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Meet self-improvement goals as New Year arrives

by **LOREEN BERLIN**
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The first step in achieving goals is to make sure you choose a goal that excites you – that you feel a strong emotional pull toward, said Dr. Lorraine Urbina, D.C., Registered Trigenics Physician, and Licensed Aesthetician, in Los Alamitos.

"A lot of people are thinking about rejuvenating themselves for 2007 – it's self improvement as a New Year's Resolution that coincides with the Los Al TV3 show on self improvement," Urbina said, who produces the local "Wellness and Rejuvenation" TV show on LATV-3. Anita Hunter of Cypress, came to Urbina recently to work on cellulite that made her New Year's dress just a little too tight and lost inches in that area. Before that, Hunter visited Urbina to get ready for her 20-year high school reunion.

"That was a good feeling," Hunter said. "As I walked into my reunion, my date said, 'Were you the Prom Queen in high school? Well, you are tonight,'" Hunter recounted.

Urbina was a recent speaker at the Boys and Girls Club of Buena Park, presenting "The Smart Girl's Guide to Happiness." The program includes high physiology and stress stopping strategies, focusing on the positive, and improving relationships in life.

Urbina's message is one of life skills, dealing with aggravation and problem solving – promoting, "How to be happy as a teenager," with a practical, but customized program of behavioral medicine.

Here are some handy tips to turn your dreams into goals, and then into reality.

"Sit down in an easy chair, and after a few long slow deep breaths, visualize your goal as fully completed as if you are looking at a large TV screen; see it big; see it in color. View all of the details of your goal as completed – make it big, make it

bright," Urbina said.

Then, step into it, and remember the reasons you wanted your goal so much, said Urbina. "Now, open your eyes and put pen to paper, or fingers to the keyboard – your choice – and write out the steps you need to take, to make your goal a reality, and the resources you'll need to make the goal a reality," she said. Every day, write down one step that you can do that day, to take you closer to realizing your goal. Repeat the step every day until your goal is done – then celebrate, Urbina said.

Here are some examples of several of Urbina's patients who have already achieved their goals, or are in momentum of near-goal completion early in the year.

Cliff Bos, from Seal Beach, has achieved his goal of controlling pain. Bos said that nearly six years ago he started having trouble with an arthritic neck. Before that, he had been in management and was experiencing "miserable headaches." He said he changed jobs and the stress was gone, but then the arthritis came on.

"Dr. Urbina had been my neighbor at one time, and so I talked to her; she said she could do something to help," said Bos. "I tried the SCENAR and Trigenics along with Chiropractic, which I thought was an unusual mixture, but because arthritis travels in the body, I was very limited with my work for around seven months, but now with the combination of treatments, I can work six days a week in my own construction company," Bos said.

Sherri Selmanson, from Long Beach, is in maintenance with her weight goals. "I reached my weight goal with very positive support from Dr. Lorraine Urbina and her husband Dr. Dan Urbina," Selmanson said.

Selmanson said that from the moment she walked into the office, there was always a "Positive energy. Because of their talking to me and

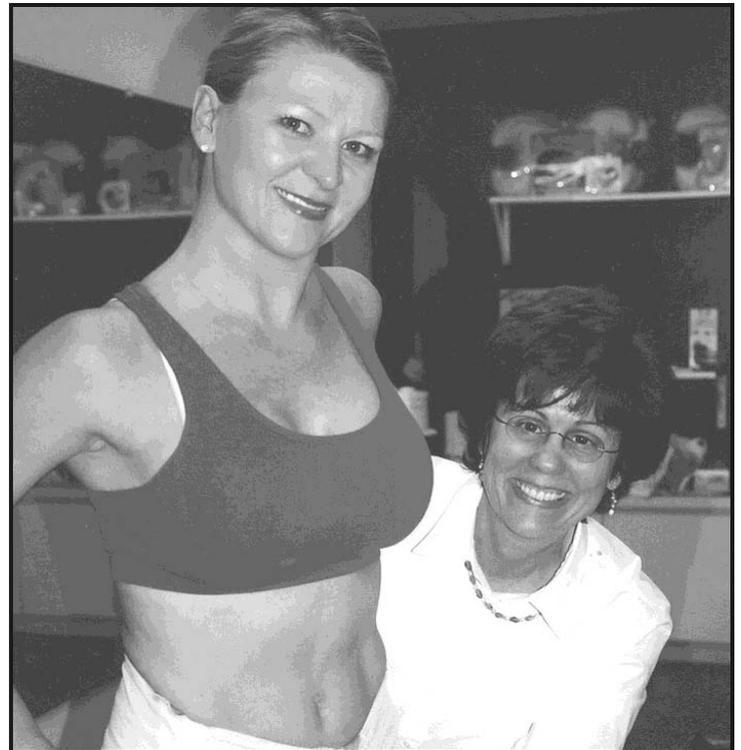


Photo by Loreen Berlin

Anita Hunter of Cypress (left) reaches her goal of fitting into her New Year's dress for a New Year's cruise, with the help of Dr. Lorraine Urbina. "I have cellulite and I was confident that Dr. Urbina could help me fit into my dress." While in the Swedish Body Wrap, Hunter had an Oxygen Facial.

their vitamins, it put me in a very positive place," she said, noting that before that, she had done every kind of diet, experiencing the "yo-yo" effect.

"When I felt I had reached a plateau this time, Dr. Dan helped me with self-hypnosis to reach my goals. I reached those goals before the holidays and only gained one-to-two pounds during the holidays," said Selmanson.

"Sometimes when you go to a diet place, they make you feel guilty if you gain weight, but that didn't happen with Dr. Urbina," Selmanson said. Selmanson has lost close to 18 pounds, while counting calories, watching food portions, and working out. "I learned from my trainer and Dr. Urbina to eat more healthy. They were easy to work with and there was no stress – just

positive energy – which helps in reaching any goal including losing weight; I'm a very happy person now," Selmanson said.

Selmanson worked gradually for 10 months to achieve her weight goal, "but I travel a lot with my husband and we eat out a lot so I had to work all of this into my life style which is hectic," she said.

For information, call Suddenlly Younger and Slimmer Wellness Spa at (562) 596-1019 or visit www.suddenllyoungerandslimmer.com, or view her Wellness and Rejuvenation Show on LATV3, at various times.