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HEALTH & Beauty




Beyonce at Fashion Awards

Beyonce Knowles arrives at the L'Oreal Legends Gala to benefit the Ovarian Cancer Research Fund in New York. She was just one of the beauties that attended the Nov. 8 fashion awards gala.

NcNabb Launches Clothing Line

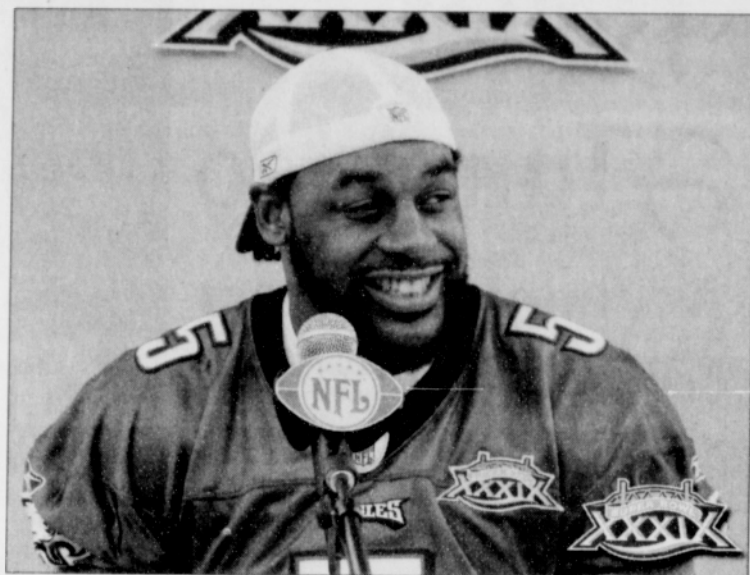
(AP)—Donovan McNabb is more likely to be compared to Joe Montana, John Elway and Dan Marino than Hugo Boss, Giorgio Armani or Gianni Versace.

The five-time Pro Bowl quarterback took a break from tossing passes for the Philadelphia Eagles to launch his own line of casual men's clothing under the Reebok label. He hosted a fashion show Nov. 7 to introduce his "SuperFive" apparel.

"This is very near and dear to me," McNabb said. "I took a lot of pride in the design, the comfort level and the look."

While models strutted down a makeshift runway inside the RBK Concept Store on South Street, McNabb described the clothes they wore with intimate detail. He seemed to know as much about materials and textures as he does cover-2 defenses.

The "Super Five" line ranges

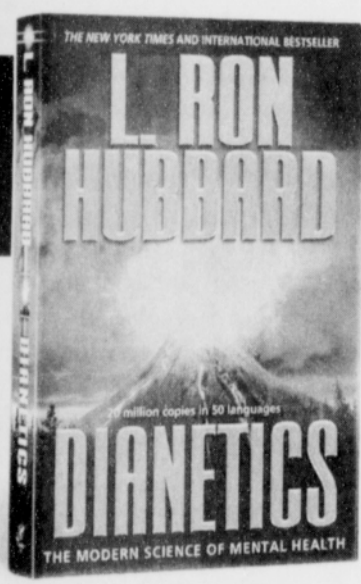


Donovan McNabb

from T-shirts and fleeces to knit sweaters and vests. And, sizes go up to 5XL.

"I've always wanted clothing that was casual and comfortable, but had a more refined look and feel," McNabb said.

McNabb grew up in Chicago in the 1980s and admired Michael Jordan. He said he treasured his first pair of Nike Air Jordan sneakers like "they were gold."



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Stay Healthy During Cold/Flu Season

Get plenty of rest, drink fluids

BY HELENE WAHBEH, NATIONAL COLLEGE OF NATURAL MEDICINE

As winter is approaching, we must learn tools to keep us healthy and well. Naturopathic medicine can help battle the bugs this winter. The first aspect of prevention is living a moderate lifestyle: eat well, rest well, drink well, and live in joy. Sounds easy, right?

If you feel yourself beginning to get sick, you can try any of the following things to avoid or shorten the illness.

Get rest as soon as possible.

Your body is giving a signal to slow down. Relax and take it easy. What is your body telling you? Listen to the answer!

Drink plenty of fluids. You should drink half your weight in ounces of filtered water and/or herbal teas.

Eat very lightly. Your appetite is normally reduced when you are sick. Let your body rest from digesting complex food so it will be better able to fight the infection.

Clear your mind. Try journaling or deep breathing exercises to help clear your mind of any anxiety, worry, or lists of things to do.

Give yourself a home hydrotherapy treatment. Salt Water Gargle: Put ¼ tsp of salt into warm water. Gargle the salt water 2-3 times a day. Warming Socks: This treatment increases white blood cell count, will clear mucus from the head, open the nasal passages, and provide a restful night sleep. Thoroughly warm the feet in a shower, tub or footbath. Soak a pair of cotton socks with cold water, wring them completely and place them on your pre-warmed feet. Place a heavy pair of wool socks over the wet cotton socks and go to bed. It really works!


Take immune enhancing supplements like Vitamin C: Take 1000mg every 3-4 hours with food. Cut back on dosage if stools become loose.

Zinc: Take 30-50 mg once daily with food (tablet or lozenge). Discontinue when well.


Take immunity enhancing herbs. Astragalus, Echinacea purpurea (Purple Cone Flower), Glycyrrhiza glabra (Licorice), Ligusticum (Osha), and Berberis (Oregon Grape Root) are all known for their powerful immune boosting properties. These can be taken as teas, tinctures, or capsules. Consult your physician with any questions on products, dosages, or if your symptoms worsen.

Remember these preventions tips and enjoy a healthful holiday season

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Emergency Services Chair Hired at OHSU

Oregon Health & Science University has named Dr. O. John Ma chairman of emergency services for OHSU and Doernbecher Children's Hospital.

Ma comes to OHSU from the University of Missouri/Truman Medical Center in Kansas City, Mo., where he served as



Dr. O. John Ma

named Teacher of the Year four times.

He earned his medical degree from George Washington University School of Medicine in 1990. After completing his residency in emergency medicine at the Medical College of Wisconsin, he joined the emergency medicine faculty of the University of North Carolina-Chapel Hill. While at UNC, he served as the medical director for Carolina

Free Tobacco Quit Line

The Great American Smokeout on Thursday, Nov. 16, is an opportunity to remind smokers that the Oregon Tobacco Quit Line provides free assistance.

"Most smokers want to quit," said Dr. Mel Kohn, state epidemiologist for the Oregon Department of Human Services Public Health Division. "The Smokeout is an opportunity for Oregonians who want to give up tobacco to join others across the state and the nation who are trying to kick the habit."

Kohn said that using the quit line increases the potential for success. Callers are able to talk to experienced cessation specialists smoking and how to quit smoking.


The Oregon Tobacco Quit Line toll-free number is 1-800-QUIT NOW (1-800-784-8669). Cessation specialists are available from 5 a.m. to 9 p.m. seven days a week.

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