

business briefs

New in Lafayette: Your Dailey Workout

The Dailey Method, 3471 Mt. Diablo Blvd., Lafayette – 284 5400

On December 10th, the new studio opened to the public its first classes that combine ballet barre work core conditioning, stretching and orthopedic exercises. For more information go to: www.thedaileymethod.com.

Mt Diablo Business Women Networking Dinner

On January 8, 2009 the organization invites its members and interested individuals from 5:45 – 8:30 PM on January 8, 2009, to a conference-dinner held at the Lafayette Park Hotel, 3287 Mt. Diablo Blvd, Lafayette. Marilyn Ellis, CTACC Life Coach, Professional Organizer and Motivational Speaker will present "What Do You Want Your Business and Your Life to Look Like In 2009." \$37 member, \$44 guest, register early, no walk-ins. For info and registration please contact: www.mtidiablobusinesswomen.org.

Parkmon Vineyard Releases Ten New Wines

The only licensed winery in Lamorinda, Parkmon Vineyard, is starting the distribution of ten new wines of which three are 'estate-grown' from their vineyard, 3 others are 'Lamorinda - grown', and another two are mostly estate-grown (though labeled Contra Costa County because they're <95% from Parkmon vineyard). www.parkmon.com

Teacake Teaches How to Bake... Teacakes! 35 Lafayette Circle, Lafayette

Teacake has started "Bake with Teacake" baking classes with hopes of inspiring newcomers and veteran bakers alike to delight in the fun and joy of baking from scratch at home. Teacake is offering special holiday-themed classes for the month of December. All baking classes are three-hour, hands-on sessions, and are held on Wednesday evenings from 5-8 p.m.. Each session is \$75 for adults 18 and over, and \$45 for children 6 and over. For more information call 510-655-0865 or email to bake@teacakebakeshop.com.

News from the Three Chambers of Commerce

Lafayette Chamber of Commerce

Business Person of the Year:

Tom Courtwright. The owner and operator of Orchard Nursery was picked by his fellow Chamber members from this year's nominees. Tom has been recognized by many organizations throughout the world for the work he does as a nurseryman. Tom grew up in the business, beginning his career at his father's nursery in Berkeley. Tom bought Orchard Nursery in 1971. He has been honored as Lafayette's Citizen of the Year in 1989, and has been a local Rotarian since 1972. He served as President of the Lafayette Chamber of Commerce. Tom has not only managed a very successful business in Lafayette, he has given his, time, money and energy to help make Lafayette a place where people want to live, work and shop. The Business Person of the Year Annual Dinner will be held on Friday, January 30, 2009, beginning at 6:00pm at the Lafayette Park Hotel & Spa. Reservations can be made by calling the Lafayette Chamber of Commerce at 925-284-7404. Registration forms will be available on the chamber website soon.



The Lafayette Chamber of Commerce Committee surprised Courtwright with the news early Friday at Jonny's Donuts. Standing left to right: Jay Lifson, Mike Heller, Dennis Garrison, Larry Blodgett, sitting: Larry Duson, Tom Courtwright, front Bill Eames

Try Lafayette First:

Dave Simpson, chair of the Shop Lafayette Committee, and all the volunteers made it possible for the Chamber to launch an ongoing program to remind residents to support the businesses and services in Lafayette. On Monday, about 100 merchants and locals marched down Mt. Diablo Blvd. to kick the campaign off. About 80 local businesses have signed up to participate. It's not too late for your business to get involved as well. Contact the Lafayette Chamber to find out how to get started. Participating businesses are identified by the Try Lafayette First posters in their windows. Those businesses are asking our residents to sign the "pledge" that asks "When you do your holiday shopping this year, you pledge to try Lafayette first." Everyone who signs a pledge is eligible for the grand prize of \$1,000 in local gift certificates. The winner will be announced on Tuesday, January 6th.

Wednesday, December 17, Green Committee at 12 Noon in the Chamber Conference room.

Thursday, December 18, Entrepreneur's Club at 8:30 a.m. in the Chamber Conference room.

Moraga Chamber of Commerce

The new and old board met for an energizing session. They brainstormed on better integration of the St Mary's campus and the town.

Next Chamber Meeting Friday January 30th starting with coffee at 7:30 a.m. at the Hacienda de las Flores.

Orinda Chamber of Commerce

Chamber Christmas Mixer Thursday, December 11, 2008 5:30 p.m. - 7:30 p.m. Mechanics Bank, 77 Moraga Way, Orinda. Join us to share holiday greetings and fun times together.

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If you have a business brief to share, please contact

Sophie Braccini at
sophie@lamorindaweekly.com

or call our office at
925-377-0977.

Lower Stress Through the Holidays and Beyond

By Dr. Theresa Tsingis, D.C., M.S.

The holiday season is fast approaching and if you're like a lot of people that means more stress, and less time to prepare and eat the right foods. Since food can affect mood and stress levels, let's explore how nutrition can help to cope with the challenges of the season and beyond.

First, some nutritional triage – avoid high sugar foods whenever possible. They are craved because the initial effects are to raise blood sugar levels, (causing an initial sense of energy and improvement in mood). Cravings can occur because the maintenance of brain blood sugar is a strong survival mecha-

nism, and sugar is an immediate source for that. But before you unwrap your favorite candy bar, look out. The negative effects of high sugar consumption kick in shortly afterwards that can result in imbalanced metabolism, fat deposition (especially around the waist), and low blood sugar (hypoglycemia). So, to combat both cravings and stress, find a way to plan ahead for healthy eating every 4 hours, a small snack composed of protein, fat and unrefined carbohydrates.

Dopamine and serotonin are some of the "pleasure" neurotransmitters, giving the body a sense of

wellbeing. Certain nutrients are required for their production, and when abundant, may encourage more production of these "feel good" brain chemicals. Research also suggests that a cell's environment (which is greatly influenced by nutritional intake) influences DNA unwinding. So, the quality of nutrition can affect the balance of brain chemicals. Said simply "You are what you eat". Said another way, "You feel what you eat".

Let's review 10 nutrients involved with neurotransmitter balance, and possible food sources of these nutrients:

DHA	Cold water fish, arugula & other greens, walnuts, pumpkin seeds, canola oil, supplements
Folic acid	Dark leafy greens (beets, spinach, chard, kale, beans, citrus fruits, mushrooms, supplements)
Vitamin B6	Bananas, raw sunflower seeds, raisins, grapes, nuts, whole grains
Vitamin B12	Low fat meats, eggs, legumes, cruciferous vegetables
Vitamin D	Salmon, sardines, shrimp, cod, milk, (Supplements often necessary; lab test needed)
Magnesium	Artichokes, barley, buckwheat, oat bran, halibut
Taurine	Protein-rich foods, energy beverages
Licorice root	Licorice root tea; Note - Use deglycyrrhized licorice only, or may cause high blood pressure
Green tea	Tea, supplements
Thiamine (Vitamin B1)	Raw sunflower seeds, beans, peas, tuna, corn

At our clinic, a 44 year old woman with a history of depression and anxiety came in for a consultation. We worked closely with her M.D. and within 2 months, by making a few changes and taking a couple of supplements, she reported a better night's sleep and significant improvement in anxiety levels. Note: one of the changes was regular exercise, because of its docu-

mented positive effects on mood (via serotonin levels). We also recommend you always check with your doctor before adding supplements to your daily regimen, especially if you are on medication.

There's so much more to nutrition than eating from basic food groups; at the same time, eating simply rather than simply eating can turn someone from stressed-out to in

control. We at Lamorinda Nutrition can help you find ways to keep yourself healthy throughout the holidays and beyond. Happy Holidays!

Dr. Theresa Tsingis, D.C., M.S., maintains a private practice at 89 Davis Rd., #180, Orinda, CA. Telephone (925) 254-1080. Email: drtsingis@comcast.net

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Customer Appreciation Day

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