

GRAPHIC ARCHIVES

THE MAGAZINE + JUNE 2021



HEALTH AND FITNESS



🎬 *"Champions To Stop Diabetes Awards Celebration"*

A photo of me with Annabelle at 13 years of age in 2013 when she was awarded at the *'Champions To Stop Diabetes'* reception for raising the most money for the cause. The organization provides resources and benefits with helping advance diabetic research. Annabelle was diagnosed with diabetes at an early age and participated as one of the "Red Riders" in the Tour de Cure. It was an honor for me to present her with my poster-size art print as a collective recognition for her achievements.

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THE MAGAZINE • JUNE 2021

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American Diabetes Association
Tour de Cure



FOR THOSE ABOUT TO RIDE
(WE SALUTE YOU!)

A graphic for the Tour de Cure to help promote their event based on familiar rock album covers. (AC-DC "For Those About To Rock!")

Cover: An illustration created for the Tour de Cure campaign in 2013 that was used for marketing and promotions as well as illustrated prints.

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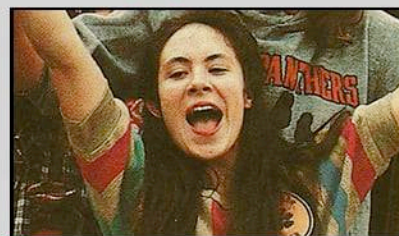
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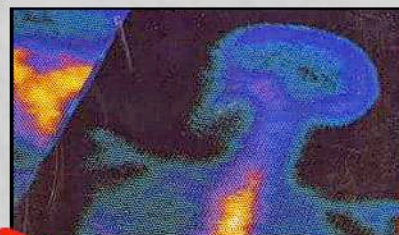
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The "Whiskey Chasers" were a group of women from Tennessee looking for a clever theme for a marathon relay event. A friend asked me to design a logo to have printed for their team shirts. It was an honor to contribute to their effort and impressive to discover the amazing team support they had for each other.

This issue's theme builds upon sharing stories of inspiration and raising awareness in support of those working towards a better lifestyle with good health management. Special Thanks to those friends who have allowed me to share their stories and have contributed to it's content.

Stay Healthy and Love and Wishes!



Mind, Body and Spirit

I had a Donald Duck card game when I was a child that was an entertaining way of building memory. Similar to 'Old Maid' in that you must match the same card image from the back to gain points, it was a fun activity that enhanced recognizing images and remembering spacial relationships. The brain builds strength upon those relationships through a neurological network in which one thought or idea leads to another. Focus through visualization in the mind enables clarity of memory.

Much of the philosophy of memory-enhancing skills became established in ancient Greek culture which helped focus the mind on "Visualization." Remembering locations in the brain was referred to as "Loci," which is the Latin term for location. It is how our brain works with respect to associating one thing to another through visual or other senses that build a neurological map within our own mind.



As we mature and age, life experiences become more complicated through knowledge. Patterns continue to form within our brain as new ideas and elements are introduced. Genetic properties also play a role in our development. Many friends and family have been diagnosed with Alzheimers' or Dementia, which is the deterioration of the neurological communication structure that has been an information highway of recognition and memorization within our brain.

The body cannot live without the mind and that is what becomes most concerning to all when loss of memory or willpower begins to affect our behavior. It is not only a frustration for the one who struggles, but also a condition which takes it's toll on other family members and often society at large. Many readers may be familiar with personal experiences involving family members, partners, and loved ones that battle through those diseases. Research has helped with preventative solutions, but as yet there is no cure.

Even the greatest minds with the most competitive spirit are at risk. For example, Pat Summitt, the Head Coach for the University of Tennessee Lady Vols had won 8 NCAA Womens Basketball Championships, A US Gold Medal coaching in the 1984 Olympics, and even a Silver Medal as a player in the 1976 Olympics. At the time of her retirement in 2013, she had become the most successful coach (Mens and Womens) in basketball with 1,098 career wins. Alzheimers' became a factor and she passed away 3 years later in 2016 at the age of 64.

Good body health, a genius mindset, and a spirited nature are still not enough to overcome many of nature's forces. Yet, we can do much to ensure a healthy lifestyle while we go through the different phases. There are simple things we can do to help by educating ourselves with knowing how to combat diseases and the best methods that are available. It is difficult to make certain changes, especially as we age, but we all make adjustments to circumstances and it is a never-ending battle as it takes compromises against those false senses of security in which we have become so accustomed to living.

Personally, I have noticed a slowing of my metabolism in recent years as I realize I am growing older and gaining more weight. This was never a problem throughout my life as I seemed consistent no matter my diet. Genetics worked in my favor before, but now it is working against my body system as I age. It requires more work, effort, and energy to do the things that seemed easy a few years ago and life circumstances have changed as well. Life seems harder to manage as I age because I am considered over the hill in age, but still young at heart. I want to do more than my body is willing.

The mind, body, and spirit of the soul work together to create a magic force within. Genetics, cultural upbringing, and life experiences factor into our well being. There is

no magic formula or drug consistent with all, yet research and medicine helps improve and extend the human lifespan. Since the early 1900's medicine has been introduced to combat infectious diseases and promote our health with specific bodily needs. Medicine is only part of the equation in that most are created to counter-act conditions rather than become a prevention.

I encourage readers to look through some of those health benefit books and research for yourself what may be of value for yourself. My article on Acid Reflux is something that has been beneficial for me, but may not be the solution for others. You know yourself better than anyone and that becomes the choices you make that best determines your health.

One story to share is when I was going into work and began to notice a sheering pain in my back for no reason. It had nothing to do with my movements or otherwise, but the pain became so intense I asked a coworker to take a look at my back.

"You have Shingles," she responded, recognizing the marks along my lower back. I had no idea what that meant but went to a clinic the next morning for an evaluation. Yes, Shingles are somehow related to ChickenPox and I had that as a child and the cultures lie dormant within the body for many years until they become active through stress. I was extremely stressed during that time with divorce, overworking, and trying to manage how I could survive at that point in life. It was a wake-up call from my body that was complaining I was going through such emotional discord and that I was trying to overcompensate through work efforts.

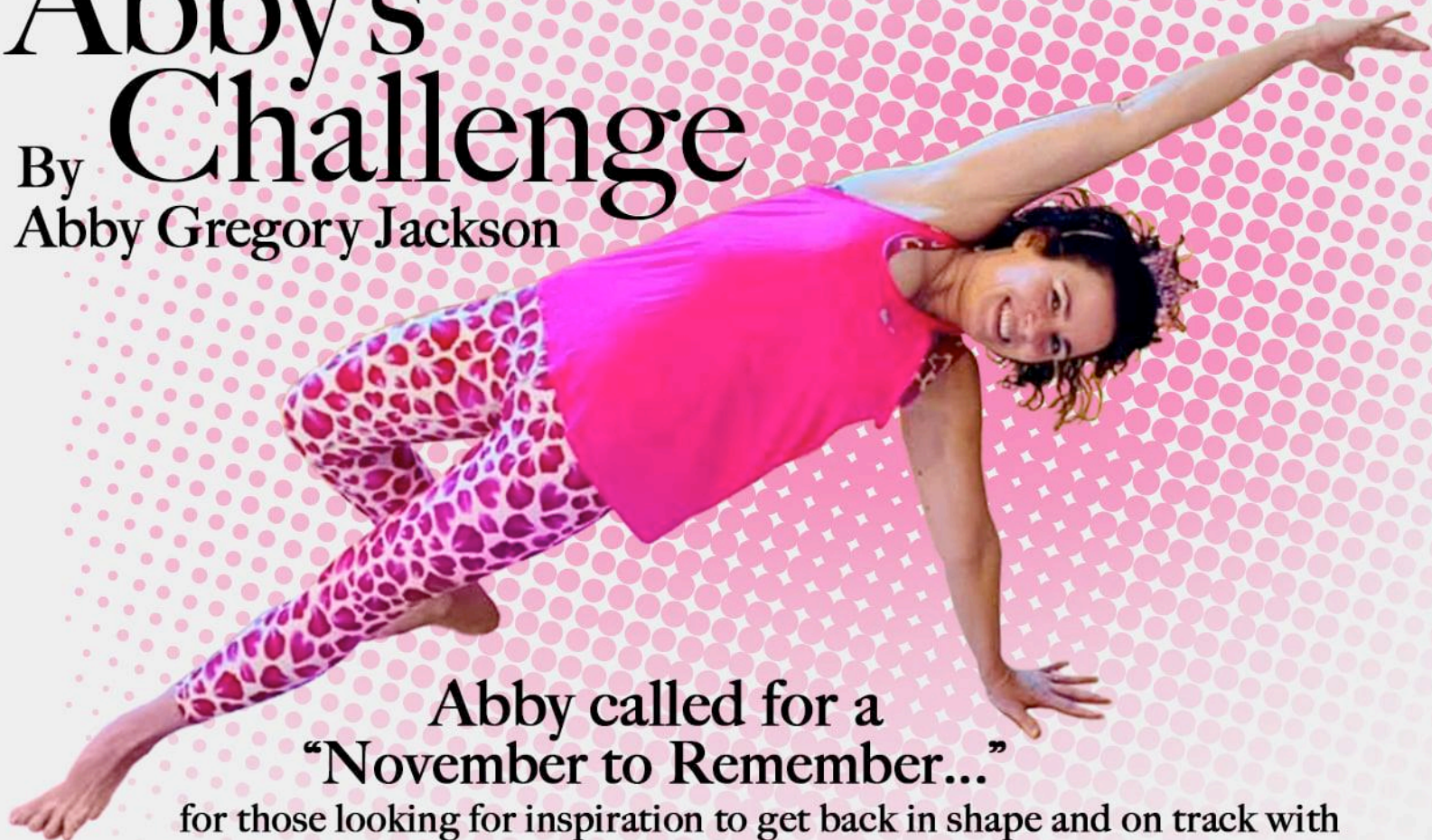
Circumstances always seem to change and since the pandemic, I have had the luxury of working from home. It has been a blessing as time management can be more flexible, but it brings on new challenges. There is a disconnect from coworkers as much as others in that my social existence has never been so non-existent. Social media is one of the few expressive avenues I have to share with friends and has interwoven it's fabric into our culture. Even at my workplace, there are numerous departments now devoted specifically to providing content and information on social media platforms. I create and generate graphics for many of those posts, tweets, and instagrams that reach out to others as it has become a valuable resource in the new age of technology.

It's important to keep grounded through the changes and to stay healthy despite the circumstances and that is something we should recognize as the balance between so many variables in life that become overwhelming.

Many friends, teachers, and associates I knew have passed away in recent years and I still struggle with those losses. They haven't left me in spirit as they no longer exist in physical form. My neurological strenths have been strongly reinforced with visualization and spacial relationships and I can easily remember how much they contributed to my well-being. The Mind, Body, and Spirit are the essential properties to living. Inspiration is the key to anything successful as I want to inspire others to live a full and healthy life!

Abby's Challenge

By
Abby Gregory Jackson



Abby called for a “November to Remember...”

for those looking for inspiration to get back in shape and on track with topics for health and diet concerns. A social media agenda that led to much interest on her Facebook Live proved how valuable friends can become supportive driving ambitions to new heights. The before and after photos showcased the results of her own experience that helped to inspire others through a series of discussions. Here is an overview of important topics she discusses:

Hydration: Drink 64 oz of water each day, which our body needs to properly function to maximize internal organs and other health benefits.

ReDo Your Chew: Biting and chewing your food (20 times) helps your body to naturally break down vital nutrients with less wasted effort.

Exercise: Choose at least two exercise routines that you can utilize in repetition that will get you activated and help to energize your body for the day.

Food Journal: Keep track of what you eat. The best habit to discover your diet is a diary of everything you consume that becomes a resource of information.

Walk On! Walking 10,000 steps each day is easily the best thing for exercising the body and helps circulate all the moving parts to function properly.

Connectivity: Connect with others that are supportive of your goals. Most will keep you motivated and inspired to continue the challenge with compliments that reassure your progress as you build self-esteem as much as muscle.

Meditation: Clear your mind and focus on your thoughts for at least 20 minutes. Use mental strength as much as physical to build a positive mindset.

Intentional Breathing: Oxygen is vital to our body's functionality. Take a few minutes to heavily breath in and out as it helps with relaxation and healing.

Sleep: A recommended 7 1/2 to 8 hours per night is common for most, although there are those that differ. Simply getting enough sleep helps the body in many ways.

Affirmation: Positive affirmations are also key to your progress and as you make your health a habit, it becomes easier to recognize the difference you've made for yourself.

Smaller Portions: Intertwined with the ReDo Your Chew rule, eating smaller portions provide enough nutrition without overeating.

Know Your Why! A rational theory amongst those that want to generate better health for themselves is to understand the motivation. The commitment becomes a dedicated process of changing lifestyle patterns that often become beneficial to improve relationships with family, friends, and others to feel more comfortable with activities.

Time limit Carbs and Starches: Consider 4pm as the last call for junk foods, breads, and high carbohydrates. The effect those have on the body may fuel us throughout the day with physical activities, but do more harm to us in the evenings when we are not as active.

Outdoors! Get outside and breath in the fresh air! Studies have shown those more active outdoors improves health by lowering blood pressure and reducing stress. It also improves our mood to be with nature and some believe it helps with aging to spend time outdoors.





Stretch! Warming up your limbs helps with blood pressure and oxygen flow with the dynamics of the body. Yoga, tai chi, and pilates are common favorites.

Laughter! The best medicine as it releases endorphines throughout the body that helps distribute functionality in healing pain naturally. Find humor that makes you laugh as it is also an outlet to help promote brain activity.

Smile! Similar to laughter, smiling lowers stress, pain, and increases endurance. Some report it also helps our immune system,

Posture: Sit up straight and maintain good posture. A few exercises can help with respiratory issues.

Gratitude: “Count Your Blessings!” Simple thoughts that focus on the positive aspects of life make all the difference. Share with others how much they have been an inspiration to you and write down 3 things each night that you are thankful for.

N.E.A.T. Non-Exercise-Activity-Thermogenesis
An acronym for simple activities that are not too strenuous, yet help to avoid a sedentary lifestyle. Walk, stretch, shifting weight increase circulation. Dance to music while doing household chores.

Caffeine: Most consume caffeine in some form, and for many it is either tea or coffee. Although there are studies that prove caffeine is beneficial in the morning, it should be noted that it does more harm later in the evening. Everyone’s schedule may differ, but consider limiting caffeine 6 hours before going to bed.

Caffeine remains in your system depriving you of sleep and other health issues that are a result prohibiting essential vitamins and minerals to perform. In women, it also lowers estrogen levels and affects menopausal conditions. You may need to cut back gradually as a sudden shift can raise blood pressure.



Drumroll please!!! 2 weeks in and I'm down 16 lbs!

GIRL!!!! Just look at you! 🔥🔥🔥 Absolutely incredible! I bet that feels AMAZING!

I'm feeling so much better already!

Best thing I've done for myself in a long time!!! I'm committed to reach my goal this time!

Change Your Mindset: “Say No to C-B-D!” Another acronym in reference to “Critic-Blamer-Doubter” when it comes to health-improvement initiatives. These are the negative inner voices within that sabotage your ambitions. Just Do it and you will discover a more positive outlook in both your body and mind.

It was indeed a “*November to Remember*” as I received so much feedback from my daily posts on social media that had inspired others to take on the challenge for a better health regiment. I felt the need to share as I had lost over 42 lbs at that point and wanted to pay it forward the simple nuggets I found to be valuable to my own. Watching others take steps to transform their health continues to be a reward. In many ways it has been a lifelong dream and passion of mine to help others better themselves and this was certainly a cornerstone for me to reach out during an era of pandemic uncertainty for those who needed inspiration.

It was through my own experience of isolation and not realizing how the impact of my diet and exercise was having on my body that I became determined to change those simple elements that would have a positive effect. I reached out and transformed my patterns and am now a certified health coach interested in helping others on their journey to a more healthy lifestyle.

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Tour de Cure



Red Riders at the Tour de Cure
May 19, 2013

My alarm sounds at 3:30 am on May 19, 2013. Marcia and I scramble to make final preparations as we drive south of Atlanta to Douglasville, Georgia to take part in our volunteer duty for the Tour de Cure, an annual biking event and fundraiser that brings awareness and provides research for diabetes. Having been diagnosed since childhood, Marcia understood the need and I was in full support of helping her get back on track with numerous functions and potential opportunities for the future.

It was still dark as we arrived around 5:00 am to set up the tents and there was much to be done to prepare for the crowds of participants that would show up to ride. The numerous donation functions, committee meetings and motivational seminars had built up for months to help generate a successful campaign to Stop Diabetes and find a cure.

Doctors and specialists in the field were often enlisted to demonstrate the impact of those efforts and to encourage how miraculous these events had contributed to the research of diabetes. New technology had made it possible to regulate insulin, which is the key hormone generated in the body's pancreas that chemically transforms nutrients into glucose the body uses for energy.

I knew the challenge as I had been living with Marcia's condition for many years and it was an opportunity to become involved and share that experience with her through volunteering.

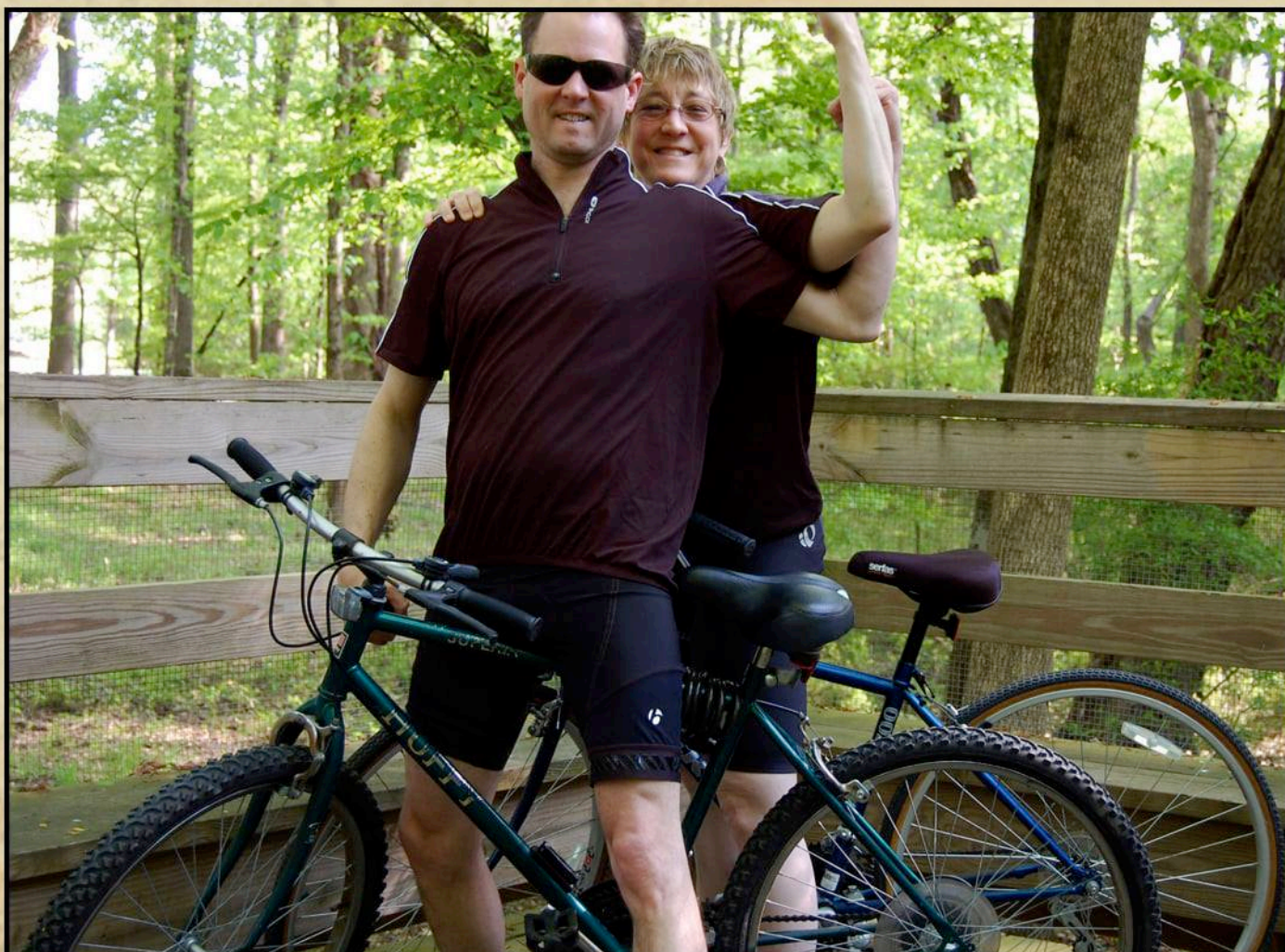
We created a personal social media web page as part of the fundraising venture to help promote donations to the cause. In addition, I provided creative graphic solutions to our entire team's effort for presentation value. Those are the key elements to create interest and I took the initiative to generate a design campaign to be utilized through social media and promotional print material to help administer positive reinforcement.

I finally found the time to create an image to use as an illustration and that was where the campaign began to spin the wheels.

"Red Riders" were diabetics biking for their own cause and on the frontlines of the battle to find a cure. Their stories are compelling and I wanted to create something that would be recognized as an iconic image. I was pleasantly surprised after the many devoted hours that went into the piece and felt rewarded in that I could share in some way to help drive their spirit of ambition into an image that was reflective of their own.

The event is not considered a race as much as a resilient challenge from start to finish combining strength, determination, and the willingness to endure

My designs and artwork had made an impression on many and I had poster-size prints that could be utilized as needed to reinforce the spirit of the event.



Marcia and I biking along the Greenway near Roswell, Georgia



 Marcia showing the illustration display at the tent during the Tour de Cure event.

I signed up to participate in the event as well to help raise money for the cause. It's never an easy thing to convince others to spend money for your own initiative, but there were many that made it possible for me to participate. It was a joyous feeling to discover those that stepped up to donate for the cause because they understood the experience as much as the call to action. It was a blessing from all those who helped in the cause.

There was skepticism during the fundraising drives for the event in that the event seemed to be attracting less interest, but as crowds began to gather throughout the morning, there was an uplifting excitement throughout. I helped with registration and future fundraising solicitations and took the opportunity to photograph much of the event.

I made friendships with a few of the 'Red Riders' and got to know their stories and it's always an observation to realize how fortunate many of us are to not have those conditions that must be monitored throughout existence. Diabetes was something I knew very little about as I take my own health for granted and I have since been more health conscious and try to maintain an active lifestyle and eating nutritious foods.

The event was more than just a crowd gathered for biking in that it expanded my mind about health and the challenges we face with all types of conditions.

The Red Riders took center stage and started the event amidst such a beautiful day in Douglas County, Georgia. I was impressed with the massive crowd that turned out in support, many who were not participants but had those family and friends that were involved. Numerous businesses had become affiliated through sponsorships and the media was there to cover the event to help support the cause and volunteer as well.

As the event began, I took to my bike to ride as well for the cause, I realized I was riding my mountain bike and not the typical street bike and I fell behind very fast as it never occurred to me it was a completely different type of biking. How embarrassing. Nevertheless, it gave me more time to reflect while I struggled to make it over the rolling hills and fly down into the valleys. Yes, the journey was not a race to finish first as it was to participate and become involved. That was my assessment as I had to find more strength to climb another hill! I just wanted to finish...Mother Nature had other plans as there came a sudden downpour of rain even concerns about tornadoes! Many of the riders found shelter during the course of the ride as nature's storm rained on the event, which was soon cancelled for the remainder of the day. Weather safety concerns in the area were more important while I was stuck in a small cabin area with other riders...without a cell phone! I had no means to communicate with others, so I hitched a ride with a vehicle that was picking up passengers to take them back to the main venue. I had put so much time and energy and effort into everything I could imagine to work with such an organization that helped bring a sense of achievement, despite the weather. I felt blessed to be such a small part of it all and encourage others to reach out for some cause in which you can contribute in some way to help others in need.

A promotional graphic for the American Diabetes Association's Tour de Cure event in Atlanta on May 19th. The background is red. On the left, the ADA logo is above the text "American Diabetes Association." and "Tour de Cure®" in large white letters. Below that, "ATLANTA MAY 19th" is written in white. In the center, a man and a woman are shown from the chest up. The man is wearing sunglasses and a dark blue polo shirt. The woman is wearing glasses and a similar dark blue polo shirt. Overlaid on the bottom of the image is the text "RIDE ON!" in large, bold, white letters, with "Help MAKE A Difference!" in smaller white letters below it.

S Social Media Header ad to help generate donations on our website for ADA.

Be sure to watch the video from the link below that highlights much of the event showcasing the many people involved. Working together for a common cause is a celebration of triumphant victories as a team. We're all in this together...RIDE ON!

<https://www.youtube.com/watch?v=EWsi6jCI7FU>



THE WEIGH WE WERE

In 2012, Georgia Public Broadcasting aired a special interest show with Kat Carney as host for an inspirational and educational television series of stories featuring captivating interviews of those with success stories overcoming weight problems in Georgia. "The Weigh We Were" showcased those who set goals for themselves and established healthy patterns of living through diet and exercise.

Kat has worked for numerous television networks, including CNN, where she served as Consumer Health Anchor. Battling a lifelong weight challenge herself and losing 90 lbs was inspirational to showcase how many other Georgians had reached remarkable goals and helped to inspire others.

Obesity has become an issue for many as the modern lifestyle has become one of convenience. Ordering food is much simpler than preparing a meal for yourself and most do not have the luxury of time with demanding schedules involved with career and family. Health and Diet concerns have become more of an interest for many as lifestyles have changed dramatically during the recent pandemic enforcements.



YOUR HOST



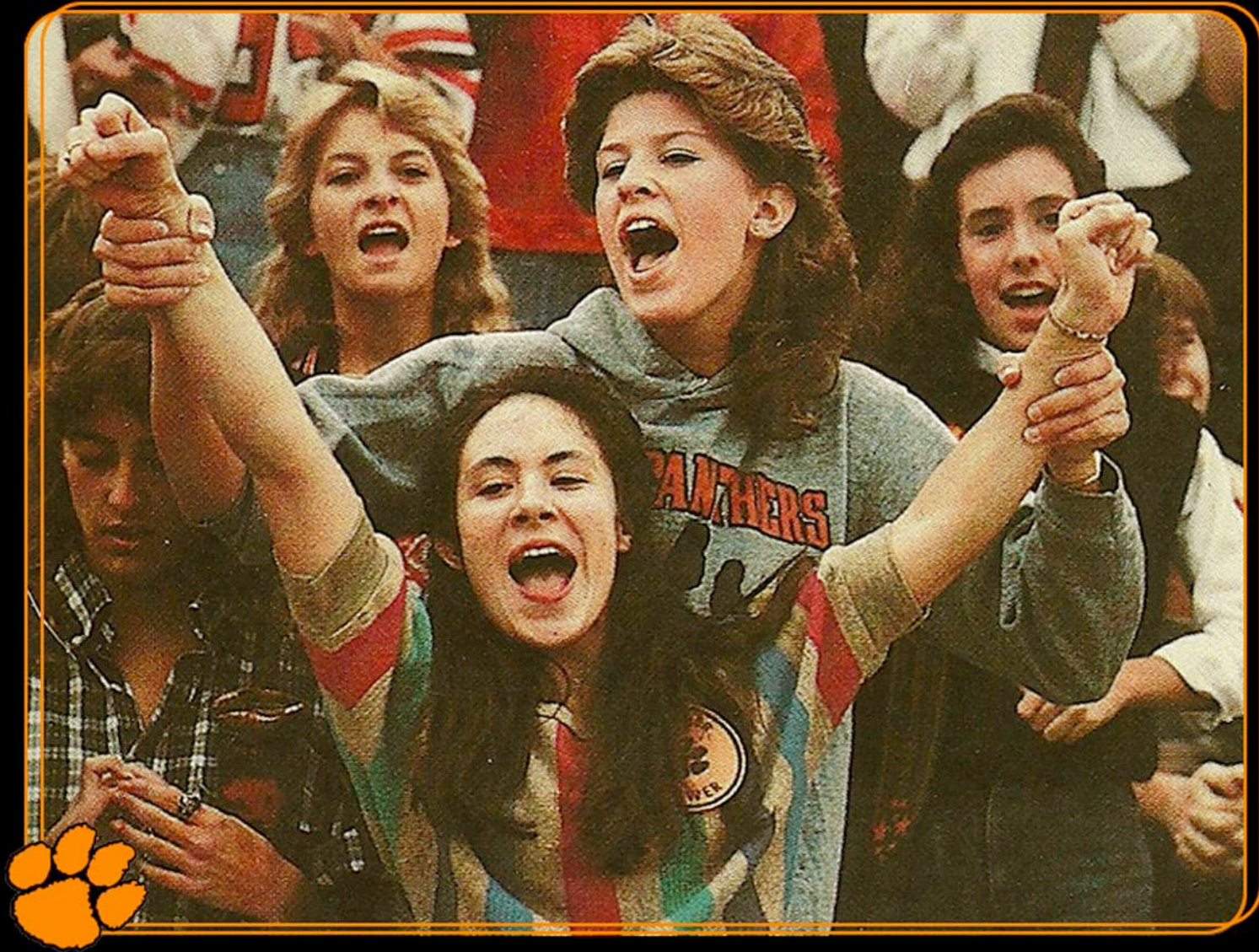
KAT CARNEY

As Kat researched and educated herself with diet books, one which resonated well was “Make The Connection” by Bob Greene, who had been on the Oprah Winfrey Show on occasion. Promoting a new book, Bob was also a guest at CNN when Kat shared her story. In 2004, Kat was then invited to appear and tell her story on Oprah.

Once her goal had been reached, the initiative to share others’ stories sparked an incentive to reach out through broadcast media and the opportunity for a show and series would be the outcome.

As for my part, I came into the project towards the end when there was a need to add the graphic measuring tape for the open animation and other topics. I was still learning the basics in 3D animation, yet each project seemed to add another element in which I gained another solution to creating graphics. The creative process is one that pushes the limits of the imagination and discovering how to implement those ideas to get the result you want. Similar to our own health, we continue to educate ourselves and improve with an understanding that we will need to put forth the effort both mentally and physically to achieve our goals.

<https://theweighwewere.com>



Tonya's Spirit!

Early morning busroom in the gymnasium at Powell High School was the place where students gathered for those that arrived early. I was always one of the first to take a seat in the stands, but not far behind was Tonya Sharp walking with crutches to make her way. Handicapped since childhood related to muscle dystrophy, she was not one to allow those conditions take her away from living a healthy and active life. She was as much a part of school spirit as anyone and her determination was infectious.

We became friends and began to build a relationship talking on the phone about life experiences. Our lives seemed quite familiar to us both as we had so many commonalities and understood what each had been through with both achievements and setbacks. It was another cherished friendship in which I wish I could travel back in time to tell her how inspiring she had been to us all.

After a few years, Tonya put herself to the test and became determined to walk again on her own. It was a goal for herself and one that she knew would need a disciplined daily routine, a positive attitude, and a full commitment to go through that challenge. As we spoke on the phone, I encouraged her to spend some time writing a journal of her life experience. It was inspiring to me and I knew it would be significant to others to overcome such a challenge. It is the will of the mind that often compensates for a lack of physical effort and Tonya's spirit is a quality we can all learn from in putting aside what we can't do to enforce a system in which we believe in ourselves and are willing to make those life adjustments to overcome obstacles through sheer determination.

Transportation had become an issue for her and that was one of the facets that many of us take for granted. Going from one place to another is rather simplistic for most of us, but Tonya has always had to plan ahead and schedule special services to get to work or otherwise. It was almost inconceivable for me to understand, but she was spending as much of her earned income on getting to work than having the benefit of utilizing her labor in more gainful ways.

Tonya worked a number of glamorous jobs at the Knoxville Zoo and Hyatt Regency Hotel in Knoxville in customer service and public relations finding the benefits of going to work was worth the price of simply getting there. Life experience contains more value when you are willing to sacrifice more than you gain.

A healthy diet along with professional trainers to help build back her strength have been key to her driving force and commitment through determination. It's something the rest of us can stand up and cheer for her resilience and spirit of the mind. Earlier this year, she posted a video in which she was walking on her own once again. It was such an amazing thing to witness and she continues to improve her condition through a healthy lifestyle management. She inspires me and everyone around her and the one that would cheer me on in high school is now the one I'm shouting loudest to win her own victorious battles!



A Photo from a recent visit with Tonya. Gidget was inspired as well!

Dogs on the Beach

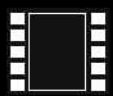


Photo of Rex and his companion Rachael Rae playing and having fun at the beach on Hilton Head Island, SC. June 2013.

A story as it relates to many in which vacation becomes an important time to take a break away from the hustle and bustle of every day concerns with a week or two of rest and relaxation with friends and/or family. But, what about the pets? They will need to be taken care of while you are away...so you must make plans to accomodate them.

It was never easy for me to take vacation time when dogs (pets) are not allowed. Even overnight trips or weekend escapes were a concern as I had a responsibility to consider making adjustments and preparations for Rex, my Jack Russell Terrier. The perfect solution is finding a boarding facility near your vacation spot that is within short driving distance. That way, you are able to visit your pet while on your own vacation and it's as if you share the best of both worlds.

It was the best vacations ever when Marcia and I took both our Jack Russell Terriers to Hilton Head Island, an annual trip with her family and we took the dogs as well. for boarding at the Evergreen Pet Lodge located on the island.

Rex and Rachael Rae were the same breed, but different in age and personalities. The pair played well together, but jealous in attracting attention. Rex loved to chase the ball while Rachael Rae simply chased Rex because he had a ball. Otherwise, she wasn't interested in a game of fetch

Just a short distance from where we were staying, we would drive to the pet lodge to visit. We would spend time each day as there were plenty of areas with activities for pets. Both quickly mastered the many obstacles along the course to help burn off their energy.

The best thing was that dogs were allowed on the beach only for a couple of hours each morning and we took advantage of it each day. Rex would chase the ball in the ocean water swimming against the tide. Rae loved the ocean water as well and often took to running as fast as she could along the sandy shoreline. As she was not as disciplined, Rachael Rae was often bound to a leash for fear of her running off to some wild exotic place. I guess she had found that place and I was impressed as I only had to chase her twice!

The dogs had the time of their lives playing along the beach and swimming in the ocean waters. It was a remarkable experience to enjoy that time together. You could see it in their eyes how amazed and happy they were as it was as much a break in their routine along with their owners. I believe the dogs had more fun on the beach during the early morning hours than the humans had all day long.

Although the dogs were exhausted as we returned them to the pet lodge, their spirit had become rejuvenated. It was re-energizing to me as well having made provisions for the dogs in which to escape from the normal routine. I could re-live those moments of dogs on the beach as it made for a super-special vacation!

For more photos of Dogs on the Beach:

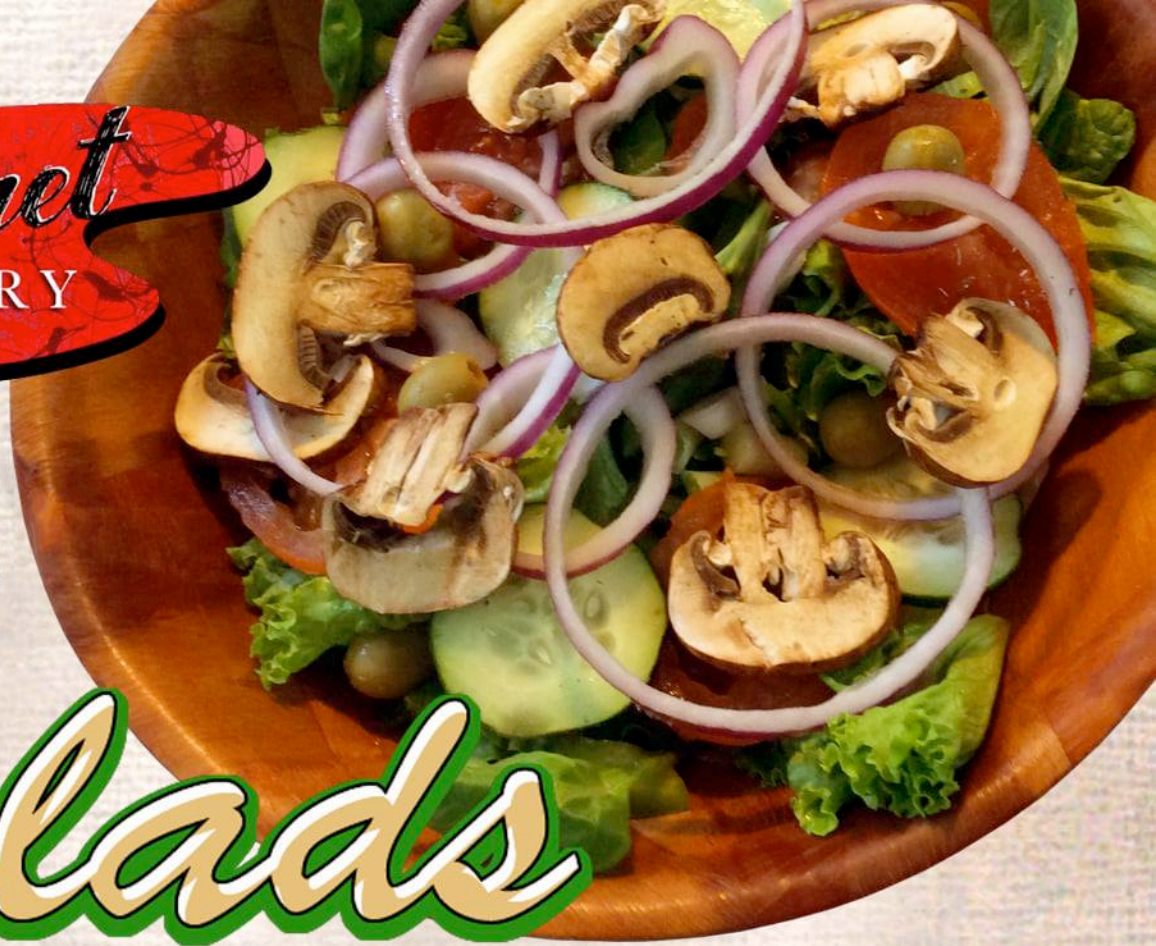
<https://graphicasyllumweb.shutterfly.com/pictures/1058>





*the Fine Art
of cooking*

Salads



Once a month I have a Salad Week. I've noticed through the years it gives me more energy as it helps to provide nutrients in which I've been deficient. It's cheap, filling, and provides much of the green foods and vegetables that are good for your health containing vitals minerals and nutrients the body needs. I've come to learn the value of salads and how it affects me.

I continue to expand and explore varieties with so many options, but my go-to salad contains Green Leaf Lettuce and Spinach, chopped Green Onions, Broccoli crowns, sliced Mushrooms and Cucumbers, fresh Red Tomatoes, sliced Red Onion, and radishes. Olives are a topping as well, but I often plan my Salad Week after cooking on the grill to add small portions of Chicken, Steak, or shrimp that works well in the mix.

Another seasonal favorite of mine is the "Savannah Low Country Boil!" That Southern Seafood flavor I crave this time of year that is a healthy meal and an easy recipe as it doesn't require too much preparation. Shrimp, Sausage, Corn on the Cob and Red Potatoes make this an exquisite meal that relishes in Low Country Southern Cooking. Salt and Pepper as needed when served, but the secret spice is Old Bay Seasoning!

Eat Healthy, Live long and savor the flavors of your labors cooking up something new and delicious. Thanks for reading and taking interest from the GOURMET GALLERY!

Savannah Low Country Boil

Ingredients:

2 1/2 lbs Red Potatoes (cut into quarters)
2 lbs Corn on the Cob (cut in thirds)
2 lbs polska kielbasa sausage (cut 2-3 inches in length)
3 lbs medium to large shrimp
(you can leave on the tail shells while cooking)

Old Bay seasoning
2 cups Mushrooms
2 Yellow Onions (Whole and unskinned)
2 Bell Peppers (any color variation)
One Stick Butter

Directions:

1. In a 30 quart boiling pot, fill half with water. Add One stick Butter and Old Bay seasoning. Bring to a boil.
2. Add cut Red Potatoes and cook approximately 15 minutes.
3. Add Sausage and Whole Onions. Cook the skins as well because they add seasoned flavor.)
4. Add Corn on the Cob, Bell Peppers and Mushrooms. Cook approximately 5 more minutes.
5. Turn Off the heat and add Shrimp last to simmer for 3 minutes or until pink in color. The Shrimp will begin to float to indicate they are ready.

For more recipes from my "GOURMET GALLERY" here is the link:

https://graphicasyllumweb.com/graphicasyllumweb.com/Gourmet_Gallery.html

Spice up Your Life!

Abby with her sister Lorrie
More health benefits using spices.

Some spices that add more than flavor to your tastebuds as they have medicinal qualities as well. Here are a few to consider.

Cinnamon: Lowers Blood Sugar levels and is a potent antioxidant. Also fights inflammation and lowers cholesterol.

Sage: The Latin word meaning “To Save.” Used in history to prevent plague and research has shown it improves brain function, especially with Alzheimers’ as it inhibits acetocolya, which deteriorates neural functionality.

Peppermint: Good for upset stomachs, bowel syndrome and nausea.

Turmeric: A strong anti-inflammatory spice with numerous benefits as the curcumin within also has the potential to prevent malignant diseases such as cancer in that it inhibits growth of tumor cells and improves insulin levels for diabetics. Including black pepper increases Turmeric’s medicinal qualities.



Spice up Your Life!

Whole Basil: Commonly used in tea, it helps with anti-inflammatory issues, heart problems, aching pain in joints and arthritis, and also inhibits growth of bacteria such as yeast and moulds.

Cayenne Pepper: Contains capsaicin which contains many medicinal properties. Widely used in ointments and creams for pain relief, it also helps promote weight loss by raising core body temperature. The hotter the pepper, the more capsaicin compound. It helps burn fat within the body and increases appetite.

Ginger: Another spice that has been used for centuries to combat inflammation and pain. It helps to soothe sore muscles while easing pain and provides energy to help fatigue. It contains similar compounds found in NSAID medicines that are used as pain relievers. One word of caution with ginger as a low-quality or outdated spice may become a risk for mycotoxins which generate moulds or fungi that cause adverse health effects.

Rosemary: A fragrant evergreen herb native to the Mediterranean used as a culinary condiment in chicken and lamb, has many health benefits. It contains iron, calcium, and vitamin B-6. It has been used since ancient times for its medicinal properties to alleviate muscle pain, improve memory, boosting of the immune and circulatory systems, as well as promote hair growth. It is also used in perfumes for its fragrant smell.

Garlic: Another spice with a long list of benefits, especially when mixed with grains as it becomes absorbed within the digestive system to combat sickness and has healing properties. It has been known for its medicinal qualities since ancient times to combat sickness, such as the common cold. Active compounds in garlic also reduce blood pressure and improve Cholesterol levels, which lowers the risk of heart disease. Other benefits include anti-oxidants that may help prevent Alzheimer's and Dementia and some believe it helps sustain a longer life-span.

Acid Reflux

Thus far, the only surgery I've had was in my mid-30's (over twenty years ago) when I was having a difficult time digesting certain foods. I would become choked and struggle to breathe at times. Treatment was suggested and I consulted a doctor with to provide insight into my condition. Acid reflux was the issue as x-rays showed my esophagus had become scorched through the digestive process. Certain types of foods were to blame that led to heartburn and choking, so I was forced to drink about a gallon of the most distasteful juice to prepare for the surgery. My esophagus was scraped, cleaned and cleared many abrasive burns that had been much of the issue with my heartburn condition. It helped to be proactive and take on measures that would help resolve my issues at the time...but it wasn't the solution to my problems.

A few years passed and I had the same condition as before. I was taking the usual heartburn pills that could be purchased from the stores, but they weren't working as well as expected. I knew and understood that certain types of food were to blame as they were consistent with my condition. It didn't make sense to me why this was such an issue, but genetics often play a part of our designed system of health management.

Working as Assistant Art Director at CBS Atlanta when the economy took a downturn during the real estate bubble collapse, a chain reaction occurred that impacted the nation. Sales weren't selling advertisements for our newscasts and shows so decisions were made to implement other options to compensate for the lack of sales dollars.

Infomercial programming was an easy choice for lost revenue as a station is paid to air their consumer-driven product or social message to persuade viewers. These typically aired on early morning weekends when our viewership was at its lowest on the Nielsen radar, but I tuned in to see what we were doing with our programming. It was more than just revealing as the information dropped a bomb on everything I understood about medicine.

An infomercial is an extended commercial, that reveals information in hopes that you, as a viewer will buy into their product or message. That is exactly the point why it is considered a paid-for advertisement as many of these programs benefit more through reaching viewers through television than other means. Many are clever in captivating an audience to continue to watch throughout the show. They leave the best for last. I watched and waited for the answer to my acid reflux condition. I was skeptical all along as the show continued to elude to more informative information, but it was worth my patience in the end.

My mind began to spin in a million directions. I didn't know what to think. Sure, they were selling something, yet provided an enormous amount of information about why I had this condition, and more importantly...how to easily resolve it without spending a massive amount of money with pharmaceuticals and surgery.

I don't consider myself a conspiracy theorist type that thinks the world is out to get me, but I do entertain valid information that becomes my assessment of the truth through experience. Keep in mind there are variant types of acid reflux, so what is going on in my body may not be the same as your own. Acid reflux is a condition in which many feel a sensation of heartburn in their digestive tract (esophagus) that becomes painful with a burning sensation. In my case, I was often choking and had to throw up food stuck in my throat to breathe. My condition had become an embarrassment when I would be with others to excuse myself from the dinner table.

As I learned in the infomercial, all I had come to know about Acid Reflux was a result of having too much acid in your system. The truth may be that you DO NOT HAVE ENOUGH ACID in your system which is necessary to break down the foods in which you digest. It is completely opposite of what I had been told by doctors and that is what seems disturbing. The prescribed pills you buy and many over-the-counter acid reflux relievers work against your normal body functions. It may seem strange that they enter your stomach and deplete all the acid within, but as a result...your body realizes there is NO ACID in your system and begins to generate excess acid in response.

Acid reflux is a deficiency of acid within your esophagus. It is NOT the common myth that you have been told by doctors. Their incentive is to provide prescriptions for drugs and perform costly surgeries. God forbid there be a simple solution that is so simple a caveman can do it!

Vinegar! Yes, that is the simple solution. At least for me, just a small sip of Apple Cider or White Distilled Vinegar coats my esophagus with acid to help break down most of the foods I eat. I have been doing this for twenty years and have rarely had heartburn since I discovered how to counter certain foods. I began to eat a lot of spicy-hot foods in my twenties as my taste palate took new directions and I am certain that was a dramatic change within my normal body functions. That is why my esophagus began to scorch and burn to give me heartburn. As I continued, it led to more problems and I found myself in surgery as a result.

I may be the rare one in that my body couldn't adapt to the changes I was making with new seasonings and flavors as I crave spicy flavors and rarely touch sweets, such as cakes and candies. I still have leftover Halloween Candy from three years ago!

Pizza is always something for me to consider or any tomato-based pasta seems to have an effect. The worst thing is white bread. I will not go near it. I need whole wheat bread or else. That is one of the reasons I rarely eat out at fast food restaurants is because of the bread they serve. There typically is not an option. Subways give a choice of bread and I think that is smart for the consumer to decide not only what goes on their sandwich, but what bread.

Vinegar of all things! Had it not been a downturn in the economy and decisions made to compensate for a lack of sales...I would probably have never discovered such a simple solution to my acid reflux condition through an infomercial. It was a blessing for me as I was skeptical, but it has proven endorsement from me that it works.



BODY STORY

Clever film dramatizations and an amazing use of 3D animations that take you inside your body help to describe the things that occur within. First airing as a mini-series on the Discovery Channel in 1998, it combined real-life acting with computer-generated imagery to portray bodily functions through a variety of circumstantial social instances. A breakthrough with both the arts and science in that it becomes a graphic presentation to viewers showing what happens within our own body system and explains much along the lines of how our emotions change accordingly to the development of our body system as it matures and goes through the various phases of life.

Considered a Docufictional, the series was awarded a Silver Medal in the 1999 BDA (Broadcast Design Awards) in its first season. If nothing else, the series opened doors on many levels from visceral descriptions of health within the body system through graphic animations and helping to explain the functions of our inner body in more detail that could be used as presentations for sales in drugs that could combat certain diseases with more conviction.

“Body Story” became the Health-Science Media model for many animation companies to focus interests within the field of research to break through a new means of graphic representations to convince buyers of their developmental progress in new medicine that would be of benefit.

I encourage you to watch the “Body Story” series to discover what is going on within your own system where no cameras or selfies from smart phones can explain. It is entertaining as much as educational and that is what makes it must-see-tv for those interested in the topic of health within their own body. Many episodes can now be found on YouTube by simply searching “Discovery Body Story.”

THE SECRETS OF UNDERGROUND MEDICINE

 Natural Health Response

There are numerous books available that offer simple solutions to many health concerns through diet and lifestyle changes, but I found "The Secrets of Underground Medicine" by the Natural Health Response, which are doctors that have made ambitious efforts to provide a wealth of knowledge about the field of medicine. The book contains historical perspective and studies that provide insight into a wide range of issues from pain-fighting solutions, keeping your brain active, everyday foods that crush diseases, and even simple steps to eliminate Diabetes. There is much information to absorb from the book as it warns patients and consumers against Big Pharma's agenda to generate more money for expensive pills and/or treatments that can be simplified with understanding what your body needs to help take care of deficiencies in certain areas. It explains cancer and how our cells become mutated or malignant through mitochondria and how glucose (sugar) is the main factor involved with cancerous cell repetition. German Biochemist Otto Warburg turned his attention to cancer after winning the Nobel Prize in Medicine in 1931, but was held captive (as a Jew) by the Nazi party to

complete his studies. Those studies are now a blueprint for modern research as we begin to learn more about Cancer. Highly recommended as a guide to explain much of about medicine and the secrets many doctors are unwilling to share because they may not know themselves or want to push patients towards drug investments that are more beneficial to themselves. I encourage you as a reader to find available books on topics of diet and medicine as there may be information to discover for your own health benefits.



The American Spirit!

Celebrating our nations independence and the freedoms we share that make the United States of America the land of opportunity. History, Fun and Games, and perspective on how the American Spirit has spread towards a global economy. July promises fun for family and friends and I can hardly wait to share some stories that help to promote an inner pride of American values! Until then, Love and Wishes and Stay Healthy! - Chris

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