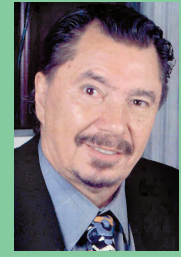


HEALTH AND FITNESS

Heading Toward Health

By Dr. Richard Klein



Rome is one of Italy's and of the world's most historic places. Its center, the Roman Forum, was once the political, economic and religious center of ancient Rome. The Arch of Titus was built to honor Rome's victory over Jerusalem in 70 BC. In the Middle

Ages, the memory of the Forum Romanum persisted and was documented, even as its structures and symbolic monuments were buried under debris.

The 2nd century, through excavation, brought the Forum to today's condition, which allows us to visualize its previous magnificence and its current state of deterioration and ruin.

It took time for the architectural masterpiece to crumble. Our bodies, unfortunately, also slowly begin to deteriorate. Today, medicine has just begun to understand what hastens this creeping demise of our body. Obstructive sleep apnea has only recently been related to such medical problems as fibromyalgia, irritable bowel syndrome, acid reflux, type 2 diabetes, etc.

Why? Well, we have known for centuries how time, weather, erosion, chemicals in the air, etc., will slowly wither away the solidity of man-made and of God-made structures. The Roman Forum in Italy and the Grand Canyon in the United States took a very long time to get to their present state.

When a human stops breathing briefly due to sleep apnea, the entire body is cut off from oxygen until the breathing restarts. No oxygen in the muscles, no oxygen in our organs, no oxygen in our brain 10, 20, 40, 80 times an hour has a hastened devastatingly destructive effect on our entire body.



The Roman Forum took thousands of years, from its genesis before Christ was born, to become the ruin that is today's current tourist stop on the bus tour of Rome.

None of us will ever live thousands of years, but we could live longer, healthier, and be emotionally happier if we

had a good night's sleep every night. A sleep that flushed the correct amount of oxygen into all of our body's tissues. A sleep that kept us from deteriorating and becoming a ruin long before the time that should be allotted to us. Although sleep apnea is medically challenging to our bodies, it is controllable.