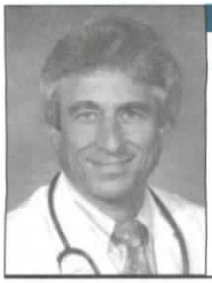

Dr. Robert Jay Rowen's
SECOND OPINION
Vol. XXIII, No. 11 November 2013

HEALTH NOTES

Simple Treatment Forces Cancer to Retreat

A few years ago, I brought you a report on the remarkable work of Dr. Simoncini of Italy. He reported on the remission of cancer with an extremely simple substance — sodium bicarbonate. Yes, simple baking soda. Well, I have more information for you on the subject.

Researchers at Moffitt Cancer Center and Wayne State University investigated the acid environment of solid tumors. They wanted to see if pH levels play a role in how invasive they are.

The researchers monitored tumor invasion and pH in immune-compromised mice that hosted a variety of tumors. The researchers found that areas of tumor with the lowest pH (greatest acidity) had the highest invasiveness. And guess what? I'll quote the researchers here: "Furthermore, when we neutralized the acidity with oral sodium bicarbonate, the invasion was halted." That's right! Simply changing the pH turned an invasive cancer into a retreating cancer.

Now it gets better. The researchers proposed that tumor cells behave like any plant or animal in altering the local environment to promote its own survival. Cancers are literally invading species in our body. Tumor cells metabolize glucose at high rates, and inefficiently. This creates a LOT of acid. The tumor cells adapt to this. But the surrounding cells don't. The tumor cells are altering their local environment to ensure their own survival!

The high-acid environment leads to a spiral effect of problems. More acid leads

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This Simple, Overlooked Treatment Can Reverse Alzheimer's, Parkinson's, and Stroke

In the July issue, I told you about a fantastic way to heal your body of disease. The treatment was very simple. All it involved was shining a red light up your nose. It sounded crazy to me too — until I read the reports. These reports showed that shining this simple red light up your nose could help with a number of conditions, including stroke, Alzheimer's, depression, ulcers, and more.

At the end of that article, I mentioned that this red light had a big sister … another red LED light, but this one is near infrared red (NIR). And this device might be one of the most effective treatments available for treating severe neurological illnesses. What's more, it's probably the most economical!

This NIR nasal light just recently emerged from development. It looks the same as the light I told you about in July. But there's a big difference. Instead of emitting 633 nm red light, you can't see the light emitted by the sister device. Its LED emits invisible infrared light at 810 nm. Infrared wavelengths penetrate far deeper. They'll easily reach your brain from your nasal cavity. While the red light (633 nm) has a longer record for vascular conditions, this new version (810 nm), which also pulses at 10 Hz, will more likely be of greater help for neurological conditions.

That means this NIR nasal light might be able to treat Alzheimer's, Parkinson's, and a host of other brain conditions. The promise sounds fantastic. But, of course, I needed to know if it could hold up under scrutiny. Does this NIR light actually work?

It certainly did for Henry. He had quadruple bypass surgery when he was 73. Five years later, he started to

HEALTH NOTES ... *continued*

to leakier blood vessels in the area. That means less oxygen delivery feeding the abnormal anaerobic cancer metabolism, leading to more acidity! Normal cells die, and cancer can move in. The researchers openly stated that therapies designed to increase pH will "likely provide a valuable alternative to traditional therapies focused entirely on killing tumor cells."

Many people were driven from this country for advocating a plant-based alkalinizing diet. William Donald Kelley, DDS and his protégé Nick Gonzales, MD of Manhattan (actively treating cancer patients) fully understood the pH connection to solid tumors.

Now, generations later, this research has revealed the science behind their results and has exonerated them. Since I reported on Dr. Simoncini, I know of at least one case of advanced cancer that CLEARED on oral bicarbonate. I also know of many that did not. Nevertheless, anyone with cancer, or anyone interested in preventing cancer, should pay careful attention to their diet. What I have written about in these pages — The Living Foods Diet — is the best mechanism to ensure natural alkalinity in your body.

If you are challenged with overt cancer, please see an integrative physician who might help you make the leap to an

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show noticeable signs of dementia. By the age of 83, he was suffering with severe Alzheimer's disease. Not only was he forgetful, he became confused and aggressive. The aggression was very difficult for the family to deal with.

After a month of using the unit, Henry's aggressive behavior had subsided. What's more he began sending his daughter email again. That was a shocker. He hadn't used the computer in years. Then the emails became lengthier and he started asking computer questions again. The family also noticed his voice became stronger and livelier.

Then the light began to help his vision. His eyes started to lose that dull cloudy look and began to focus again. But that's not the most surprising thing that happened. He started having conversations in English with his family again. His first language was Dutch and he had reverted to speaking only Dutch a few years prior. But the NIR nasal light brought his cognitive function far enough along that he was able to use English again. That requires significant cognitive function, so it's a fantastic indicator of clearer thinking.

Henry's story really got me excited about the Vielight NIR nasal light. An Australian has also reported significant improvement in his father-in-law's Alzheimer's condition shortly after using the NIR nasal light. Cases are growing, and we expect to hear more. There are studies to prove it has a far broader application. I shared one of those studies in July. In that study researchers found that the melatonin levels and mental test scores all improved with the nasal laser.

One of the more interesting studies I've read on low-level red light and Alzheimer's actually had the device added to supplemental treatment to increase the results. Researchers have known for some time that low-level red laser light can make some drugs more effective. For instance, Andrei Sommer at the University of Ulm in Germany, and his colleagues use low-level red laser light to push chemotherapy drugs into cancer cells. The laser light pushes water out of the cells. When the researchers turn the laser off, the cells "suck in" water. But they don't just suck in water. They also suck in any other molecules along with the water. If the drug chemicals are present in the water, the cells will suck in the drugs, which is lethal for the cancer cells.

But Sommer's team has found that this technique doesn't just work with drugs. And it doesn't just work for cancer. His team also found that this technique can

destroy the beta-amyloid plaques in Alzheimer's. These plaques are what disrupt the communication between nerve cells, causing memory loss and other problems.

The team also knew that green tea extract can inhibit these plaques. So they wanted to know if using green tea extract with the low-level red laser light would make them both work better. The answer was a resounding YES! The dual technique reduced the beta-amyloid cells by a whopping 60%. Using the laser light by itself reduced the plaque cells by only 20%. This study did not use the NIR nasal light from Vielight, which allows the laser to get even closer to the brain. So I suspect the results using the Vielight laser will be even better since it can penetrate the brain even further.

What's more, the researchers administered the green tea extract orally. That means you can do this treatment in the comfort of your own home using Green Tea Extract from Advanced Bionutritionals (800-791-3395) *and the* Vielight.

But what about Parkinson's? Again, I think the Vielight could help Parkinson's patients lower their medication dosages and get even better results. We don't have studies on this yet. But hopefully researchers will begin to connect the dots and do this research.

We do have ample research on the Vielight alone and its ability to fight Parkinson's. I shared one of those studies in the July issue. But there are a lot more. In 1998, researchers from China treated 43 patients with Parkinson's disease with intranasal low-level laser therapy. They treated them for 30 minutes each day for 10 days. They found that their serum 3 cholecystokinin-octapeptide (which high levels can harm your cognitive ability) decreased to normal levels. And the mental test scores of 26 of the 43 patients saw significant improvement.

Another Chinese study, conducted in 2003, was even more impressive. In this study, the researchers treated 36 patients with Parkinson's using intranasal low level laser therapy. Again, they treated the patients for 30 minutes per day for 10 days. They found improvements in Parkinson's symptoms in 31 of the patients. That's an incredible 89.1% who showed improvement. Of these, 10 (27.8%) of them were significant and 21 (58.35%) mild.

As powerful as the low level laser light is for Alzheimer's and Parkinson's, there's even more research on how well it can treat stroke victims. I shared one of

HEALTH NOTES ... *continued*

alkalinizing diet! They also can help you with sodium bicarbonate treatment.

REF: *Cancer Research*, January 3, 2013.

If You're Taking Aspirin for Your Heart, You're More Than Twice as Likely to Go Blind

If you've read these pages for a while, you know that I've never suggested aspirin, for any condition (other than perhaps acute pain). There's good reason for it. Aspirin has a dark side to it. As you may know, it tends to cause bleeding in your gut. But that's not the only reason I don't recommend aspirin. In fact, there are a couple of other reasons. And one of them may surprise you.

Aspirin is a COX inhibitor. COX is cyclo-oxygenase, an important enzyme for your body. Celebrex (and killer Vioxx) suppresses one variety of COX called COX-2. NSAIDs, including aspirin, generally suppress COX-1. My philosophical bent is totally away from anything that "suppresses." Modern medicine is almost totally based on poisoning your enzymes to bring you into balance. But, the "new" balance is a much lower level of overall function than optimal. Aspirin is no exception. The result of this action leads us to another problem with aspirin.

A new study has tied aspirin to age-related macular degeneration or AMD. In particular, it can cause neovascular AMD. This is the "wet" form of AMD in which abnormal blood vessel growth and then protein oozing and bleeding occurs in your macula. It affects about 10% of the entire AMD population, but is definitely worse than the "dry" form.

The researchers looked into past studies and saw that there could be a possible AMD link. So, they conducted a prospective study (the best kind) on 2,389 Aussies, aged 49 and up. They performed retinal examinations every five years. They classified macular lesions, which developed as neovascular (wet) or geo-

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HEALTH NOTES ... *continued*

graphic atrophy (dry). A structured questionnaire reported aspirin use and other relevant information. Of the total group, 257 were regular aspirin users. They were older and had more conditions associated with the vascular system, including diabetes and high blood pressure.

The study lasted 15 years. They found wet AMD in 63 people. Among regular aspirin users, the onset of the AMD was 1.8%, 7%, and 9.3% at 5, 10 and 15 years respectively. The wet variety rose with increasing aspirin use, occurring in 2.2% in those never using it, 2.9% in occasional users, to 5.8% in those using it routinely. They didn't find any association between aspirin and the dry AMD variety.

Overall, the study found that the odds of macular degeneration in regular aspirin users are 2.37 times the general population. This risk remained despite further adjustments for body mass index, systolic blood pressure, and history of vascular disease. The researchers also controlled for medication use like acetaminophen and beta-blockers.

The purpose of preventive aspirin is allegedly to prevent cardiovascular disease. However, it does so at the cost of inhibiting/poisoning metabolic pathways. It's held that COX-1, the target of aspirin, increases the production of inflammatory prostaglandins. That's true. So, inhibiting the enzyme might reduce inflammatory molecules like thromboxane. But COX-1 is also the starting point for the production of the most important vessel lubricator of all — prostacyclin. What medicine just doesn't know is how throwing off the

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For a complete listing of Dr. Rowen's recommended dietary supplements and nutraceuticals, please go to:

www.AdvancedBionutritionals.com

Or call toll free 800-791-3395
24 hours a day, 7 days a week.

the studies in the July issue, but again, there's far more. One study from China showed improvement in 89.7% of the cases. And 50% of these improvements were significant.

Another Chinese study treated 50 patients with cerebral infarction or traumatic brain injury with intranasal laser therapy. After just 10 days, the patients' Fugl Meyer movement scale and Barthel index scores were significantly increased. What's more, it also reduced the brain damaged area.

And finally, another study confirms what I said earlier about using the red low-level laser light in conjunction with drugs or supplements. In this study, the researchers randomly divided stroke patients into two groups. One group of 30 patients took only drugs. The second group of 32 patients took the drugs and also used low-level laser intranasal light therapy. The group with the intranasal device saw significantly greater improvement than the drugs-only group.

The research behind the intranasal light is growing rapidly. You can see that it can help brain *function* significantly, whether you have Alzheimer's, Parkinson's, or have suffered a stroke. But the uses are limitless. Research shows the new intranasal light can treat allergies, migraines and headaches, insomnia, acne and those simple "senior moments" of mild cognitive decline.

Henry's daughter, who reported his incredible turnaround, tried the laser light on herself. She said, "I have not slept through the night for years. It is great falling asleep and not waking up till morning. I guess that is why I have more energy and a general feeling of well-being.... My girlfriend Cassandra's acne disappeared after a month. My girlfriend's mother, Vera, is also sleeping through the night. Vera is in the early stages of Alzheimer's and was constantly asking the same questions. After about one to two months, she still asks the same questions, but then answers herself saying 'Oh, I already asked this.' Something is starting to happen there.

"My husband got completely stuffed up with allergies and had a throbbing headache. I gave him the light and within five minutes he was not stuffed up and his headache disappeared. It came back later in the day, but only slightly. My aunt has terrible sinus problems and it has cleared completely."

As you can see, the light doesn't work overnight in all cases. Sometimes it takes a month or two (or more).

But there are no side effects at all. So you can use it for as many months as you want. Use it for 25 minutes a day and see how it works. In severe cases, you can use it up to two times a day for 25 minutes each session. But be patient. It takes time. You will notice a difference. And try using it with your supplements, it might make them even more effective. If you're using drugs to treat these conditions, make sure you tell your doctor about the nasal light. He may need to adjust your dosage.

If you're interested in ordering a Vielight intranasal red laser light, you can do so by calling 855-836-0810. Please mention that you heard about this from ***Second Opinion*** and they will pay special attention to your needs. There is also a 3-month 80% money-back satisfaction guarantee. The price is $499. But it will last for years and you'll fight off many illnesses along the way. It could, in fact, be the most economical health treatment you ever use.

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Superbugs Are Here to Stay — Make Sure You Protect Yourself

You've read in these pages many times over the years about an active invasion in the U.S. No, it's not the Russians, Chinese, Iran, or North Korea. This invasion carries the threat to kill millions. And you can trace

HEALTH NOTES ... *continued*

balance of this system will affect any one particular individual. Perhaps prostacyclin will be greatly lowered as a cost of forcibly reducing thromboxane.

Aspirin is a coal tar derivative. I prefer to accomplish the same reduction in inflammation with natural plant-derived molecules. You can get much of the same benefit with real essential fatty acids, including evening primrose oil, like those found in Advanced EFA Formula. Turmeric, which you can find in Reduloxin, is another fantastic natural anti-inflammatory. You can order both products by calling 800-791-3395.

REF: Walsh, Nancy. "Aspirin Use Tied to Vision Loss With Age," *MedPage Today*, January 21, 2013.

We're Not "Getting The Lead Out" Enough

When we ended the use of leaded gasoline in 1976, we thought we had beaten lead poisoning. It's true that it helped considerably. Ongoing tests confirm that our toxic load of lead has dropped considerably (some 90%) since then. But a recent *Scientific American* article reminds us that the days of lead harming us are not over.

According to the article, lingering lead in our bodies is still 100 times higher than natural human levels. We are finding that low-level chronic lead toxicity is rampant at levels we now consider "normal." Remember, researchers have lowered that "normal" level repeatedly for two generations, now accepted at 1.0 mcg/dL. The American average is 1.3 mcg/dL, but can be and often is much higher in selected individuals.

Joel Schwartz of the Harvard School of Public Health surprised a crowd at the annual American Association for the Advancement of Science (AAAS) meeting. He said that excessive lead exposure correlates with a host of ills, including impaired cognition, attention deficit disorder and lower academic test scores for children, psychiatric disorders, and increased

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HEALTH NOTES ... *continued*

blood pressure, hypertension and arrhythmia. We are seeing it now with dementia.

We have serious national financial ramifications. Jessica Ryan, an economist at Amherst College says that low-level lead is costing the U.S. about $209 billion a year. The bill includes everything from direct medical costs to a heightened need for special education classes and incarcerations for violent crimes, now associated with elevated lead levels.

We will have a lead problem for centuries to come. Lead does not decay, like radiation or even organic chemicals. We belched out lead from our tailpipes for decades. Many countries still do (like China). Weapon projectiles emit tons of lead. Coal burning releases lead, and we are finding lead particulates in California traced to Chinese industrial activity. Dust swirling around may contain lead, as perhaps old pipes, and old paint which chips off and becomes more contaminated dust. Your bones actually protect you when young by absorbing lead from your blood. However, that comes back to haunt you later in life when your bones begin thin-

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In between our monthly visits, be sure to check in online!

- Access your own account using your email address
- Simple, clear search function puts every issue of the newsletter and Health Alert at your fingertips
- Send your questions to Dr. Rowen directly from the website

Login using your customer number (above your name on the mailing label). Be sure to add your email address and password to make it simple to login every time.

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its source directly to the policies of the FDA and the sickness industry.

The CDC director himself has declared that "nightmare bacteria" are attacking us. Last year, about 4% of US acute care hospitals reported occurrences of a germ resistant to the drug of last resort – carbapenems. These germs are now labeled CRE or carbapenems resistant enterobacteriaceae. The percentage of these killers has quadrupled in 10 years of monitoring. Enterobateriaceae are common germs that inhabit your gut.

The statistics on CRE increased the most for the Klebsiella germ. Its resistance rose 550% from 1.6% to 10.4% between 2001 and 2011. It made international news last summer after reports that it was part of an outbreak that swept through the National Institutes of Health Clinical Center near Washington, D.C., killing seven people, including a 16-year-old boy.

The germs in question are everyday bugs in your gut. We know that the colon is loaded with horribly dangerous organisms. But a healthy immune system keeps them docile in the colon, and eliminates them as they enter your body through your intestinal lining. All of us have stressed moments when our immune system might be weaker. We all are exposed to others with compromised systems and so infected. Infection, even in a healthy person, is not only a function of how healthy his immune system is, but also the total inoculum (total number) of pathogenic germ exposure. If exposure numbers are too high, it can overwhelm even a healthy system.

Sadly, those entrusted to protect us, protect the profits of Pharma first. They encourage violation of some of the most basic laws of Nature – extermination with chemicals rather than to provide ideal conditions for NORMAL growth of the animal (or plant). So, that leads to chemical use such as antibiotics and hormones in animals, and pesticides, Roundup chemical weed killer and GMOs in plants.

To survive, you must know how to protect yourself, as your risk of such a deadly infection rises by the day under the circumstances in which we live.

I've repeatedly said to please locate doctors nearby who do oxidation therapy. You can visit my website www.doctorrowen.com to see whom I have trained. Even if a local integrative doctor doesn't do oxidation, it's almost a certainty that he/she will offer high-dose vitamin C, which acts on infections just like oxidation.

These doctors could be lifesavers for you if you come across one of these nightmare germs at a bad moment. Oxidation does work. I've healed MRSA (resistant staph) in one to two sessions with ozone. My receptionist had a rampaging cellulitis after a tick bite. Within hours after a single ozone session, it rapidly regressed and was gone by the next day. No antibiotics needed!

The goal of the integrative physician is to increase your immune system's capability or hit the infecting army with weapons for which it has no defense. Bacteria are now armed to resist antibiotics. They never have, and never will (in my opinion) gain resistance to the mechanisms of oxidation therapy. And, these therapies, unlike further use of antibiotics, won't give rise to subsequent resistant bacteria.

Unfortunately, too many doctors refuse to look at anything outside of conventional medicine. How many will have to die before they'll consider something outside the box? I don't have that answer. But ***Second Opinion*** reader Richard S. of Chicago has a clue. Mr. Senior sits on the board of directors of a major city hospital. The chief of infectious disease there told him that he would let a patient die of infection before trying a therapy like ultraviolet blood irradiation that was not FDA approved to save that person's life.

I find Dark Age medical attitudes like that even more a "nightmare" than the CRE germ. Reminds me of Ignaz Semmelweis who begged his colleagues to wash hands after delivering a baby before moving on to the next woman to prevent deadly infections around 1820. The profession scorned him, while women and infants continued to die.

I can treat germs. I can't treat the attitudes of an arrogant self-righteous doctor whose beliefs are more important than the lives at risk.

Ref: *NBC News*, March 6, 2013.

Looking for an integrative physician near you? These organizations can help:

- American Board of Clinical Metal Toxicology — For a free list, www.abcmt.org.
- International College of Integrative Medicine — www.icimed.com
- American College for Advancement in Medicine — 800-532-3688 or www.acam.org

HEALTH NOTES ... *continued*

ning. That's because when your bones begin to release calcium, they also leach lead.

It's for this reason that I urge patients to have a lead check-up at least twice in their senior years. I am low. But, I eat organic, and I've had chelation, both IV and rectal (with Detoxamin). I also use oral detoxification with Advanced Detox Formula.

You can get a challenged heavy metal test by calling Mercout (877-530-4800) and asking for the full heavy metal test. If you are high, you can treat yourself. I happen to like Garry Gordon's product oral EDD (Essential Daily Defense, which you can order by calling 800-580-7587), particularly for lead. Dr. Gordon is one of the last still living "original chelation" doctors and knows this subject as well as anyone. While I designed Advanced Detox Formula for mercury and those who have amalgams, its mechanism of detoxification will work well for lead.

If you need more "punch," there is Detoxamin suppositories. I've talked about these in past issues and many of you have found them highly effective. You can order them by calling 877-656-4553 (you can still get a 10% discount if you give them the coupon code SAVE). In an upcoming issue, I'm going to tell you even more about IV chelation therapy, which is now the proven gold standard for treating vascular disease. Lead is not something you want in your body, under any circumstances.

Ref: http://www.scientificamerican.com/article.cfm?id=lead-exposure-on-the-rise&page=2.

Coming Next Month...

- We almost lost this life-saving therapy when antibiotics were discovered. But now it's back with even more impressive healing abilities — and more doctors are using it. I'll tell you all about it.

LETTERS

Dear Reader,

Each month in the letters column, I try to answer as many of *your* questions about health and medicine as possible. It's simply impossible for me to answer letters personally. Plus, I obviously can't make a diagnosis or prescribe a treatment by mail or e-mail. So if you have a question you'd like answered, send it (typed **only**) to:

Second Opinion Letter
P.O. Box 8051,
Norcross, GA 30091-8051

Thank you,

If you're interested in a personal phone consultation with Dr. Rowen, please call his administration in California at 1-707-578-7787 (10 a.m. - 3 p.m. PST, Mon.-Thurs.) for a schedule and rates. All other calls should be made to *Second Opinion*'s Publisher at 1-800-262-3164 (8 a.m. - 6:45 p.m. EST, Mon-Fri.)

Q: What far-infrared sauna system do you recommend and why? — *Marion S., RN, via e-mail*

A: I am nuts about far-infrared sauna therapy. I am gradually accumulating more material for a full report to you. I just got information that it can dramatically increase the release of heavy metals from your tissues. The penetrating heat moves them into your sweat and liver for elimination.

That being said, if you are using far-infrared saunas, please be sure that you take a heavy metal binder like chlorella (800-791-3395), sodium alginate, EDTA, or ImmoChelX (800-896-1484) to trap the toxics in your gut and prevent reabsorption. Regarding brands of far-infrared, I am using the system from High Tech Health of Colorado (800-794-5355). But most any unit will work just fine. Look for price, quality, and how well the company stands behind their units. You'll be spending a lot of money on it. Make sure they have a solid warranty and service reputation.

Q: I know that extra weight makes me more susceptible to diabetes. But how much weight does a woman have to gain before the risk really goes up? — *Dee H., via e-mail*

A: It doesn't take much. If you're a woman, adding only 55 pounds or more throughout your adulthood will about double your risk of getting the disease. That's a huge preventable risk!

Back in 2006, the *Journal of the American Medical Association* reported that weight gain causes one in every four cases of postmenopausal breast cancer. This does not include women who have used HRT. This study followed more than 87,000 women for two years. The study suggests that if you lose 22 pounds after menopause, and keep it off, that you will reduce your risk by 43%.

The scientists point out that fat tissue makes estrogen. That's true. But gaining extra fat also involves greater amounts of insulin. Estrogen incites cancer, and insulin throws petrol on it. It's a slam dunk.

A woman of average frame should weigh 100 pounds for the first 5 feet, and 3 pounds more for every inch taller. I throw in another 10 pounds to consider variables such as loss of height. Please do the math. If you are more than 20 pounds above the ideal, you are courting a major problem that is totally within your control.

If you are a man, the same goes. Fat increases estrogen, which ignites the fire, and insulin fuels it. But without breasts, you will get it in your prostate. If medium frame, you should weigh 105 pounds; for the first 5 feet and 5 pounds more for every inch taller. Throw in 12 pounds more to be kind. My motto is that both sexes should always maintain the weight noted at high school graduation, if you weren't overweight at that time.

Ref: *JAMA*, July 12, 2006.

Q: I hate to exercise and I love to eat. From everything you've written, that means I won't live a long life. Is there anything I can do to help extend my life without heavy exercise and starving myself? — *Mark D., via email*

A: You're not alone. A lot of people hate to exercise. But I have great news for you. If you want to live longer and healthier, you can. And it couldn't be easier. All you have to do is increase your daily energy expenditure.

Study participants numbered 302 high functioning seniors between the ages of 70 and 82. The researchers measured their total daily energy expenditure with atomically labeled water. They followed the participants over a mean of 6.15 years. The absolute risk of death was 12.1% in those with the highest activity. Death came to 24% in those with the lowest. The key finding is that it is simple daily free-living activity that handed in these impressive results. It was not due to formal exercise!

Please, get off the couch to change stations, walk some stairs, and park your car at the end of the parking lot rather than sitting an extended time (rather than energy) waiting for a close-in spot. You don't have to run on a treadmill or overextend yourself. All you have to do is keep moving at your own pace.

Ref: *JAMA*, July 12, 2006.