

# ACCENT + HEALTHY LIVING



Melissa Perlman, who has been using her Peloton Tread+ treadmill since January, says she considers it vital for her training for a fall marathon. PROVIDED PHOTOS

## Is Peloton's Tread+ treadmill too dangerous to keep in your home?

**Steve Dorfman**

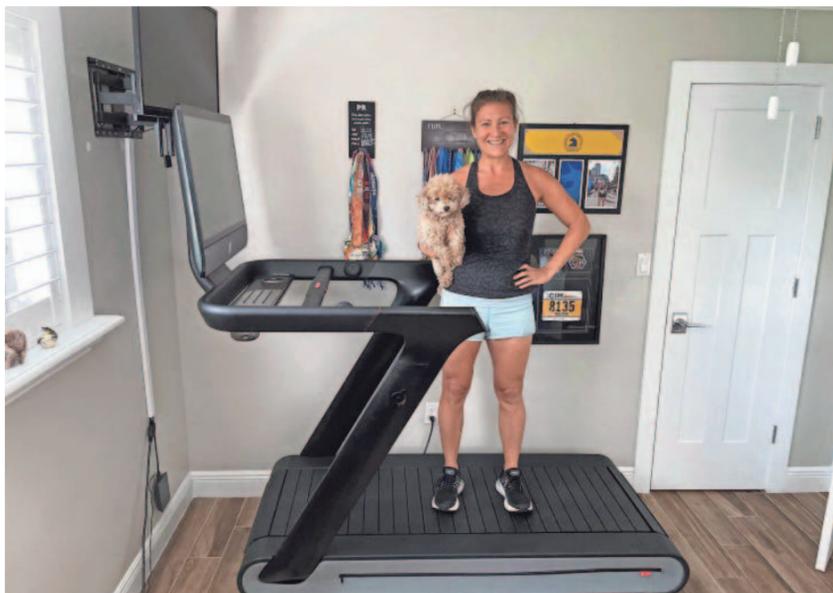
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Melissa Perlman takes her training seriously.

The 39-year-old Delray Beach resident — a Spanish River High School graduate, former collegiate cross country and track star, and two-time World Maccabiah Games competitor — is a sub-three-hour marathoner and one of Palm Beach County's top distance runners.

So after she and her boyfriend, Mark Burns, moved out of their rental apartment and bought a house together last fall, they treated themselves to a state-of-the-art housewarming gift: a Peloton Tread+ treadmill.

"I wanted the Peloton Tread+ specifically because of the unique running tread, which reminds me of the Woodway treadmill — the top-of-the-line machine that many professional runners use," she explained. "I also like having



Perlman and her 11-year-old toy poodle Bella on the Peloton Tread+ treadmill. Perlman considers herself fortunate that Bella has shown no interest or curiosity in the machine.

the ability to participate in Peloton's different virtual fitness classes — running, boot camp, stretch, yoga, etc. — when I need a distraction or changeup in my routine. Mark also really enjoys taking the classes to get in his cardio."

But when word — and then some disturbing videos — started circulating online earlier this year about multiple reports of children becoming entrapped, pinned, and pulled under the machine, she, like a great many Peloton Tread+ users, became understandably concerned.

After all, while Perlman and Burns don't have any children, they do have an 11-year-old toy poodle named Bella — who, was she a more curious or mischievous pooch, would be equally at risk.

"I'm lucky that Bella isn't interested in the treadmill when I'm on it," said Perlman. "But that said, I still keep my office door closed when I'm using it and disable the machine every time after I

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## Eat a rainbow of colors for better health

**Salvatore Lacagnina**

Special to For Myers News-Press  
USA TODAY NETWORK — FLORIDA

There are many fad diets which emphasize certain macro-nutrients and eliminate others. In order for the trillions of cells in the body to remain healthy, however, each cell has to be supplied with the proper amount of protein, fats, carbohydrates and all of the essential vitamins, minerals, and antioxidants (aka micro-nutrients). To accomplish this, one has to eat a variety of foods in all colors of the rainbow.

Essentially, the colors of the rainbow — red, orange, yellow, green, blue, indigo, and violet (ROYGBIV) — signify all the vitamins, minerals, and antioxidants each cell in the body needs to remain healthy. But where do we find a rainbow? In the produce aisle!

This is where you find red apples, grapes, peppers and potatoes; orange oranges, cantaloupe, and carrots; yellow summer squash, sweet corn and lemons; green avocados, kiwifruit, green beans and leeks; blue blueberries, concord grapes, eggplant (more purple than blue), cabbage, purple po-



You can find a rainbow of colors in the produce aisle. GETTY IMAGES

tatoes, figs and even purple asparagus. And let's not forget beetroot, purple corn and yams. Now picture in your mind what this plate of food would look like having all of the colors of the rainbow included in one meal. Fabulous, delicious and nutritious!

Contrast this to the standard American meal which is almost colorless and deficient in many of the vitamins, minerals, and antioxidants found in all of

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## Fountain of youth closer with promising treatment

**Eduardo Maristany**

Special to Fort Myers News-Press  
USA TODAY NETWORK — FLORIDA

Many adults spend a lot of time and money trying to look younger — topical creams, makeup, hairstyles, clothing and even surgical treatments.

They may work, but inside, your body is still aging. You may feel groggy or lack energy. You may experience chronic pain or inflammation. You may gain weight and have difficulty completing simple tasks.

Aging is a natural occurrence, but researchers are coming closer to pinpointing specific causes of aging — besides our numerical age — and thus developing solutions to stall nature. Many doctors of functional medicine are increasingly optimistic about a new treatment targeted at the molecular level inside the body.

Nicotinamide Adenine Dinucleotide, or NAD+, is a naturally occurring cofactor/coenzyme derived from Vitamin B3 (niacin), which is present in all living cells. NAD+ starts to diminish as we age, so research has focused on the impact of reintroducing NAD+ to the



NAD+ can boost energy levels and help fight chronic fatigue. As we age, our natural levels of NAD+ decline. GETTY IMAGES

body.

Is this the fountain of youth? NAD+ is already being referenced as the body's anti-aging molecule. As a supplement, NAD+ does not need FDA approval, so it's available today to the general public.

I wanted to see if NAD+ was indeed the real deal and merited consideration

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# Treadmill

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use it.”

Unfortunately, though, it seems some Peloton Tread+ users have not been as diligent as Perlman when it comes to following safety protocols.

Late last month the Consumer Product Safety Commission said it had become aware of more than three dozen serious accidents — including the death of a small child — attributable to the machine. Thus, the CPSC urged all customers with small children and pets to stop using the Tread+ immediately.

The CPSC’s notification drew a strong rebuke from Peloton, which called the federal agency’s notice “inaccurate and misleading.”

What’s more, according to CNN, Peloton CEO John Foley said in a letter to Peloton members that the company had “no intention” of issuing a voluntary recall on the popular \$4,300 machine. CNBC reported that Foley’s letter also promised the company is working on a new software-enabled backup code “that will provide an additional layer of protection against unwanted use of the Tread+.”

Apparently, however, that didn’t satisfy some current Tread+ owners. On April 20, a federal class-action lawsuit, led by lead plaintiff Shannon Albright of California, was filed against Peloton.

The suit said in part “the Tread+ contains significant design flaws that makes it defective, unfit for use in a home with children, and unreasonably dangerous for its intended purpose. Namely, because the design is extremely susceptible to children (and pets) getting trapped underneath the machine while it is operating.”

The Tread+ is different from its competitors in that it runs on what the CPSC described as “an unusual belt design that uses individual rigid rubberized slats or treads that are interlocked and ride on a rail” — as opposed to the standard continuous-belt design of most treadmills.

Peloton markets the machine as being able to provide users “your hardest workout session” on “your softest road” — thanks in large part to those shock-absorbing slats.

But if you look closely at the Tread+ design, you’ll see that the belt is raised, leaving a few inches of space between the belt and the floor.

And that’s where the primary hazard lies.



All Peloton Tread+ treadmills come with a prominent warning sticker that alerts users “that exposed moving parts can cause injury” and instructs them to “keep children and pets away from the treadmill at all times.” PROVIDED

**“I’m lucky that Bella isn’t interested in the treadmill when I’m on it. But that said, I still keep my office door closed when I’m using it and disable the machine every time after I use it.”**

**Melissa Perlman**  
Peloton Tread+ treadmill owner

Perlman suggested that “maybe Peloton could solve the problem by creating an aftermarket cap to block the back of the treadmill, something that keeps anything from touching the tread or going underneath it.”

## Product recalls

When it comes to product recalls, West Palm Beach lawyer Daniel Lustig of Pike & Lustig explained that, except in rare cases, most product recalls are voluntary and issued by the manufacturer.

“Until 2010, all consumer product recalls were technically voluntary. Today, both the Food and Drug Administration (FDA) and the CPSC can mandate a recall under certain circumstances, as can a federal district court,” he said. “Still,

most recalls occur the same way they always did — voluntarily and after the manufacturer negotiates with the appropriate government agency.”

For current Tread+ owners who want to keep track of the machine’s recall status, Lustig recommended visiting recalls.gov, which is run by the government agencies that regulate consumer goods, food, drugs, and transportation and will send you email alerts about recalled products.

“Tread+ customers will likely receive emails from Peloton discussing reminders on warnings on how to best use and maintain the Tread+,” said Lustig.

Both Lustig and Perlman believe that current Tread+ owners need to treat their treadmills — which Perlman described as “a really big machine, one that’s not easy to put in a closed-off,

dedicated space” — as the serious commercial-grade fitness devices that they are.

Lustig noted “typically these machines are in a professional gym environment, but now with the nationwide move to at-home workouts, parents need to mind the tread, as they would in a gym environment.”

That’s why owners would be well-advised to follow the guidelines put out by Peloton:

- Children under 16 should never use the Tread+.
- Keep children, pets, and objects away from the Tread+ at all times.
- Make sure your children understand that the Tread+ is a potentially dangerous piece of machinery that’s not ever to be played on or near.
- Keep children and pets out of the room while it’s in use.
- When the machine is not in use, disable the machine so it cannot be turned on.

For her part, Perlman — who’s training for an October marathon (either Chicago or Boston; she hasn’t decided which yet) — “really hopes that Peloton does not recall the treadmill as I love it and need it, especially for when the South Florida summer kicks in and it gets super-hot and humid outside.”

# Youth

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as a treatment option at the Naples Center for Functional Medicine, so I began personally taking NAD+ in its oral supplement form. The results? I am sleeping better, achieving much more deep sleep than usual, which is allowing my body to fully rejuvenate each night. I have more energy and feel refreshed all day. My mood is better and my mind is sharper. It is supercharging my mitochondria, which helps to burn fat and reduce my blood glucose potentially as well, as seen in animal studies.

Some genetics experts believe that NAD+ treatments might be more effective than stem cell therapy. According to top researcher Dr. David Sinclair at Harvard, NAD+ actually can reprogram your own cells to regress to a more youthful state. That statement alone warrants a closer look at NAD+ as a supplement.

## Benefits of NAD+

The benefits of NAD+ are far-reaching within the human body and can impact an individual’s:

- **Brain:** Potentially slows cognitive decline and promotes healthy brain functions, mental clarity, higher concentration levels and memory function. Studies in mice showed these results. Now, studies are underway involving humans with Parkinson’s disease and other neurodegenerative disorders.

- **Mental health:** Potentially helps control depression, anxiety and mood disorders. Research has shown that people with critically low levels of NAD are at a higher risk for developing problems related to addiction, anxiety and other mental disorders.

- **Energy:** Boosts energy levels and fights chronic fatigue. NAD+ inserts itself directly into the Krebs’ cycle or the energy cycle in your mitochondria of your cells that create energy. As we age, our natural levels of NAD+ decline, explaining why fatigue is the No. 1 complaint among older adults.

- **Metabolism:** Gives a jolt to metabolism, which burns fat, and helps the body regulate blood sugar levels. In studies, diabetic and obese rats showed improvements in their metabolism with NAD+ supplementation.

- **Rejuvenation:** Allows cells to regenerate and repair, healing the body as it recovers from injuries and rigorous

exercise. NAD+ is a sirtuin activator, and a very strong one at that. These sirtuin genes have the ability to repair cells and regress them to a more youthful state.

## Who is using NAD+

NAD+ is in all of our bodies, which means everyone benefits from the coenzyme. However, some groups of individuals are turning toward NAD+ therapy in larger numbers, including:

- **Athletes:** Can improve endurance, performance and recovery.
- **Executives:** Can enhance concentration, focus and memory.
- **Individuals with neurological disorders and other conditions:** Alzheimer’s disease, Parkinson’s disease, anxiety and depression.
- **Individuals with medical ailments:** Conditions like fatigue, restless sleep and fibromyalgia.

## Therapy options

There are two primary ways to receive NAD+ treatments:

- **IV therapy:** This treatment option has grown in popularity because vitamins, minerals and nutrients are intro-

duced directly into a patient’s bloodstream. This allows for quick absorption and immediate impacts. IV therapies are conducted in a doctor’s office or medical clinic.

- **Oral supplements:** Just like a multivitamin or supplement, taking NAD+ in tablet form introduces the treatment through an individual’s digestive system. The impacts aren’t immediate, but are felt within hours. Patients can take oral supplements daily from their home.

All of us want to look younger, but we should be focused on living longer, healthy and pain-free lives. Science shows that the fountain of youth isn’t found in a mythical spring, rather potentially as NAD+ within our own bodies. Some of us just need a little extra as our levels decrease with age.

As always, please consult with your physician prior to making any substantial lifestyle, health or nutritional changes.

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# Rainbow

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these luscious fruits and vegetables. The reason for recommending a focus on eating the rainbow is again to ensure that each meal provides all of the essential micro-nutrients. Next we will talk about the essential macro nutrients. The cells of the body also need protein, fats, and carbohydrates and more specifically, healthy sources of proteins, fats and carbohydrates.

The standard American diet provides protein and fat traditionally from animal sources meaning muscle meat from cows, pigs, chickens, and to a lesser extent buffalo, sheep and goat. Animal flesh does contain protein and fat but what also comes along with it is a host of contaminants such as hormones, anti-

biotics, pesticides, as well as bacteria, viruses and even fecal material. Sorry if this sounds graphic and displeasing, but it is essential to know what is in the product labeled as food before it is consumed. Certainly, all humans need protein to maintain optimal health, but we can (and should) do without all the mentioned contaminants. It is estimated that about 70-80% of all chronic illnesses (heart disease, diabetes, obesity, etc.) are related to unhealthy nutrition. We know that the standard American diet (the SAD diet) contributes significantly to poor health and the converse is also true. Healthy nutrition contributes significantly to optimal health.

For the average American, approximately 20 grams of protein per meal is adequate. One cup of lentils provides about 18 grams of healthy protein. One cup of edamame (soybeans) also contains about 18 grams of protein. Add in

one cup of wild rice for another 6 grams of protein and another 15 grams from one cup of black beans. Healthy sources of fat are found in avocados, flax and chia seeds, nuts and freshwater fish. Tofu is a complete plant protein and also a good source of monounsaturated and polyunsaturated fat. A 100-gram serving (3.5 oz.) of tofu provides just over 4 grams of fat and this amount also provides ¼ of an individual’s calcium intake along with 11 grams of protein. If you know what quinoa is, one cup provides about 8 grams of protein.

Carbohydrates are also essential for optimal health and well being but the source also matters. Healthy sources of carbs include all the vegetables previously mentioned, and when we add in a few fruits per day, we’re also including fiber and water, both of which are essential for gastrointestinal and overall healthy. Most Americans get nowhere

near the recommended 40 grams of fiber per day. It is estimated that most adults in the United States average only about 15 grams per day. Now add in a deficiency of water and you have a great recipe for chronic constipation which many people in America suffer from. So, from a general health perspective these are the reasons why vegetables and fruits are recommended as a main part of a healthy nutrition program.

In summary, eating the rainbow provides the hundreds of vitamins, minerals and antioxidants needed and selecting healthy sources for protein, fats and carbs will help form the foundation for optimal health and well being. As I mention in my book, the goal is to “Grow Up Without Getting Old!” For more information on this and other health related topics write to me at drsallifesty-lemed@gmail.com or go to drsallifesty-lemed.com.