



(EXPLORE)
GOING INTERACTIVE IN
MUNICH



(ADVANCE)
FINDING BALANCE WITH
CATHY BENKO



(INDULGE)
BLAZING TRAILS IN THE
SUBARU LEGACY



(TAKE FLIGHT)
GETTING WICKED IN
DESPICABLE ME

Continental

NOVEMBER 2010



HAIL VAIL

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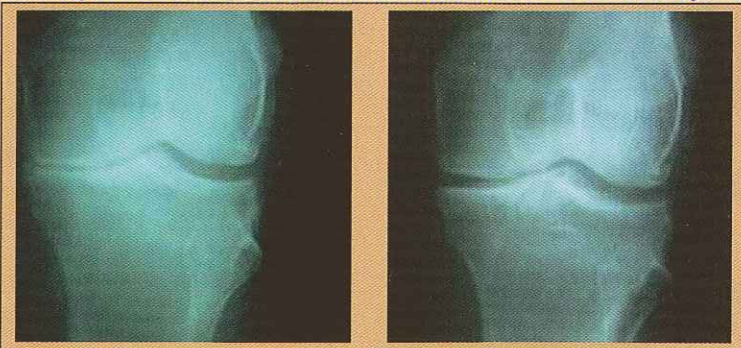
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THE CENTER FOR REGENERATIVE MEDICINE. A NON-SURGICAL TECHNIQUE TO FIGHT AGAINST ARTHRITIS AND SPORTS INJURIES



The Knee Diaries: SJ is a 60-year-old male with bone on bone osteoarthritis of the left knee. An X-ray showed arthritis of the knee (X-ray on the left). Patient started receiving treatments at The Center For Regenerative Medicine. Today he is feeling better (X-ray on the right).

This is how it works: The physician introduces natural medicine into damaged, arthritic cells by means of a precise injection. This process is followed by infrared laser as well as several other modalities including Collateral Artery Flow Exercises (C.A.F.E.), in order to accelerate the process. Depending on tissue damage, severity of the condition and the size of the joint that needs to be injected, people usually need a series of 1 to 6 treatments to improve. There is usually no down time, and people can go back to their usual activities or work immediately. The treatments can help most musculoskeletal problems such as low back pain, neck pain, knee pain, shoulder pain, whiplash, sciatica, tendinitis, sprain, strains, torn ligaments and cartilage damage.

Located at 9573 Harding Avenue, Miami Beach, Florida, The Center For Regenerative Medicine includes a team of professionals that are dedicated to improve your quality of life, paving the way to enhance the science of non-surgical orthopedic medicine. World champions, sports legends, professional and amateur athletes, dancers, and people with just plain pain and arthritis go to The Center For Regenerative Medicine for non-surgical orthopedic care. Using the facility to improve their condition, thousands of successful cases have been treated over the past six years.

For more information and to read more on "The Knee Diaries," please visit www.arthritisusa.net or call (305) 866-8384, International: (305) 866-6995

explore / destinations



BURLINGTON

Stowe Away

If a New England ski vacation is on your agenda, put **Stowe Mountain Lodge**, 45 minutes from Burlington, at the top of your list. This 312-room wonder of a resort pays attention to every detail. Nestled slope-side at Stowe, Vermont's quintessential ski resort, the lodge blends beautifully with its surroundings and welcomes guests with impeccable service, décor, and amenities. The lodge offers farm-to-table cuisine, a 21,000-square-foot spa, concierge service, and a staff so friendly you'll feel right at home. Opened in June 2008, the lodge more than doubled in size this year with the addition of 173 guest rooms. stowemountainlodge.com — Kathleen Reilly



SHANGHAI

Old and Improved

Once known as "the number one mansion in the Far East," the **Fairmont Peace Hotel** in Shanghai has reopened after a three-year comprehensive restoration. First opened in 1929, the newly refurbished hotel offers 270 guest rooms and suites featuring state-of-the-art technology while preserving the rich culture and architecture of one of China's most famous buildings. Guests can choose from six restaurants, including the iconic 1930s Jazz Bar, take in the Bund from the 9th floor terrace, or learn about the hotel's rich history in the Peace Gallery. fairmont.com/peacehotel — T.L.