

Health

from page B1

overview of your levels of estrogen, testosterone, progesterone, cortisol, and DHEA. Saliva tests can help evaluate how your body metabolizes estrogen, an important issue for both men and women, and particularly for women with problems associated with the reproductive system. Saliva tests are easy and noninvasive, performed at home by putting your saliva into small vials that are labeled and shipped for testing.

Common sense tells us it is better to heal the root cause of an imbalance, in ways that support the body. However, many people take estrogen-blocking drugs, synthetic hormones, or the popular bioidentical hormones without any idea of what the drugs are doing to their bodies. It's best to be informed and know your alternatives. If you want to see how your body metabolizes estrogen and other hormones, request the tests from your doctor. Do-it-yourself test kits are

available online, but it is wise to work with a natural health practitioner to translate your results. You can then be guided to your unique personal plan to harmonize your hormone levels.

There are many ways to bring hormones into balance. One supplement your practitioner might recommend is diindolylmethane (DIM) known to stimulate natural detoxification enzymes and hormone metabolism. Derived from indole-3-carbinole and cruciferous vegetables, DIM has been shown to assist with estrogen metabolism and promote hormonal balance.

Your diet and food choices will help balance your hormones. Avoid foods and products that increase xenoestrogens (fake estrogens). These lead to estrogen dominance, a modern malady due in part to chemicals and pollutants in our environment that create an estrogenic effect in the body. Minimize and/or eliminate your exposure to synthetic products and harmful chemicals, including plastics that touch your water or

food. We are rarely advised to strengthen our endocrine system when we have symptoms of hormonal imbalance. But the adrenals, thyroid, and pituitary glands play important roles. A competent holistic doctor or naturopath can advise you on how to best proceed with supporting your endocrine system based on your hormone test results.

While there are many things you can do to bring your body into balance, having some knowledge of where to begin and why is helpful. It's certainly time to stop accepting the prevailing viewpoint that some of life's natural processes, such as menopause, are diseases that need to be treated with drugs. For most people, the body, mind, and emotions can achieve greater wellness with food, gentle supplements, and lifestyle adjustments.

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Random From Page B1

gentina, I'm just more of a German fan. You gotta be when you have an Oma and Opa, right? I'm hoping that the Germans steam roll right over Spain to make it onto the Finals and then ground the Netherlands into dust. Okay, so that sounds slightly mean and violent but it's futbol and that's the way it goes. Oh... and I'm just hoping the the Netherlands goes on to the finals and the reason I want them too is as simple as the fact that I know more people from there. And how about them defeating Brazil! That was surprising... I had always just assumed that Brazil had secret soccer player breeding camps where your mom plays soccer while she's pregnant with you in order for you to pop out amazing at footie and able to defeat any opponent that soccer can throw your way in the most merci-

less and humiliating way possible. Huh, guess i was wrong. *snicker*

The other option that I could write about for my article this time around is weight loss and the fact that I need a new scale because, honestly.... who throws a shoe? LMAO!!! That's an inside joke from high school that I haven't thought about for some time now. But really... who loses 7 pounds in one day? According to my scale: me! Yeah, right; I need a new weight-telling piece of equipment. Preferably one that, when I jump onto it first thing in the morning says: Good morning, gorgeous! You're looking slim and fit today. Fancy a jog and then a quick bite to eat? And all in a posh British accent, male preferably but I'll go for a female voice if she sounds super hot.

Yeah... lie to me scale, especially in the morning when I'm grumpy simply because I'm awake. Anyway, I'm not sure if I've lost any actual weight and while I do like the lying scale, I need to something I can count on. Ah ah ah (that's supposed to sound like The Count from Sesame Street when you read it).

And I guess since I'm already talking about sports: anyone read the article about the Salinas Spartans? They're a local semi-professional football team. I had no idea... I'll definitely have to keep my eye out for them next season (since theirs seems to be almost over). As they move on to play for the state title on July 10th the only thing I can say is: GO SPARTANS!

So, that's about it for this week. Hope everyone had a Happy 4th!

Primeris

5 by Francine Rodd Directora Ejecutiva



Contando los Días para el Comienzo de Kindergarten: Consejos para Prepararse para el Primer Día de Escuela

¡El nuevo año escolar ya está a la vuelta de la esquina! Muchas familias se estarán preparando para el primer día de kindergarten. El comenzar la escuela es una época emocionante, pero hacer algo nuevo también puede ser estresante. Primeros 5 del Condado de Monterey ofrece los siguientes consejos para ayudar con la transición.

Explique el cambio que ocurrirá. Las conversaciones sobre la escuela ayudan a su hijo a saber qué esperar. Hable sobre el salón de clases, el maestro y la rutina diaria. Ayude a fortalecer la confianza de su hijo escuchando y respondiendo a sus temores o dudas.

Visite la escuela. Visite la escuela antes de que las clases comiencen. Den un paseo para ver la escuela y explorar el área de recreo. Muchas escuelas también ofrecen actividades para familias que van a empezar el kindergarten antes del comienzo de las clases.

Llame a su escuela para averiguar si hay algo programado o si usted y su hijo pueden reunirse con su maestro antes del primer día de clases.

Jugar es importante. Encuentre oportunidades para que su hijo juegue con otros niños. Reúnase con sus vecinos, amigos y familiares con niños pequeños en el parque o en sus respectivas casas.

Lea. Vaya a su biblioteca local y lea libros sobre la escuela. Lea estos cuentos con su hijo y anímelo a hacer preguntas. Libros como Un Beso en Mi Mano y ¡Prepárate Kindergarten! ¡Allá voy! pueden ayudar a facilitar la transición de su hijo al kindergarten. Muchas bibliotecas también ofrecen horas de lectura que pueden ayudar a su hijo a acostumbrarse a sentarse y escuchar con otros niños.

Comience la rutina escolar temprano. Antes del comienzo de clases, empuje la nueva rutina. Haga la transición a la

hora nueva de irse a dormir y termine la noche haciendo que su hijo seleccione su ropa para el día siguiente.

¡Diviértanse! Ayude a su hijo a aprender a usar tijeras, lápices, y pegamento para que se acostumbre a hacer actividades escolares. Hable con su hijo sobre sus intereses o sobre lo que hizo durante el día.

Programe las citas médicas. Los niños que ingresan por primera vez a una escuela pública en California deben tener todas sus vacunas al día. Programe una cita con su doctor o clínica si necesita vacunas antes de comenzar las clases.

Un buen comienzo escolar ayuda a fortalecer el autoestima de los niños y comienza a establecer las bases de su éxito. Para aprender más sobre los programas de Primeros 5 del Condado de Monterey para niños pequeños y sus familias, visite www.First5Monterey.org o llame al 2-1-1.

MHS

from page B3

tion (PTSA) Publications and Hospitality Coordinator. One of my duties is to manage the PTSA newsletter this year. If any of you would like a copy of the newsletter via email, please send your email address and request to marinahighschoolpta@gmail.com and put "Newsletter" in the subject line. This will be a great school year.

First news alert: We have gone to an 8 period day. The School day will be from 7:45 am to 2:55 pm Monday, Tuesday, Thursday, & Friday. Wednesdays we will be at school from 7:45 am to 1:30 pm. Because of the 8 period days, the school

has initiated block scheduling. We will have periods 1-4 on day A and periods 5-8 on B Day. I hope that you all will continue to support Marina High School this year. Remember to look back here for insight and more information about Marina High School.

Until Next Time,

Cody

...Transition is bitter-sweet. I notice it's not just graduating it's the whole growing up thing. My view points are changing too. My eyes are open wider and I am excited!!! It can be scary but I look forward to everyday. Some things are still the same. I still have a curfew, home responsibilities and the whole world ahead of me to challenge. I have new

insight to folks who are tired after a long day of work. I will take long day at school anytime!!! Most of all spending time with family and friends is even more precious to me than ever before. The best is yet to come...

First Mate, Laura Alvarez

Sailing off for now... Go Mariners!!!

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