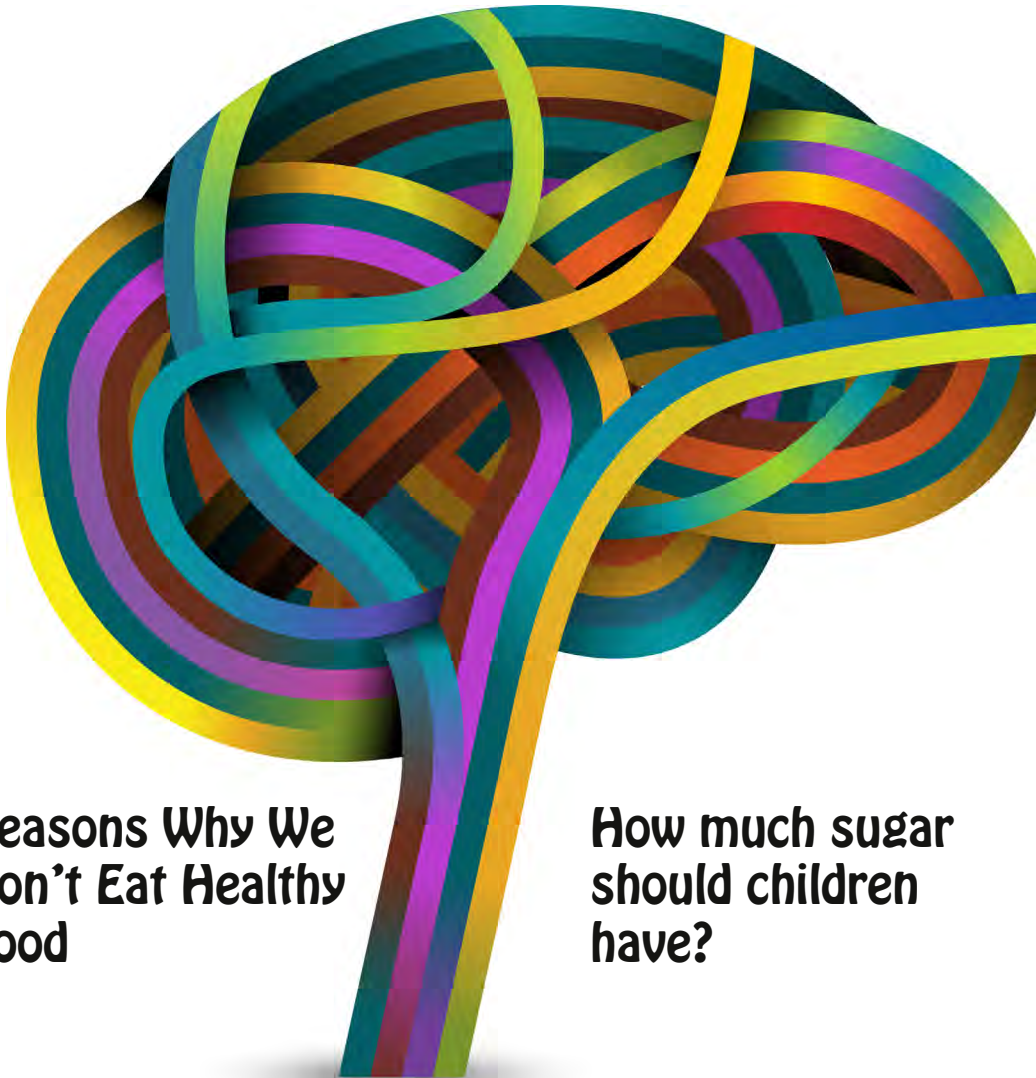


# Brain may flush out Toxins during sleep



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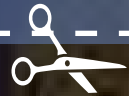
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**Lyana Al-Jabri**  
Editor-in-Chief  
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# Brain may flush out Toxins during sleep

**A good night's rest may literally clear the mind. Using mice, researchers showed for the first time that the space between brain cells may increase during sleep, allowing the brain to flush out toxins that build up during waking hours. These results suggest a new role for sleep in health and disease. The study was funded by the National Institute of Neurological Disorders and Stroke (NINDS), part of the NIH.**



**“Sleep changes the cellular structure of the brain. It appears to be a completely different state,” said Maiken Nedergaard, M.D., D.M.Sc., co-director of the Center for Translational Neuromedicine at the University of Rochester Medical Center in New York, and a leader of the study. For centuries, scientists and phi-**



**exciting results highlight the potential importance of the network in normal brain function,” said Roderrick Corriveau, Ph.D., a program director at NINDS.**

**Initially the researchers studied the system by injecting dye into the CSF of mice and watching it flow through their brains while simultaneously monitoring electrical brain activity. The dye flowed rapidly when the mice were unconscious, either asleep or anesthetized. In contrast, the dye barely flowed when the same mice were awake.**

**“We were surprised by how little flow there was into the brain when the mice were awake,” said Dr. Nedergaard. “It suggested that the space between brain cells changed greatly between conscious and unconscious states.”**

**losophers have wondered why people sleep and how it affects the brain. Only recently have scientists shown that sleep is important for storing memories. In this study, Dr. Nedergaard and her colleagues unexpectedly found that sleep may be also be the period when the brain cleanses itself of toxic molecules.**

**Their results, published in Science, show that during sleep a plumbing system called the glymphatic system may open, letting fluid flow rapidly through the brain. Dr. Nedergaard’s lab recently discovered the glymphatic system helps control the flow of cerebrospinal fluid (CSF), a clear liquid surrounding the brain and spinal cord.**

**“It’s as if Dr. Nedergaard and her colleagues have uncovered a network of hidden caves and these**



To test this idea, the researchers inserted electrodes into the brain to directly measure the space between brain cells. They found that the space inside the brains increased by 60 percent when the mice were asleep or anesthetized.

“These are some dramatic changes in extracellular space,” said Charles Nicholson, Ph.D., a professor at New York University’s Langone Medical Center and an expert in measuring the dynamics of brain fluid flow and how it influences nerve cell communication.

Certain brain cells, called glia, control flow through the lymphatic system by shrinking or swelling. Noradrenaline is an arousing hormone that is also known to control cell volume. Similar to using anesthesia, treating awake mice with drugs that block noradrenaline induced unconsciousness and increased brain fluid flow and the space between cells, further supporting the link between the lymphatic system and consciousness.

Previous studies suggest that toxic molecules involved in neurodegenerative disorders accumulate in the space between brain cells. In this study, the researchers tested whether the lymphatic system controls this by injecting mice with labeled beta-amyloid, a protein associated with Alzheimer’s disease, and measuring how long it lasted in their brains when they were asleep or awake. Beta-amyloid disappeared faster in mice brains when the mice were asleep, suggesting sleep normally clears toxic molecules from the brain.

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# How **SMOKING** during pregnancy af- fects you and your baby

Smoking cigarettes is probably the No. 1 cause of adverse outcomes for babies,” says Welch, who’s the chairman of the Department of Obstetrics and Gynecology at Providence Hospital in Southfield, Michigan. He’s seen the complications far too many times: babies born prematurely, babies born too small, babies who die before they can be born at all. In his view, pregnancies would be safer and babies would be healthier if pregnant smokers could somehow swap their habit for a serious disease such as diabetes or high blood pressure.

“I can control those conditions with medications,” Welch says. But when a pregnant woman smokes, he says, nothing can protect her baby from danger.



**Why is it so dangerous to smoke during pregnancy?**

Cigarette smoke contains more than 4,000 chemicals, including truly nasty things like cyanide, lead, and at least 60 cancer-causing compounds. When you smoke during pregnancy, that toxic brew gets into your bloodstream, your baby's only source of oxygen and nutrients.

While none of those 4,000-plus chemicals is good for your baby (you would never add a dollop of lead and cyanide to a bowl of strained peaches), two compounds are especially harmful: nicotine and carbon monoxide. These two toxins account for almost every smoking-related complication in pregnancy, says ob-gyn James Christmas, director of Maternal Fetal Medicine for Commonwealth Perinatal Associates at Henrico Doctors' Hospital in Richmond, Virginia.

The most serious complications – including stillbirth, premature delivery, and low birth weight – can be chalked up to the fact that nicotine and carbon monoxide work together to reduce your baby's supply of oxygen. Nicotine chokes off oxygen by narrowing blood vessels throughout your body, including the ones in the umbilical cord. It's a little like forcing your baby to breathe through a narrow straw. To make matters worse, the red blood cells that carry oxygen start to pick up molecules of carbon monoxide instead.



Suddenly, that narrow straw doesn't even hold as much oxygen as it should.

**How will smoking affect my baby?**

A shortage of oxygen can have devastating effects on your baby's growth and development. On average, smoking during pregnancy doubles the chances that a baby will be born too early or weigh less than 5 1/2 pounds at birth. Smoking also more than doubles the risk of stillbirth.

Every cigarette you smoke increases the risks to your pregnancy. A few cigarettes a day are safer than a whole pack, but the difference isn't as great as you might think. A smoker's body is especially sensitive to the first doses of nicotine each day, and even just one or two cigarettes will significantly tighten blood vessels. That's why even a "light" habit can have an outside effect on your baby's health.

**How smoking affects your baby:**

**Weight and size**

On average, a pack-a-day habit during pregnancy will shave about a half-pound from a

baby's birth weight. Smoking two packs a day throughout your pregnancy could make your baby a full pound or more lighter. While some women may welcome the prospect of delivering a smaller baby, stunting a baby's growth in the womb can have negative consequences that last a lifetime.

**Body and lungs**

Undersize babies tend to have underdeveloped bodies. Their lungs may not be ready to work on their own, which means they may spend their first days or weeks attached to a respirator. After they're breathing on their own (or even if they did from the start), these babies may have continuing breathing problems – because of delayed lung development or other adverse effects of nicotine. Children whose mothers smoked during pregnancy are especially vulnerable to asthma, and have double or even triple the risk of sudden infant death syndrome





# Consequences of Having an Emotionally **Detached Parent**

Do you know an emotionally avoidant and detached parent/guardian? If so, what makes that person so emotionally unavailable? Is it a mental illness, personality disorder, or something else such as a job, career goal, or educational endeavor? Whatever it is, having an emotionally unavailable parent or guardian can lead to a lifelong journey of unstable or failed relationships, emotional neediness, empty voids, identity confusion, poor attachment to others, low self-esteem and self-efficacy (the feeling of mastery), etc. Research has identified the importance of all infants and developing children having an appropriate, warm, and loving attachment to a mother

figure during the developmental years. Without an appropriate, warm, and loving parental figure, children are likely to develop multiple personality, emotional, and psychological difficulties. For many of my clients, the absence of a loving parental figure has resulted in an increase in psychiatric symptoms, school and academic difficulties, fear of abandonment, and many other challenges. This article will discuss the aftereffects or consequences of growing up without an emotionally available parent.

Parents who are emotionally unavailable are often immature and psychologically affected themselves. As difficult as it is to believe, emotionally unavailable parents have a host of their own problems that might go back as far as their own childhood. There is often a deficit in parents who are unable to meet the emotional and psychological needs of their child. In a sense, some emotionally void parents deserve sympathy as they are often emotionally burned adults who have no way of coping with their

own emotional and psychological needs. As a result, these kind of parents become one of the following: rejecting, emotionally distant, immature, self-centered or narcissistic, or driven to succeed in life. These adults are not emotionally what their stated (or chronological) age says they are. They are pseudo-mature in many ways which often pushes the child to become adult-like and emotionally independent before their time. The parent maintains negative patterns of behavior due to lack of self-awareness, often affecting the child in more ways than one, while the child sinks further and further into despair. Sadly, these same kids develop into emotionally needy teens and adults who are longing for the love, security, and affection they never received.

Symptoms often representative of adults who are emotionally immature and detached include but are not limited to: rigidity (unwillingness to be flexible when needed), low stress tolerance (inability to tolerate stress in a mature manner), emotional instability with aggression (anger outbursts

characterized by threats of physical aggression, suicidal gesture, cutting behaviors or other acts of self-harm), poor boundaries (desiring to be their child's friend instead of a parent), unstable relationships (multiple partners or friends who create more trouble than peace), and attention-seeking

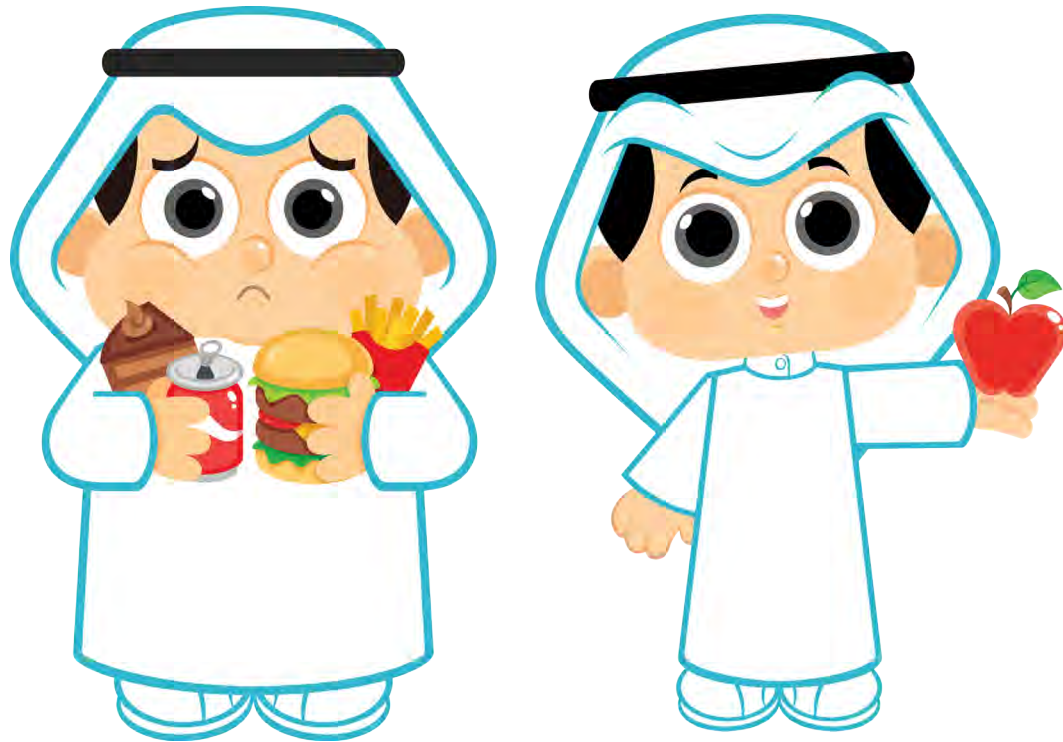
(looking for accolades, recognition, or support at all costs) among many other characteristics. Tragically, the affected children often develop into teenagers and adults who also struggle with life.



# How much **Sugar** should chil- dren have?

Most of us eat too much sugar and recent recommendations advise us to reduce the amount of 'free sugars' we eat. But what exactly does this mean? 'Free sugars' are any sugars that are added to food or drinks, or present naturally in unsweetened fruit juices, honey or syrups. It does not include natural sugar found





in fruits, vegetables and milk. We should be eating a maximum of 5% of our daily calories from added sugars. However, the most recent UK survey showed that our kids are getting almost 12-16% of their daily calories from added sugar.

**What happens when we eat too much sugar?**

Eating too much sugar can often means we're eating too many calories and if we don't use them, our body will store them as fat. This can lead to weight gain and if this happens to our children, it's very likely they will carry it into their adolescent and adult years, becoming overweight or obese.


With this in mind, how much free sugar should our kids have and is it really that bad? There is room for a little bit of sugar in children's diets, but these foods and drinks should only be seen as occasional treats, never the norm. High sugar foods tend to have fewer vitamins and minerals, and they may start to replace nutritious foods

kids need to grow and develop.

**Foods to be aware of...**

Biscuits, some breakfast cereals, pasta sauces, cakes, chocolates, sweets, fizzy drinks and fruit juice are all considered high in sugar. Almost a quarter of free sugar in our children's diet comes from sugary drinks, and one single can of fizzy drink contains approximately nine teaspoons of sugar.

Some people believe that diet affects children's behaviour, and that children become more hyperactive when they have sugar and are less likely to concentrate at school. This is a hotly debated topic and many parents say it dramatically affects their child's behaviour. Scientifically speaking, there are no published studies to confirm this is the case. What we do know though is that sugar can lead to tooth decay, which is the biggest cause of hospital admissions among children. Health experts,



including the British Dental, Dietetic and Medical Associations are calling for the government to take serious action and introduce a 20% Sugar Tax.

**Top tips and simple swaps**

- **Healthy snacks** Swap high sugar breakfast cereals for 50:50 or granary toast, crumpets, bagels, plain yogurt with fruit or porridge with berries. Make sure you read the label as some cereals position themselves as high fibre and healthy, yet contain high levels of sugar. At weekends, try scrambled or poached eggs on toast for a tasty alternative.
- Instead of cakes, pastries, biscuits or sweets, try a plain scone, unsalted nuts, bread sticks, fruit and vegetable sticks, oat or rice cakes with a small amount of peanut butter, sliced banana, cheese or houmous.
- Rather than fizzy drinks, try sparkling water with a small amount of unsweetened fruit juice. Try ice cold milk, or you could blend some fruit, ice and milk and make a healthy, nutritious alternative.
- Why not bake a fruit crumble or tart without adding much sugar, or try one of our sugar-

free bakes. Add a drizzle of cream and this will be a healthier alternative to jelly and ice-cream and most other puddings. Plain yogurt with lots of berries, or fruit salad are other options you can choose.

- Get your kids involved with preparing and cooking food. If they've helped out, they're more likely to eat it.
- Be a role model – children tend to copy behaviour so if they see you eating a healthy diet, they will too.

The advice isn't to just cut down on sugar – demonising one ingredient isn't always very helpful. We should encourage our children to eat healthier snacks and have more nutritious drinks, eat more fruit and vegetables and increase fibre by having wholemeal and wholegrain options. Being really active is also key, and encouraging different sports and activities is equally as important.


# Exercise and Stress

You know that exercise does your body good, but you're too busy and stressed to fit it into your routine. Hold on a second — there's good news when it comes to exercise and stress.

Virtually any form of exercise, from aerobics to yoga, can act as a stress reliever. If you're not an athlete or even if you're out of shape, you can still make a little exercise go a long way toward stress management. Discover the connection between exercise and stress relief — and why exercise should be part of your stress management plan.

## Exercise and stress relief

Exercise increases your overall health and your sense of well-being, which puts more pep in your step every day. But exercise also has

A photograph of two pink dumbbells and a red measuring tape. One dumbbell is in the foreground, showing '0.5 KG' on its handle. The measuring tape is coiled around the dumbbells and a green towel in the background. The background is a blurred indoor setting with a window.

some direct stress-busting benefits.

- **It pumps up your endorphins.** Physical activity helps bump up the production of your brain's feel-good neurotransmitters, called endorphins. Although this function is often referred to as a runner's high, a rousing game of tennis or a nature hike also can contribute to this same feeling.

- **It's meditation in motion.** After a fast-paced game of racquetball or several laps in the pool, you'll often find that you've forgotten the day's irritations and concentrated only on your body's movements.

- **As you begin to regularly shed your daily tensions through movement and physical activity, you may find that this focus on a single task, and the resulting energy and optimism, can help you remain calm and clear in everything you do.**

- **It improves your mood.** Regular exercise can increase self-confidence, it can relax you, and it can lower the symptoms associated with mild depression and anxiety. Exercise can also improve your sleep, which is often disrupted by stress, depression and anxiety. All of these exercise benefits can ease your stress levels and give you a sense of command over your body and your life

# Is a **LOW-CARB** or **LOW-FAT** **DIET** Better for Weight

There's a longstanding debate among scientists and dieters alike about the best way to shed pounds. Those in the more traditional school maintain that decreasing total calories is most important, while others passionately argue that the "calorie is a calorie" dogma is wrong, and that cutting carbohydrates in particular is the most effective way to trim fat. According to researchers in the low-carb camp, carbohydrates are more likely to promote weight gain than protein or fat because they increase levels of insulin, a

hormone that drives fat storage.

## The Study: Low-Fat Diet Wins for Fat Loss

To see whether a low-carb diet actually generates a metabolic advantage, researchers at the National Institutes of Health designed a carefully controlled study testing the short-term effects of two different diets: one low in carbohydrates, and the other low in fat. The results were published in September 2015 in the journal *Cell Metabolism*.

For this study, 19 obese men and women spent two two-week periods confined in a laboratory, where every calorie they ate and burned was meticulously measured by researchers. At the start of each stay, the participants ate a baseline diet designed to maintain their weight by providing exactly the number of calories they used daily.

After this lead-in period, researchers put subjects on a six-day weight loss regimen that

reduced their calorie intake by 30 percent (about 800 calories). During one visit, individuals ate 800 fewer calories from carbohydrates only, while their intake of

fat and protein remained the same. During the other visit, individuals ate 800 fewer calories from fat only, while their intake of carbs and protein remained the same.

All of the meals were formulated by the research staff to precisely meet these diet prescriptions, and participants were required to eat every last bite of food. The amount of fat the participants burned daily was also measured using standard research techniques. Researchers then compared the amount of fat participants ate on each diet to the amount they burned in order to calculate their net body fat loss.

As expected, subjects lost body fat on both diets, but they lost fat at a faster rate on the low-fat diet. When following the low-carb diet, participants burned more fat for fuel, but they had a smaller net fat loss because they also took in more fat from food. The bottom line is that the low-carb diet did not give dieters a fat-burning edge, as many low-carb advocates have claimed. Using intricate mathematical models that simulate weight loss, the researchers predicted that the low-fat diet would continue to outperform the low-carb diet on fat loss over the long term, but that the differences would be modest.

### It's Important to Put This Study

### Into Context

Before you rush to any conclusions, understand that this study was not designed to compare the effectiveness of low-fat diets and low-carb meal plans as people might follow them in the “real world.” It was designed to test the theoretical concept that your body treats carbohydrate calories differently from protein and fat calories, and that cutting carbohydrate calories is more effective for stoking your metabolic engine than reducing calories in general.

This study only tested each regimen for six days, so it's certainly possible that the body might adapt and burn fat differently when people follow these diets for longer periods, although researchers did not see evidence supporting this idea. Further, this study wasn't concerned with comparing adherence to low-fat versus low-carb diets. Even if a low-fat diet burns slightly more fat than a calorically equivalent low-carb diet under controlled conditions, if the low-carb diet is easier to follow, it's going to result in more weight loss.



Finally, this study was purposely designed to focus on one main outcome: body fat loss. Certainly, low-fat and low-carb diets have different effects on blood sugar, insulin, cholesterol, and triglyceride levels, and these changes have a meaningful impact on health over the long term (losing weight, regardless of the diet followed, will also improve these markers).

# REASONS WHY WE DON'T EAT HEALTHY FOOD

As I was working today, I started wondering why most of us don't eat healthy. Everyone is different and everyone has their own reasons. I thought it would be fun to come up with a top 10 list of reasons. So here it goes... The top 10 reasons why we don't eat healthy:

10) I thought I was - This is a big one! I thought I was too! But I wasn't. It was obvious when I looked in the mirror. People just don't know they are not eating healthy. How would they? When



was the last time any of us had any course on nutrition? For most of us, it may have been in elementary school and how long ago was that?

9) I don't know how - This seems silly, but it is not and it is common. It does not seem like it should be a tricky thing. But for what ever reason, we have decided to make it very difficult to eat healthy in our society. The good news is with a small amount of education, you can do it with ease.



8) It's too much work - Well sure, it is more work than grabbing something from a drive-thru or opening a package and putting it in the microwave or a pot of boiling water. But how much work is being sick or going to the doctor or missing work/school or carrying around extra weight? Think about it, if you are 10, 15, 20, 30, 40,... pounds overweight, that is a lot of extra stuff you are carrying around. I was carrying around an extra 55 pounds. Now that is a lot of work!

7) It costs too much - I guess if you are looking on the surface level (nutrient-deficient calorie -vs- nutrient-dense calorie), it could be more. But what about over the long term? The cost of health care alone in this country is a lot. We are spending billions of dollars dealing with disease that is directly related to eating the so-called cheap food.

6) I am too busy (when I have more time I will eat healthy) - This is exactly what I use to say. But if I would have waited until I had the time, I would have still not made the change.

It's like with anything (kids, working out...) you just gotta take the time, then the time appears.

5) I don't like vegetables - I did not like vegetables at all! In fact, that is how it all started. I knew I had to figure out a way to eat more vegetables and that is how my journey really got started. Now I crave them, just like I use to crave pizza.

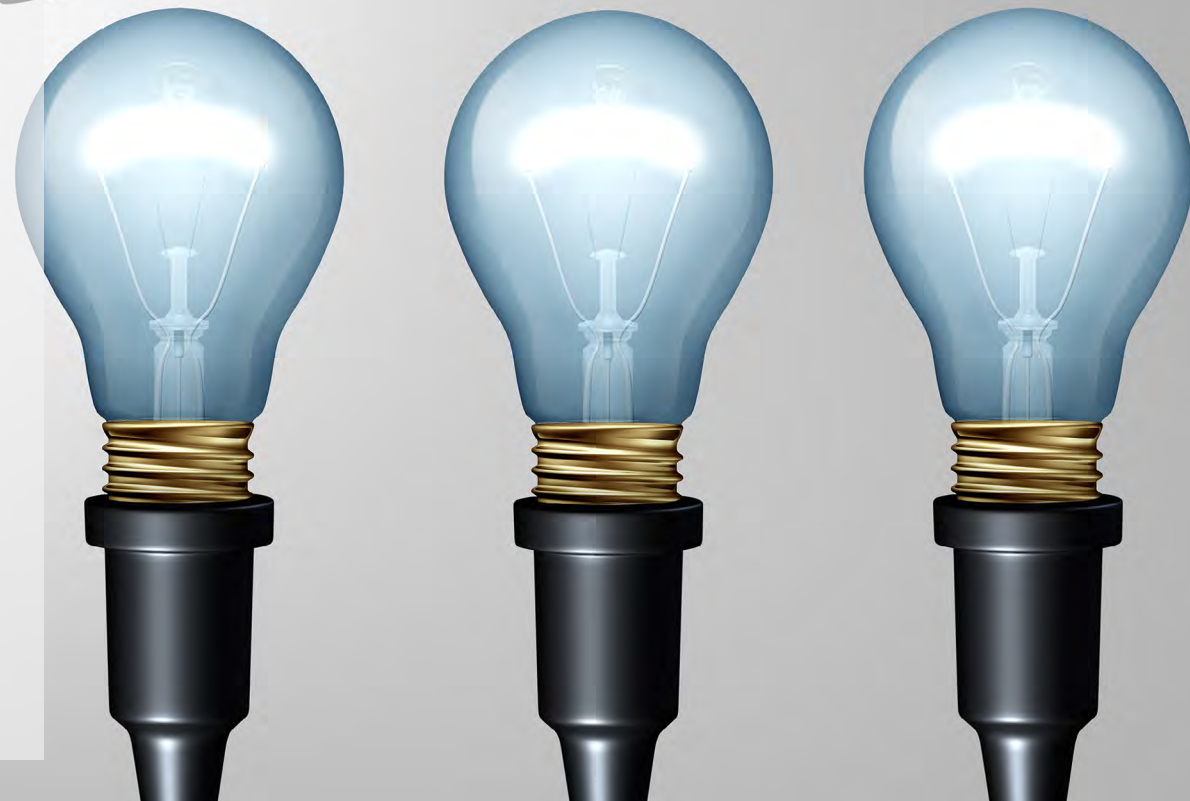
4) I may have to cut back on the things I like (pizza, hamburger, fries, cookies, chips, booze.... insert your favorite food vice here) - This was a big one for me. I had hardcore cravings for pizza, chips and burritos. Now, I do not crave them at all. When you give your body what it needs, cravings change. I never deprive myself of any food I truly want.

3) I enjoy feeling bad - I had no idea that I did not feel good. If you have not felt good (since you were a kid), how would you know what feeling good felt like? One of my favorite things about working with people on their food, is when a client comes in and tells me how much better

they feel. Sometimes this happens within the very first week. It is a noticeable difference for them and it is very rewarding.

2) I love going to see the doctor - I do not like doctor offices or hospitals, they are kinda depressing to me. I would like to do my best to stay out of them.

1) It requires me taking responsibility for my own health and well being - Sometimes we know we need to do something, but we just don't. Someday we will have to address it. But it is not today, so we put it off and put it off. Usually, it is not until we have a specific event, like a doctor visit, class reunion, birthday, wedding, vacation, or you just get sick and tired of the way you look in mirror. Some kind of motivating factor is usually what triggers us to want to make a change.



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Aston Hospital	01-38594060
Doctor Fakhri Hospital	01-38941618
Faisal Saeed Al Qahtani Hospital	01-38999253
Saad Specialized Hospital	01-38823069

## CLINICS &amp; POLYCLINIC

## WESTERN REGION

Eed Clinic – Medical Surgery & Cosmetology Center	01-26398858
Alolia - Cross of Athalatheen Street & Aldabab Street	01-14650000
Jeddah Altahleah Street - Ibn Hamran Trade Center	01-26699999
RIMAS CLINIC	01-26517828
Al Hamra Clinics	01-26651487
Al Hanan Clinic	01-26317720
Khogeer Clinics	01-26438414
Dr. Hassan Badrek Al Amoudi Clinics	01-26688555
Reem Clinics	01-26630562
Dr. Amany Qandeel Clinics	01-26604139
Al Sawwaf Clinics	01-26730528
Al Hekma Medical Clinics	01-25403883
Accumulated Clinics Of Dr. Hussain H. Dakheel	01-26837007
Al Jazira Medical Clinics	01-26653229
Dr. Mohammed Aaref Clinics	01-14574610
Faisal Mostafa Saeed Clinics	01-26656154
Sayyed Shams Al Deen Babar Clinics	01-26726623
Dr. Gholam N. Kutb Clinics	01-25370025
Hamra Clinics	01-26631733
Dr. Mohammed Qazzaz Dermatology	01-26610712
	01-26677889

## CENTRAL REGION

Al Moawadah Clinic	01-17844559
Dr. Mohammed Al Dweik Clinic	01-14633472
Clinic Dispensary	01-14955012
Salamatak Clinic	01-12287234
Rasan Medical Clinic	01-14567960
Dr. Al Kharashi Pediatrics Clinic	01-14250036
Dar Al Sharq Clinic	01-12272228
Doctor Jamal Al Saqa Urology Clinic	01-14655133
Eyes Laser Center Clinic	01-14508995
Al Oyaynah Clinic	01-15280238

## CLINICS &amp; POLYCLINIC

Al Slayyel National Clinic	01-17820871
Permanent Smile Clinic	01-14640334
Consulting Clinic	01-12328015
Care Corner Clinic	01-14564907
Al Barakat Medical Clinic	01-14778883
Al Manayer General Clinic	01-14627191
Al Mumtaz Clinic	01-14786807
Arab Medical Dar Polyclinic	01-14160011
Al Riyadh Polyclinic	01-14787070
United Medical Polyclinic	01-12454334
Salamtek Polyclinic	01-12269722
Al Majd Family Medical Polyclinic	01-14182228
Al Sultan Medical Polyclinic	01-14469440
Elixir Polyclinic	01-14080977
Al Taif Polyclinic	01-14801718
Al Dossary National Polyclinic	01-12281242
Al Khawaled Kendy Diseases Polyclinic	01-14541457
Al Ekhowah Medical Polyclinic	01-12453018
Al Nojoum Polyclinic	01-14416692
Al Naseem Polyclinic	01-12312034
Al Nahda Polyclinic	01-14567161
Um Al Hamam Medical Polyclinic	01-14806348
Al Khaleej Quarter Medical Polyclinic	01-12270872

## EASTERN REGION

Shifa Clinic	01-38986055
Al Loulua Polyclinic	01-33485555
Al Khafji Polyclinic	01-37660476
Society Elite Polyclinic	01-37210077
Al Alawi National Polyclinic	01-37224907
National Polyclinic	01-37220519
Society Elite Polyclinic	01-37212351
Dr. Mohammed Zafar Polyclinic	01-38341751
Al Safa Charitable Society	01-36641637
Al Beti Medical Polyclinic	01-38233363
Al Ahmadi Medical Clinic	01-38200150
Al Amal Polyclinic	01-38511474
Al Beraeki Clinics Complex	01-38311318

Al Hadi Medical Clinic	01-38230333
Ali Al Jeaidy Medical Polyclinic	01-38996667
Al Kahhal Eye Center	01-38097777
Al Kahhal Specialized Ophthalmology	01-38417681
Al Mowasa Polyclinic	01-38260800
Al Madloh Medical Polyclinic	01-38381075
Al Manea General Hospital	01-38122156
Al Olaya Intl. Polyclinic	01-34641158
Al Rayed Medical Polyclinic	01-38220222
Al Senayed Clinics Complex	01-38338525
Al Shamelah Polyclinic	01-38383600
Al Saleh Medical Polyclinic	01-38678294
Al Shifa Polyclinic	01-35661726
Al Saif Eye Center	01-38383600
Al Taafei Medical Polyclinic	01-36672665
Cardio Vascular Clinics	01-38270609
Doctor Sulaiman Al Sulaiman Clinics	01-38894449

## DENTAL CLINICS

## WESTERN REGION

Ahmed Rafgi Dental Clinics	01-26696532
Al Amjad Dental Clinics	01-26590065
Al Andalus Dental Center	01-26600797
Al Dalia Clinics	01-26651858
Al Falak Dental Clinics	01-26916451
Al Falak Dental PolyClinics	01-26918036
Al Fardos Dental Clinics Complex	01-26987888
Al Hamra Medical Polyclinics	01-26651487
Al Juman Dental Clinics	01-26644393
Al Khuzaim Medical Clinic	01-22752000
Al Madar Dental Orthodontics	01-26654646
Al Maghrabi Dental Center	01-26644999
Al Majd Specialized Polyclinics	01-26572228
Al Majed Dental Lab.	01-26450226
Al Naeem Clinics	01-26548600
Al Okali Medical Group	01-26648789
Al Safwah Dental Consulting Clinic	01-26061016
Al Shahain Clinics	01-26691954

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## CENTRAL REGION

Bait Al Elaj Dental Polyclinic	01-14220793
Madar Dental Clinics Polyclinic	01-14234400
Destaran Dental Complex	01-14233635
Medical Consultants Clinics	01-14163451
Maleez Dental Care	01-12788588
Smile World Specialized Dental Center	01-12174888
Alfa Dental Center	01-14563580
Huda A. Younis Dental Clinics	01-12362793
Mahmoud S. Al Barghuthi Dental	01-12933354
Dr.Habiba Moumen Dental Clinics	01-12272333
Your Smile Dental Polyclinic	01-12326291
Al Saggaf Dental Clinic	01-14564442
Basheer Obaid Dental Clinic	01-14065341
Dental Clinic DDS Mohammed Obeid	01-14653585
Abas Dental Center	01-14646604
Sama Dental Clinic	01-12770250
Durat Al Bayan Dental Center	01-14613027
Alwan Al Nakheel Dental Clinic	01-12366499
Treatment Corner Dental Clinic	01-14230309

## EASTERN REGION

Al Osra Dental Clinic	01-37233900
Ahaleena Dental Polyclinic	01-38333044
Al Qatif Dental Clinic Center	01-38552345
Al Tabeeb Dental Center	01-38993222
Ibn Seina Dental Center	01-33468873
Hayat Dental Development	01-38655611
Family Dental Polyclinic	01-37233600
Faisal Dentistry Polyclinic	01-37218708
Abdullah Kashghari Dental Therapy Clinic	01-38641360
Ahalina Dental Polyclinic	01-38333058
Al Enayah Dental Medicine Center	01-38460471
Al Zaqzouq Dental Clinic	01-38930004
Dar AR Al Saha Dental Center	01-38322772
Medical Care Dental Center	01-38411408
Modern Dental Center	01-38430243
Noor Al Madar Dental Clinics Group	01-38225858
Rabwat Areej Dentest Center	01-38592929

## INSURANCE

TAWUNIYA Insurance Company	01-12180100
BUPA Insurance Company	01-26636936
Saudi Arabian Cooperative Insurance Company - SAICO	01-14759922
MEDGULF Insurance and Reinsurance	01-14779229
Gulf Union Co-Operative Insurance Company	01-38333544
Arabian Shield Insurance Company	01-14645943
United Cooperative Assurance Co. (UCA)	01-26532776
Al Sagr Company for Cooperative Insurance	
AL- ALAMIYA Insurance Company	01-38595363
Arabia Insurance Cooperative Company	
Saudi Inidan Company for Co-Operative Insurance	01-26927085
TAWUNIYA Insurance Company	01-12153360
Trade Union Cooperative Insurance & Reinsurance	01-12150983
SANAD Cooperative Insurance & Reinsurance	01-14780282
Al ahliya FOR Cooperative Insurance	01-38572222
Allianz Saudi Fransi for Cooperative Insurance	01-12927111
SALAMA -Saudi IAIC Cooperative Insurance Company	01-14726666
ARCCI - Alrajhi Co. for Cooperative Insurance	01-12176915
	01-26647877
	01-14730477

## HEALTH CLUBS

## WESTERN REGION

AL_Ahli Club	0126740000
Chamelle Club Spa	0126634355
Al Ittihad Club	0126728888
Al-Salam golden Club	0126611940
Body Master	01-26652772

## HEALTHCARE DIRECTORY

Concept	01-26165665
Fitness Time	01-26226369
Fitness Time Plus	01-26223800
Gold's Gym	01-26912077
Hiltonia	01-26590000
Kai Health Club	01-26684466
Z Club	01-26690204

### CENTRAL REGION

Fitness & Body Building Center	01-14532002
Modern Club	01-14871502
Al Helal Sports Club	01-14312222
Body Masters Fitness Center	01-12084249
Al Jazeera Sports Club	01-14067525
Fitness Time	01-14565197
Golds Gym	01-12190044
Gym & Beauty Center	01-14627111
Ladies fitness Center	01-14548169
Ladies Adies Gym Center	01-14641000
Lumier Ladies Center	01-12169011
Sporting Man Center	01-14767590

### EASTERN REGION

Bodymasters	01-38154613
Bodymasters	01-38685566
Fitness Time	01-38568011
Eastern Province Literary Club	01-38434998
Champion Hall	01-38351991
Fitness Time	01-38878036
Diamond Body Building Sports Hall	01-38943386