



Welcome to YOUR FIT NEWS!

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May 2006

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FIT TURNS FIVE!! You are invited to help Celebrate!

A special Thank-You! Your family at FIT would like to invite you and your family, friends & pets, to our 5th year anniversary party. Our friends from Armadillo Willies will be serving food and drinks, we will have live reggae music all day, fun and prizes for the kids and thank you gifts for all in attendance. Please join us in marking this special date and allowing us to thank all of you for helping us get here!



When: Saturday, June 3rd, 2006. Party starts at 12 noon goes to 4pm

Where: 600 Rancho Shopping Center.

Please RSVP to admin@focusedtrainers.com or 650.947.9831

See you all there!

"Web Based Forum at FIT" by Gabe Rinaldi, FIT General Manager

Our new forum

F.I.T. now has a web-based discussion forum. The website link is:

<http://www.focusedtrainers.com/forum>

According to Wikipedia (an online encyclopedia), an Internet forum is a facility on the World Wide Web for holding discussions, or the web application software used to provide the facility. Web-based forums, which date from around 1995, perform a similar function as the dial-up bulletin boards and Internet newsgroups that were numerous in the 1980s and 1990s. A sense of virtual community often develops around forums that have regular users. Technology, computer games, and politics are popular areas for forum themes, but there are forums for a huge number of different topics. Internet forums are also commonly referred to as web forums, message boards, discussion boards, discussion forums, discussion groups, bulletin boards or simply forums.

I have personally spent thousands of hours over the years reading and contributing on forums. In fact, I would go as far to say I have learned more from interacting on forums than I ever learned in undergraduate or graduate school. College gave me the background skills, but it was the information on the forums and my contributions, that forced me to think critically and understand the information thoroughly, that really helped shape my body of knowledge. It was because of Internet message boards that I met Dr. Mel Siff who was a very influential mentor for me over the years. After talking with him online I ended up going out to his house in Colorado several times over the years to learn as much as possible from him. As you can tell I think highly of the ability that the Internet affords us to communicate with people all around the world.

To this day I spend time daily logging in to various forums and trying to learn from people or contributing and trying to help people. It should be said that there is a lot of bogus information on forums and you must think critically before accepting the information as true. That being said, the following are some forums that I look at regularly. Take note of the number of members on each forum.

CrossFit forum related to CrossFit training

2,430 members

<http://www.crossfit.com/discus/messages/board-topics.html>



Charlie Francis forum related to training to get fast
(sprinting)

6,450 members

<http://www.charliefrancis.com/community/>

Mountain biking forum related to all things surrounding
mountain bikes

53,753 members

<http://forums.mtbr.com/>

Bodybuilding forum related to everything surrounding
bodybuilding

265,371 members

<http://forum.bodybuilding.com/>

I actually don't look at this bodybuilding forum that much,
but I glance at it occasionally. Check out the number of
members here. It tells you what is really popular.

I am very excited that we have launched our forum for all
things related to health, fitness, performance, bodybuilding,
nutrition, etc. Our forum has been live for a couple of
months now. It has mainly been trainers discussing
information. I wanted a slow growth initially so I could learn
all the settings as an administrator. Now that we have that
under control it is time to open up this forum to anyone and
everyone around the world who wishes to discuss relevant
content.

I created this forum because we have a team of highly
qualified professionals who can share information and
experiences that will potentially help people. Eventually we
will attract other very educated people from a variety of
fields that will contribute to the discussions. However, no
question is too silly. Please don't feel intimidated to get
involved. In the end it is all about becoming better at what
we do, helping people, having fun, and giving back.

If any of this sounds interesting, then feel free to peruse the
forum, register (it's free), join in the discussions, and have
fun! Also, please send our forum link to anyone you think
may be interested.

Here's the website address one more time:

<http://www.focusedtrainers.com/forum>

Thanks, and maybe I'll see you online.

Gabe Rinaldi
F.I.T. – General Manager

"The 7 Nutritional Habits of FIT People" by John Nguyen, FIT Exercise Director

The 7 Nutritional Habits of FIT People

Although being fit and being healthy can mean two different things, in this article the "being fit" means possessing a healthy body weight. While it's true that there are many factors that contribute to overall health, having a healthy body weight is certainly a desirable trait that may hint at a person's overall positive health. In some of us, though, the appearance of a normal body weight is alone a desirable goal – an influence of cultural ideology.

Whatever your reasons for wanting to look fit, below are some of the habits of those who are at a normal, healthy body weight. Of course, the hope is that you want to be healthy from the inside out, of which the desired appearance is simply just the result. The habits listed below may or may not work for everyone, but they make sense to the people I've spoken with.



1. FIT People Know Food

People who are fit have a habit of approaching their food with not only their stomach but also their head. Rather than selecting foods indiscriminately, choosing foods based on nutritional values and portion size is the key. It is a thoughtful process, and fit people put the brain next to the stomach when it comes to eating. An F.I.T. client who lost 20 pounds – and is still losing – revealed her habit of thoughtful food selection: "The one main difference between what I did and what I'm doing now is that now I'm decidedly aware of what I put in my mouth – I know the food and the portion. I put some thinking into my eating just as I put some thinking into my spending."

In order to know food, it's critical to become familiar with the nutritional value of various foods. A food data booklet, one in which you'll find the nutritional breakdown of common and not-so-common foods, is invaluable. (Or you can use the free web-based nutrition data at www.nutritiondata.com.) Then portion-size selection at each meal may be less erratic and more intentional. Although it may sound like a lot of work, it's no more difficult than initially becoming familiar with the characters in a novel or a movie – the rest of the time you enjoy the story.

Another client of mine commented that "knowing the nutritional values in food is an essential investment, and it takes some work only at the beginning. After a while, you reap the benefits of recognizing automatically the basic foods that you'd find in almost any reasonable dish that you'd eat. And if the ingredients contain too many things

that you don't know," she continues, "then you might want to think twice about putting it into your body."

2. FIT People Eat All the Time

The body can digest and assimilate only so many calories per meal, and calories in excess of this amount get shuttled to you-know-where. So a meal that's eaten but is larger than the body can use at any one time is a stepping stone to weight gain, or at least it is a road block to weight loss. By this account, if a person eats only two or 3 meals a day, it's likely that those meals are in larger portions than if 5 or 6 meals are eaten. Not only do the excess calories go to fat storage, but the resulting blood sugar fluctuates wildly, causing a huge surge of insulin that quickly shuttles the blood sugar (from the meal) into tissues, both muscles and fat. And, on top of all that, you slip into an energy crash mildly similar to the infamous Thanksgiving coma. So abandon the traditional three-meals-a-day practice and develop a habit of eating 5 or 6 smaller meals through the day.

One F.I.T. client shares his secret to eating 5 meals a day: "I try to eat every three to 4 hours, whether I'm hungry or not. I don't wait until my body tells me I'm hungry, because by then it's too late and I'm more likely to eat too much for that meal. I go by my watch. If it's been 3 or 4 hours, it's time to eat something. If it's not time to eat, I keep busy with something else. But because I'm eating every few hours, I find that hunger isn't an issue, and I can control my eating better." He is one of my most fit clients.

3. FIT People Eat Water

Well, not really. But they choose foods that have high water content. Foods like vegetable, fruits, berries, soup and cooked whole grains are low in calories but are satiating. Most also contain a lot of fiber to not only keep the pipes happy but to help you feel fuller longer, and many contain a dense amount of nutrients to nourish the body.

One F.I.T. client says that she eats all the vegetables she wants during at least two meals. "I'm full at the end and I know that I ate a lot of dense nutrients without a lot of calories."

Another client says, "I'm conscious of my choice in foods. I make sure I don't eat much that is empty calories. If I'm going to eat something with calories, it had better have an abundance of nutrients as well. My body deserves that."

4. FIT People Are Anchored

So even if you use the invaluable nutrition data book, or use

the nutrition data website (www.nutritiondata.com), and know the nutritional values in just about any food, having what one friend calls "anchor foods" is very helpful in keeping you eating well. Anchor foods have enabled her to maintain her healthy weight while venturing out to other foods less familiar. It's not realistic to know the nutrition profile to every single food you eat, so it's important to develop a familiarity with as many foods as you can and call these your anchors, safety foods to "stabilize" and maintain your healthy dietary intake. Lean meats, most vegetables, certain fruits (citrus based), berries, low-fat plain yogurt, a high-fiber whole-grain cereal, a quality protein powder or drink, etc. can all be great anchors that make up the bulk of your food consumption. Know their portion size and corresponding nutritional values, and stick with them as often as you can while experimenting with others.

While it's true that variety in food intake is important to good health (and enjoyment), a variety of foods with little knowledge of what they contain can put unwanted calories or junk into your body.

Like an investor building a strong portfolio, diversify your own dietary portfolio by gradually adding anchor foods – but be sure to study and know each one before it is added.

5. FIT People Don't Skip Breakfast

You've heard this one before. So, are you skipping breakfast?

After a fasting period through the night, if you skip breakfast, your body is starving. As a result, your muscles break down to create new energy to fuel your body as it tries to figure out why you've skipped the most important meal of the day. What so bad about muscles breaking down? Well, the same muscles you've worked so hard to build up in the gym are the very stuff that supports metabolism. So the less muscles you have the slower your metabolism. Don't let a habit of skipping breakfast steal away the tissues that are so critical to your metabolic rate.

Also, a recent study shows that skipping breakfast throws your insulin sensitivity off, making it likely that more of the meals you eat later end up in your fat cells. It also makes it likely that you'll eat more calories in meals for the rest of the day. If you don't like eating breakfast first thing in the morning, change your habit. Not liking breakfast first thing in the morning is not a good-enough excuse to skip it.

If you are eating breakfast, however, have you tried Fiber One cereal with blue berries? Excellent with scrambled egg whites!

6. FIT People Really, Really Enjoy Their Desserts

People who are fit are human, too. They enjoy the same great-tasting desserts that everyone else enjoys. The difference is that they allot caloric room for them, and not simply "add on top."

"If I know I'm going to enjoy a chocolate soufflé, I will eat less of other things during dinner," says an F.I.T. client, who has lost weight and kept it off for over 5 years. "It is a treat, and I consider it as nothing less than a treat and therefore I'm going to savor every last bit of flavor! But the most important thing is that I don't do this regularly, which I believe allows me to really, really enjoy desserts."

It might be that people who are fit actually enjoy their occasional desserts even more than people who eat them regularly. If you go to the theatre every once in a while, you tend to pick a very good show to enjoy!

7. FIT People Rock the Alternatives

Creativity is a learned skill. Without creativity, it is difficult to maintain a healthy dietary habit. This is why it's helpful to use cookbooks, find new recipes, share food ideas and tips, and understand which unhealthy ingredients can be replaced with healthier ones – such as substituting egg whites for whole eggs, or even diced dried fruits for sugar in baking.

"Instead of using refined sugar in baking recipes," says a self-proclaimed culinary artist who enjoys feeding her family healthful, enjoyable foods, "I often lower this amount and replace it with dried fruits such as dates, raisins, figs, or dried berries. But since dried fruits are also a sugar once they're in your body, I sometimes just lower the amount of refined sugar, period. It rarely ever throws off the flavor of the final product, and if it does, your taste bud will gradually readjust... along with the size of your waist!"

There are many strategies for making delicious healthful meals and snacks out of otherwise unhealthful ones. Doing a little research on the internet for meal recipes, cooking tips, and food advices can turn you into a creative home-body culinary artist. Also, you can join the F.I.T. forum (free) and learn or discuss nutrition and share recipe ideas. Go to <http://www.focusedtrainers.com/forum/> and register to join today!

Good luck, and remember that becoming more fit isn't just doing "good" things for a specified period of time – it's creating lifetime good habits.

Are Cytokines to Blame for Overtraining Syndrome? by Scott Kolasinski, FIT Metabolic Director

Are Cytokines to Blame for Overtraining?

Overtraining occurs when an athlete is training intensely, but, instead of improving, performance deteriorates, even after an extended rest period. The first noticeable difference is in an athlete's performance, and may extend over a period of weeks or months.

Overtraining syndrome (OTS) and exhaustion are a consequence of an imbalance between stress and recovery. Ideally, when an athlete trains, his/her performance should be constantly improving. However, when the adaptations of training develop longer than the initiation of exercise, the body is receiving a repeated stress that it needs to recover, but it does not recover adequately. During OTS, an individual may experience frequent infections and depression that occur following hard training and competition.

The following table lists a number of the signs and symptoms of OTS. Keep in mind that not all appear at the same intensity, all the time, in all individuals. One to several of these signs and symptoms may appear.

Table 1. Signs and symptoms of OTS

Performance Parameters
Decreased performance
Unable to achieve previous standards
Prolonged recovery
Reduced toleration of loading
Decreased muscular strength
Decreased work capacity
Physiological
Change in blood pressure
Change in heart at rest, during exercise, and during recovery
Increased breathing frequency
Fat loss
Muscle loss
Elevated metabolism
Psychological
Constant fatigue
Reduced appetite
Need more or less sleep than normally
Depression
General apathy
Decreased self-esteem
Emotional instability
Fear of competition
Easily distracted
Gives up easily



Information processing
Loss of coordination
Reappearance of previously corrected mistakes
Difficulty concentrating
Unable to deal with large amounts of information
Biochemical parameters
Rhabdomyolysis
Elevated C-reactive protein and creatine kinase
Greater loss of nitrogen (urea and uric acid production)
Decreased free testosterone
Increased serum cortisol
Decreased iron and ferritin
Immunological parameters
Constant fatigue
Sore and tender muscles and joints
Headaches
Nausea
Gastrointestinal disturbances
Increased susceptibility to and severity of illnesses, colds,
and allergies
Swelling of lymph glands

Generally, the first indication of impending OTS is a change in mood although it is the decline in performance that usually captures the attention of the athlete, personal trainer and/or coach.

Unfortunately, scientists do not have a universal agreement of the diagnostic criteria for OTS. There are a number of hypotheses in the literature, but each explains only one or a couple aspects of OTS.

In 2000, Dr. Lucille Lakier Smith published an article describing the potential mechanism of OTS. She proposed that excessive training/competing causes repetitive tissue trauma, either to muscle and/or connective tissue and/or to bony structures, and that this results in chronic inflammation. The traumatized tissue synthesizes a group of inflammatory molecules called cytokines.

This article will present a brief review of the other proposed mechanisms of OTS and how cytokines may be the "lost mechanism."

Glycogen Depletion

Some of the complaints of OTS are "heavy legs" and general fatigue. The glycogen depleting hypothesis suggests that these symptoms occur as a result of a lack of energy. Therefore, symptoms of OTS should be avoided if enough carbohydrates are eaten to fill muscle energy stores (i.e. muscle glycogen). However, when scientists tried this in cyclists, the cyclists still elicited signs of overreaching (short-term overtraining) and might have met

the criteria for overtraining had the subjects been followed for a longer period of time.

Central Fatigue

This hypothesis suggests the general complaints of fatigue (low blood glycogen) may be due to an excess of an amino acid called tryptophan in the brain and spinal cord. This is the same amino acid that is found in turkey and blamed for that "Thanksgiving Coma" we get after eating that big meal. Strenuous exercise may create an increase in a neurotransmitter called serotonin via the extra tryptophan in the blood. This causes lethargy, depresses neural excitability, alters hormonal functions, decreases muscular contractions, and may impair judgment.

However, this was demonstrated in rats and has not yet been demonstrated in humans. Also, it does not explain the tendency for infections that typically occurs in OTS.

Glutamine Hypothesis

Glutamine is an important amino acid involved in optimal functioning of the immune system. Lower blood glutamine levels have been measured in overtrained athletes. This may be the cause for the increase in infections associated with OTS, however, it does not explain the change in mood or decrease in energy levels when an infection does not occur.

Nervous System and the Endocrine System

The adaptations and performance of exercise is dependent on the intricate links between the central nervous system (the brain and spinal cord) and the endocrine system (the hormonal system). Any changes in either of these will affect performance in the muscle system. The endocrine system in particular controls an intricate group of glands whose hormones are vital to all aspects of life.

When overtraining occurs, then there must be a disturbance of some sort with the endocrine system and the factors that control it – namely, the autonomic nervous system (which is composed of the sympathetic and parasympathetic nervous systems).

The following lists the signs and symptoms of two types of overtraining called A-overtraining and B-overtraining with regard to the same conditions.

- a) A-overtraining (Addisonic overtraining), named after Addison's disease, involves the parasympathetic nervous system and it is associated with diminished activity of the adrenal glands, which prepare muscle for physical activity in the face of stress. This is difficult to detect early because of the absence of any dramatic symptoms. This is usually not diagnosed until a decrease in performance happens.
- b) B-overtraining (Basedowic overtraining), named after

Basedow's disease, involves the sympathetic nervous system and it is associated with thyroid hyperactivity, affecting internal stress management and metabolism. This is the classical type of overtraining with its abundance of symptoms.

A-Overtraining

1. Blood pressure: diastolic increase to over 100mm Hg, during & after physical stress
2. Coordination: impaired
3. Bodymass: normal
4. Endurance: slight increase in tiredness
5. Sleep requirements: no increase
6. Resting pulse: low
7. Body temperature: normal
8. Appetite: normal
9. Metabolism: normal
10. General muscle soreness: little or none
11. General resistance: normal
12. Recovery time: normal or slightly increased
13. Psychological changes: none, other than slight loss in motivation

B-Overtraining

1. Blood pressure: slight increase
2. Coordination: impaired, with increased reaction time
3. Bodymass: decrease
4. Endurance: tendency to tire easily
5. Sleep requirements: increase
6. Resting pulse: elevated
7. Body temperature: slightly increased
8. Appetite: reduced
9. Metabolism: altered, with increased tendency to sweat; abnormally increased breathing rate under stress
10. General muscle soreness: mild to pronounced, with tendency to muscle stiffness and pain
11. General resistance: tendency to headaches, colds, fever blisters; prolonged recuperation
12. Recovery time: increased
13. Psychological changes: nervousness, poor motivation, inner unease, eventual depression

The Hypothalamic-Pituitary Axis Hypothesis

The hypothalamus and pituitary gland are located very closely together in the brain. When the hypothalamus receives a message from the body, it uses the pituitary gland to carry out its "orders" by the using various hormones. As such, it is commonly referred to as the "neuroendocrine system."

A natural response to increased workload is increased levels of stress hormones. During overtraining, an individual will create oddly high or low concentrations of several of these hormones.

Much of the scientific literature on overtraining is based on aerobic activities, despite the fact that resistance exercise is a large component of many exercise programs. Because of various resistance training programs, chronic resistance exercise can result in differential responses to overtraining depending on whether either training volume or training intensity is excessive. The neuroendocrine system is a complex physiological entity that can influence many other systems. Neuroendocrine responses to high volume resistance exercise overtraining appear to be somewhat similar to overtraining for aerobic activities. On the other hand, excessive resistance training intensity produces a distinctly different neuroendocrine profile. As a result, some of the neuroendocrine characteristics often suggested as markers of overtraining may not be applicable to some overtraining scenarios. This hypothesis lacks consistency in individuals. Therefore, further research is needed to better understand the role of the hypothalamic-pituitary axis in OTS.

Cytokines: The Answer?

Recently, other authors have recognized the "cytokine hypothesis" as the most attractive hypothesis that accounts for the observed neuro-endocrine-immune dysregulation of OTS. As you can see from what has already been mentioned in this article, there is a wide array of variability of symptoms that fall under OTS, yet it is impressive to find one source for all of these.

There are several families of cytokines and many different cytokines within a family. This article will refer primarily to the pro-inflammatory cytokines: interleukin-1 β (IL-1 β), tumor necrosis factor- α (TNF- α) and interleukin-6 (IL-6). These three have a natural and specific role in promoting inflammation in order to complete the healing process.

This hypothesis proposes that because OTS is a response to excessive training/competing with insufficient time for rest and recovery, this results in some form of tissue trauma and associated chronic inflammation, with the resulting release of pro-inflammatory cytokines. These cytokines increase in the blood and are capable of accessing the central nervous system and stimulating specific brain areas, resulting in changing behaviors such as depression, loss of appetite, and sleep disturbances, etc. These behaviors are associated with OTS.

In terms of what is found in the blood during OTS, cytokines are capable of increasing certain blood markers associated with OTS such as C-reactive protein and ferritin.

In terms of athletes becoming more susceptible to infections and allergies, in an overtrained athlete, the

immune system becomes more susceptible to viral or bacterial infections. This renders the individual susceptible to developing an infection, and genetically predisposed individuals may develop allergies.

All three of the above conditions can affect an individual physically by decreasing performance.

The Solution

In a word: rest and try some recovery techniques. All of these symptoms create an adaptive type of response in the body such that they promote withdrawal from training and encourage rest in order for recovery to happen.

How much rest? That is largely dependent on the individual. As mentioned earlier, it could be something as little as one week to one year or even longer. Make resting days a part of your overall program. They are something your body truly needs.

Some recovery techniques are massages, meditation, contrast baths, contrast showers, sauna and/or hydrotherapy.

FIT Client of the Month! Dan Rosenthal

Name: Dan Rosenthal

Age: 50

FIT Member since: 02-02-04

Goal: Loose weight; get faster and stronger for Tennis

Results: Lost 15 pounds in 4 months, improved his Tennis, and overall health.

Likes: Variety of Olympic weight lifting and Plyometrics

PR Front squat: 100 kg

PR Clean: 85 kg

Quote from client: "Personal training helps my court speed and my overall movement."



Dan Rosenthal, a 50-year-old retired research scientist is FIT's Client of the Month for May. He came to FIT about two years ago, after an ACL surgery and an ankle injury he realized that he needed to do something about his health

and fitness. During his ankle rehab he found a love for the jump rope, which got him his reputation at FIT as "The Jump Rope Guy". Dan started out training one day a week, with workouts consisting of jumping rope and interval training. His initial goal in addition to weight loss was to be able to jump rope for 15 minutes straight. After crushing that goal (while only missing twice in the 15 minutes) he moved on to his next goal of 20 minutes, which was reached two months later.

Since October Dan has lost 15 pounds and has added Olympic weightlifting into his training. Dan has cleaned 85 kg, and front squatted 100 kg. His new goal is to clean 100 kg. Although jumping rope is not his focus anymore, he jumps 12 minutes everyday before his workout begins.

Other stats:

- Plays tennis 4 times a week
- 162 jumps in one minute
- 50 consecutive Double Unders
- 36-inch Static Box jumps for sets of 5

FIT Partners in Health, Ted Ray, L.Ac. Peninsula Acupuncture

Acupuncture more effective than placebo in treating osteoarthritis of the knee

A recent study (Berman, 2004) , published in The Annals of Internal Medicine, compared acupuncture to a credible sham and concluded that acupuncture provides improvement in function and pain relief as an adjunctive therapy for osteoarthritis of the knee. The study included 570 patients with a mean age of 65.5 yrs. +/- 8.4 yrs. Patients were either given six 2-hour sessions over 12 weeks or 23 sham acupuncture sessions over 26 weeks. Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) pain and function scores were taken at 8 and 26 weeks, as well as subjective tests including patient global assessment, 6-minute walk tests, and physical health scores of the 36-Item Short Form Survey (SF-36). Participants in the true acupuncture group experienced greater improvement than the sham group in the WOMAC function scores at 8 weeks, but not in the WOMAC pain score or patient global assessment. At 26 weeks, the acupuncture group experienced significantly greater improvement than the sham group in the WOMAC function score, WOMAC pain score, and patient global assessment.



So, what does this really tell us?

In my clinic, osteoarthritis is a common complaint. It often affects the back, knees and hips and can affect any joint in

the body. It is characterized by AM stiffness that is better by mid-morning with movement. Cold, damp weather and lack of movement typically make this condition worse. Severe arthritis may become debilitating again by the end of the day.

Acupuncture can be helpful in a variety of conditions involving the knee. Specifically, acupuncture treats inflammation. It does this through a variety of methods and primarily acts by improving blood flow to that joint. It is for this reason that it can also be used to resolve conditions like patellar tendonitis, and relieve pain associated with plica syndrome and chondromalacia. Acupuncture can be very effective at treating osteoarthritis of the knee, but like anything, it has its limitations. "Bone-on-bone" pain where the hyaline cartilage has worn away cannot be resolved by acupuncture. In these cases I always refer my patients to an orthopedic surgeon for further assessment. Surgical recommendations may include chondroplasty (micro-fracture of the bone to stimulate fibrocartilage growth) or knee replacement. Acupuncture remains one of the safest treatment methods available for osteoarthritis. A typical trial course of treatment is 6-8 sessions completed over 3-4 weeks. If you have pain or loss of function in your knees, acupuncture may be a good solution—especially if you're looking for an alternative or adjunct to medications or surgery.

About Ted

With a Master's of Science degree and extensive clinical internship experience from the American College of Traditional Chinese Medicine (TCM) four-year graduate program, Ted Ray has practiced as a Licensed Acupuncturist and Herbalist since 2001. In addition to his TCM training, Ted holds a Bachelor of Science from Cal Poly in San Luis Obispo, CA. Ted first encountered acupuncture as a remedy to harsh pain associated with long-distance running. After witnessing the positive health impacts of acupuncture first-hand, Ted devoted himself to learning how TCM and modern medicine can work hand-in-hand. Today, Ted runs Peninsula Acupuncture and helps hundreds of patients live healthy, fulfilling lives.

Ted has advanced training in Acupuncture Orthopedics and works directly with many Bay Area doctors to coordinate complete care for his patients. With a pragmatic approach and a positive, humorous attitude, Ted works to resolve his patients' problems as quickly as possible.

Advanced Training

Acupuncture Orthopedics, Lerner Education, Cedars Sinai Hospital, Los Angeles, CA, '05 (www.lernereducation.com)

Shen-Hammer Pulse Diagnosis Method, Brian La Forgia
L.Ac.Dipl.Ac, Dipl. CH, Leon Hammer, M.D., San Francisco,
CA'00-'02 (www.dragonrises.org)

Professional Interests

Orthopedics
Herbal Medicine

Clubs & Affiliations

Rotary International - Palo Alto University Chapter
(www.universityrotary.org)

Los Altos Chamber of Commerce
(www.losaltoschamber.org)

Mountain View Chamber of Commerce
(www.mountainviewchamber.org)

BNI Referral Marketing Association, Silicon Valley Success
Connections Chapter (www.bni-sfbay.com)

Interests & Hobbies

Walking, Running, Cycling
Spending time with family
Cooking
Movies
Meditation
Anything in Hawaii
Personal

Ted lives with his wife Julie and two young children,
Isabella & Theo, in Redwood City, CA.

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