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Belief in oneself is one of the most important bricks in building any successful venture. Lydia M. Child

## **Spring Cleaning!**

March is a time for getting things done. Cleaning the basement and garage are probably the major priorities for me at home right now. It's so easy to allow stuff to accumulate. But there's also something very liberating about getting rid of junk. Not that I like to do the work. But it's got to be done. My wife is pretty good about putting her foot down and saying, "Get rid of it!"

But with that activity, there will be aches and pains to deal with. So if you're anticipating doing the same thing as me, make sure you pace yourself, take time to stretch, and also take time to rest.

And, if you still have energy left over, give me a call. I could always use the help!

### **Your Inner-Referrability!**

#### **Do you know someone just like you?**

The Arthritis Treatment Center is looking for new patients just like yourself who...

- might need help managing their arthritis.
- could feel better more often.
- should probably see an arthritis specialist for their aches and pains, and
- know that their doctor will listen to their concerns and answer their questions!

Simply pass along our name and office number. Once they see Dr. Wei, we feel certain that they will be on the road to getting their life back!

Plus, we've added to the fun... You will receive a small thank you gift from us and know that your referral will be in good hands. And... you will be entered into a drawing for a Kindle on June 30<sup>th</sup>. Kindle is a top-of-the-line e-reader, with touch, audio, Wi-Fi, and free always-connected 3G wireless. It's light in your hand, and Kindle has the ability to enlarge the print, so you can see and read perfectly.

### **Facts To Know!**

<http://funzu.com/index.php/articles/21-facts-to-know-interesting-and-informative.html>

1. Chewing on gum while cutting onions can help a person stop producing tears.
2. Until babies are six months old, they can breathe and swallow at the same time.
3. When offered a new pen to write with, 97% of people will write their own name!
4. Male mosquitoes are vegetarians. Only females bite and savour blood.
5. The average person's field of vision encompasses a 200-degree wide angle.
6. To find out if a watermelon is ripe, knock it, and if it sounds hollow then it is ripe.
7. A Baby's eyes do not produce tears until the baby is approximately six to eight weeks old.
8. It actually snowed in the Sahara Desert in February of 1979.
9. Plants watered with warm water grow larger and more quickly than plants watered with cold water.
10. Wearing headphones for just an hour will increase the bacteria in your ear by 700 times.
11. Grapes explode when you put them in the microwave.
12. Those stars and colors you see when you rub your eyes are called phosphenes.
13. Everyone's tongue print is different, just like fingerprints.
14. Contrary to popular belief, a swallowed chewing gum doesn't stay in the gut. It will pass through the gastrointestinal system and be excreted.
15. At 40 degrees centigrade, a person loses about 14.4 calories per hour by breathing.
16. Cats, camels and giraffes are the only animals in the world that walk right foot, right foot, left foot, left foot, rather than right foot, left foot.
17. Onions help reduce cholesterol if eaten after fatty meals.
18. The sound you hear when you crack your knuckles is actually the sound of nitrogen gas bubbles bursting.

## Green Tea - Astonishing Health Benefits

<http://www.a-to-z-wellness.com/green-tea.htm>

Green tea can boost your health in some pretty amazing ways. First of all, you need to know that it comes well recommended.

The Chinese have been drinking this

beverage for thousands of years -- giving it a long and proven history as a health remedy.

Modern research too has shown that drinking green tea is beneficial to your health. Here's a list of health benefits of this tried and true brew:

1. **Weight loss** - Drinking this beverage helps you feel full, so it can curb your appetite. It may also help you burn more calories according to a study published by the American Journal of Clinical Nutrition in November 1999.
2. **Anti-Aging properties** - Green tea is rich in the antioxidants vitamin E and C. Antioxidants destroy free radicals that damage cell membranes. Damaged cell membranes lead to diseases such as cancer, heart attacks and diabetes. Drinking it may help relieve the suffering caused by rheumatoid arthritis. This was revealed in a study by researchers at Case Western Reserve University in Cleveland in April 1999.
3. **Asthma relief** - Green tea contains a substance called theophylline. It's a muscle relaxant, so it can cause the muscles supporting the bronchial tubes to relax -- thus reducing asthma's ability to restrict normal breathing.
4. **Lowers blood pressure** - If you have high blood pressure, you will be more susceptible to a heart attack or stroke. Green tea may prevent the formation of blood clots which lead to heart disease and stroke.
5. **Fights cancer** - A team from the Mayo Clinic found that three out of four chronic leukemia patients when given green tea extract seemed to experience regression of the disease. The fourth patient also showed some improvement. The doctors gave the extract a try after a 2004 test tube study of green tea revealed that leukemia cells were killed by the substance.

According to the American Cancer Society, "Green tea contains chemicals known as

## I've Learned

Andy Rooney ~ <http://www.heartwarmingstories.net/ivelearned.htm>

I've learned ... That the best classroom in the world is at the feet of an elderly person.  
I've learned ... That when you're in love, it shows.  
I've learned ... That just one person saying to me, "You've made my day!" makes my day.  
I've learned ... That being kind is more important than being right.  
I've learned ... That we should be glad God doesn't give us everything we ask for.  
I've learned ... That it's those small daily happenings that make life so spectacular.  
I've learned ... That the Lord didn't do it all in one day. What makes me think I can?  
I've learned ... That to ignore the facts does not change the facts.  
I've learned ... That the easiest way for me to grow as a person is to surround myself with people smarter than I am.  
I've learned ... That everyone you meet deserves to be greeted with a smile.  
I've learned ... That no one is perfect until you fall in love with them.  
I've learned ... That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.  
I've learned ... That the less time I have to work with, the more things I get done.

polyphenols, which have antioxidant properties. Catechins are the major group of polyphenols in green tea and may cause cancer cells to die like normal cells do. It may also work by stopping new blood vessels from forming, a process called angiogenesis, thereby cutting off the supply of blood to cancer cells."

It is interesting to note that there seem to be fewer cancer deaths in Japan than in the United States.

6. **May lower cholesterol** - Studies have shown that this drink may help lower cholesterol with no side-effects.
7. **Guards against infections** - The New York Times reported In April of 2003 that its extract has the ability to strengthen the immune system's ability to fight disease. Research shows tea extracts can destroy the organism that causes disease.

Green tea treats sunburn, strained eyes, blemishes, rashes and minor cuts because of its antiseptic properties.

Try gargling with it when you feel a cold or the flu coming on. Soak your feet in it for athlete's foot or just as a refreshing foot bath.

In this article you've read an impressive list of claims for the health benefits of drinking green tea. Although not a magic cure, it sure wouldn't hurt to add this proven ancient beverage to your daily diet.

## Safer Cleaning Supplies for Your Home

<http://www.ewg.org>

Our homes aren't safe and clean if the air inside is polluted with chemicals from household cleaners.

Follow these simple tips to protect your family's health while you clean your home.

1. **Less is More** - Dilute your cleaning supplies according to instructions and use only what's needed to get the job done.
2. **Open the Window** - Clean with windows and doors open so you don't trap air pollution inside your home.

### 3. Use Gloves and Other Precautions -

Cleaning chemicals may harm or penetrate skin and eyes – check warning labels.

4. **Keep Kids Away** - Children are more vulnerable to toxic chemicals. If they like to help, let them clean with soap and water, not toxic cleaners.

5. **Avoid "Antibacterial"** - If your family is generally healthy, there's no need to use potentially toxic "antibacterial" products, according to the American Medical Association. Wash your hands with plain soap and water.

6. Never Mix bleach with ammonia, vinegar, or other acids. These combinations can produce deadly gases.

7. Try natural alternatives and experiment with non-toxic options like vinegar and baking soda.

8. Take care with pine and citrus oil cleaners. Avoid using these cleaners especially on smoggy days, when the ingredients can react with ozone to produce cancer-causing formaldehyde.

## Is your multivitamin lacking the vital nutrients you should have to enjoy a more vibrant, energetic, fun-filled life?



Complete Wellness is doctor recommended and customer approved. It contains more than 80 ingredients to complete your daily health program.

People often make silly mistakes when choosing vitamins. The first mistake is not to do the research.

The other common question we get from patients is, "What's the best vitamin to take if I have arthritis?"

### COMPLETE WELLNESS MULTIPLE

Many people are already taking dozen of pills. It is costing a small fortune to buy for all of those individual supplements. And some people are probably taking far more than necessary of some ingredients and not enough of others. This comprehensive formula solves these problems.

The Complete Wellness Multiple has all the essential ingredients that you want, blended in one convenient and affordable daily whole-food based formula. Complete Wellness uses fresh, high quality and high potency ingredients, and leaves out the wasteful fillers. NO added sugar, no yeast, wheat, rice, corn, silica, artificial flavoring or coloring. Get a quality vitamin, and you'll save time and money.

It is highly recommended that you take our food-based Complete Nutritional Formula "Super Supplement" every single day. Give your body the optimal nutrition it needs, to help you enjoy optimal health.

## Irish Soda Bread ~ [allrecipes.com](http://allrecipes.com)

Prep Time: 10 minutes ~ Cook Time: 1 Hour ~ Yields: 2 loaves

### Ingredients

- |                            |                             |
|----------------------------|-----------------------------|
| - 4 cups all-purpose flour | - 1 cup white sugar         |
| - 1 teaspoon baking soda   | - 2 teaspoons baking powder |
| - 1/2 teaspoon salt        | - 3 eggs                    |
| - 1 pint sour cream        | - 1 cup raisins             |

### Directions

1. Preheat oven to 325 degrees F (165 degrees C). Grease two 8x4 inch loaf pans.
2. Mix the flour, sugar, baking soda, baking powder and salt. Add the eggs, sour cream and raisins and mix until just combined. Distribute batter evenly between the two pans.
3. Bake loaves at 325 degrees F (165 degrees C) for 1 hour.

Dr. Wei is so confident that you will find Complete Wellness the best vitamin so here's a special offer for the month of March.

Buy three months of Complete Wellness and **save \$20.00**. If you haven't noticed an extra "pep in your step" or difference in your health within three months, we'll refund your purchase 100 percent. Guaranteed! Call 301-694-5800 and order your bottles today.

On March 8, 2012, Sheila K. Delauter will have quietly resigned from the Arthritis Treatment Center. It would be without thought if we didn't mention this to the many patients she has met through her 23 years of service and let her know how much she will be missed.

Sheila joined Dr. Wei's office as a staff nurse working in our clinical nursing department. From there she moved to clinical research, working on more than 100 studies. Her wealth of knowledge and her generous contributions to the Arthritis Treatment Center will be both fondly remembered and greatly appreciated. If you haven't had the opportunity to meet her you most probably have seen her – her familiar smile, her welcoming hugs, and her unwavering commitment to the Arthritis Treatment Center and our research department.

As a devoted wife, mother of three children, and many grandchildren she is a well-known resident of Middletown, Maryland and the Frederick community.

We wish Sheila much success with her future endeavors.



Sheila K. Delauter, RN CCRC

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**March 11<sup>th</sup>** - Spring  
Forward! Daylight Savings  
Time

**March 17<sup>th</sup>** - St. Patricks  
Day

**March 20<sup>th</sup>** - First Day of  
Spring

**March 23<sup>rd</sup> and 30<sup>th</sup>** - Dr.  
Wei will be out of the  
office. The office will  
remain open from 8am to  
12 noon for account  
services, lab visits,  
osteoporosis scans, and  
product purchases.

## ***Wei's World***

My dad died on February 5th at 4am . He entered the hospital for treatment of a urinary tract infection. Then he lost consciousness. A CAT scan showed he had suffered a massive stroke.

For the past three years or so, he had lived in an assisted living facility and his mental capacity had been declining. Often times when I called, I had to remind him who I was.

Still... it's very difficult to lose a parent. It's particularly hard when I think about the strength and courage he and my mom had to have in order to make a life here in the United States. They left China and sailed on the *Grover Cleveland* in 1948. They passed through Ellis Island and settled in New York City where my dad worked during the day while studying for his master's degree at night at Columbia.

He then moved the family to Norwich, NY, a small farming community with a pharmaceutical company, Eaton Laboratories, where he was hired to do medicinal research. While we were there, the family expanded to include my brother and two sisters. During that time, he taught me how to fish, how to rise above the racist comments of people, and how to push on. Remember, this was the 1950's when being Asian elicited much prejudice. I distinctly remember a visit to a barber shop where the barber refused to cut my dad's hair.

I think my dad's desire to not make waves was due to his upbringing. He was an orphan raised in a Baptist mission in China. He was quite religious and he and my mom made all of us go to church at least three or four times a week. (That might explain why I stopped going to church after I graduated from high school!)

After all the sacrifices he and my mom made, he was extremely proud of all the accomplishments of his children and grandchildren.

Our mom passed away in 1988 and three years after my mother died, my dad married another woman who took very good care of him until his passing.

I think a lot about the good times we had. About 10 years ago, I took my dad and one of my sons to northern Canada for a fishing trip. That was a wonderful time and one of the memories my dad relished in his later years.

It was very hard to see him in the hospital at the end hooked up to all that machinery. It was comforting when my siblings and I agreed that they should remove those horrible things. The old person lying in bed all shriveled up was not my father. It will take time to get over this. And you actually never do "get over" the death of a parent. I think you just compartmentalize it better. This Wei's World is, of course, dedicated to the memory of my dad.