

A TOAST to GOOD HEALTH!

Veteran broadcaster, and former Dolphin, Jimmy Cefalo takes his food, wine and fitness seriously



Steve Dorfman
Boomer Banter

From being a steady, dependable, at-times-spectacular Miami Dolphins wide receiver to his seamless transition into both local and national TV/radio broadcasting, Jimmy Cefalo has been a prominent, continuous presence in South Florida since 1978.

And now the amiable Penn State University grad – who currently hosts “The First Team” on WIOD-610 radio every weekday morning and is the radio play-by-play voice of the Dolphins – has added another notch to his diverse résumé: health advocate.

For the past year, the lifelong wine-and-food connoisseur (he comes from three generations of winemakers) – and now-professional “wine ambassador” for Bacardi’s Martini & Rossi – has been also hosting a one-hour show on Saturdays at 9 a.m. on WIOD called “Eat This, Drink That, Go!”

“I created this show with Brenda Bassett, my co-host and business partner in our wine consulting firm (Cefalo’s International), because so many listeners who knew about my background with wine would call in, or e-mail, with wine-related questions,” Cefalo, 56, explains. “But the program is way more than just a wine show. We include doctors, dieticians, nutritionists, chefs and other health experts as guests. We want to show people how to enjoy delicious food that will also maximize their health.”

Still fit in his 50s

Considering that Cefalo, who lives in Miami Beach, is that rarest of baby-boomer/



CHEERS! Jimmy Cefalo toasts with Brenda Bassett, his co-host on ‘Eat This, Drink That, Go!’ and his business partner in their wine consulting firm, Cefalo’s International.

ex-NFLers – one who’s just a few pounds removed from his listed playing weight – he’s eminently qualified to dispense his own tips for fitness and nutrition.

What makes this married, father of three’s ability to remain within 10 pounds or so of his 192-pound Dolphins days all the more impressive is that, he says, “Around 20 years ago, I gave up high-impact training, such as running and lifting heavy weights. They hurt my joints too much.”

And this from a former player who maintains that, after four seasons of major-collegiate competition and seven seasons in the pros, when it comes to injuries, “I consider myself one of the lucky ones because I didn’t have anything really major.”

(Of course, Cefalo considers his two surgeries – one for a shattered ankle, the other a full reconstruction of a knee – minor maladies.)

These days, Cefalo says he maintains his fitness with vigorous daily walking, as well as regularly swimming laps and partaking in low-weight/high-repetition strength-training. He also follows a fairly strict low-carb/low-sugar diet of grilled or broiled chicken or fish, as well as

fruit, vegetables and other healthful fare.

Cefalo’s upbringing also enables him to empathize with those who are trying to transform their nutritional habits: “I come from an old-fashioned Italian family and woke up every morning to the aroma of my mom’s meatballs and sauce – and would often have that for breakfast.

“On weekends, my family would consume these enormous, two- or three-hour-long lunches – and the whole time, we’d be discussing what we were going to have for dinner.”

Another of Cefalo’s passions is helping people find safe, alternative ways to relieve pain. He’s especially enthused about the innovative, non – and minimally-invasive modalities of Dr. Ira Fox, of Anesthesia Pain Care Consultants. And, in 2011, Cefalo attended the 14th Annual Pain Symposium, held in Miami Beach.

“I consider myself a ‘patient-in-waiting’ for arthritis pain management, as well as potential joint-replacement,” Cefalo says. But, he adds, “I believe that maintaining my ideal weight and eating a healthful diet will stave off that day as long as possible.”

JIMMY’S HEALTH SECRETS

On maintaining his fitness: “You have to challenge yourself to elevate your heart rate.”

On nutritious cooking: “Use only fresh ingredients – and measure everything.”

On dietary indulgences: “I never deprive myself. Moderation is the key.”

On the nutritional benefits of his beloved wine: “Even Dr. Mehmet Oz recommends a nightly glass of red wine because the resveratrol in it has anti-aging and cardiovascular benefits.”



CAREER HIGHLIGHTS

- Third-round draft choice of Miami Dolphins in 1978
- Played in Super Bowls XVII and XIX (1983, 1985) and caught a 76-yard touchdown pass in the former
- Emmy-award winning broadcaster – nationally and locally
- Five-time winner of the Florida Sportscaster of the Year award

HEALTHY LIVING STAFF

Editor: Steve Dorfman,
(561) 820-4923;
steve_dorfman@pbpost.com

Designer: Jo Rose;
jarose@pbpost.com

Easing arthritis pain – without medication

These state-of-the-art modalities may help with your condition

Not only is arthritis perhaps the most widespread cause of daily, chronic physical pain – according to the Arthritis Foundation, 50 million Americans have the condition – it is also our country's leading cause of disability.

What's more, it's not simply a disease of the aged.

More than two-thirds of the people who have either osteoarthritis (a progressive degenerative joint disease, characterized by the breakdown of joint cartilage) or rheumatoid arthritis (an immune-system disease characterized by inflammation of the membranes lining the body's joints) are under 65.

In earlier generations, the only options for arthritis-pain relief were pharmaceutical – that is, prescription and/or over-the-counter medications.

But these days, there are new, non- (or minimally) invasive modalities that can be used in lieu of, or in conjunction with, traditional forms of arthritis pain relief. Here are three that you might not be aware of – but may want to consider.

INTERVENTIONAL PAIN MANAGEMENT

According to Dr. Ira Fox, one of the pioneers of “interventional pain management” and the founder of Anesthesia Pain Care Consultants (apccfl.com) in Tamarac, “Proper diagnosis is the first, and most significant, step to treating arthritis.”

Depending on where a patient's pain is located, there are a few minimally invasive protocols to consider.

Fluoroscopy: Minimal-invasive injections can be administered to the joints to eliminate pain. With the use of fluoroscopic guidance, the physician injects small quantities of a local anesthetic at the source of the pain.

These injections may pro-

vide instant relief. But they also provide valuable diagnostic information, because the patient is evaluated immediately after the procedure, while the local anesthetic is still working.

Radio-frequency ablation (RFA): This treatment is used to eliminate the pain fibers in individuals who experience arthritic pain in their spine.

Using sophisticated technology, the physician harnesses radio-frequency waves and directs them at the site of pain, thus generating heat that eliminates the nerve endings causing the pain. This method also provides nearly instantaneous relief, with only minor discomfort.



▲ Kelly Dorsey, owner of the brand-new Infrasweat spa in Delray Beach. Infrasweat offers private sessions in saunas that use infrared heat, which provides numerous health benefits that traditional saunas don't.

INFRARED HEAT

According to many research studies – not to mention Dr. Mehmet Oz – the sweat elicited by exposure to infrared heat in an infrared sauna contains up to 20 percent toxins. The toxin percentage produced via conventional saunas: just 3.

In other words, in the infrared sauna, your body releases far more of the potentially damaging chemicals of which you want to rid yourself. There are numerous purported health benefits to this form of therapy – including relief from arthritis pain.

Dr. David Rudnick, owner of the Chiropractic & Sports



Interventional pain-management physician Dr. Ira Fox uses a fluoroscope machine to guide him to just the right spot to inject patients with pain-blocking local anesthetics.

Rehab Institute in Boynton Beach, extols the therapeutic advantages of infrared saunas to his patients.

“The benefits of infrared saunas are vast,” Rudnick says. “From neuro-musculo-

skeletal conditions, to rheumatoid arthritis, to sports injuries, infrared saunas, used as an adjunct to traditional therapies, seem to consistently relieve pain and to decrease healing time.”



The high-intensity laser-light therapy administered at Laser Medica is pain-free, side-effect-free and wholly non-invasive.

LASER THERAPY

Affordable, wholly non-invasive, and devoid of any side effects, high-intensity laser-light therapy has been remarkably effective for many people at eliminating, or greatly reducing, the pain associated with a wide array of conditions.

According to board-cert-

tified chiropractic orthopedist Dr. Joseph Costello, founder of Laser Medica in Palm Beach Gardens (laser-medicaflorida.com), this form of therapy works on a wide variety of conditions, including neuropathy, injured muscles, toenail fungus, sciatica, acne and carpal tunnel syndrome.

“Basically, if you have any kind of pain – including arthritis pain – laser therapy can help,” explains Dr. Costello.

It does so by penetrating deep into the body, at the cellular level, and “bio-stimulating” the healing properties of living tissue.

“Laser therapy can provide a viable, effective alternative for medical failures and for patients who suffer from severe chronic intractable pain,” says Dr. Costello.