

CHOOSE FROM 130 FRAGRANCES

CUSTOM SCENTING

Any of our perfume oils or essential oils can be used for our custom scenting.

ESSENTIAL

lotions & oils

3638 SE HAWTHORNE BLVD.
503.236.7976
WWW.ESSENTIALONLINE.COM

REALTY TRUST

GROUP, INC.



FEATURED HOME

Beautiful Hawthorne/Belmont Home \$429,900

Updated home on a large 7,000 sq. ft. lot. Huge remodeled kitchen with gas cook top island and all updated mechanicals including plumbing and electrical. Wonderful wrap-around porch and new cedar siding give this home great street appeal. 3 bdrm 2 bath 1,540 sq. ft.
Cristen Lincoln 503-260-2414

Mt. Tabor Bungalow \$450,000

Nicely updated 5 bedroom, 2 bath bungalow just minutes from Mt. Tabor park. Refinished oak floors, remodeled kitchen with eating nook and great back yard with wonderful landscaping. New roof, updated electrical and plumbing. 2,175 sq. ft.
Kevin Caplener 503-888-6999

Rose City Gem! \$315,000

Stylish home with great features including beautiful fireplace, hardwood floors and built-ins. Nicely remodeled kitchen has tile counters, hardwoods and eat area. Main floor bath with tile and pedestal sink as well. Home also features a main floor sunroom with slider to brick patio in the fenced back yard. Partially finished basement with soundproof media room plus an oversized garage.
Skip Hathaway 503-348-9587

Realty Trust Group

5015 SE Hawthorne Blvd., Portland, OR 97215
503-232-4763
Kevin Caplener • Skip Hathaway • Cristen Lincoln
Casey Cobb • Jan Caplener

T, E and Trans Workouts

Dear Ethel beyond the gender binary

I estimate that 30 percent of my clients identify as transgender or transsexual. Though some of those clients use hormone replacement therapy (HRT), many clients are choosing not to. Sex-reassignment procedures can be considered elective surgery by most HMOs and are expensive to obtain privately. Though surgery is not a good option for everyone, for some it might be lifesaving considering the higher-than-average depression and suicide rate among transgender people.

Regardless of the route one chooses to take, these are personal decisions and must be respected. Times have changed, and we now live in a society that is challenging us to create language capable of articulating a full spectrum of gender identity. More and more, people are becoming comfortable in claiming trans identification. Get used to it.

I recently had the opportunity to speak at the Trans/Identity Resource Centre (TIRC) about my personal experiences training transgender individuals. I had an interesting and informed audience composed of people more than willing to share. I found myself countering the group with as many questions as they had for me. Many of the people I spoke with were on HRT. This leads me to my questions of the month:

DEAR ETHEL:

I am transgender and recently decided to start taking testosterone. I don't have insurance yet, so my friend is sharing his with me. I feel a rush when I inject. Is this to be expected? My friend said it hasn't happened to him before.

I know of a few uninsured people who started using HRT before consulting with a doctor. One person in particular started stealing her mother's hormones when she was 9 years old!

I'm not judging your decision; you might have had bad experiences. I wouldn't call your standard Western medical doctor trans-friendly.

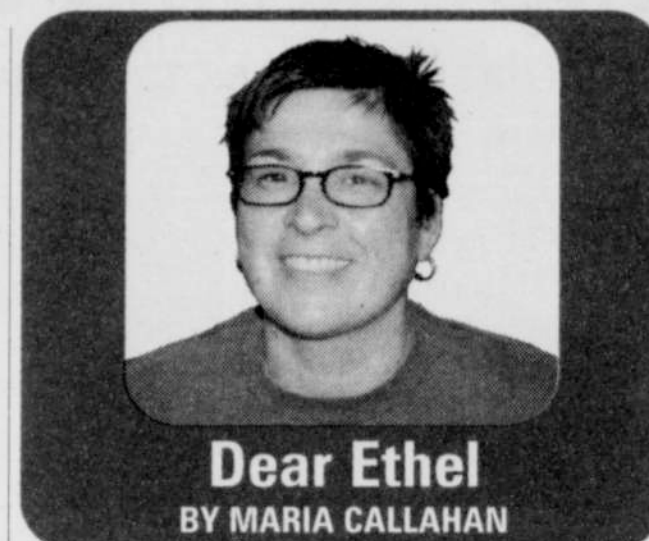
There are free or low-cost options for health care and understanding, nonjudgmental practitioners available. Call TIRC at 503-535-3895 to speak to someone about your options.

I can understand the urgency to start HRT, but testosterone, androgen blockers and estrogen can produce unwanted side effects. Without regular checkups by a health professional, you might not be able to monitor those side effects objectively. Most medications metabolize in the liver, and regular blood work becomes a necessity. Should your liver enzymes elevate to dangerous levels, how will you know? How will you know if you're taking the correct dosage?

Many people report physical sensations with injections that lessen over time. (Transdermal patches are available, and I've heard them described as "less intense.") Sometimes it takes a while to find the correct dosage, as everyone is different.

T thickens your blood and can lead to a condition called polycythemia (excess of red blood cells, the opposite of anemia). Your heart has to pump harder, and the blood might not easily flow through smaller blood vessels and might result in strokes or other cardiovascular conditions.

If you smoke, reduce the amount or quit. Blood donation is an excellent way to "thin" your red cells! T thickens muscles, tendons and bones, and many people report rapid weight gain and



Dear Ethel

BY MARIA CALLAHAN

decreased flexibility as their bodies adapt. These side effects can leave you feeling sluggish and achy, but please get off that couch!

For female-to-male clients, I recommend regular cardiovascular activity such as running, walking or biking and flexibility exercises such as yoga or other types of stretching to stay limber. Your muscles might get bigger, but if you aren't flexible I wouldn't automatically consider you stronger. Spot reduction isn't possible through weight training, but spot development is! If you want wider shoulders or more defined triceps, find a trainer who has worked specifically with body builders. Detail is their specialty. If you plan to have a surgical procedure of any sort, get into good physical condition prior to the procedure.

DEAR ETHEL:

I've been taking E and anti-androgens for about one year. I want to tone my arms, but my exercises don't seem to work. I've become really flexible quickly, and I'm worried about sprains. How should I exercise?

For male-to-female clients, I recommend balance training to strengthen the "supportive" finer muscles (BOSU, Balance Disc, Tai Chi/Qigong) and good old-fashioned free weight training to maintain muscle size and increase muscle mass around the joints that are becoming hyperflexible (hyperlaxity).

When you perform the exercises you're talking about, are you using enough weight? For now I would recommend that you use a weight that doesn't allow you to do more than 10 repetitions without losing your form. If you cannot perform an exercise without good form, stop! People naturally tend to gravitate to arm exercises that involve biceps, but your triceps actually make up the larger part of your arm, and due to gravity, triceps have less to do in daily activity. For great arms, work your triceps hard, but stay aware of any pain in your elbows! It's easy to overdo any exercise, and elbows tend not to be forgiving. E and anti-androgens might lead to changes in bone density (osteoporosis or its precursor, osteopenia).

Weight-bearing exercise such as jump rope, dance and step will help maintain bone density in your hips, a vulnerable place for everyone as we age. Pilates is an excellent form of exercise for those seeking a "smoother" look to their muscles. Many women have the misperception that using heavy weights will help them "bulk up," but I've rarely seen that. If you believe this is happening, decrease the weight you're lifting and switch to sets of 15 to 25 repetitions. **JO**

Information in this column should not be used in place of advice from a licensed health care professional. If you have a health or fitness question, e-mail DEAR ETHEL at maria@etheldiesels.com or visit www.etheldiesels.com.

Viscoform Memory Mattress
Queen mattress
\$895⁰⁰
Free Delivery. Ask for details.

Cotton Cloud Futons
brings you a brand new line of
Viscoelastic memory foam mattresses....
The same body-molding/pressure-relieving
foam that you see on TV, but at a much better price!

Cotton Cloud

Futons and Furniture

Your alternative sleep source

701 NE Broadway • Near Lloyd Center • 503-335-0758
Mon-Sat: 10am-7:30pm • Sun: 12-5pm • www.cottoncloudfutons.com