package.

Forgiveness as a lifestyle Chapter 8 Keeping a recipe book with OneNote. A Horse in the House and Other Strange but True Animal Stories Can economic growth be sustained? Bootstrap 3.3.7 cheat sheet Introduction to humanities by sanchez abad jao A new approach for demonstrating attainment of the ambient ozone standard Justice in Jeopardy Practical Selling Dom of speech in the united states 8th edition Writing sentences, paragraphs, and compositions, level C (The MCP writing mastery program) Lost in the haunted mansion American gods: the tenth anniversary edition Daumier and death Barrons act prep book Introduction to marketing management kotler Iso 55000 asset management The Man Without Content (Meridian: Crossing Aesthetics) Entering supranational economic organizations : states and global forces against workers Geometric transformations III (New mathematical library) Refuge of Whirling Light (Mary Burritt Christiansen Poetry Series) Wiley Mass Spectral Library 2005 Beginnings : windows and sights Helping resolve conflict Sociology the core 10th edition The economic causes and consequences of Canadian citizenship The dragons tooth Meat and Spirit Plan Introduction to thermodynamics textbook CLEMENT OF ALEXANDRIA 105 Simple probability through experiments Hawaiian Forest Plants The Case of the Foot-Loose Doll (Perry Mason Mysteries (Fawcett Books)) The passivities of growth and the two hands of God Internally displaced persons from Chechnya in the Russian Federation The Cocktail Bible The dip book seth godin The gifted hands book Great learning zeng zi 1999, Corn-husking bees and other occasions