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Council Kids: 50 Years Later

How do former mayors live on after they're gone?



cover story • page 12

irv'sinsight



The One and Only Dr. 90210

By Irv Rudman

Natural Healing

For as long as I can remember I've relied on over-the-counter drugstore remedies to treat my allergies. Every spring, without fail, I start sneezing and head off to my local pharmacy to load up on a few months worth of capsules, lozenges and syrups.

Recently, however, I was referred to Naturopathic doctor, Lesa Werner, who has an office right here in Beverly Hills. Now, I know what you're thinking-- what's an Naturopathic doctor? (At least, that's what I thought). Well, before I explain in detail, I can tell you that what she does certainly seems to work.

A Naturopathic Doctor (N.D.) receives graduate level training as a general practitioner, and specializes in the use of natural therapies. In some states, N.D.'s serve as primary care physicians and may prescribe pharmaceutical drugs. However, according to naturopathic philosophy, natural therapies must be employed first.

This is the crux of what an N.D. like Werner does. These doctors are trained to seek the "cause" of an illness, rather than merely treat the symp-

toms. Natural treatments that might be prescribed include herbal medications, nutritional supplements, homeopathic remedies, dietary recommendations and hydrotherapy.

Before she was an N.D., Lesa Werner was an EMT with a bachelor's degree in biology. In a funny coincidence, it was her allergies that first brought her to an N.D.'s office, just like me, and inspired her to learn more about the field.

Werner has since earned a degree as a Doctor of Naturopathic Medicine from Bastyr University, one of four accredited naturopathic medical schools in North America. There, she was trained by conventional M.D.'s and N.D.'s alike, and focused her studies on women's health care and pediatrics.

As a naturopathic physician, Werner performs conventional physical exams, including pap screens, prostate exams, ordering blood tests and imaging.



Lesa Werner: Naturopathic doctor

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Healthcare costs are kind of like the weather. Everybody complains about it, but NOBODY SEEMS TO DO ANYTHING.

WELL, HEALTH NET IS DOING SOMETHING.



Fred Thompson on healthcare

Their monthly Medicare plan premiums for comprehensive medical and drug coverage are among the most affordable in Los Angeles County. Plus, Health Net makes everything about Medicare easy, from finding the right doctor to choosing the right plan, even getting the most out of the new prescription drug benefit. And now they are holding helpful seminars that show just how simple it all really is.

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briefs

Recent Arrivals



Sydney Rose Bushman

Sydney Rose Bushman, daughter of Scott Bushman & Loren Newman, was born on Feb. 18 at Little Company of Mary hospital in Torrance at 7:29 p.m. At birth, Sydney weighed 6 pounds, 9 ounces and measured 20 and a half inches long. Proud grandparents are former Beverly High Principal Ben & Kelly Bushman of Long Beach and Ian & Elinor Newman of Irvine.

January Sales for Single-Family Homes Up in the 90210; Condominium Sales Up in the 90210 and 90211

Sale prices for three single-family residences have decreased in the 90211 zip code by 12 percent since January 2005. In the 90210, sale prices have increased by 25 percent on 11 homes, according to a report published by the Data Quick Real Estate news. (www.dqnews.com).

No single-family homes have been sold in the 90212 since January 2005.

Condominium prices in the Beverly Hills 90210 increased on one condo by 200.3 percent, increased in the 90211 on two condos by 24 percent and increased on one condo by 13.3 percent in the 90212.

The median price for single-family residences in the 90210 zip code is \$2,313,000, and in the 90211, \$1,178,000.

The median price for condominiums in the 90210 zip code is \$767,000, and in the 90211, \$752,000.

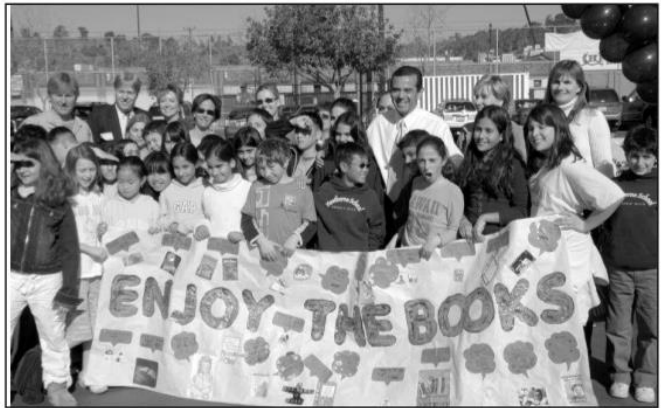
In Los Angeles County as a whole, sales of single-family residences are up 18.9 percent to a median price of \$515,000, and condominium prices are up 22.4 percent to a median price of \$410,000 since December 2004.

"Read Across America" Starts Today, El Rodeo To Celebrate Dr. Seuss Tomorrow

The BHUSD kick-offs "Read Across America" in honor of Dr. Seuss' birthday today, which is being sponsored by the National Education Association and local school districts. The goal is to enlist teachers in applying a motivational reading and awareness program that will last throughout the month of March.

A list of student activities in celebration of Read Across America month will be provided to all K-12 teachers. The district's official kick-off activities will take place today and will continue throughout the entire month.

El Rodeo students will participate in a Read Across America event tomorrow. To celebrate this year and to raise funds for library books El Rodeo will host a Seuss-A-Thon in the



BookEnds, a nonprofit organization about "Kids Helping Kids for Literacy", honored L.A. Mayor Antonio Villaraigosa, Beverly Hills Unified School District, the Los Angeles Times, Verizon, and The Joseph Drown Foundation, last week in celebration of its one millionth book donation. Villaraigosa led a parade of Hawthorne School's fourth graders (pictured above) with 3,000 books donated through their BookEnds Book Drive to Ann Street Elementary School students near downtown L.A. Among the donated books was BookEnds one millionth book donation.

library from 9 a.m.-2 p.m. tomorrow. Readers will include staff, teachers, administrators, parents and community celebrities including actors Julie Warner, Tom Gallop and Jonathan Prince, who will continuously read Dr. Seuss books for the five hours and hope to have an audience of 75 students, parents and visitors who wish to attend. To make a per hour pledge to help raise funds for new library books, make checks payable to "El Rodeo PTA"/Seuss-a-thon.

For more information, call (310) 229-3670.

Supreme Court Rules Against Councilmember Barry Brucker's Antitrust Lawsuit; Case Remanded to Lower Court

The Supreme Court has reversed a 60-year-old law against "tying arrangements," the practice of conditioning the sale of one product on the purchase of another owned by the same company, in a case involving Councilmember Barry Brucker's long-standing lawsuit, *Illinois Tool Works, Inc. v. Independent Ink, Inc.*

"This will have chilling effects on consumer choice and competition," Brucker said of the court's verdict.

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She works with her patients on diet and nutrition as well as prescribing natural remedies and homeopathic medicines. She emphasizes the importance of working with a patient's medical doctor in making sure that the natural remedies do not interact negatively with prescriptions.

Most of Werner's patients come to her with chronic conditions that conventional treatments have failed to alleviate. Diet and nutrition constitute one of the cornerstones of her treatment plan, which makes sure that all the organs of the body function optimally. She often recommends herbs that support the immune system.

Werner emphasizes that not all natural substances are safe.

"There is a lot of well-meaning misinformation out there," she said. "I take a science-based, conservative approach when using natural remedies. It is very important to use standardized ingredients, and there are only a few companies whose standards I feel comfortable with."

However, lest you think N.D.'s are opposed to conventional medicine, Werner will set you straight.

"We collaborate with M.D.'s," she said. In other words, it's a treatment system that could appeal to anyone.

N.D.'s work to treat all the ailments you would visit and M.D. for, including arthritis, cancer, fatigue, colds, depression, heart disease, and pediatric illnesses.

Werner has also done extensive

research in the field of anti-aging and longevity. I have to admit, my ears perked up upon hearing this. She has designed a protocol to fight the effects of aging that incorporates nutrition, supplements and non-surgical treatments to preserve the integrity of the skin.

Werner has said that "good health comes from within." It's an adage I've heard before, first from my mother and later from my regular doctor. Perhaps naturopathic medicine is where good sense and science meet.

But not all of Werner's recommendations are easy to adopt-- they require a willingness to change habits and take on new, healthy ones in order to make the most of the treatments. But, as they say, the proof is in the pudding. Most of Werner's new patients are referred by other patients.

Personally, now that my allergies are cleared up thanks to a regimen, it has also benefited my cholesterol levels. Now I'm most interested in the "InvisiLift," a non-surgical face lift alternative. InvisiLift uses safe, effective sound waves to target the middle-layer of skin where collagen, elastin and DNA are manufactured. Not, of course, that I need this procedure. Let's just say, I find it an interesting alternative.

Dr. Lesa Werner
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