

Second Opinion

LOCAL ALTERNATIVE HEALTH AND HEALING

FREE



INSIDE:

SHOP
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republicoftea.com



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- 3 oz. Ritual gin alternative
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- 1 oz. simple syrup
- Lemon slice or twist

Fill shaker with ice, Ritual, triple sec, lemon juice and simple syrup. Shake. Strain into a chilled glass. Add lemon garnish.



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AND KNOW
YOUR FOOD!



SECONDOPINIONMAGAZINE.COM

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6 Tips for Planting Fall Bulbs

The fall is the perfect time to plant bulbs for spring flowers. Here are some tips to help you out!

Tip 1 IT'S ALL ABOUT THE BULBS

- For planting bulbs in the fall, or any season, always select bulbs that are firm and plump.

Tip 2 LOCATION, LOCATION, LOCATION

- Spring flowering bulbs need 3-4 months of cold temperatures to prepare them for blooming and should be planted in late fall for best results.
- Select a location that will receive at least 6 hours of sunlight each day.
- Flower bulbs do best in loose soil that drains well.



Tip 3 PREPARE FOR THE BULBS

- Prepare the flower bed by digging down 6 inches and creating a 50-50 mix of soil and compost to re-fill bed.
- Dig a hole in prepared soil 3-4 deep.

Tip 4 POINTS UP!

- Place one bulb per hole, pointy side up. If bulb does not have a pointy end, don't fret, most bulbs will right themselves if planted upside down.
- Cover bulbs with soil. Water thoroughly.



Tip 5 DON'T FEED UNTIL SPRING

Do not fertilize your planted bulbs until spring.

Tip 6 PREVENTION IS KEY

- To prevent the bulbs from heaving (bulbs being pushed up and out of the soil by the freezing and thawing of the soil), add a thick layer of mulch on top of the soil. Straw, pine needles, or leaves will help keep the soil a constant temperature and prevent heaving.
- To prevent squirrels from digging up flower bulbs, lay a piece of chicken wire on top of the soil before adding mulch. Spring flowers can grow up through the chicken wire, but squirrels can't dig down through it. (Those pesky intruders will be thwarted!)



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Savoring Each Local Bite By Ann Brand, Ph.D

With this year looking quite different due to the global pandemic, many of us are sticking closer to home than usual. What a great opportunity to get curious about finding joy in a local, Wisconsin summer. One benefit of where we live is the abundance of local produce available right here in the Chippewa Valley. Whether you harvest from your backyard garden, put on a mask and head down to the farmers market, or pick up a delivery from your local food co-op, Wisconsin summer is abundant with local food. Bringing mindful awareness to the local food available to us is one way to find new, interesting, and joyful things about summer.

Mindful eating is a simple way to enjoy what we eat and bring a sense of gratitude to the availability of fresh, local food. To mindfully eat, we tune into our senses, getting curious and interested our food. You can do this practice with any of the abundant local produce found this time of year.

Seeing: Before you take a bite, pause and notice the color, texture, size, and shape of your food. Be curious about the tiny seeds on the strawberry, the shades of orange of the carrots, the various sizes of the fingerling potatoes.

Feeling: The smoothness of an apple, the coolness of a turnip pulled from the ground, or the creaminess of ice cream. Notice the texture, temperature, and ridges of food in your hand or in your mouth as you eat.

Hearing: Food can make noise! The squeak of a fresh cheese curd, the crunch of a sugar snap pea, the squish of a fresh peach as you bite into it, the sizzle of vegetables on the grill. So often we miss this experience of our food. Pay attention to what you hear.

Smelling: Ah, the smell of ripe raspberries, the earthy smell of a beet, fresh cinnamon rolls at the farmers market. What memories, sensations, or reactions arise in your body as you appreciate the smell?

Tasting: Taste the bounty of summer in each bite. As you chew, notice the change in the texture and flavor of the food. Savor experience from the first bite all the way through the end of your swallow before you take the next bite.

Gratitude: As we slow down, we have the opportunity to imagine what took place to grow this food: the sunshine, water, soil, and all those responsible for cultivating, harvesting, and bringing the food to our table. When we eat local, we have the chance to know where our food comes from and fully appreciate all the time and care infused in each bite. We can even thank the farmer in person!

Next time you mindlessly pick up a raspberry to pop into your mouth, pause, and use your senses to get curious about the experience of eating. You may be surprised at what you find, and maybe even discover a simple joy that you would have otherwise missed.

Ann Brand, Ph.D is an instructor at UW-Stout and a mindfulness meditation teacher. For more information about mindfulness, see Ann's website www.annbrandmindfulness.com.



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FUN FACTS!

- A bushel of apples is about **45 LBS.**, and it can make twenty pies!
- An apple a day can keep the dentist away! Kids should eat more McIntosh apples because they contain less acid!
- When you eat an apple, you are flossing.
- An apple is **75 PERCENT WATER**, so when kids are hungry or thirsty, throw them an apple! Good Eats!



Chiropractic Celebrates 125 Years

By Judy Soborowicz DC CCN, Active Health Chiropractic and Nutrition

The Chiropractic Profession is celebrating 125 years since the first adjustment was given by founder DD Palmer in Davenport, IA. The first chiropractic patient, Harvey Lillard, was a partially deaf janitor whose hearing improved significantly following the adjustments. Doctor Palmer had established a unique theory about the nature of disease and emphasized the role of the patient's body in healing from within which he called "Innate Intelligence." Palmer asserted that Innate Intelligence coordinates and controls all activity via the brain and spinal cord through the nerves along the spine. Palmer's theory was unique, as it emphasized the essential role of the nervous system in creating the conditions for the body to heal from within.

DD Palmer founded the Palmer School of Chiropractic in 1897 and many of the early graduates were medical doctors. However, with interest in the profession growing and rights to practice becoming an issue, chiropractors recognized the need to form an association.

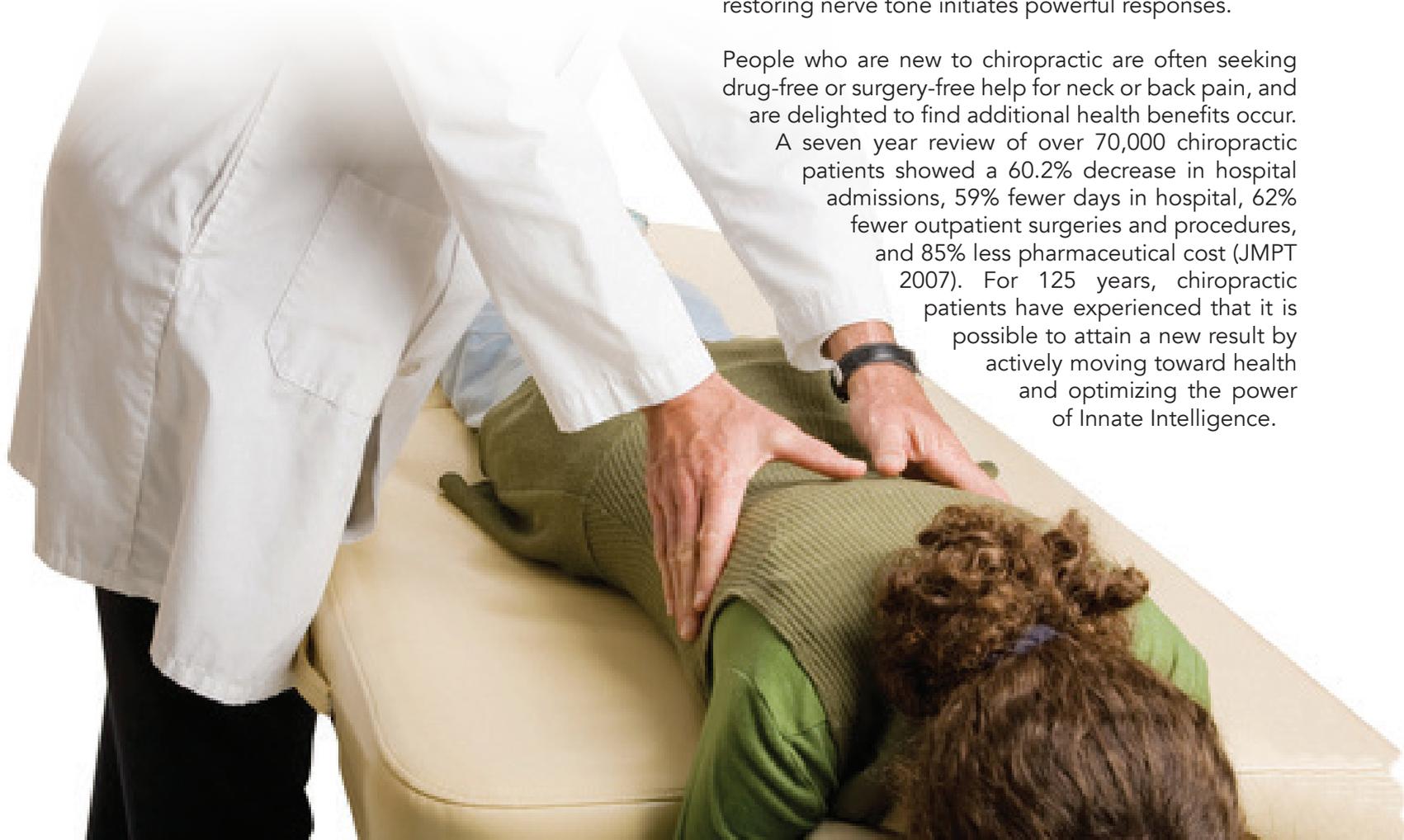
Though licensure did not exist for chiropractic in each state, many chiropractic doctors were arrested and sent to jail for practicing without a license. The early association prevailed in establishing chiropractic as a separate and unique health profession, which led to licensure for

chiropractic in each state. Many families experienced greater health as a result of chiropractic care, and large chiropractic clinics and hospitals were opened all across the country. One such clinic in Mount Horeb, WI was founded in 1964 by Clarence Gonstead who established the Gonstead method of chiropractic care. Patients traveled from all over the world to be treated at the Gonstead clinic, and many recovered from seemingly hopeless health conditions.

Advances in science over the past 125 years have led to greater understanding of the theory DD Palmer illuminated, and the unique principle of chiropractic has stood the test of time. While many people think of chiropractic as back pain care, the chiropractic approach is actually concerned with the tone of the delicate nervous system in relation to the protective bony structures of the body. The nerve system is mostly encased in the bony structures of our skeletal system, injuries and insults over time cause irritation leading to loss of optimal nerve tone, and chiropractic adjustments restore tone. Altered nerve tone can be caused by slips, falls, auto accidents, walking problems, scoliosis, even the birth process itself. Healing results are often complex, as the nervous system controls and coordinates everything that happens in the body, and restoring nerve tone initiates powerful responses.

People who are new to chiropractic are often seeking drug-free or surgery-free help for neck or back pain, and are delighted to find additional health benefits occur.

A seven year review of over 70,000 chiropractic patients showed a 60.2% decrease in hospital admissions, 59% fewer days in hospital, 62% fewer outpatient surgeries and procedures, and 85% less pharmaceutical cost (JMPT 2007). For 125 years, chiropractic patients have experienced that it is possible to attain a new result by actively moving toward health and optimizing the power of Innate Intelligence.



Learning Through Play;

A Look at Learning Opportunities at the Children's Museum of Eau Claire

By Sarah McInnis, Director of Play Experience



The Children's Museum of Eau Claire (CMC) is an interactive environment, designed for children and adults of all ages to learn through play. Not only are there the obvious lessons in sharing and socialization, but our guests will also learn about the connections that are made through play between parents and children as well as the lessons children learn through playing on their own.

CMC's hands-on exhibits provide a safe and healthy environment for children and adults to have meaningful interactions that inspire imagination, creativity, discovery and the love of learning while also educating our guests about everyday situations on a daily basis. For example; young children can learn about cause and effect by playing with blocks in our Toddler Park. When a child builds the blocks too high, or the hits the blocks, the tower falls down.

While the CMC exhibits provide fun ways for children to learn through play, the Museum also offers evidence-based programs to help promote learning on a deeper level. (Now being offered as VIRTUAL programs!) Everyday there is a different experience to be had. The activities and programs offered in our Art Café will help to encourage critical thinking skills and what it means to think "outside the box" when creating. In our FAILSAFE Lab, CMC's STEAM programs allow children to learn about topics focused on academia in a hands-on, play-focused way where our STEAM educator is able to be more one-on-one with the children. Our Let's Get Cooking program allows for children to lead the way in the kitchen and put their own spin on recipes while

learning kitchen safety and how to make healthy treats in their own kitchen! We are proud to offer programs for different age ranges where children can also view the experience through other's perspectives.



There are also more fun and play-focused experiences such as parachute games, that teach children how to work together to achieve a collaborative goal. While they may only view it as singing and dancing, they are actually learning that when they do the same motions as their neighbor, working together, they can shoot a stuffed animal all the way to the ceiling, off of the parachute!

Learning does not have to be formal or focused. It can be playful and creative and look completely different than even the child playing next to yours! Each experience is just as important as the next and each will help kids of all ages SEE, TOUCH, LEARN and GROW their way through important developmental milestones.

Change & challenge doesn't have to be traumatic or stressful

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The Word "Die" Is in "Diet Soda" for a Reason

By Heidi Toy, BS, FNTP

.....
Regular sodas contain sugar, and sugar is bad, right? Plus, look at the calorie count on a regular soda! But you love soda. You HAVE to have it. So you feel like you're making the healthier choice by going with diet soda--no "sugar" and no calories.

It sounds too good to be true because it is.

Diet sodas are filled with artificial sweeteners such as aspartame, saccharin and sucralose. These sweeteners produce a more intense flavor than real sugar, thus building up the body's tolerance to naturally sweet foods (like fruit). What's more, sweeteners trigger insulin (just like real sugar) and send your body into fat storage mode, causing weight gain. Calorie count has nothing to do with it.

Consuming diet soda can lead to increased risk of:

Obesity: A decade-long study from the University of Texas found that diet soda drinkers had a 70 percent greater increase in waist circumference than non-drinkers. AND, participants who imbibed in 2+ sodas a day experienced a 500 percent greater increase.

For some, diet soda might contribute to obesity issues from a psychological standpoint: No calories with your drink, so how about dessert instead?

Type Two Diabetes: According to a study performed by the University of Minnesota, one diet soda per day could increase your risk of metabolic syndrome (high blood pressure, blood sugar handling issues, high cholesterol) by 36 percent.

Headaches: Migraine sufferers often eliminate diet soda from their diets as aspartame can be a trigger.

Rapid Tooth Decay: Citric acid weakens and corrodes tooth enamel over time.

Gentle Dentistry journal found the same level of tooth decay in the mouths of cocaine users, meth users, and diet soda drinkers. Ew.

Rapid Intoxication: The body can process artificial sweeteners faster than real sugar, and this might open up the bloodstream to faster absorption of alcohol in mixed drinks as well.

Osteoporosis in Women:

While women are more susceptible to osteoporosis than men to begin with, soda (regular and diet alike) compounds the situation. Studies show lower bone mineral density in the hips of soda drinkers than women who do not drink soda.

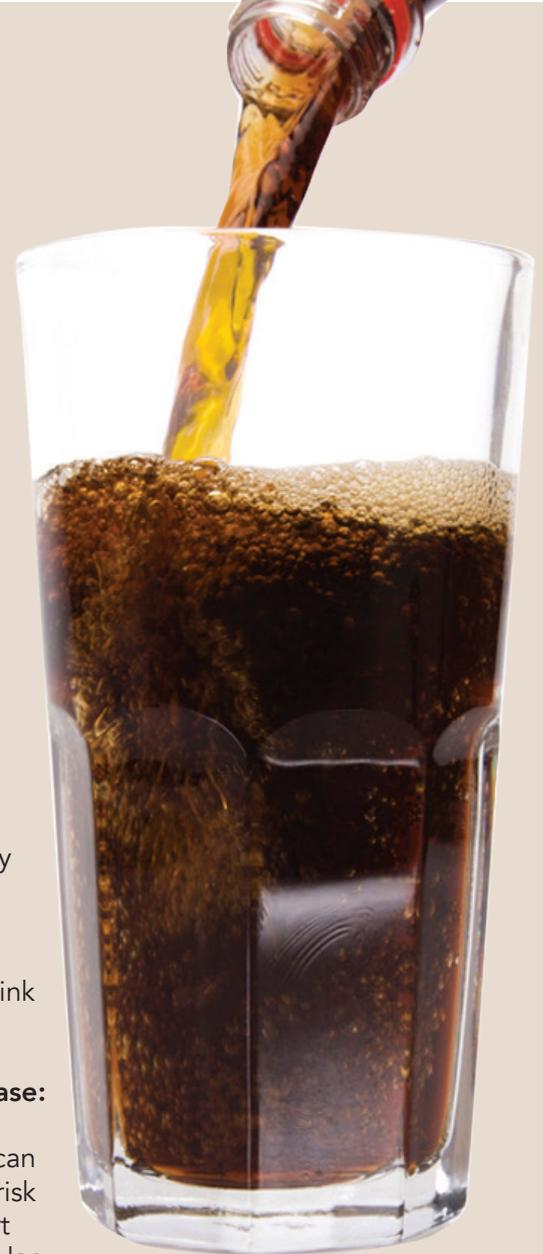
Vascular Disease:

Just one diet soda per day can increase your risk of stroke, heart attack or vascular death.

Want an alternative option? Good ol' water.

Since the body is made up of mostly water, drinking water is one of the best things you can do for yourself. If you like the fizziness of soda, try sparkling or mineral water or kombucha (fermented drink sold in the healthy food refrigerator section at most grocery and speciality stores). Also, it will be easier on your pocketbook. Let's say you drink a 12 pack of diet soda per week (1-2 cans per day). If the average cost of a 12 pack is \$5, you'll be saving around \$20 per month, and \$240 per year. Think of all the things you could buy with that, and it wouldn't involve medically related purchases due to the risks of consuming diet soda.

While my title for this blog (The Word "Die" Is in "Diet Soda" for a Reason) might be a tad dramatic, is clearly isn't doing anything good for you. So go on a diet soda diet. Don't put it in your cart at the grocery store, and you won't be tempted to drink it at home. In fact, don't even go down the soda aisle at all. Don't bring cash



when you pass the vending machine at work. Don't look at the soda fountain machines when you're out to eat - sit with your back to them.

Start small. Many people who are habitual soda drinkers can't quite cold turkey. If you drink multiple diet soda beverages per day, cut it down to just one per day for a week or two. Then maybe one every other day. Then try it as just a treat for getting through the work week, or month. Soon you will find that you don't "need" soda to help you "get by." You might even start craving water. And if this one small change starts to make you feel better, think of how making other small changes to your diet (and lifestyle) might have an impact.

Also, this is hard. The diet soda companies make it hard on purpose. I will be your best friend and biggest cheerleader through your wellness journey. Sign up for a Health Discovery Session with me and we'll get you on the right path toward better health today!

Does this sound like you on repeat? I GET IT! And I know how to help you so your body can start healing. Sign up for a 20-minute Health Discovery Session with me for \$49 and we'll get you started on a path toward better health today.

Sources: <http://www.foxnews.com/health/2013/10/29/10-reasons-to-give-up-diet-soda>;
<https://heiditoyfunctionalmedicine.as.me/healthdiscovery20min>

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Silver Fillings: Just ugly? Or harmful too?

This is a picture of a "Silver" or "Amalgam" filling. It is 50 - 52% MERCURY! If the mercury in this filling were spilled in a school, it would be evacuated....

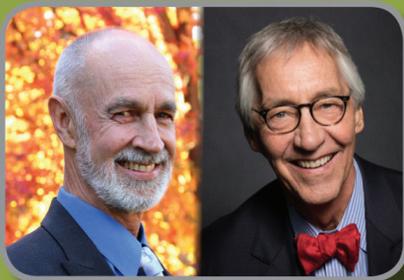


This is a picture of a "light cured" composite filling. They can last as long or longer than mercury fillings with no danger of releasing harmful heavy metals.



As noted on Dr. Mercola, Dr. Oz, and 60 minutes, Mercury fillings may have a **significant negative impact** on your overall health and wellbeing.

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What Are We So Afraid Of? By Joyce Sobotta

There are two distinct kinds of fear: natural and perceived. Love and fear are the only two true emotions. Love expands our heart and connects us to others; fear contracts our heart and separates us from others. Every action we take in life is either out of love or out of fear.

Sometimes our emotions make us feel out of control, and we hide from them, ignore them, or focus instead on our physical pain. It is quite common to stuff our real emotions because they feel uncomfortable. If we continue to stuff the emotion, it can manifest as a physical condition.

Dealing with fear is the same as dealing with any other emotion. When we believe in an illusion, or false fear, we give our power away. A fearful mind may run away on many tangents, getting all kinds of "answers," but they have nothing to do with real fear in the present moment. The best practice is to take time in a quiet place with breathing

techniques, prayer, or meditation to calm the mind. Then ask yourself, "Is there a problem right now? What is the worst that can happen?"

As an example, one of the things women fear the most is developing breast cancer. Family history, as formerly thought, is actually not a main factor in developing breast cancer. Women want truthful education about preventative measures they can do for themselves. The traditional system recommends a monthly self-exam with an annual mammogram. Doesn't it seem logical to spend time every day preventing a surprise diagnosis of cancer? There are other options for dealing with these kinds of fears, however, and people have the right to know about them.

Because they do not know, traditional medical doctors are often vague about nutrition, environmental toxins, hormones fed to animals we eat, pesticides, and herbicides on foods. Education on maintaining a healthy immune system can be much more proactive than "finding the cure" for your ailment. What we eat and drink, put on our body, and even how we think and believe all have an effect on our immune system.

We were taught to believe the only way to fix our health problems is with prescription drugs or surgery. This is simply not true. Since the coronavirus pandemic, society is starting to focus on self-care because that is the way we learn to take back our power and learn to keep ourselves healthy. We can empower ourselves with education from holistic practitioners and never feel fear that we cannot manage.

Joyce Sobotta is the founder/owner of Healthy Girls Breast Oil, a product for breast health. She teaches the importance of the lymphatic system and how to use pure essential oils to detox, balance and stimulate the immune system. She is available for presentations, consultations, custom blends and DIY essential oil classes. To learn more visit AromatherapyNaturesWay.com



Back to School Goodies

All of these great companies share the same philosophy that we do at *Second Opinion* by being organic, or mostly organic. Visit their websites to see all the other products they offer!



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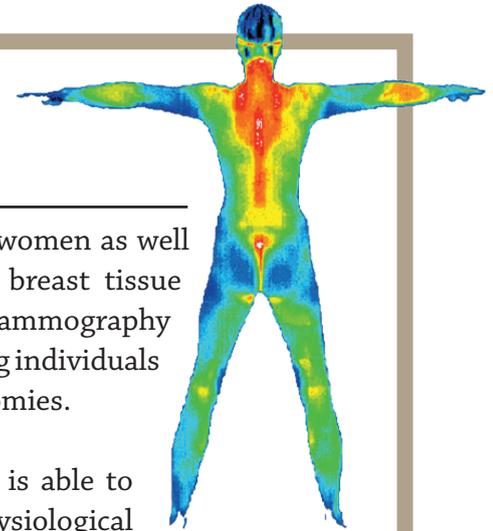


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Thermography or Digital Infrared Thermal Imaging (DITI) is a completely non-invasive and risk free clinical imaging procedure. Thermography can be used for the whole body or just specific areas such as a woman's breasts. It detects and monitors health concerns, from physical injuries to diseases, by illustrating the thermal abnormalities present in the patient's body. Thermography of Wisconsin, which is based out of River Falls, WI offers screening from remote locations including Chippewa Falls & Eau Claire. They strive to provide "professional service with a personal touch" and "to create a private comfortable atmosphere for all your scanning needs".

Lori Novak, a certified clinical thermographer, sees DITI as a tool that empowers individuals to "achieve their ideal health by promoting active participation in our patient's overall well-being". While thermography doesn't diagnose health issues, it can aid in early detection to allow for focus to the regions of concern. Novak, who is also a certified BSE (Breast Self Examination) instructor, emphasizes DITI as a proactive approach to breast health.

It is great for younger women as well as those whose dense breast tissue makes it difficult for mammography to be effective, including individuals who have had mastectomies.

DITI or thermography is able to detect the subtle physiological changes that accompany breast diseases such as cancer, fibrocystic, hormonal or lymphatic congestion. Novak emphasizes that while many women bring up family history when getting screened, it's important to note "75% of all women who get breast cancer have no known risk factors" (Susan G. Komen).

Breast cancer is the number two cause of cancer death in women, so investing in a screening and self examination is a key to early detection. Novak points out mammograms are the most often recommended screening for breast cancer but due to dense breast tissue in so many women they may not be as useful for every woman. Additionally, some women turn to thermography because it is non-invasive, radiation & pressure free .

Novak looks forward to supporting women as they take their health into their own hands through her training in BSE as well as by providing screenings. Whether you see yourself at a potential risk for breast cancer or you just want to prioritize preventative care, Thermography of Wisconsin is there to help every step of the way.



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BENEFITS OF DOGGIE DAY CARE

Dogs, especially young puppies, need a lot of exercise to thrive - often more than we can give them on a daily basis especially when we're busy with work and families.

Exercise is vital to build up a healthy immune system and body as well as to learn appropriate interactions and get used to new surroundings. A doggie day care can provide your pooch with the exercise he or she needs throughout the day when your schedule does not allow you to do so.



EXERCISE

Leaving a bored, idle dog at home can often lead to destructive tendencies in order to relieve energy and boredom. A chewed up sofa or spilled garbage can is often the result of being cooped up for too long.

By enrolling in doggie day care, you can ensure your four-legged friend is able to release energy in a positive way throughout the day without being destructive.



ENERGY RELEASE

A doggie day care can provide productive ways for your pooch to engage his or her brain cells. A good day care will offer agility interaction to keep your furry friend intellectually engaged.

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STIMULATION

Hanging around with other well-behaved dogs of similar size and personality can be beneficial to your dog's social development.

This can lead to more confident interactions with other pets and people outside of the daycare environment. It is not unusual for daycare doggies to exhibit more stable, well-adjusted personalities than they had prior to regularly attending a daycare facility.



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Self-Care Through Reiki

By Sandra Anderson CHTP, RM, CHT

Today's COVID-19 world has created multiple levels of stress, loss, trauma and change that have touched everyone. We will not be seeing our pre-2020 lives anytime soon. Self-care is more important now than ever in order to be ready for new changes and new normals, and improve wellbeing and health.

Reiki has a profound effect in bringing an individual to a place of peace and mindfulness that enables trauma and stress to be released. Reiki is a holistic, energetic treatment that works on the body, mind and spirit. It is not a system of religious beliefs—it is a gentle, relaxing treatment through which natural healing vibrations are transmitted from the hands of a Reiki practitioner (acting as a facilitator) to the body of the recipient. The purpose of a Reiki treatment is to relieve stress and pain, create relaxation, release emotional blockages, accelerate natural healing, balance subtle bodies energies and support other medical modalities including traditional therapies.

Dr. Mehmet Oz brought tremendous attention to Reiki when he invited Reiki practitioners to treat patients during open-heart surgeries and heart transplant operations. Dr. Oz is often quoted as saying, "Reiki has become a sought-after healing art among patients and mainstream medical professionals." This endorsement was done after New York Presbyterian Hospital/Columbia University Campus conducted the first studies ever performed to determine the effectiveness of Reiki treatments on the autonomic nervous system in a double blind random study. The results showed the Reiki treatment group had lower levels of heart rate, respiration and blood pressure. These positive results led the team to recommend further, larger studies to look at the biological effects of Reiki treatment.

According to C. Norman Shealy, a neurosurgeon and one of the pioneers of Reiki, Reiki is one of the leading safe Energy Medicine approaches. The study summaries provided by the Center for Reiki Research are the best source for information on Reiki Research. Encouragingly, the American Medical Association (AMA) has added Complimentary and Alternative Medicine (CAM) treatments to their directory of



billable procedures, including Reiki.

If you have been affected by the pandemic in body, mind or spirit, Reiki might be a great option for you to begin your healing journey.

Sandi Anderson is a mystic voice and midwife to souls, creator of "soul chat," medically intuitive, Life & Spiritual Guide, and an Energetic Practitioner in private practice for over 25 years. She is also a grandmother of four, and the cat whisper to two family cats. All who keep her on her toes.

The Center for Reiki Research. Touch Stone Process. Sandra Anderson CHTP, RM, CHT. Mystic Life & Soul Guide, Energetic Healer

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Fall into Health

By Dr. Emily Smith, Smith & Prissel Chiropractic and Massage

As winter approaches, maintaining health and supporting the immune system is of the utmost importance. It truly is easier to STAY well, then it is to GET well. For many, chiropractic care is an integral part of keeping the family healthy. Here are some simple things that you can do to get on track and “fall” into health.

What you put in your body matters. Make sure you flood your body with healthy food and lots of water. Bodies are like plants: we need to have food and water every day in order to survive and thrive. Just like plants wilt in the summer heat, bodies show thirst with symptoms of headaches, body aches and sluggishness. Ideally you should be drinking half of your body weight in ounces of water each day (eg. if you weigh 100 pounds, you should be drinking 50 ounces of water each day). Split up your water consumption throughout the day so you aren't trying to make up for it at the end of the day. Remember that caffeine dehydrates, so if you consume caffeinated beverages (coffee, tea, energy drinks, etc), drink that much more water to offset it. Dehydration doesn't just affect how we feel, it can also affect how our immune system functions. Water helps to get oxygen to every cell in our body and flush all the toxins out of those same cells.

Along with colder weather, the fall also brings a less intense sun. Though extended sun exposure can be harsh on skin, the benefit of exposure to UV rays is production of vitamin D. Without the availability to make our own vitamin D, it is important during the winter months to supplement with a high quality vitamin D3. Vitamin D is actually a hormone, and it is required for the absorption of calcium from the gut in order to promote bone health. Vitamin D has also been found to play a huge role in immune system functionality.

The benefit of exercise is something we take for granted. Moving your body can help increase oxygen throughout, as well as raise the body temperature and kill off any visiting bacteria or viruses lying in wait. Working your muscles helps to move the lymph thru the body as well, getting rid of toxins that could otherwise lead to illness. Exercise can also improve your mood and ward off the winter blues. If you don't feel comfortable hitting the gym, there are tons of videos online to keep your workout consistent from home.

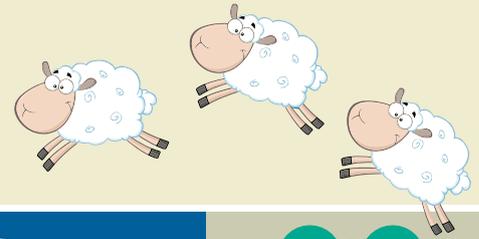
Chiropractic care is also an extremely important part of our wellness journey. Chiropractic focuses on the alignment of the spine through specific adjustments that can improve communication between the nervous system and immune system. Doctors of Chiropractic are trained in health and wellness and can provide a wealth of suggestions for keeping you healthy.

BJ Palmer, the developer of chiropractic, stated “Medicine is the study of disease and what causes man to die. Chiropractic is the study of health and what allows man to live.” For the last 125 years, chiropractors have been doing just that, an integral part of strengthening the body to suit the environment. There are a lot of things we don't have control over in our environment, but making sure that our nervous system is functioning optimally is something that we can do with the help of consistent chiropractic care.

Dr. Emily Smith has been practicing Chiropractic in the Chippewa Valley for the last 20 years. Her specialty is in Chiropractic Pediatrics and Pregnancy, though she loves caring for patients of all ages. You can find her at Smith & Prissel Chiropractic and Massage at 829 W. Clairemont Ave, Eau Claire and her satellite office at 1421 N. Broadway, Menomonie. Call 715-833-3505 to schedule, look for us on Facebook or visit www.myECchiroandmassage.com to learn more.

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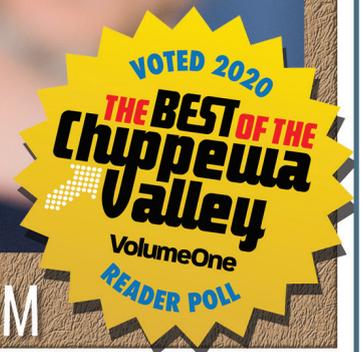
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Supportive Therapies For Patients Receiving Chemotherapy

By Susan Peck PhD, GNP-BC, APNP, FAAO, APT, CHTP/I

It can be challenging to deal with the side effects of chemotherapy. The type of side effects often depend on the kind of chemotherapy administered. Some of the most common include fatigue, infection, hair loss, nausea and vomiting, appetite changes, weight loss and easy bruising and bleeding. Thankfully, supportive therapies such as major auto hemolytic therapy, intravenous nutrition, guided imagery, and Healing Touch may help improve quality of life while going through treatment.

Major auto hemolytic therapy (MAH) is an intravenous (IV) therapy. MAH has been heavily researched and used for over 60 years in countries worldwide. MAH uses ozone (O₃) to improve oxygen levels in the body. Ozone is mixed with the patient's blood and infused back into the body. In our experience, patients have experienced less fatigue, infections, and nausea and vomiting when ozone is used alongside chemotherapy. Research has shown that ozone helps the body create its own hydrogen peroxide and boost the immune system [1].

IV nutrition is beneficial for individuals who have a poor appetite and aren't getting the nutrition they need. Recent research showed anorexia and cachexia of chemotherapy are within the top five most troubling and bothersome side effects for cancer patients as well as their family members. This particular side effect lessens quality of life and increases weakness and fatigue for patients undergoing chemotherapy [2]. The Myer's Cocktail is a combination of vitamins and minerals that was developed in the 1950's and 1960's [3]. It is administered as an IV either alone or after the MAH therapy. Getting the nutrition you need when you aren't able to eat helps you feel better and keep up your strength.

Healing Touch uses the hands to smooth and balance the energy field of the body to promote healing and wellbeing. For cancer patients, it may improve immune response, decrease pain, improve fatigue, heal wounds, and decrease depression [4].

Guided imagery is a means to help change the picture in the mind's eye of an issue affecting you, such as cancer. Research has shown the mind-over-matter concept does help support healing and recovery [5].

If you are a cancer patient and are interested in supportive therapies, all of which are research based, give us a call at The Health Office Co. 715-895-8571.



Sources:

1. www.aaot.us, https://www.zotero.org/groups/46074/isco3_ozone
2. <https://www.cancernetwork.com/cancer-management/anorexia-and-cachexia>
3. <http://www.altmedrev.com/archive/publications/7/5/389.pdf>
4. <https://www.healingbeyondborders.org/index.php/research-integrative-health>
5. Achterberg-Lawlis, Dossey, *Rituals Of Healing: Using Imagery for Health and Wellness*; Achterberg-Lawlis, *Imagery in Healing: Shamanism and Modern Medicine*; Naparstek <https://www.healthjourneys.com/audio-library/cancer>

An advertisement for the 'MOMS on the Run' virtual race. The top part features a purple banner with white text: 'OUR ANNUAL RACE IS NOW VIRTUAL SUNDAY, AUGUST 23, 2020' and the 'MOMS on the Run' logo. Below this is a photograph of a woman in a teal 'MOMS on the Run' t-shirt and an orange visor, smiling and running. A green banner with white text is overlaid on the photo, reading 'Virtual LIVE 5K/10K/KIDS RUN'. At the bottom, a purple banner contains the text 'REGISTER TODAY! MOMSONTHERUN.COM/RACE'.

Co-Impact Sourcing

We look to humankind to care for each other. To give without expectation is truly a gift. I am proud to be associated with doTERRA International, a company that goes beyond what is considered "fair trade": we are a humanitarian organization disguised as an essential oils company.

Co-Impact Sourcing is a doTERRA initiative to ensure ethical treatment of the small-scale farmer and harvester in disadvantaged areas. So much more than finding the highest quality essential oils, doTERRA deliberately seeks out impoverished areas of the world to see how we can assist the population with growing, processing and transporting the essential oils.

The humanitarian objectives of Co-Impact Sourcing are to relieve suffering, provide dignity, and end cycles of poverty. To accomplish this, doTERRA strives to ensure a quality supply for our precious oils, maintain quality control of the product, and establish long-term partnerships to ensure the supply chain with mutual respect and enduring business.

One of our exquisite essential oils is Frankincense. We source Frankincense in part from Somalia, arguably the oldest surviving supply chain in the world. The harvesters and their families are still facing 1,000 year old living conditions. There are few roads, no electricity, and little-to-no running water, medicine, education, or access to food. Many women and children die while giving birth in the bush.

However, this rugged, dangerous, and barren place is now filling with hope. Through the Co-Impact Sourcing initiative, doTERRA empowers the Frankincense resin harvesting communities. Jobs are created for both men and women who receive on-time and above fair trade payments, and to receive them directly, not through unscrupulous middle men. doTERRA has also been able

to provide training, organization and increased access to food in rural areas with the most need.

Another Co-Impact Sourcing area of need is Nepal. In 2015, major earthquakes hit this poor country leaving over 9,000 documented deaths (locals estimate the number to actually be over 20,000). Over 22,000 people were injured, and over 750,000 homes were damaged with another almost 500,000 totally destroyed. The earthquake hit so suddenly and, with no time to prepare, over 27,000 children were orphaned.

doTERRA had "boots on the ground" immediately in Nepal to evaluate the situation. We were able to provide tents, food and water before the Nepalese government was even able to get to the hardest hit areas. In the aftermath of the disaster, doTERRA has rebuilt several homes as well as three "earthquake-proof" schools. We helped raise the standard of living for the harvesters, processors and communities at large.

Knowing that our company sources these precious oils from over 40 countries, and also knowing the positive impact we are able to make, fills me with great pride.

"HOPE is being able to see there is light despite all of the darkness."

More information on Co-Impact Sourcing can be found at <https://www.doterra.com/US/en/co-impact-sourcing>. Photo source: <https://media.doterra.com/us/en/brochures/co-impact-brochure.pdf>

Dr. Thompson and the doTERRA team offer free educational opportunities. Please contact her via text 715-456-6734 or at drlynnthompson1@gmail.com for more information and a schedule of classes.



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RECIPE:

Pumpkin Seed Oil Salad Dressing

First off, don't make this a big deal, it should be quick and easy. Take 3 parts pumpkin seed oil, mix with 1 part vinegar, add salt & pepper and combine. Here are some tips that you may (or may not) want to use: – use a nice vinegar, balsamic is great with pumpkin seed oil, so are rice and apple cider vinegars – use a small jar you can shake or put ingredients in a bowl and whisk – add a tiny amount of maple syrup, like less than 1/8 teaspoon per 1/2 cup of dressing – add a small amount of Dijon mustard, around 1 teaspoon per 1/2 cup of dressing – adventurous folks can add garlic or herbs as dictated by those pesky inner voices.



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Indispensable but Expendable

by Mike Schut, Program Director, Farm Table Foundation

Gerardo Reyes Chavez is a leader and representative of the Coalition of Immokalee Workers, a large community of agricultural workers in Immokalee, Florida. I recently heard him interviewed—he put three words together in a way I will likely never forget: “indispensable but expendable.”



The workers he represents are indispensable such as doctors and nurses, but also grocery store workers and farmers, too. We the people, as represented by our government, have deemed them as such. After all, the farmers are growing our food. But they, the Guatemalans and Mexicans and Haitians in Immokalee, are also expendable.

Not, mind you, in Gerardo’s eyes, my eyes, or likely your eyes. But when it comes to putting all of us together—all the decisions and brains and policies represented by those eyes—we do consider agricultural workers expendable.

While I personally hope that our country remembers that the very people we deemed essential to our food supply in the midst of a grave pandemic are the same people we often castigate and treat inhumanely as a matter of policy, this is not a reflection on the politics of immigration. I’m taking a longer historical perspective here. Not that long ago the Democratic platform on immigration, under Clinton for example, read essentially the same as Trump’s. And, at least since the 1970s—when the US Department of Agriculture’s Secretary Earl Butz famously declared to farmers, “Get big or get out”—farming, farmers, and rural communities have been devalued. Whether referring to a Haitian immigrant farmworker, or a fourth-generation Iowa farmer, the message isn’t all that fundamentally different: your labor is essential—but you are not.

In the case of the Haitian farmworker, you can be replaced by hiring another expendable worker. In the case of the Iowa farmer, you can be replaced by applying more chemicals to the fields, plowing fence row to fence row, and employing ever larger farm machinery.

Frederick Buechner writes, “Compassion is that sometimes fatal capacity for feeling what it is like to live inside somebody else’s skin. It’s the knowledge that there can never really be any peace and joy for me until there is peace and joy finally for you too.” For Buechner, compassion is empathy, but he also suggests that it includes justice. I call that the second half of his definition: knowing there can never really be peace and joy for any until there is peace and joy finally for all.

To tell farmworkers that they are essential but expendable is morally wrong and belies the application of what any of us would recognize as compassion.

The coronavirus pandemic certainly offers us the opportunity to reflect on who we are and what we value. It reveals much of what we have taken for granted, including food on the shelves, reliable and safe national and global food supply chains, and a healthy farm workforce.

The pandemic is clearly a grave crisis; it is therefore also pregnant with great opportunities. One of those is to move personally and societally toward valuing what is just so blatantly essential to life: the farm workers, farms, and soil capable of providing all people—all of whom are essential—with healthy food.

For more about Farm Table, see www.farmtablefoundation.org.



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Spike in Grocery Prices

By Katy Hackworthy

Life in the midst of a global pandemic has brought upon countless changes to anything from our material consumption, our time spent in public spaces, and our daily habits. Among these continuous changes is the rapid spike in grocery prices, which have hit a 46 year record high, and a rapid yet incremental decline in access to in demand items such as meat. While it's easy to assume the increase in profits and cost are outcomes of folks cooking more meals at home and eating out less, the issue is more complex than meets the eye.

Like many industries who have been grappling with how to operate under increased concerns and regulation due to COVID 19, the food industry, while seeing an average of 25% sale increases, find themselves needing to address a bevy of new unique needs that directly impact food costs. Issues like an increased need for labor, lower production capacity, and more involved cleaning and sanitation protocols contribute to the biggest one-month jump in food prices since February 1974, according to a Consumer Price Index Summary from the U.S. Bureau of Labor Statistics.

Unless there is a significant shift in our current balance between supply and demand, food staples such as eggs, which have increased in price by 16.1%, and beef, which has more than doubled in price already this calendar year, will only continue to increase in price for the remainder of the year, likely at a rate of 2% to 4%. Additionally, with less supply and more demand, conventional grocery

stores have all but ceased any significant sales on food staples, making it difficult to save on groceries during a time that has resulted in increased financial strain on many Americans.

Among the food industries undergoing the most rapid changes are the beef industry and dairy industry. With schools being closed, the milk and dairy industry, which relies heavily on those consistent bulk sales, are struggling with overproduction and canceled milk orders. The shift in beef demand can be traced to issues like COVID 19 related changes in the travel industry and restaurant closures. In such an uncertain time, it also doesn't hurt to cut out any extra trips to overcrowded shopping centers during a time when many fear catching the virus and risk finding empty shelves or cost prohibitive products.

While one could argue it is almost always a preferable choice to stock up on produce, meat, and dairy from your local farm's community supported agriculture (CSA's) or your town's farmer's market, experts recommend going this route more than ever. Gathering your groceries straight from the source cuts out some of the extra costs that contribute to increased prices, as well as helps prevent food waste and boosts your community's economy, especially if you choose to buy in bulk. All in all, with grocery prices and COVID 19 rates continuing to rise, it's a no brainer to invest your dollars into your local community, and keep you and your family healthy, safe, and happy.




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Weaver's Celebrates 30 Years!

By Katy Hacksworthy

Weaver's, a humble country store just East of Fall Creek, is celebrating 30 years of bringing natural, seasonal, and bulk goods to the Chippewa Valley, and now is as good a time as any to make the small trek to the locally focused, personable and reasonable purveyor.

The Weavers, a Mennonite couple with a family history of owning and operating stores that specialize in bulk items, are happy of the longevity of the business and their emphasis on local goods before it was trendy. The family started out in a 2,400 square-foot store, but by 2003, they outgrew the space. Their current 11,500 square foot emporium even does it's own part for Mother Nature and is sustainably producing ALL it's own electricity from the new solar system array recently installed.

Their family home is nestled next to the store, adding to the homey appeal. They also highlight the comforting appeal of simpler times, with their store pamphlet encouraging customers to "take a step back in time".

Weaver's menagerie of bulk items include baking supplies, coffee, and their own blended signature snack mixes, as well as seasonal produce & flowers for a fair price. Classics include the homemade candies and organic nut butters, and folks looking to reduce their carbon footprint can rejoice in the reduced packaging resulting from a focus on buying bulk. After all, as store owner James Weaver points out, "no one eats cereal boxes".

In addition to generous hauls of bulk goods, the memorable, positive customer service experience makes heading to Weaver's well worth the trip. As shoppers make their way through the store, they're serenaded by recordings of Mennonite choirs singing hymns as well as warm smiles from the many Weavers who help out with the family business.

Stop in today to witness the magic! Truly a destination store for:

- Locally made crafts,
- Local produce,
- Organic and gluten free grains and flours,
- Locally produced A2A2 milk and yogurt,
- Organic frozen fruit and vegetables,
- Frozen ready to bake bread dough, cookies, pies, pastries, ect,
- Maintenance free poly lawn furniture,
- Fall mums and planters starting late August!

It's not difficult to see why folks from all over the area, from Superior to Milwaukee, Green Bay to the Twin Cities, travel to Weaver's! Their dedication to providing quality bulk products at a fair price have made them a pillar in our community, and it's no surprise their business has been thriving for 30 years strong.

Celebrating 30 Years!



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Recommended Items

TO BUY IN BULK

Bulk shopping is best for:

BEST BEFORE



- Items that have longer shelf lives



- Households with multiple people

Consider bulk buying for these items:



- Dry rice
- Dry beans
- Dry pasta
- Cereal
- Oatmeal
- Canned soup
- Canned tuna

Skip bulk buying for the following:



- Items you don't have room to store
- Nuts
- Spices
- Olive Oil
- Produce

Celebrate Fair Trade Month!

Fair Trade

Enterprises exist to put people and planet first. This means they pioneer solutions to broader issues like overuse of natural resources, women's empowerment, refugee livelihoods, human rights, inequality and sustainable farming. Fair Trade Enterprises support organic agriculture, adopt circular economy production processes, generate new models of social enterprise and create new ways to champion the dignity of workers, farmers, artisans and communities around the world.

Source: wfto.com

Check out these great companies doing their part in the movement!



Eco Lips Lip Balm

Their ingredients are sourced from all over the world, and strive to find the purest and highest quality raw materials available. Because of the nature of their products, they support organic farming and sustainable business practices. They use Fair Trade Certified™ cocoa butter and coconut oil to help support a better life for the farmers. www.ecolips.com

Rahua - Rainforest Grown Beauty - rahua.com

Rahua® is a hair, body and wellness brand created with Symbiotic® rainforest grown ingredients hand-harvested by the Amazon inhabitants through ancient, ancestral ceremonial practices. Born through the environmental work of Ecogagents® Fabian Lliguin and Anna Ayers in protection of the Amazon Rainforest, it was on an environmental mission that Lliguin, a New York hairdresser of Quechua-Inca descent, was introduced to the highly potent Rahua (ra-wa) Oil which Amazon women attributed to their extraordinary long, strong healthy hair. Rahua Oil is rich in Omega 9 nutrients which miraculously nourishes hair and skin through its superfine molecules. When Lliguin saw the amazing results on his clients, they decided Rahua Oil would serve as the method to channel the mission's work in preserving ancient wisdom and lifestyle in protection of the Amazon Rainforest. Our Symbiotic® ingredients go above fair-trade, meaning that they are grown wild in undisturbed forests; harvested using indigenous knowledge and purchased at more than fair price to build economies and empower the indigenous people.

Our promise is to produce the most luxurious, highly effective products on the market, delivering thoughtful beauty experiences while respecting the earth's cycle. All formulas are highly concentrated to minimize waste and we are committed to choosing the most environmentally friendly packaging wherever possible. Many of our product offerings are in glass and we recently introduced Refill Solutions, sustainable one-time use Refill Pouches for our daily care products which provide customers the ability to immediately reduce plastic usage of their regular bottles by 90; as well as reducing their individual carbon footprint. We are climate positive. 1 Bottle Purchased = 1 Acre Preserved. <https://rahua.com>





October is Fair Trade Month and raises awareness about the importance of the fair trade movement to our global economy and promotes buying from businesses that are committed to fair trade in place of those which may harm the environment, the economy, communities, and disadvantaged individuals.

Serrv International Global Food

For 70 years, their nonprofit has made it a priority to ensure that artisans and farmers living in poverty are treated with respect and dignity, and are paid fairly for their work. www.serrv.org



Garlic-Infused Olive Oil

Purchases of this oil guarantee farmers in West Bank a fair living wage, safe and healthy working conditions, and dignified employment to small-scale farmers and producers in Palestine.

Divine Chocolates

Purchases help pay a cooperative of small-scale cocoa farmers in Ghana market premiums, improving their quality of life.



Justea Loose Leaf Teas

Purchases of these teas provides fair trade employment to small-scale tea farmers in the Nandi Hills of Kenya, creates new jobs, and sustains rural communities.



Alaffia - Clean, Green & Fair Trade Beauty - alaffia.com

Alaffia's success is not simply measured by profit. Our success is measured by empowerment. Empowerment Projects are Alaffia's mission in action, funded by the sales of Alaffia products. Alaffia invests in our communities because it is our moral responsibility and to ensure African resources empower African communities. The goal is to alleviate poverty and encourage gender equality. Our Empowerment Projects include several Education-Based Projects, Maternal Health, FGM Eradication, Eyeglasses and Environmental Sustainability. All of Alaffia's projects empower Togolese communities to provide their skills and knowledge to the rest of the world and rise out of poverty.

Alaffia is built on a philosophy of fair trade defined by paying a fair local price or wage, offering equal employment opportunities, engaging in environmentally sustainable practices, providing healthy and safe working conditions, being open to public accountability and reducing the number of middlemen from supplier to consumer.

Our women's cooperatives in West Africa handcraft indigenous raw ingredients then the Alaffia team in Olympia, Washington creates the finished products. Alaffia returns the proceeds from the sale of these products to our communities to fund community empowerment and gender equality projects. The women in our Alaffia Village co-op in Togo keep West African traditions alive by indigenously crafting our unrefined "raw" shea butter and African black soap.

When you choose our handcrafted skin and hair care, you join us in empowering women and families in West Africa. We measure our success by our social impact.



Chicken Stock: Back to the Basics

By Chef Anthony Chavez

It is quite an interesting episode, the interactions between a person who is raised in a kitchen and a person who is not. Everything from their character, their heart, their presence, their look, their stature, their "jargon", it is all so very distinctive. They are a different breed, those who flood the culinary institutes and kitchens throughout the world. A Cook often speaks with confidence, short order in most cases, using language and aphorisms meant to cut confusion and accelerate actions; often only understood by creatures of the same nature. I am obligated to recognize that not everyone knows the exact importance of cooking with a stock.

It is in this reality that I humbly offer a recipe for chicken stock.

I am often asked questions about the benefits of cooking with stocks, or the difference in stocks and broths, as well as the importance of using stocks as opposed to bouillons.

Simple answer: Do not take short cuts... It shows in your food.

Stock Up!

Cooking a Stock is a simple and effective way to utilize scraps lying around the kitchen. As opposed to throwing out your left over carcasses and vegetable trim, add some spice and herb and capitalize on creating an edge over your neighbors. A stock is used in many preparations from soups and sauces, to elaborate braises and/or a modest poach. There are many different varieties of stocks including everything from poultry to bovine or fish to vegetable; and each owns their respective place in the kitchen.

The Idea in making a stock is to extract and concentrate the essence of a collection of ingredients to ultimately enhance the quality and integrity of future preparations. Ergo, the better the stock... The better the "insert random recipe calling for a Stock, Here." It is one of the

first recipes a young cooks is called to recognize, simple enough for an intern yet just as important as the truffle, do not let the unpretentious assemblage of scraps into a stock pot fool you. A stock is capable of making your consommé or breaking your sauce. Tread lightly.

I have decided to offer a recipe for a Brown Chicken Stock. I often find this to be one of my favorites stocks to have on hand due large in part to it's versatility. Strong enough for a reduction sauce, yet still light enough for a Pilaf. I typically save all of the Carcasses from the chickens I break down until I have three or four in the freezer then begin a batch.

Recipe: its most basic of form

- 3-4 Chicken Carcasses (neck, Back, and feet included)
- 16 oz Mire Poix:
 - 50% Onion
 - 25% Celery
 - 25% Carrots
- Water to cover
- 15 – 20 Peppercorns
- A small bunch of each Parsley Stems & Thyme
- 3 Bay Leaf
- 1 head Garlic
- Vegetable Trim i.e. Fennel, Leeks, etc.

Procedure:

1. Roast Chicken bones in a preheated oven at 400°F until the bones are deep golden in color.
2. Put the roasted bones in the bottom of a stock pot. (Be sure to scrape any of the roasted bits of skin and flesh from the bottom of the sheet tray into the stock pot... added flavor!)
3. Add the rest of the ingredients to the bottom of the pot and cover the contents with Cold Water. (Starting with cold water will call all of the ingredients to evenly heat and allow the Albumin in the protein to heat and dissolve in unison, rising to the top of the pot, collecting many of the impurities in the stock leaving you with a clearer end product).
4. Bring your stock to a boil, then reduce the heat to a low simmer.
5. This is where I cover my stock pot with a sheet pan and walk away. I allow my stock to simmer for 12 hours. This allows the flavors to develop and marry to create a desired depth. this is the time in which all of the gelatin, marrow, proteins and nutrients are seeping out of the bones enriching the stock.
6. After 12 hours, I strain the stock through a Chinois (Fine Sieve) and chill it rapidly! in the refrigerator a stock will keep for 3-5 days. In a freezer, it is good for months.

Not that you have a Great Stock, you can go from here into world of Flavor!



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How Do I Register? If by September 1, 2020, your child will be 4 years old, an EC4T application must be completed. Applications are available at www.ecasd.us, click Schools, Early Learning, Program Options, Eau Claire 4 Tomorrow, Online Application.

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Beautiful Minds Child Care 715-834-4360	Eau Claire Area School District-Head Start 715-852-3630	The Learning Tree Child Care Center 715-834-5439	Regis Child Development Center 715-830-2274
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Children's House Montessori School, Inc. 715-835-7861	Hand in Hand: A Place for All Children 715-833-7744	Mayo CHS Child Development Center 715-838-3198	Western Dairyland EOC, Inc. Eau Claire Head Start Center 715-985-2391 x1251
Color My World Childcare & Preschool Inc. 715-835-2060	The Kiddie Patch Early Learning Center 715-833-9464	Rachel's Place Early Learning Center 715-832-1414 x2200	

For information regarding EC4T, contact the Eau Claire Area School District Early Learning Office at 715-852-3608.



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