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## HEALTH & FITNESS

### Media scan

A peek at recent health and fitness books, magazines and Web sites



By Barb Berggoetz  
Posted: October 7, 2008

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» Helping people make healthy choices when grocery shopping is one goal of four new nutrition initiatives at [www.healthcastle.com](http://www.healthcastle.com). The online nutrition community site, run by registered dietitians, joined with the U.S. Department of Agriculture's MyPyramid effort to get critical nutrition guidelines to those who need them most -- mothers who are often the shoppers, chefs and nutrition planners. Besides a shopping guide, the site has nutrition tools for pregnant moms, "reclaim your health" contests and eating tips for October.

» If you can't seem to turn down sweets, **The Craving Cure: Break the Hold Carbs and Sweets Have On Your Life** (McGraw-Hill, \$16.95) may give you the help you need. Author Rena Greenberg, a Florida weight-loss hypnotherapist, biofeedback therapist and founder of Wellness Seminars Inc., teaches a permanent at-home weight-loss program designed to fight cravings and food addictions -- whether it's sugar or simple carbohydrates you desire. She explains her two-week mega-nutrition cleanse or detox method, a new belief system to change your perception of foods you crave and other ways to help you learn to prefer healthier foods to help you lose weight without really dieting.

» Rejuvenation in 10 minutes a day? That may sound unlikely, but author Carolinda Witt has created a unique step-by-step program using five yogalike postures known as the "five Tibetan rites of rejuvenation" in **The 10-Minute Rejuvenation Plan** (Three Rivers Press, \$17.95). You don't have to be skilled in yoga practices to perform poses that Tibetan monks have used for hundreds of years to achieve better mental focus, decreased pain and improved health. The exercises are the spin, the leg raise, the kneeling back bend, the tabletop and the pendulum. Each move is supposed to be repeated 21 times in sequence, resulting in greater strength, agility and focus, in 10 minutes a day.

» A high-intensity lunchtime workout can give your body the boost it needs to power through the rest of the day, says James Batey, personal trainer at Brooklyn's Fitness Collective, in the October issue of **Men's Health**. The featured workout calls for three five-minute sets, with two minutes of rest between sets. The exercises include bicycle crunches, jump squats and jumping jacks. The issue also details a do-or-die blood test for men, and the 20 worst foods for kids.

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### IN THE NEWS

#### TODAY'S TOP HEADLINES

- Marion Co. GOP: Clerk Beth White violated election law
- Greenwood eyes merger with White River Twp.
- 3 Jackson Co. inmates fail in escape attempt
- Man fatally crushed at Muncie salvage yard
- Valparaiso begins bus service to Chicago
- More

#### MOST VIEWED STORIES

- | Today  | Yesterday | Last 7 Days | Last 30 Days |
|--|-----------|-------------|--------------|
| Crean: Self-imposed penalties have affected Hoosiers |           |             |              |
| Student death may be 2nd linked to drinking          |           |             |              |
| Senator's wallet stolen during ND game               |           |             |              |
| Colts playing on the edge                            |           |             |              |
| Court rules strip club deserves liquor license       |           |             |              |
| Boilers get basketball commitment                    |           |             |              |
| Arlington principal is moved after 2 months          |           |             |              |
| Construction halted on 'sinking' Fort Wayne hotel    |           |             |              |
| 2 Indiana polls show tight presidential race         |           |             |              |
| Police ID woman, 21, found in White River            |           |             |              |

#### MOST COMMENTED

- Local voters: Biden polished, but Palin exceeds expectations (340)
- Bright House and WISH fail to reach deal (174)
- Why is Helio immune from public scorn? (160)
- When deadly force is justified (138)
- Bright House, WISH standoff down to the wire (106)

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