

W VAIL VALLEY MAGAZINE

WINTER 2014

**Kids Just Wanna
Have Fun... Teens Too!**

One Family's Vision
A Treasure in Contemporary Style

All that Glitters
This Season's Jackets & Jewels

Winter Picnics

*High in the Rockies, Blue Skies Clear the Way
for Picnics that Warm the Soul and the Belly*



WHAT



HEALING ARTS

HOW THE PROS STAY HEALTHY

BY LISA MUNCY-PIETRAZK, M.D.

The era of “wellness” has evolved into the era of “anti-aging”. After all, what is wellness anyway? It’s a pretty nebulous word and can mean almost anything to anyone. Anti-aging. Now that’s less ambiguous. It conjures up images one can relate to: “Moi, younger, lighter, sexier...”

YOUR

DOCTOR Eats

WHAT YOUR DOG *Eats*

These days there is a glut of over-the-counter and online supplement companies that have entered the market and they exist only to make "...you healthier and your life better and longer." Some even go so far as to say medical costs will be reduced, even as they overcharge exorbitantly for their prod-

Unfortunately, included in the marketing mayhem is a plethora of misleading and blatantly false information about how to prevent aging and maintain better health. I'm not disputing that fact that we can mitigate the effects of aging. The books *Blue Zones* and *The Okinawa Program* describe the lifestyles of communities all over the world that enjoy ultra-long, happy and healthy lives.

The great fact is, it's not pills or serums or supplements or injections that will help

diet and dramatically impacted his health. Mr. Clinton lost 30 pounds within months after changing primarily to a plant-based diet. He now enjoys great health.

Not only does our community include the likes of Lindsey Vonn, Olympic and world champion ski racer, and Josiah Middaugh, Vail's most successful off-road triathlete, but we have motivated, active physicians who understand how to achieve and maintain good health.

Physicians are trained to be skeptics about claims for miracle molecules and panaceas. They are trained to ask for data and to evaluate the data carefully and critically. The knowledge that diet impacts health is taught in the earliest classes in medical school.

Every lecture regarding chronic illnesses begins with the statement, "Diet and exercise are first-line treatments for..." diabetes, high blood pressure, obesity, etc. And, invariably followed by, "Because no one will change his or her diet, let's talk about the drugs."

To get a better idea of how some local physicians, who are also exposed to the same marketing mayhem as the rest of us, approach their health in the anti-aging era we asked them how they stay healthy.

Our community has motivated and active physicians who understand how to achieve and maintain good health.

uct. Take a look at the small print on the next commercial for the supplement that claims it will "take off those extra pounds and inches." You will see a standard disclaimer: In a nutshell, the statements have not been evaluated critically and the results are not typical.

These companies have cropped up because baby boomers are beginning to feel and see the effects of aging, and believe me, it is not fun or pretty.

you achieve your goal to feel better and live longer. Without exception in the communities featured in *Blue Zones* and *The Okinawa Program*, the common lifestyle elements included whole food, consistent and varied activity and a positive attitude.

Dr. Dean Ornish, M.D. unequivocally proved in the 1980s that the right food choices, stress management and exercise will reverse heart disease. We've all heard stories of people like Bill Clinton who changed his

Your passion is our priority.

Dr. Paul J. Abbott Jr.
Shoulder Specialist

Dr. Rick Cunningham
Knee & Shoulder Specialist

Dr. Erik Dorf
Elbow, Hand, Shoulder & Wrist Specialist

Dr. John Paul Elton
Ankle & Foot Specialist

Dr. Peter Janes
Elbow, Hand, Knee & Wrist Specialist

Dr. Greg Poulter
Surgical Spine Specialist

Dr. Scott Raub
Non-surgical Spine Specialist

Dr. William Sterett
Knee & Shoulder Specialist

Dr. Terrell Joseph
Elbow, Hand, Knee & Wrist Specialist



Vail·Summit
ORTHOPAEDICS

Your best outcome starts here

vsortho.com | Edwards 970.569.3240 | Frisco 970.668.3633 | Vail 970.476.7220

"Aerobic activity adds to vitality" says Dr. Richard Steadman, world-renowned sports medicine orthopaedic surgeon and founder and managing partner of The Steadman Clinic. Along with a good balanced diet, designed by his wife, Mrs. Gay Steadman, Dr. Steadman maintains a minimum of 300 minutes of aerobic exercise per week. He considers aerobic activity an essential part of his health regimen. His diet includes fresh vegetables and fruits, salads and homemade, whole grain bread that is lower in gluten than its white counterpart.

In 1968, Dr. Kenneth Cooper coined the term aerobics. Aerobics is physical conditioning that involves sustained exercise to change the body's metabolism from burning lactic acid to burning oxygen. Dr. Cooper's clinics in Texas have amassed the world's largest database of the benefits of aerobic activity. Dr. Steadman learned about Dr. Cooper's concept when he was in the military and has been following the science ever since.

Dr. Steadman's number one healthy eating tip is to "cut back on fatty meats." He recommends that his patients work to maintain a healthy weight as every extra pound puts additional pressure on the joints. For most he recommends a low, simple-carb, Mediterranean diet, which consists of vegetables and fruits, poultry, fish and other seafood, olive oil, yogurt, aged cheeses, fresh breads and pastas.

Europeans who follow this diet typically are healthier with normal weights. Additionally, the foods in Europe are not genetically altered, and, with the exception of some small hard breadsticks and cookies, there are no processed food items.

To supplement where there is need, Dr. Steadman is "...convinced it leads to a better life." He is reminded daily of the effect that calcium has on the bones and recommends that his patients ensure they are getting enough calcium and other bone supportive nutrients in their diet. He consistently takes a daily multivitamin to meet any nutrient needs that may be missed in his diet. For his patients, he recommends that they work with their regular medical doctor to determine individual needs as new information about supplementation changes occasionally.



To supplement where there is need, Dr. Steadman is
.... convinced it leads to a better life.



Alpine Mobile Physicians

HOUSE CALL CARE

*"Taking it to the streets" ...
slopes, resorts, condos, hotels, homes and more
We bring the service to you!*

**Full Service • Altitude Illness • Expedited X-Rays • Mobile Pharmacy
Illness & Minor Injury • Oxygen Service • IVs • Medical Equipment**

The same Credentialed Doctors you see in Vail's ER
Founder: Dr. Larry Brooks / Advisor: Dr. Stewart Greisman
In Special Memory of Charles Tuft

970-376-8376 • 888-MOBL-PHYS
www.AlpineMobilePhysicians.com

In cooperation with Vail Valley Medical Center



WHAT YOUR DOG *Eats*

"We are all athletes (patients and physicians), it is just a matter of degrees..."

Dr. Douglas Meyada, M.D.

Dr. Doug, an Emergency Medicine physician with Alpine Mobile Physicians, tells us to "start with the attitude and mind first, and be disciplined with [our] approach to eating and food." Dr. Doug avoids sweets and sugars in his diet and his health regimen includes "vitamins, especially antioxidants, glucosamine and chondroitin sulfate and Wobenzym N." (Wobenzym N is an enzyme tablet that includes bromelain and papain, anti-inflammatory enzymes found in some fruits.)

Dr. Doug understands that "...life is a journey...that adversity will be a part of our lives and we can choose to become better people through hardships" and counsels us to "...be at peace with that knowledge."

When asked how he stays sharp he responds that the mind controls the body and that "...becoming a lifelong student is a good path to be on." He considers staying active and "pushing the body to excel and adapt... a great way to live." In fact, he encourages everyone to incorporate an exercise regimen into their lives even if it's necessary to sacrifice food or sleep on occasion. "We are all athletes (patients and physicians), it is just a matter of degrees..." and, keep in mind that "...we all start over each day."

Dr. William (Bill) Sterett, M.D.

"Staying away from breads and pastries gives me more energy," says Dr. William (Bill) Sterett, M.D., orthopaedic surgeon and Head Team Physician for the U.S. Women's Ski Team. In addition to vegetables and fruits, his diet includes lean proteins and limited portions. He also avoids eating late in the evening. For the athletes with whom he works he recommends a diet higher in protein. Many athletes, Dr. Sterett says, have benefited with increased performance from this type of diet.

Getting in at least 20 minutes of aerobic exercise four times a week keeps him going strong. Dr. Sterett enjoys biking and prefers coconut water to rehydrate afterward. He considers exercise a very important part of

everyone's day and even encourages his patients to crutch walk after dinner to help with sleep. "Exercise helps to reboot the computer," he says, after a busy day or if we are recovering and our activity is limited.

Dr. Sterett keeps his joints feeling better with glucosamine, chondroitin and MSM (Methylsulfonylmethane). He eats a variety of food to ensure he gets the vitamins and minerals he needs daily. When he works with patients he encourages a higher protein, low, simple carb diet. "Nutritional balance is critical for healing," he says. If he does recommend a supplement for bone health, he wants it to include calcium, magnesium, zinc and vitamin C—all important elements of bone matrix.



Dr. Nern's FAVORITE HEALTHY MEAL



LEMON CHICKEN

Super simple and delicious! Taught to me by friend and local chef Tracy Coe.

INGREDIENTS

- Boneless Chicken breasts – pounded a little to even them out
- Cherry tomatoes
- Lemon slices
- Dill, basil, thyme or parsley or whatever fresh herb you like
- Asparagus - from Weesie Newton

DIRECTIONS

Spray bottom of a glass or Pyrex dish with non-stick spray.

Line bottom of pan with a full carton of cherry tomatoes.

Place chicken breasts on top of cherry tomatoes and season with salt, pepper and whatever herb you like (dill, basil, parsley, etc.).

Place lots of lemon slices on top of each chicken breast.

Cook at 350 for about 30 minutes – it's pretty, tender, juicy and healthy and takes only 5 minutes to put together.

SIDE ASPARAGUS & TOMATO SALAD

Take thin asparagus spears and cut off ends. Rinse and blanch for 3 minutes.

Cut up heirloom tomatoes and toss with olive oil, vinegar, salt and pepper.

Use a long thin platter. Line up asparagus, ½ each facing opposite directions with tomatoes in the middle.

Dr. Barry Hammaker, M.D.

"Eat smaller meals and eat more frequently," is Dr. Barry Hammaker's number one healthy eating tip. Dr. Hammaker is a general and trauma surgeon and sees an array of health-related issues. He encourages his patients to incorporate more activity into their day by using the stairs instead of the elevator or by parking farther away from their destination.

During his life Dr. Hammaker has experienced a time when whole fruits and vegetables were not available. While in the military he performed tours in Afghanistan and Iraq. Many times the Meals Ready to Eat (MREs), preserved food packages for military troops, were high in carbohydrate and low in protein concoctions. He reports that getting the proper ratios of nutrients was impossible at times.

Dr. Hammaker takes a multivitamin and vitamin D to support his health. He also includes weight-bearing exercises to delay the onset of osteoporosis. For

his patients he leaves supplement recommendations to their regular doctor, but when working with someone with constipation, he recommends powdered magnesium. He considers a "gluten-light" diet another important recommendation for patients with uncomplicated bowel symptoms. He sees first-hand how high gluten content diets have a "...negative effect on GI health."

Dr. Hammaker's favorite meal includes a buffalo burger, organic blueberries and mangos. He is selective about what he eats and avoids monosodium glutamate (MSG) and nitrites and other unnecessary food additives.

Getting a good night's sleep is another essential ingredient for sustained health. Dr. Hammaker employs relaxation techniques that allow him to put his stressors aside. He learned the importance of stress management under fire, literally, while on tour overseas. Daily physical activity enhances his relaxation strategies.

"Getting a good night's sleep is another essential ingredient for sustained health."

Dr. Karen Nern, M.D.

Dr. Karen Nern, M.D., the owner of Vail Dermatology and Aspen Dermatology, has a dynamic healthy eating tip. "Get the fork out of your mouth!" In other words, "Don't over eat." Mindfulness while eating is a very important concept that has significant implications for weight. In the book *Mindless Eating*, Cornell University researcher Brian Wansink, PhD, shows us convincingly that our home and work environments contribute to our overconsumption of calories. Fortunately, by subtly altering our environment and making a few changes to the types of food we commonly eat it is possible to decrease overall caloric intake.

It's not easy to maintain an ideal weight. Carbohydrates that increase our glucose levels quickly, like those in standard whole wheat bread and most pasta (yes, you read that correctly) seem to be a consistent challenge for many of us. Dr. Nern says that she

loves carbs but has started treating them as a side dish instead of the main course. She fills at least half of her plate with vegetables and avoids cured meat and fish. She avoids fish because of concerns about mercury.

Dr. Nern takes a daily supplement of vitamin D and calcium in addition to resveratrol and Heliocare. Heliocare is a fern extract with potent antioxidant activity and with sunburn prevention properties. Resveratrol has been associated with many health benefits. Dr. Nern practices yoga to reduce the effects of stress and maintain good flexibility.

Let's not forget that skin cancer is the most prevalent cancer in our country. Dr. Nern recommends using daily sunscreen whether or not you are going out. Heliocare has been a breakthrough for skin health because it reduces the incidence of sunburns when used with sunscreens (which only work for a short period of time). **W**mag