

THURSDAY, JANUARY 19, 2017



Health *Mind* & BODY

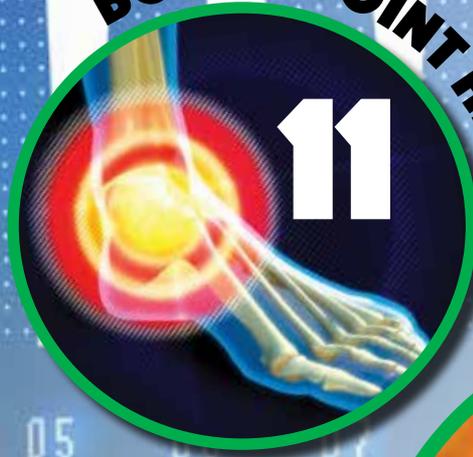
A SPECIAL SUPPLEMENT TO

County Times
St. Mary's County • Calvert County

A Look Inside

| | |
|-------------------------|-----------|
| TRANSFORMATION | 3 |
| HEALTH BLUEPRINT | 5 |
| COMMIT | 6 |
| MUSCLE FATIGUE | 6 |
| AVOID INJURIES | 7 |
| BUILD MUSCLE | 8 |
| COMBAT EXERCISE | 9 |
| YOGA | 10 |
| ENERGY SLUMP | 12 |
| STRESS | 13 |
| YOUR HEART | 14 |
| MONSANTO | 15 |

BONE & JOINT HEALTH



11

WHAT IS A BIOENERGETIC WELLNESS COACH?

4



14



HEALTHY COOKING





A 313 LB JOURNEY TO A HEALTHIER, HAPPIER LIFE

BY HOLLY ZEGALIA
CONTRIBUTING WRITER

In March 2014, John Kreuter decided to make some changes in his life. At his heaviest he weighed 516 pounds.

When remedial tasks like putting on his shoes and socks, and finding clothes in his size, Kreuter decided to take steps to change his weight. The first step was a consultation with a bariatric surgery specialist, which resulted in a referral to a dietician.

Kreuter used the information from that meeting to change his diet and lifestyle. He started by removing all sweet tea, carbonated beverages and sugars from his diet. From March to November, Kreuter was able to lose 180 pounds.

On November 3, 2015, Kreuter underwent gastric sleeve surgery. This procedure removes 80 percent of your stomach and leaves a small sleeve of stomach attached to your intestines. Now just over a year from surgery with Blue Point Medical Group, Kreuter has lost a total of 313 pounds. His sleep apnea is gone.

Last year Kreuter had several goals including a weight goal and a goal to compete in a 5K and work up to a 10K. His goals also included a gun competition, hunting and building more muscle. In the past year, Kreuter has met some of those goals. He was able to complete a 5k at Fort Bragg with a friend. He has purchased a bicycle that he uses regularly. To get more exercise and work on his muscle mass, Kreuter has joined a gym. “The surgery doesn’t just make you lose fat. It takes from all aspects of your body from fat stores to muscle mass and bones.”

Kreuter would not suggest surgery for everyone. He had a significant amount of weight that he was not confident that he would lose the weight without the surgery. While still not at his ideal body weight for his height, he felt he needed that little boost to get me back to healthy. Before surgery he lost 130 pounds on his own but needed the surgery to lose

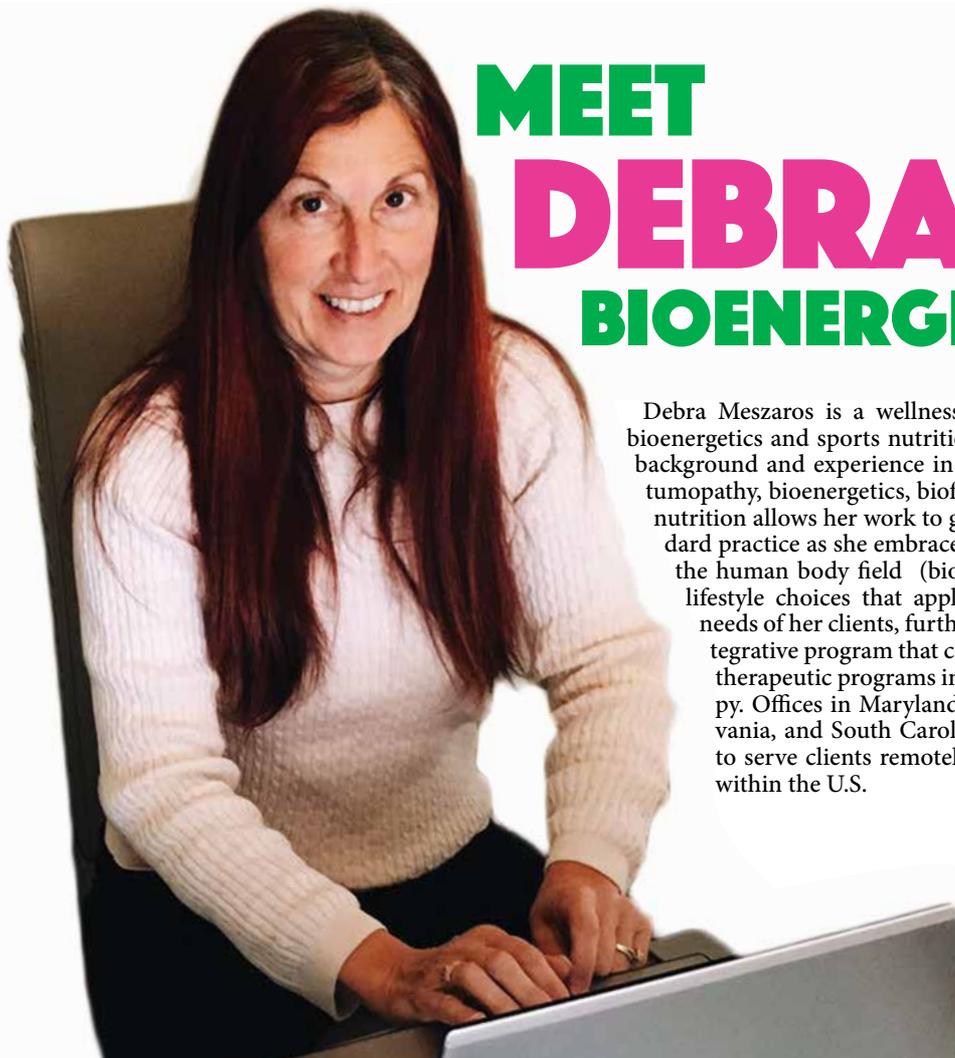
the other 180 pounds to get to where he is now. Kreuter states “Surgery is for someone that is dedicated to making a lifestyle change, diet change and exercising. There are benefits and detriments to each style of bariatric surgery. If it’s a tool that would help you have a better lifestyle than it is right for you.” Kreuter chose to have the gastric sleeve surgery but there is also the roux n Y, lap band and gastric balloon.

For support, Kreuter has a very supportive network of friends and family. He uses a support group for weight loss surgery that celebrates Non-Scale Victories. It may not be a lose of weight but dropping a clothing size being able to do something you weren’t able to do before. Kreuter also has a surgery twin that he talks to. His surgery twin had surgery the same day. Kreuter says part of his success is due to his girlfriend who cooks regular meals. She’s a great cook and pays attention to his diet and cooks

to the constraints of that diet.

“It’s been two years and a long time but it was all worth it. The surgery is a tool not an end all. It doesn’t make you thin. It’s a tool to work towards to losing weight. Your stomach can still be stretched out and have the negative side effects. The end game is to change your lifestyle.” states Kreuter. This year his goals are to bulk up, build muscle and tone the muscles he has. He wants to add distance to his bike rides and improve on the things he is already active in. In general just continuing to improve.

On is surgery is for everyone, Kreuter says “If someone was having issues losing weight or having medical issues and on are the fence about having the surgery, for me it was a decision that changed my life completely. Its something I didn’t take lightly and it wasn’t made overnight. I wouldn’t change it. If you need it you should do it. If you’re on the fence Take the leap.”



MEET

DEBRA MESZAROS

BIOENERGETIC WELLNESS COACH

Debra Meszaros is a wellness coach certified in bioenergetics and sports nutrition. Her educational background and experience in naturopathy, quantumopathy, bioenergetics, biofeedback, and sports nutrition allows her work to go well beyond standard practice as she embraces the importance of the human body field (bioenergetics) and the lifestyle choices that apply to the individual needs of her clients, further developing an integrative program that can accompany other therapeutic programs including drug therapy. Offices in Maryland, Virginia, Pennsylvania, and South Carolina; with the ability to serve clients remotely as well, anywhere within the U.S.

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Debra Meszaros

BLUEPRINT TO A HEALTHY LIFE

BY DEBRA MESZAROS
WWW.THEACADEMYOFHEALTH.ORG

Science has just taken our understanding of health to another level with the discovery and understanding of the Human Body Field; the field of energy that your body produces. During the thirty years spent on decoding the Human Body Field, some very important questions about human body function were answered, and the new science of information as medicine was born.

Ever wonder from conception on, how the cells that replicate know what kind of cells to become?

Where to grow each organ? How to connect the systems of the body?

BY ENERGETIC BLUEPRINT!

No one thinks about how the body has the knowledge to take another life form we ingest, and turn it into a part of the body, seamlessly. We truly are what we eat, so choose your food carefully. The quality of your body depends on the quality of your food.

Other additional research like Epigenetics, is bringing forth information that changes the theory of being genetically predisposed and being unable to do anything about it. There are other findings that may unravel the past scientific belief that 90 to 98% of human DNA is junk, with no purpose.

Bioenergetics is beginning to define the many pieces that were missing in the understanding of life as we know it today.

Our cells are in constant communication, they need to know what their task is and what the rest of the cells are doing as well. This communication happens when information travels the energetic pathways within the body to its destination. The right information must get to the right place, at the right time. It appears that abnormal cells, like cancer cells for example, are cells that have received dis-

torted information or lack of it. They lose their identity and purpose, and replicate to survive. The body has the innate ability to heal itself if it has the right raw materials and instructions, but distortions in the energy pathways hinder its ability.

WHAT DISTORTS THE BODY'S ENERGY?

There are many modern circumstances that have added themselves to the list of things that affect our energy, E-smog (radio waves, blue light, radiation, computers, WiFi, cellphones, etc.), toxins like chemicals, food preservatives, etc., they have all been added to the other known factors like mental, emotional, and physical trauma, that can also distort our energy.

As our modern lives take us further and further away from nature, out of the sun and the outdoors, we lose our ability to stay negatively charged and connected to the three axis of the Earth: magnetic, spin, and gravity. We need to be grounded. We are Earthlings and to be healthy, we need to be in sync with the Earth. Ever wonder why walking on a beach barefoot feels so good?

There is a wave of new opportunities coming forth from these new discoveries, so keep your minds open. For now, we can begin to explore these simple ways to keep us connected to the Earth and in sync:

WALK 20 minutes a day bare footed outside in grass, sand, etc.

TAKE A BATH with Epson salt or Himalayan sea salt

SOAK your feet every night with Epson salt or Himalayan sea salt

SWIM outdoors preferably in the sea

MEDITATE outdoors, bare footed or sitting on a rock

Feel free to explore some of the new science I've exposed in this article and use the blueprint to guide you to a healthier life!

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Can You Afford It?

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Funding provided by BHA and SAMHSA

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HOW TO OVERCOME EXCUSES & COMMIT TO WORKING OUT

Staying healthy requires a daily commitment. It is not always easy to get out of bed for those early-morning workouts or jump on the treadmill at the end of the night when you finally have some free time, but such efforts are a great way to maintain a healthy lifestyle into your golden years.

Many men and women know there are plenty of excuses to skip workouts. Overcoming such excuses can sometimes be difficult, but there are ways to ensure you stay on the right track toward a healthy lifestyle.

EXCUSE #1: I don't have enough time to exercise. Shortage of time is a factor for many busy individuals. The Department of Health and Human Services recommends the average person get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. Thirty minutes per day can easily be broken up into three, 10-minute sessions. Take the stairs, jog on your lunch hour or do deep-seated squats while preparing dinner. It's easy to fit in daily exercise if you're willing to be creative.

EXCUSE #2: I'm too out of shape. Getting back into shape is a prime motivator for exercise. However, fear

of being able to keep up or personal body image issues sometimes keep people from exercising. There are workout routines for all fitness levels. Starting slowly and building up intensity can help spur endurance and results.

EXCUSE #3: Gyms are too expensive. You don't necessarily need a gym to get in shape, but the programs and guidance offered at health centers certainly make it easier. Gyms may have different price plans based on members' needs, and many gyms are willing to work with prospective members operating on tight budgets. Check with your health insurance provider, too, as you may be eligible for rebates or discounts if you make a predetermined number of visits in a given time span or use an in-network gym.

EXCUSE #4: Working out is boring. Performing the same routine day in and day out can be monotonous. That's why it is important to vary your exercises and try new things. If you're usually on the machines at the gym, try a group class instead. Enlist a friend to come along and it can make the workout more interesting.

EXCUSE #5: I'm too tired to workout. Routine exercise wakes up the senses and gives you energy, and daily workouts promote a more restful slumber. Over time you may find that you feel more rested and energized.

Working out regularly promotes good mental and physical health. It's easy to avoid exercise with a series of excuses, but now is the time to stop avoiding exercise and commit to a healthy lifestyle.

THE ROOTS OF MUSCLE FATIGUE

BY DEBRA MESZAROS

Everyone wants more energy and vitality, but when you suffer from fatigue, the situation can be very frustrating; especially when there's the mystery of why. Understanding what muscles actually do could perhaps shed some light on uncovering what may be going on in your personal situation.

Muscles are an amazing structure of cells that we count on for every movement we make. Healthy muscle is not just a concern for athletes but for everyone.

Some common basic reasons for cramping or occasional discomfort is simply mineral related. Yes, the muscles of the body rely heavily on minerals like calcium, magnesium, sodium, and potassium. Many Americans have imbalances in these minerals, and most are deficient in magnesium. There is also the fair share of those who are dehydrated; water is very important to the body. Hydration and minerals go hand in hand in keeping muscle function optimal. You cannot hydrate properly without being mineralized regardless of how much water you drink. If an individual has digestive issues, or is over the age of 50, you may want to explore supplementation with ionic minerals, as general mineral supplements will most likely not be assimilated by the body.

Artificial sweeteners can also contribute to muscle fatigue and some may even experience an extreme reaction to them, cre-

ating a situation that is often diagnosed as Chronic Fatigue Syndrome. In actuality, the muscles can store any toxin in excess and therefore create fatigue. Cleaning up the diet, removing as many toxins as possible is an excellent option. Exercise, proper hydration, and deep muscle massage can help the body dump stored toxins.

Another muscle function is related to muscle memory. For the longest time, we have been led to believe that most memory resides in the brain. Interestingly, every cell in your body has memory! So, memory is a full body function. Like many aspects of our body's, we are full of balances. There is a "good" side to muscle memory, and one that could be "bad". It's "good" when we don't have to think about certain muscle movements, as repetition has made those movements automatic; but mental, emotional, and physical trauma can also be stored in your muscles, creating a "bad" situation.

If you think trauma may be a contributing or causative factor in your fatigue, there are some integrative health practices that can accompany the standard medical approach: acupuncture, bio-feedback, and bioenergetic therapies. These therapies deal with the body from an energetic aspect and since the stored muscle trauma is of energetic origin, these therapies can aid in helping the body release these stored memories.



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AVOID INJURIES WHILE WORKING OUT



A desire to live a healthy, active life compels many people to include exercise in their daily routines. Numerous studies have shown that regular workouts that include a combination of strength training and cardiovascular exercise can make bodies less susceptible to injury while reducing a person's risk for conditions such as heart disease, stroke and diabetes.

Exercising is most effective when it's part of a daily routine, but that routine can be derailed if men and women are not taking the appropriate measures to avoid injury while working out. While even professional athletes succumb to injury from time to time, there are steps everyone can take to avoid injury when working out.

CONFIRM YOUR TECHNIQUE is the right one. Exercise science is continuously evolving, and that means workouts and fitness machines are evolving as well. When using a piece of equipment for the first time or altering a workout routine, men and women should consult with a gym employee or personal trainer to learn the correct technique. Incorrect technique can lead to minor and serious injuries because muscles are used in ways they are not intended to be used when exercises are performed properly. Research appropriate techniques, taking advantage of online video tutorials if you don't exercise at a gym, to ensure the exercises you want to perform are done properly. When beginning a new routine, ask a friend or gym employee to observe your workout and let you know if you are doing anything incorrectly.

BE PATIENT. Lifting too much weight or pushing yourself too hard on the treadmill, exercise bike or elliptical machine will increase your risk of injury. This is especially true for men and women working out for the first time or after lengthy stretches of

inactivity. Men and women who are elderly, inactive and/or overweight are likely to suffer from poor balance because their muscles are weak. Those muscles can be strengthened over time, but remain patient and stick to light weight during initial workouts so lack of balance does not lead to pain or injury. Take the same approach with aerobic exercise to prevent muscle strains and pulls. Increase weight and the intensity of cardiovascular exercises as muscles gradually strengthen and become accustomed to exercise.

ALLOW FOR ADEQUATE TIME to warm up. Failure to warm up is another contributor to exercise-related injury. Before diving into a workout routine, spend between five and 10 minutes warming up your body with some low-intensity exercises. This increases blood flow to the muscles and makes them more elastic and pliable than cold muscles, thereby improving flexibility. Some low-intensity cardiovascular exercise on the stationary bike or treadmill can greatly reduce injury risk during the workout.

VARY WORKOUTS and exercise regularly. Varying workouts is a good idea because doing so can prevent repetitive-use injuries and prevent overuse of muscles. Repetitive-use injuries such as shin splints and tendinitis require extended rest to heal, and that can derail your routine and nullify your progress. Vary workouts so you are not always working the same muscles, and don't mistake varying workouts for varying workout schedules. Working out five days one week and one day the next increases your risk of injury.

Injuries sometimes happen when exercising. But veteran and novice fitness enthusiasts can employ a handful of simple strategies to greatly reduce their risk of injury while working out.

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QUICK & SAFE WAYS TO BUILD MUSCLE

DID YOU KNOW?

Whey protein is often taken by weightlifters who are looking to increase strength, muscle size and lean body mass, and studies have shown that whey can help men and women achieve such goals. But even the most ardent exercise enthusiasts may not know what whey is. A product of cheese-making, whey is the water element of milk that separates from the curds when cheese is being made. People with milk allergies may want to avoid whey protein, as it can trigger allergic reactions. Men and women with kidney disease also should consult with their physicians before taking any protein powders. When bodybuilders take whey protein, they typically do so in the form of protein shakes, which help nourish the body after a workout.

Building muscle is a goal of many while working-out. Men naturally have more muscle mass than women, but for both, it takes some effort to sculpt muscle tissue into a firm and fit physique. While there is no magic formula for transforming the body overnight, there are ways to build muscle quickly and safely.

START WITH NUTRITION

As the old adage goes, "You are what you eat," and this is true when it comes to getting fit and building muscle. Food acts as fuel for the body and plays a role in building muscle. A nutritious diet helps build healthy, lean muscle.

The key is to eat enough so that you will gain muscle without eating too much so your diet does not negate the positive impact of your workouts. When choosing foods, multiply your lean body weight by 19 to determine the amount of calories you need to build muscle. Getting the majority of your calories from lean protein sources can help muscles grow faster. The rule of thumb is about 1 gram of protein per pound of body weight each day. However, don't overlook the benefits of carbohydrates, which are a source of fuel for the body.

Balancing proteins and carbohydrates with a variety of fresh produce will give the body the necessary vitamins and minerals it needs to repair itself after workouts.

LESS IS MORE

While it may seem like you have to spend hours at the gym to build muscle, it's actually better if you scale back a bit. Fitness experts suggest doing no more than 20 sets per muscle group. In fact, sticking to around 12 sets is even better. Keep repetitions in each set to around six for the most muscle growth. Don't spend hours working out; stick to a 45-minute workout and do each set at a controlled speed. Slow speeds are always harder because they isolate the muscle being used.

When working out, limit the amount of cardiovascular work that you do. Incorporate just enough to burn fat and not burn off muscle. Twenty to 30 minutes of cardio per session is ideal.

ALWAYS INCORPORATE STRETCHING

Stretching is a key to a successful workout. Stretching can help prevent injury, which can sideline any workout plans and reverse all of your hard work. Furthermore, stretching can improve recovery between workouts.

GRAZE THROUGHOUT THE DAY

Instead of eating three big meals per day, aim for four to six smaller, quality meals a day to continue to provide fuel to your body. This provides the calories your body needs to build muscle while maintaining a healthy metabolism.

CHANGE IT UP

You may get stuck in a groove with regard to your workout routine, and that routine can negatively impact muscle growth. Regularly alter your routine to keep your body guessing. Just as you can plateau with weight loss by keeping everything status quo, the same thing can happen with muscle growth if you do the same thing day in and day out. Remember not to workout everyday. Muscles grow during resting periods.

ENSURE PROPER FORM

If you're not doing the lifting or exercises correctly, you will not build the bulk you desire. Furthermore, you could injure yourself. Always consult with a professional before beginning any workout routine, so you can be sure you're performing the exercises correctly. A personal trainer and spotter can help correct mistakes in form.

By following some guidelines, men can build muscle safely and quickly.

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COMBAT-STYLE EXERCISE PROGRAMS ON THE RISE

Exercise is an essential element of a healthy lifestyle. When combined with a healthy diet, exercise can help men and women maintain a healthy weight, delay the onset of certain diseases and improve overall health.

To ensure they get enough exercise, many people join a gym. But as popular as gyms are, many individuals have a narrow view of what constitutes a thorough “gym” workout. They may believe they’ll spend their entire time like a hamster in a wheel on the treadmill or may be intimidated by the rows of machines before them. Fortunately, today’s gyms are much more than weight benches and elliptical machines. Many boast an array of fitness classes, and a great many more offer martial arts and combat-style classes. Such offerings attract fitness enthusiasts who may be looking for a workout with an edge. What’s more, these types of routines can help increase stamina and strength all while reducing stress.

Kickboxing classes, bootcamp, high-intensity interval training, and mixed martial arts are just a few of the programs on the rise in today’s gyms. The following is a brief look at some of the popular class offerings at gyms around the country.

MIXED MARTIAL ARTS (MMA)

MMA is one of the fastest-growing sports in the world. MMA combines various styles of fighting in a no-holds-barred style of combat. Punching, kicking and classic martial arts moves are part of MMA. Wrestling may be thrown in for added fun as well. Fitness classes geared

around MMA will incorporate many of the moves without the actual combat taking place. Therefore, expect to push muscles and flexibility to their peak.

KICKBOXING

Kickboxing classes will pit you against a punching bag. You will learn proper punching stances and will work to improve balance and movement. People may believe only the legs and arms get a workout during kickboxing, but your core muscles do their part to help you keep your footing and put power behind your kicks and punches. Some kickboxing trainers will mix intervals into the training, providing additional core work and cardiovascular exercise.

KRAV MAGA

Krav Maga classes may entice self-defense tactic enthusiasts. Krav Maga employs techniques from martial arts disciplines but includes some self-defense moves as well. Classes will not only teach participants how to defend themselves from attacks, but will also work on agility and strength.

BOXING

For anyone who has ever wanted to channel their inner Rocky Balboa, boxing classes may be just the fit. Boxing will work many of the same muscle groups as kickboxing, but without the roundhouse kicks. Boxing can be a super stress-buster, and many people underestimate just how much they’ll work up a sweat while in the ring or going one-on-one with a bag.

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THE BENEFITS OF YOGA

Yoga continues to grow in popularity. In a questionnaire administered every five years as part of the National Health Interview Survey, the National Center for Complementary and Integrative Health and the National Center of Health Statistics found that the number of people practicing yoga increased dramatically between 2002 and 2012, when approximately 21 million adults acknowledged practicing yoga. That figure equated to nearly double the number of people who practiced yoga just 10 years earlier.

The almost meteoric rise in popularity of yoga can likely be traced to many factors, including a growing awareness among the general public regarding the impact a healthy lifestyle can have on both short- and long-term health. An essential component of a healthy lifestyle involves taking steps to protect our bodies, and that can include making an effort to reduce the aches and pains that are often associated with aging.

“The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome,” explained Natalie Nevins, DO, a board-certified

osteopathic family physician and certified Kundalini Yoga instructor.

The American Osteopathic Association notes the benefits of yoga extend even further than relieving chronic pain. According to the AOA, yoga can help men, women and even children increase their flexibility as well as help them build stronger, more toned muscles. Additional benefits of yoga include weight reduction, improved cardiovascular and circulatory health and improved energy and vitality.

But the benefits of yoga extend beyond the physical to the mental. The American

Psychological Association notes that several studies have shown that yoga can help strengthen social attachments, reduce stress and relieve anxiety, depression and insomnia. For example, a 2012 study from researchers at the University of California, Los Angeles, found that a particular type of yoga that included brief, daily meditation reduced the stress levels of caregivers tasked with caring for people suffering from Alzheimer’s disease and dementia.

One of the more attractive aspects of yoga is that it requires little or no financial commitment on the

part of the people who practice it. Unlike fitness centers that typically require members to commit to yearly contracts or even potentially costly month-to-month memberships, many yoga studios do not require long-term commitments, instead asking that customers pay a small amount each time they visit if they are hesitant to commit to memberships. In addition, yoga requires just a mat and some appropriate clothing, ideally clothing that’s conducive to flexibility but not so loose that it will prevent you from performing certain poses.

Before including yoga in your exercise regimen, speak with your physician. Once you get the green light, look for a beginner’s course, explaining to your instructor that you are just starting out. Many yoga studios offer introductory classes that help men and women acclimate their bodies to yoga and the various poses it entails before moving on to more challenging poses.



New Quarterly Fitness Individual and Add-On Memberships

Memberships are available at the start of every month and allow use of the wellness facilities at the La Plata, Leonardtown, and Prince Frederick campuses. Add-On Memberships are available for additional members of your family living at the same residence.

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(La Plata and Leonardtown campuses)



Add-On Membership: WFA-

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MAINTAINING BONE & JOINT HEALTH

BY DEBRA MESZAROS
WWW.THEACADEMYOFHEALTH.ORG

From missing days at work, to attempting to reduce pain, incorporating these few tricks and supportive components can perhaps get you on the road to healing better and faster.

The human body breaks down and rebuilds bone on a regular basis, and your cells are always being replaced. If we were to analyze the elements involved in the human body's structure, we'd find that there are twelve elements which play a key role in its function. They are known as tissue cell salts. Among the twelve are two primary cell salts that support bone and tissue, Calc Phos and Silica. Your bone structure is 57% Calc Phos. Silica is the element that provides elasticity of bone and connective tissue. Healthy connective tissue is very important to joint strength. Bones should be strong and flexible, not brittle. Research indicates that Silica can help increase the healing process by as much as 50%. Utiliz-

ing these tissue cell salts in their available ionic form, allow the body, regardless of digestive strength, to be absorbed and used in the healing process.

An excellent option for connective tissue repair comes from the plant world; Solomon's Seal. It has shown to possess the ability to speed up the healing process. When combined with tissue cell salts, it provides a great baseline for supporting healing.

Beneficial bacteria within the body also play a key role in the development of bone. The body manufactures vitamin K through the use of these beneficial bacteria, so probiotics [beneficial bacteria] have an underlining role in the body's process of building bone. Keeping beneficial bacteria [gut flora] populations at adequate levels is of importance. A quality probiotic supplement can greatly help with populating these bacteria.

THINGS YOU MAY WANT TO AVOID...

Food is key to survival and of major importance when it comes to healing. Certain dietary practices should be avoided to ensure that healing is expedited. Foods which are acidic lead to the loss of key minerals involved in bone building. Red meat, caffeine, soda, carbonated beverages, commercial cow's milk, and food preservatives all have acidic properties to the body. Alcohol consumption and smoking have negative affects as well. Avoiding these foods and habits can help the body maintain proper pH and there-

fore utilize the minerals for repair and build and maintain stronger bones.

Some research has shown that excess dietary sugar can increase joint pain and Omega 3 deficient individuals or excessive Omega 6 can also contribute to joint dysfunction and pain.

Learning and implementing these measures that can help the healing process, may just shave off some healing and recovery time, so you can get back to your healthy self a bit sooner.

WHAT IF I HAVE ALL THE RAW MATERIALS MY BODY NEEDS AND I STILL HAVE BONE ISSUES?

Proper nutrition, (raw materials) must be present in the body for its maintenance and repair cycles, but there are several links to body function that must also be available. Besides needing raw materials, the body also needs specific instructions on what to do with these raw materials. Here's where cellular communication steps in.

Your cells are communicating in 1/100ths of a second among trillions of them, in synergy. If any organ or gland is

in dysfunction, cellular communication is disrupted. Often there's a correlation between healthy bones and an underactive thyroid, or hormonal imbalance, Vitamin D utilization, or nutrient malabsorption. Other known disruptions could be stress related as emotional or mental trauma blocks the cellular information from getting to the right place, at the right time.

Taking a more holistic view of your health can help discover the root of many issues.

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This workshop is free of charge and attendance at all 6 sessions is highly recommended for best results. Sessions fill up quickly, so register now!

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AFTERNOON ENERGY SLUMP?

TIPS TO GET YOUR ZING BACK!

Does your energy sag in the afternoon? Here are some tips to help you avoid the afternoon energy crash.

Does your energy sag in the afternoon? Here are some tips to help you avoid the afternoon energy crash.

Afternoon crash. Siesta time. After-lunch slump. The two o'clock droop. Whatever you call it, most of us have experienced it from time to time—it's that point at which your energy level simply takes a nosedive in the middle of the afternoon.

You may feel more than just a crash in your energy level. That after-lunch slump can make you feel a little irritable, too. Maybe you've got a mild headache or feel as if you're not thinking very clearly. And almost certainly that energy crash is causing some serious sugar cravings, too.

WHAT CAUSES THE AFTERNOON CRASH?

Your body's natural internal clock is partly to blame for the afternoon energy dip. Everyone's energy level ebbs and flows during a 24-hour period, and for most of us, the strongest drive to sleep comes on a few hours after midnight. But another dip—although not usually quite as powerful—also naturally occurs in the early-to-mid afternoon. By that time of day, most people have been up and alert for 6 or 8 hours or so, and the natural need for sleep is starting to build—and you feel the crash coming on.

Since these internal rhythms can get disrupted or accentuated if you don't get enough sleep, establishing a healthy sleep schedule is really important in helping you maintain your energy all day long.

But what you eat—and when—also factors in.

The Right Carbs Help Keep You Energized All Day Long

If your energy regularly droops in the afternoon, it's time to take a closer look at your eating habits. That afternoon energy crash could be due—in large part—because you're simply not providing your body with the proper fuel at the proper times.

Let's look first at the carbohydrates that you eat. The sugar in your bloodstream (called your blood glucose or blood sugar) is what your body relies on to provide the energy you need to get you through your day. And your blood sugar comes almost entirely from the carbohydrates that you eat in your diet. But different carbohydrates have different effects on your blood sugar.

When you eat sugary foods or highly refined carbohydrates—like soda or white bread—they're digested relatively quickly, releasing a surge of glucose into your bloodstream. And while this energy surge might sound like a good thing, it generally doesn't last very long. That's because your body prefers it when sugar trickles more slowly and steadily into your system.

So, when you dump a load of sugar and refined carbs into your system and your blood sugar shoots up, your body sort of “over-corrects”—which sends your blood sugar plummeting. When your blood sugar drops, that's when you might start craving unhealthy sugary snacks to bring blood levels back up.

Many people get an energy slump in the afternoon because they're eating the wrong carbohydrates. They'll start the day with something like a sugary cereal—which causes the blood sugar to shoot up and, almost as quickly, to crash back down again. That might trigger a sugar craving, which they'll satisfy

with a pastry or some candy, and the cycle repeats. Since they're not providing their body with a slow, steady fuel source, their energy levels might feel like a roller-coaster all day long.

On the other hand, when you get your carbohydrates from foods like vegetables, whole fruits and whole grains, they take longer to digest. Instead of causing a big spike in your blood sugar, eating these foods allows glucose to more slowly enter the bloodstream and helps provide more sustained energy over a longer period of time.

HOW TO EAT TO KEEP ENERGY LEVELS UP

In order to keep your energy levels up and avoid the afternoon energy slump, you need well-balanced meals and snacks, and you need to eat every few hours. People who skip meals just can't keep going all day long. When you don't eat at regular intervals, your blood sugar is going to drop—taking your energy level along with it.

Just as not eating enough can zap your energy, eating too much at lunch can make you feel sluggish in the afternoon, too. (Some people do both. They skip breakfast then eat an enormous lunch because they're starving—and then wonder why they're out of steam most of the day.) When you eat a big, heavy meal, a lot of energy is required to digest it. As blood gets diverted towards your digestive tract to help the process along, you'll start feeling the need to take a nap.

Staying well-hydrated is important, too. When you become dehydrated, it can affect your mood and your ability to think clearly. Keep water and herbal teas handy and sip on them throughout the day. Some people rely on caffeinated beverages in order to stay perky.

This isn't necessarily a problem unless caffeine interferes with your ability to get a good night's sleep. If you're sensitive to it, best to stick with caffeine-free beverages.

Protein foods help to make meals more filling and satisfying, which is why one of the defenses against the afternoon slump is a good offense—in the form of a balanced lunch that includes some lean protein. Make sure your lunch includes some low-fat protein to help fight hunger, and a supply of good carbs to provide you with a steady energy source. A mixed vegetable salad with some grilled fish, a chicken-veggie stir-fry with brown rice, or a protein shake with fruit would all fill the bill at lunch time.

A mid-afternoon snack that includes protein should also be part of your overall plan. A lot of people try to get by without snacking because they feel it just adds extra calories to their day—but they usually just make up for it by eating a really big dinner.

Protein shakes work great as a mid-afternoon snack, or you can also try a protein bar, a carton of yogurt with some fruit, some raw veggies with hummus, or a can of tuna with a handful of cherry tomatoes. Again, the combination of lean protein and beneficial carbohydrates will help keep the afternoon slump away and help keep you satisfied—and energized—all afternoon long.

From Susan Bowerman, M.S., R.D., C.S.S.D., F.A.N.D. – Susan is a Registered Dietitian and a Board-Certified Specialist in Sports Dietetics.

WHEN STRESS BECOMES AN ISSUE

BY DEBRA MESZAROS



Stress is a challenge for both athlete and non-athlete. It comes in the form of mental, emotional, or physical forms. From a life perspective, one may not be truly realize that you have reached a level of stress that the body reacts negatively towards. There are some warning signs the body will give off to let you know how stress is affecting you. There are three stages of body responses.

STAGE 1: ALARM

The alarm stage is the body's immediate response to a stressor, and is well known as the "fight or flight response." During the alarm stage, the sympathetic nervous system is activated and stress hormones (epinephrine, norepinephrine, cortisol) are released. Metabolism is increased to provide adequate resources for the body to respond to danger.

STAGE 2: RESISTANCE

During the resistance stage, the body adapts to persistent stress. Cortisol, epinephrine and blood glucose often remain high, while normal inflammatory and immune responses are suppressed. The resistance stage is usually characterized by low energy mid-afternoon but difficulty winding down at night.

STAGE 3: EXHAUSTION

The exhaustion stage, often referred to as adrenal fatigue, occurs when chronic stress depletes the body's resources. During the exhaustion phase, fatigue, salt/sugar cravings, depression, anxiety and brain fog are common. Salivary cortisol levels are generally low, especially during daytime hours.

If you feel like you are experiencing Stage 2 or 3 you may want to consider exploring some options, as once an individual develops Adrenal Fatigue it may be a difficult road to undoing adrenal damage. Adrenal Fatigue also has a side effect, hypothyroidism; which can even further contribute to Osteoporosis and Immune conditions.

OPTIONS ARE:

- 1** To review your dietary habits. Grains and sugars add stress and contribute to further depletion of adrenal supporting vitamins like vitamin C and vitamin B's. Reducing or better yet, elimination of these foods from your diet.
- 2** Consider incorporating stress-relieving practices like Yoga and meditation etc. into your lifestyle.
- 3** Explore supplementation in Homeopathic, Herbal, or nutritional supplements to support your adrenal glands and help the body control excess Cortisol.
- 4** Review your lifestyle or workout schedule to see if you have incorporated adequate "recovery times".



YOUR HEART NOT JUST ANOTHER MUSCLE

BY DEBRA MESZAROS

WWW.THEACADEMYOFHEALTH.ORG

Your heart is a muscle, but why doesn't it get tired like your other muscles do after exercise?

IS YOUR HEART'S ONLY FUNCTION TO PUMP YOUR BLOOD?

Whether after a vigorous exercise session or simply gardening in your backyard, we have all experienced muscle fatigue or soreness at some point. How come our heart doesn't feel that same tiredness?

WHAT HAS NEW SCIENCE DISCOVERED ABOUT THE FUNCTION OF THE HEART?

We have been told any times to "follow your heart" and now that has a whole new meaning. Recent research has discovered that the heart and its more than 65% neurological cells have a reason for being there. Testing was performed on humans watching pictures on a computer screen while connected to equipment monitoring their body's physiological responses, interestingly, the heart actually responded to the pictures before the brain. The heart was relaying the information to the brain!

In another thirty year research, an additional amazing discovery happened; the heart is actually imprinting information into the blood as it pumps it around your body, allowing the cells in your body to receive instructions and share information. Science is finding the heart has many important tasks.

In reference to muscle, our bodies contain three types of muscle: skeletal, smooth, and cardiac. Skeletal muscles control most of your voluntary body movements, whereas smooth muscle is involved in automatic body movements like the digestion of food and urination. Cardiac muscle is similar to skeletal muscle but there is a significant difference.

Mitochondria are the power generators of cellular energy. Skeletal

muscle contains about 1 to 2 percent of mitochondria where cardiac muscle contains up to 35 percent. The larger quantity of mitochondria is the reason the heart rarely needs to rest like skeletal muscles do. The energy mitochondria produce is called ATP. Oxygen and CoQ10 are two of the components that makeup ATP. Individuals taking statin cholesterol lowering drugs generally need additional CoQ10 (ubiquinol) because statins seem to lower the liver's ability to produce CoQ10.

Don't be fooled by the fact that you do not feel your heart getting fatigued like you would your skeletal muscles. If you engage in endurance-type cardio exercise, you need to be aware that your heart indeed needs rest. Extreme endurance exercise or long-distance running places your heart in a volume overload. You must allow your body to fully recover between exercise sessions to avoid this. Continuing to disobey the need to fully recover increases inflammation contributing to plaque formation as the body attempts to repair damaged arteries. Your heart does feel the stress, but you won't feel it until it's too late.

The best type of exercise for your heart is high-intensity interval training. The body was designed to handle short bursts of intense activity, not excessive cardio, like long distance running. All of the muscles in your body will benefit from exercising in short bursts followed by periods of rest. If you have been practicing excessive activity you may want to re-evaluate your program. Always consult your primary care professional before attempting any exercise program.

Your heart and its many functions play a key role in health, take good care of it!

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HEALTHY COOKING TECHNIQUES

A large part of healthy eating involves choosing the right foods. In addition to choosing the right foods, health-conscious individuals must choose the right methods to prepare those foods in order to maximize their nutritional value.

Cooking methods such as frying can make for delicious meals, but such meals may not be so healthy. For example, each tablespoon of oil used when frying can add more than 100 calories to a meal. When counting calories, men and women should recognize that the way they prepare foods can affect the overall calorie count of a meal. In addition to choosing healthy cooking methods, health-conscious men and women can employ the following strategies to make meals as healthy as possible.

- Invest in new cookware. Choose nonstick cookware that will reduce the amount of oil, spray and butter needed to keep foods from sticking. Manufacturers are now touting ceramic cookware, which is free of trace metals or dangerous chemicals that can leach into food from the cooking surface. What's more, pots and pans don't contain chemical coatings that can eventually flake off into food.

- Stock up on healthy recipes. Purchase cookbooks that showcase healthy recipes or peruse the Internet for healthy recipes. Many websites cater to health-conscious foodies who do not want to sacrifice their health to enjoy delicious meals.

- Choose smart fats. All oils are loaded in calories, but healthy oils can still be used without sacrificing flavor. Olive oil is an unsaturated fat that is a much healthier choice than butter or saturated fats. When cooking with oil, do so in moderation.

- Think about baking foods. Baking is handy for more than breads

and desserts. Baking is one method of cooking that may not require the addition of fat. Meats that are baked can be placed on top of a rack, so that excess fat drips off and is contained in the bottom of the pan.

- Explore poaching, broiling and grilling. Poaching, broiling and grilling are three healthy alternatives to frying. Broiling and grilling expose food to direct heat, so it is a fast method of cooking and may not be appropriate for foods that require longer cooking times to tenderize. Poaching is the process of simmering foods in water or another flavorful liquid.

- Use minimally refined ingredients. Select among whole grains and ingredients that have not been refined. The closer a product is to its natural state, the more nutritional properties it is likely to have retained.

- Season foods yourself. Rather than relying on prepackaged seasonings, mix your own blends. Packaged seasonings generally contain a lot of salt. Use fresh herbs whenever possible for the freshest of flavor.

- Add heat for flavor. Spicy pepper, dry mustard and other zesty flavor enhancers can make foods taste delicious without added calories.

- Try low-fat or fat-free dairy. Substitute low-fat alternatives for full-fat dairy items. For example, Greek yogurt can sometimes be used in place of less healthy ingredients such as mayonnaise.

- Trim excess fats. Prepare meats and poultry well by trimming the fat and skin to make the final product even healthier.

By remembering healthy eating involves not just the foods they cook, but also how those foods are cooked, home cooks can make their meals that much healthier.

4 FOODS THAT CAN BOOST ENERGY LEVELS

Diet can go a long way toward increasing or lowering energy levels. No one wants to consume foods that will make it harder for them to get through the day, so the following are a handful of foods that pack an energetic punch.

1. Cashews: Cashews, which are high in magnesium, help to convert sugar into energy. Magnesium deficiency can lead to low energy levels, so nuts that are high in magnesium, including cashews, can provide that mid-afternoon jolt that some people are seeking. Cashews are high in calories, so it's best for those looking to lose weight or maintain healthy weights to adhere to serving suggestion guidelines.

2. Skinless chicken: A study from researcher Judith Wurtman of the Massachusetts Institute of Technology Clinical Research Center found that alertness tends to increase when the brain produces the neurotransmitter dopamine and the hormone norepinephrine. Skinless chicken contains an amino acid known as tyrosine that helps in the production of both dopamine and norepinephrine.

If skinless chicken is not available, other foods that may provide this same effect include fish, lean beef and eggs. In addition, lean meats like skinless chicken contain enough vitamin B to help ease insomnia.

3. Salmon: Omega-3 fatty acids can help the body fight inflammation, which has been linked to a host of ailments, including chronic fatigue. Salmon is also high in protein, which can eliminate the mid- to late-afternoon hunger pangs that can derail healthy diets and contribute to weight gain.

4. Beans: Beans are loaded with fiber, and that's a good thing for energy levels. Like magnesium, which can also be found in beans, fiber takes awhile to digest, extending the energy-boosting properties of foods loaded with fiber. In spite of the growing movement to eat and live healthier, many adults still do not include enough fiber in their diets. Men and women can consult with their physicians to determine how to make that happen, but eating more beans is a good start.



MONSANTO

WHAT'S THE BIG DEAL?

BY DEBRA MESZAROS

Why should we care about learning more about the status of farming practices?

Is Monsanto as bad as some make them out to be?

WHAT EFFECTS DOES ANY OF THIS REALLY HAVE ON MY HEALTH?

I was raised in agriculture, and always had the highest respect and appreciation for those that work so hard to provide food for my family. I still believe farmers are the backbone of life and underappreciated. How many people take the time before each meal, to express gratitude for those that contributed to the food on your plates?

The environment in which we are raised in sometimes instills beliefs and conditionings that tend to hold us back from understanding a different view or practice outside our normal routine. Most farming has been handed down from generation to generation. New generations in farming felt a need for higher profitability, and Monsanto products seemed to make current farm practices a lot easier. Unfortunately, Monsanto's objective was very much a different story from the farmer's objective. Yes, their herbicide products made farming a bit easier but the farmers and the public were kept in the dark about the downfalls of this practice. Monsanto than took their mission to control the

food industry a little further. Genetic modification is not new or though, your government would like you to believe that is so. Genetic modification has been around for many decades. Very few are educated in knowing that in most crops, the genetic modification done was to make certain crops resistant to Glyphosate, the main chemical in the herbicide Roundup. To create resistance, the chemical is inserted into the crops DNA, a/k/a, genetic modification. From seed to finished product, Glyphosate is there!

Can we blame Monsanto for the current disaster created from this product and GMO's, or has our government failed to protect us?

Believing a little bit of poison does no harm is outright ridiculous; a little bit of poison is still poison. Just like all chemicals we are exposed to, these poisons disrupt the body on a subatomic and cellular level, distorting your cells ability to communicate efficiently. This communicational stress is the root of almost all disease and dysfunction. If you are waiting to feel a reaction from these little bits of poison, you'll have to wait until the buildup is sufficient to create the disease or dysfunction, which for some is a little too late. If you take the time to explore how the body works in respect to detoxing, or removing im-

purities from the body, you will better understand the effects. One important question is, where does the body store toxins? In certain fat cells of the body! Therefore, higher numbers of fat cells increase the probability of higher levels of toxins. When the required tests are done on chemicals, they are only looking for a single dose of that chemical, that shows it to be dangerous to the body; NOT the compounded effect of repeated doses that may accumulate in the body.

SO, YOU THINK YOU CAN AVOID GLYPHOSATE BY EATING NON-GMO OR ORGANIC FOODS?

Unfortunately, due to the extremely high usage rate of Glyphosate, and the fact that the USDA National Residue Program, which monitors your food supply, does NOT test for glyphosate residues, the following conditions have currently been found:

The Alliance of Natural Health conducted its own research on Glyphosate and found 10 out of 24 breakfast foods contained detectable levels of glyphosate, here are just a few:

- Oatmeal
- Bagels
- Coffee creamer
- Organic bread
- Organic cage free eggs
- Wheat cereals

There is a very high probability that you are consuming Glyphosate daily!

In March of 2015, the International Agency for Research on Cancer classified Glyphosate as a probable carcinogen (cancer causing).

The damage of Glyphosate is vast, it includes: damages to all plant root systems and their DNA, to soils, it sickens farm animals, believed to cause fertility issues, and has led to tumors in rats.

WHAT YOU CAN DO.

If you have concerns about your personal Glyphosate levels, you can order a simple in home urine test. Stop using Roundup and other herbicides for home use. Farmers can stop planting GMO seed and halt the use of these glyphosate products. You may also decide to avoid the following foods to lower your exposure: look for the Non-GMO symbols on food products you buy, limit or avoid: lentils, corn, peas, flax, wheat, rye, buckwheat, soybeans, even non-GMO soybeans, canola, millet, sugar beets, potatoes, and sunflowers. Raise as much food as you can yourself, and support your local farmer that cares about avoiding glyphosates.



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