

**NEW CLASS**  
Starts May 17th!



**Pilates/Strength  
Training**

10-class series, begins 5/17  
Tuesdays 10:00-10:55AM  
[More Info/Register](#)

**CLASSES**



**American Heart  
Association CPR Classes**  
F&F, Tuesday 2-4PM, 6/14  
BLS, Tuesday 2-5PM, 6/28  
[More Info/Register](#)



**Focus on Wu/Hao Style**  
10-class series, begins 6/1  
Wednesdays 6:00-7:10PM  
[More Info/Register](#)

**NEW OFFERINGS AT WHS**

**Stew's Premium Lettuce**

Grown organically right here in the WHS garden, delicious varieties of lettuce - Red Sails, Red Oak Leaf, Triple Heart, and more - all carefully washed, spun and hand packed in special containers.

**Madeline's Special Treats**

You have to try these to believe how good organic treats can be. She uses only the best of natural ingredients for these delicious, handcrafted creations.

**Wellness Resources**

**Preventing Cancer**

*By Howard Jacobson*

No disease is as feared and misunderstood as cancer. Because of this fear and confusion, a diagnosis can shake us to our core. At which point, we're especially vulnerable to bad advice from the medical establishment, as well as proven and potentially harmful "alternative" modalities.

While there are many ways of treating cancer, and different cancers have radically different potential outcomes, the best policy is always - when possible - prevention. This article will compare the evidence for the mainstream prevention strategy - early detection - with the kinds of diet and lifestyle changes I promote. You'll discover that you have a lot more control over your health destiny than we've been taught.

***Mainstream Prevention: Early Detection and screening***

When you stop to think about it, early detection does not "prevent" cancer. Instead, in theory, it catches cancer early enough to do something about it.

So the question is, does population-wide screening of asymptomatic people help us "do something about it" in a way that reduces suffering, disability, and death. Turns out that with the exception of the pap smear for cervical cancer, screening actually may harm more people than it helps.

The Cochrane Collaboration, a non-profit health research group that does not receive funding from industry, has determined that mammography for early detection of breast cancer has the following risk/benefit profile:

If 2000 women receive biannual mammography for 10 years:  
-One woman will be saved from death by breast cancer.



### Tai Chi

8-class series, begins 6/9  
Thursdays 6:00-7:10PM  
[More Info/Register](#)



### Hatha Yoga

Tuesdays 6-7:15PM  
Fridays 8-9:15AM  
[More Info/Register](#)

### Gentle Yoga

Thursdays 4:30-5:45PM  
[More Info/Register](#)



### Senior Fitness

10-class series  
Tues & Thurs 11-11:55AM  
[More info/Register](#)

### Pilates/Strength Training

10-class series, begins 5/17  
Tuesdays 10:00-10:55AM  
[More Info/Register](#)

### Mat Pilates

10-class series  
Thursdays 12-12:55PM  
[More Info/Register](#)

**Personal Training**  
([Partner Personal Training](#),  
[Fitness Training](#),  
[Rehab Training](#))

- 10 women will be treated for cancers they do not have or that would never have been detectable or become clinically significant (through partial or complete amputation of the breast and/or drug treatments).
- 200 women will have a "false alarm" and experience, for a time, all the psychological stresses of believing they have cancer when in fact they are perfectly fine.
- 2000 women will undergo painful mammograms with these radiation screenings increase the risk of lung cancer and heart disease.

For more information on the science behind these statements, check out Gilbert Welch's book, *Overdiagnosed*.

The risk/benefit profiles for population-based PSA testing for prostate cancer and colonoscopies for colorectal cancer are similar. They harm more people that they help, and turn hundreds of thousands of perfectly healthy people into worried patients. (For more information, see *Great Prostate Hoax*, by Richard Ablin with Ronald Piana.)

So if we can't "prevent" cancer through screenings, what can we do? Are we powerless to change our fate, or do we just have to wait until we get sick enough to need treatment? And at that point, isn't it often to late?

To answer that question, we have to look directly at cancer and its causes.

### Preventing Cancer [Read more...](#)

### How to Avoid Summer's Health Woes - WebMD Feature

By Heather Hatfield

It's Summer, which means the mercury is on the rise, the beach is where it's at, and a cold glass of lemonade is exactly what the doctor ordered.

WebMD looks at how to survive the summer season--from heat waves to poison ivy to bad burgers.

### *Dehydration and Heatstroke*

"Dehydration and heatstroke go hand in hand," says Peter Galier, MD, associate professor of medicine at the David Geffen School of Medicine at UCLA. "It happens most commonly in people who are out in the sun."

What happens, explains Galier, is that people sweat and replace their lost electrolyte-packed body fluids with only water. Dehydration can soon follow, and heatstroke can set in if a person becomes so dehydrated they can't sweat enough to cool down, and their body temperature rises.

**How to avoid it.** "if you are outside and sweating, you should be drinking at least a 50-50 mix of Gatorade and water, which has potassium and sodium," Galier tells WebMD. "You need to be drinking at least one small liter bottle of this mix every hour if you're working or exercising in the sun."

**Warning signs.** "Symptoms of dehydration can run the gamut from thirst and general fatigue, to headaches, nausea, and confusion," says Galier. "Heatstroke symptoms are also headache and confusion, but include delirium and even hallucinations."



## WHS Quick Links



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## Instructors and Practitioners

Melanie Dean  
[Website](#)

Dr. Jay Dunbar  
[Website](#)

Jyoti Shah  
[Website](#)

Tom Spector  
[Website](#)

Betsy Templeton  
[Website](#)

Stewart Walker, LMBT  
[Website](#)

**What to do.** While mild dehydration can be treated by rehydrating with fluids, heatstroke is more serious. "If you have heatstroke, you need to go to the emergency room so you can have intravenous fluids," says Galier, "With really bad heatstroke, your kidneys can shut down."

### **Poison Ivy**

The old adage still rings true, explains Galier. "Leaves of three -- let them be," he says. So when the summer months begin, plan ahead when you know you're going to be trekking through the woods.

**How to avoid it.** "Poison ivy is a tri-leafed plant, usually with a little yellow and purple, and it tends to be anywhere with shrubbery, hiding out with other vegetation," says Galier. "So stay out of shrubs areas or wear high boots or high socks, stay on the path, and don't touch anything you can't recognize."

**Warning signs.** Poison ivy can creep up on you, even if you wear head-to-toe clothing. "It's the oil of the leaf that's the problem," says Galier. "If you take your clothes off and you touch your clothes, you're going to get it." The "it" he's referring to is the itching and swelling.

**What to do.** It's time to get out the topical anti-itching cream again, like calamine lotion. "If you can suffer through it and it doesn't get worse, you can ride it out," says Galier. If it gets worse, you'll need to see a doctor for topical steroids or oral steroids."

Read about more about "Summer's Health Woes" ([source](#))

## MAY 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
2	3 11-11:55AM Sr. Fitness  6-7:15PM Yoga	4	5 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	6 8-9:15AM Yoga <hr/> 7
9	10 11-11:55AM Sr. Fitness  6-7:15PM Yoga	11	12 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	13 8-9:15AM Yoga <hr/> 14
16	17 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	18	19 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	20 8-9:15AM Yoga <hr/> 21
23	24 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	25	26 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates  4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	27 8-9:15AM Yoga <hr/> 28
30	31 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga			

## JUNE 2016 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
		1  6-7:10PM Focus on Wu/Hao	2 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	3 8-9:15AM Yoga <hr/> 4
6	7 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	8  6-7:10PM Focus on Wu/Hao	9 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	10 8-9:15AM Yoga <hr/> 11
13	14 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	15  6-7:10PM Focus on Wu/Hao	16 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	17 8-9:15AM Yoga <hr/> 18
20	21 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	22  6-7:10PM Focus on Wu/Hao	23 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	24 8-9:15AM Yoga <hr/> 25
27	28 10-10:55AM Pilates/Strg 11-11:55AM Sr. Fitness  6-7:15PM Yoga	29  6-7:10PM Focus on Wu/Hao	30 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	