

LifeStyle Newsletter

First Quarter 2012

Consider the Alternatives

Pain is the body's alarm system. When your body is in danger, warning signals are sent to your brain. For some people, pain is a temporary state; for others – about 76 million Americans – it is a chronic condition. If arthritis, back pain, fibromyalgia, or another ailment has made your life more complicated, consider these alternatives for helping control pain:

Yoga

New research suggests that participating in a yoga class can reduce chronic back pain, improve mobility, and ease the depression that often accompanies chronic ailments.¹ There are many different types of yoga so make sure to pick an appropriate class. Hatha yoga, for example, generally is slow-paced and gentle. It may be a better choice than Ashtanga (power yoga), which tends to be faster-paced and more intense. Yoga may help with back pain, neck pain, and other ailments.

Acupuncture

A needle in the knee – or elsewhere – creates a biochemical blockade that helps prevent pain, according to an article in *Nature Neuroscience*. The tissues around each acupuncture point are flooded with adenosine, a chemical that prevents pain signals from reaching the brain. Specific studies have found that acupuncture reduces arthritis and lower back pain, and often helps improve mobility.

Cognitive Behavioral Therapy (CBT)

Sometimes, changing the way we think about issues or situations can make us feel better even when the situation doesn't change. CBT is a process of identifying goals and discovering new ways to reach them. Research into CBT (counseling services offered over the phone) has found that it helps people with fibromyalgia, depression, and a variety of other ailments find relief.

Experts say that treating pain is like developing a recipe. Finding the just-right combination of ingredients requires trial and error. Yoga, acupuncture, and CBT are just a few of the alternatives that may help improve your quality of life.

Scotland's Culinary Gifts

You may already know that Scotland's culinary contributions to the world include Haggis (savory pudding in a sheep's intestine), stovies (stew made from leftovers), and Cullen skink (soup made from haddock, milk, and mashed potatoes). You may not know that the first Tikka Masala curry was prepared in Glasgow. Here is a recipe for this fantastic dish:

¹ Medical News Today (<http://www.medicalnewstoday.com/articles/163144.php>)

Chicken Tikka Masala Curry

3 skinless chicken breasts, sliced into thin strips
2 medium sweet onions, diced small
1 fresh red chile pepper
Thumb-size piece of ginger, peeled and diced fine
Cilantro, chopped
3 tablespoons vegetable oil
1 tablespoon butter
½ cup Patak's Tikka Masala Sauce (curry paste)
Veggies (to your taste: cauliflower, sweet peppers, and potatoes), chopped small
1 14-ounce can diced tomatoes
1 14-ounce can coconut milk
Water
1 cup yogurt
Almonds
Mango Chutney

Heat a large casserole pan over medium heat. Add oil and butter. Add onions, chile pepper, ginger, and cilantro. Cook until softened. Add curry paste and chicken. Coat everything evenly by stirring. Add salt and pepper to taste. Add tomatoes and coconut milk. Stir. Add one 14-ounce can of water and stir again. Bring curry to a boil and then reduce heat. Cover and simmer for 20 minutes. Garnish with yogurt and almonds. Serve with mango chutney.

What Do You Know About Current Events?

1. Why was the pyramid of Khufu closed recently?
 - a. Erosion made it unsafe
 - b. Rumors about 11/11/11 ceremonies at the pyramid
 - c. Terrorist threats aimed at tourists
 - d. None of the above
2. Why is the world's largest bra hanging from a skyscraper in London?
 - a. To temporarily support a walking bridge between two buildings
 - b. To improve traffic safety
 - c. To raise breast cancer awareness
 - d. No one knows why it is there or how it got there
3. Americans reportedly saw UFOs above two sporting events recently. What sport do aliens appear to enjoy?
 - a. Football
 - b. Soccer
 - c. Baseball
 - d. La Crosse

4. How much candy did Americans consume during Halloween 2011?
 - a. \$600,000 worth
 - b. \$8.4 billion worth
 - c. \$955,000 worth
 - d. \$2.3 billion worth

Source: LiveScience.com

Maintain Your Brain

Use it or lose it. If you embraced the idea that we have fewer brain cells as we age, it's time to think again. While some parts of the brain are likely to deteriorate over time, research shows that there is not much difference in the size of a 25-year-old brain and a 75-year-old brain. So, why don't older people have the same cognitive ability as their youthful counterparts?

Research indicates the primary reason is lack of use. Here are three challenges from SharpBrains.com that may help keep your wits about you. The answers can be found at the bottom of the newsletter.

Exercise 1: Read the pair of words. See if you can think of a third word that is associated or connected with the pair. For example, the words BED and PAPER are associated with SHEETS. In some cases, there may be more than one right answer.

1. LOCK – PIANO
2. SHIP – CARD
3. TREE – CAR
4. SCHOOL – EYE
5. PILLOW – COURT

Exercise 2: A blind beggar had a brother who died. What relation was the blind beggar to the brother who died?

Exercise 3: One hundred people are at a party. Ninety speak English, 80 speak Spanish, and 75 speak Mandarin Chinese. At least how many speak all three languages?

Both physical and mental exercise can improve cognitive function and positively affect memory and coordination. Mental exercise is not hard to find. Just surf the Web to find brain fitness challenges.

Quiz Answers:

1. B – Rumors that groups were planning 11/11/11 ceremonies at the pyramid were behind officials' decision to close it.
2. C – The bra is hanging from a skyscraper to raise breast cancer awareness.
3. A – Football. UFOs were reported in the skies above two football games in October 2011.
4. D – \$2.3 billion worth.

Brain Teaser Answers:

Exercise 1:

1. LOCK – PIANO = Key
2. SHIP – CARD = Deck
3. TREE – CAR = Trunk
4. SCHOOL – EYE = Pupil, private, or exam
5. PILLOW – COURT = Case

Exercise 2: She was his sister.

Exercise 3: Ten people do not speak English, 20 do not speak Spanish, and 25 do not speak Mandarin. Since 55 people do not speak one language or another, at least 45 speak all three.

The above material was prepared by Peak Advisor Alliance.

Best regards,

DEAN, JACOBSON FINANCIAL SERVICES

P.S. Please feel free to forward this newsletter to family, friends, or colleagues. If you would like us to

add them to the list, please reply to this e-mail with their e-mail address and we will ask for their permission to be added.

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<http://www.DeanJacobson.com>

The following sources are provided for your convenience.

<http://www.medicalnewstoday.com/articles/163144.php>

<http://news.bbc.co.uk/2/hi/4111047.stm>

<http://www.nature.com/neuro/journal/v13/n7/full/nn.2562.html>

<http://archinte.ama->

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<http://www.sharpbrains.com/blog/2007/04/09/brain-teaser-party-for-polyglots-introducing-wes-carroll-puzzle-master/>