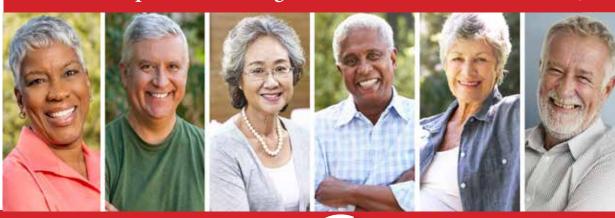


ISSUE: MARCH 2021



MATTERS OF THE leart

Georgia's Family Caregiving Magazine

THIS ISSUE:

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National Caregivers Network, LLC

The Ultimate Resources For Family Caregivers





Georgia's Family Caregiving Magazine

Publisher's Welcome



Welcome to MATTERS OF THE HEART, a subsidiary of the National Caregivers Network LLC.

In this issue, you will read research-based and scholarly articles that address and promote knowledge and understanding about some of our world's most important topics in family life, public health issues and lifestyle. You will be inspired to live healthy and to engage in relationship based conversation that supports healthy living and self-care. The articles that you will read are written by people who have come to serve and dedicate their time, by speaking on national issues and local concerns that affect our society as a whole.

According to the Georgia North Central Health District (NCHD, Health Status Report of 2013, a document referenced in the founding of the National Caregivers Network LLC in 2017, the NCHD, which comprise the thirteen counties of Middle Georgia, was home to 520,905, persons in Houston County which represents 27% of the population within NCHD. The report also states the year 2030 will mark an important demographic turning point in U.S. history according to the U.S. Census Bureau. The NCHD projected that within just a couple of decades, older people are projected to outnumber children for the first time in U.S. history, according to Johnathan Vespa, a demographer with the U.S. Census Bureau. The relevant themes in this issue relate to resources, services, products and relationships. These services, resources and products would agument the historical church outreach and services provided to residents in the Middle Georgia Community, such as elder transportation, elder daycare and humanitarian aid during times of need and strife.

I imagine that our aim to network businesses, organizations and offer a 24 hour on-line directory and clearinghouse, for door-to-door services will lend invaluable support and assistance to the segmented populations of the North Central Health District. We anticipate that we will be well received during the most challenging times in our history, and at a time in which family caregiving is on the rise due to the Covid-19 Pandemic. Too, with your support of the National Caregivers Network and your increased readership of **MATTERS OF THE HEART** magazine, as families and neighbors, we will ultimately acquire sustainable solutions and practices for caregiving roles as Americans and members of a greater society.

Shirley Ann Hopkins Morman, Clarity, Expertise, Openness



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The Ultimate Resources For Family Caregivers



In the Age of Telehealth, Seniors & Their Caregivers Must Remember They Have Options



OVID-19 can be easily transmitted through physical contact and breathing. This has made it more difficult for seniors to receive essential health care services in-person. Telehealth, which allows doctors to communicate with/diagnose Medicare patients virtually or through the phone, has emerged as a solution for helping seniors get the care they need without putting themselves at risk for infection.

The Medicare program is relying on telemedicine more than ever. In 2019, the number of seniors who reported using telehealth services was just 4%. That number increased to 30% during the height of the COVID-19 pandemic in June 2020.

Because of the obvious risks involved with going to the hospital or doctor's office, telehealth is one of the best alternatives to in-person care for seniors and their caregivers. Telehealth also creates incentives for insurance companies to indulge in spotty practices. Seniors and their caregivers should be careful to make sure that they receive the full range of medical services they are owed. Telemedicine is the cheaper, less time-consuming, option for Medicare companies since doctors can work remotely and can get through more appointments in a day. Thus, Medicare companies do not have to spend the same amount of money to treat/diagnose you as they would for an in-person appointment.

The inherent problem with the telehealth model, however, is that there are only symptoms and illnesses that a doctor can only catch if he/she is with you in-person. Zoom calls are not a substitute for quality care.

According to Medicare guidelines, Medicare companies are legally obligated to give patients the choice to receive telehealth services or to receive in-person health services instead.

Some Medicare companies, however, may try to get over on seniors and their caregivers by only informing them of the telehealth option and leaving out the option to receive in-person care, or, even worse, the Medicare companies may try to prevent a patient from receiving in-person care altogether.

It is crucial for Medicare patients and their caregivers to

know what rights they have. If you are a caregiver for someone with Medicare Advantage, then the "Evidence of Coverage" document that comes with the Medicare plan is the best tool you have to learn more about the rights a Medicare patient has to receive in-person services (if you have Original Medicare, then you can simply ask to be seen in-person).



Stevaughn Bush, Esq.





What Is A Consultant Pharmacist And How Is It Different Than A Retail Pharmacist.

As we continue to press through the COVID pandemic, I thought it fitting to write in this quarter's issue about the consultant pharmacist and our role in assisting a caregiver. Some may be saying what is a consultant pharmacist and how is it different than a retail pharmacist. Your retail pharmacist (the pharmacist that packages your medication at the pharmacy) may also act in the role of a consultant pharmacist. The American Society of Consultant Pharmacists defines the consultant pharmacist as "a medication management expert who provides advice on the use of medications by older adults, whether they live in the community or in long-term care facilities". A consultant pharmacist may review the medications of any age person.

As you probably are not aware the elderly patient consumes approximately 34% of total prescriptions in the United States. Data supports on average that individuals 65-69 years old take nearly 14 prescriptions per year and individuals 80-84 years old take an average of 18 prescriptions per year. Your consultant pharmacists can review those medications and identify medication-related problems that may cause adverse drug events, which by the way contributes approximately \$3.5 billion additional dollars to our US healthcare costs. You can guess that older adults have the highest rate of adverse drug events.

This pill burden of giving the medications and picking up the medications from the pharmacy can cause a major overload burden to the caregiver. The potential of a visit to the doctor to monitor and assess how the medication is working or an even worse case scenario of a hospital visit due to an adverse drug event can even be more burdensome to an already overworked and stressed caregiver.

The consultant pharmacist understands the role of the caregiver and the financial challenges that older adults face. We can help to monitor and assess medications. We can also advocate healthier living.

Many know about drug-to-drug interactions or drug to medication interactions but many people do not realize that prescription medications can also deplete vitamins and electrolytes in our body causing adverse events. Did you know taking a beta blocker (generic names of metoprolol, carvedilol, atenolol), a common medication used for high blood pressure, heart failure or post a heart attack can deplete melatonin? Although people may feel tired or sleepy from a side effect from the beta blocker, the sleep cycle may be interrupted when taking beta blockers. The supplement like melatonin may be helpful in this person on a beta blocker to promote a better night's sleep.





These are medication problems that your retail pharmacist may not be able to address due to time constraints to dispense your medications but a consultant pharmacist can. It requires a more comprehensive consultation to understand these things.

Rather than adding another prescription to promote better sleep, a consultant pharmacist can review the medication profile, medical history, medical conditions, labs and vitals (such as blood pressure, heart rate, blood glucose, oxygen levels and even weight) to provide recommendations of a better quality of life and health outcome.

The COVID19 pandemic has increased insurance companies' reimbursement to providers to monitor and assess you in between office visits. That means if you changed your blood pressure medication regimen at your last office visit, you can have your blood pressure reading transmitted to your provider's office to make sure that your medication is not causing your medication to be too high or too low. This will possibly decrease a visit between office visits to an emergency facility.

This alleviates the caregiver's need to write down the blood pressure readings and possibly losing the paper. It also allows an earlier visit and intervention to be made even before the next office visit. Unfortunately, to-date, consultant pharmacists cannot bill directly the insurance company for such a visit unless it is a cash

payment or unless it is through state regulations. At this time, pharmacists are not recognized as providers on the federal level and have to bill through your physicians or other recognized providers (such as a nurse practitioner, physician assistant). This is a legislation that pharmacists have been fighting for some time. Some states are allowing it to occur so Medicaid patients can receive this type of consultation, however the federal government has been slow to provide this type of direct reimbursement to pharmacists. I urge you to talk to your retail pharmacist about medication review which is also called a medication therapy management review or chronic care medication management review. A comprehensive medication review will usually require at least 30 to 60 minutes. Therefore, while your retail pharmacist may not have time when you pick up your prescription, you may be able to make an appointment for a later time. Some consultant pharmacists are embedded in your physician's office or in the hospital. Consultant pharmacists are federally mandated to review residents in nursing homes monthly. The consultant pharmacist's role is growing.

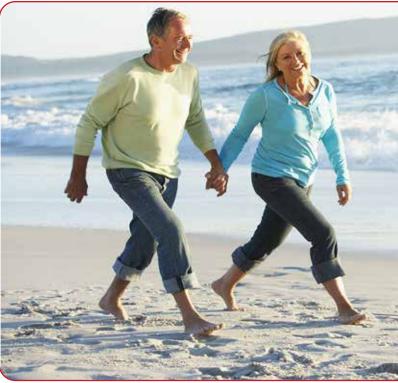
If you would like more information on the services or home equipment provided by a consultant pharmacist mentioned in this article or would like to obtain a consultation, you may contact Dr. Donna at 478-227-0543 or visit the website at www.medsruspharmacyconsultant.com.



Dr. Donna Bellamy







Becoming Healthy and Whole...One Simple Change!

An estimated 26% of Americans ages 18 and older (about 1 in 4 adults) suffer from a diagnosable mental disorder (Johns Hopkins Medicine, 2021). Depression causes more lost workdays and impairment than arthritis, asthma, back pain, or diabetes (American Psychiatric Association, 2020)

Although mental and physical health has been deemed separate issues historically, most health professionals agree that they share the same continuum. A sudden, devastating diagnosis can instantly change a person's mental status, so it is possible to be mentally stable today and in crises the next.

Dr. David Satcher, former US Surgeon General, defined mental health as a person's ability to function and be productive in life; adapt to changes in his/her environment; to cope with adversity; and develop positive relationships with others. He emphasized that without good mental health, one cannot have good health and well being. (Surgeon's General Report, 2000).

We must make mental health pursuits equally acceptable as physical. What can we do to improve our own mental and emotional health? First, we should examine our cultural traditions that interfere with health.

Sedentary lifestyles, high calorie foods with low nutritional benefit, and weather are factors that prevent many from engaging healthy practices. Some will even use hair maintenance as an excuse for not exercising.

Soul food traditions are prevalent in the south and cause many to cling to poor eating habits. Some will not let go of the greens cooked in fat, fried animal products, processed, fast foods and dairy. Although having a traditional meal on occasion may not do significant harm, the consistent intake of poor nutrition can. Again, health professionals now generally agree that nutrition is directly linked to mental and physical health.

A British study (2013) found that consuming eight or more fruit/vegetable servings daily resulted in: a) meaningful impact on mood b) greater feeling of happiness c) less depression and anxiety d) improved cognitive function and memory e) greater production of serotonin, the key hormone that stabilizes our mood and feelings of happiness and well being. Good nutrition impacts the whole body including the brain. Most diseases are preventable with good nutrition. Oxidative stress causes aging and disease but the good news is that fruits and vegetables contain antioxidants that protect our cells







from oxidative stress. We need 10 servings of fruits and vegetables every day. Since produce is picked before it ripens and is driven thousands of miles in a truck, the quality and nutritional benefit is limited, causing the need for more. Yet, it is difficult to get the recommended daily amount. Thankfully, there are solutions.

Grow your own. Gardening is therapeutic and offers better quality foods. Vertical, self watering, aeroponic urban gardening is a new concept that is catching on fast and allows gardening in and outdoors in small spaces. There are no worries of pesticides or toxins. Gardening is fun and promotes community.



Another option form promoting health is to consume vegan plant powders in capsule form that contain thirty vine ripened fruit and vegetables without any additives and are certified by the National Science Foundation.

These powders have more than 40 published peer reviewed, double blind, placebo controlled studies demonstrating their effectiveness in improving health. They can actually bridge the gap between what you eat and what you should be eating.

Finally, there are digital shred communities that offer a 10 day food detox monthly with many free resources and health coaching. Acting on just one of these simple changes consistently over time can change the course of one's path to becoming healthy and whole.

For more information regarding your health and wellness journey, contact Dr. Shavers via the following:

Email: sonrisetherapy@gmail.com

Text to: 912-657-9225,

Web: sonjashavers.juiceplus.com **Web:** sonjashavers.towergarden.com **Follow on facebook**, Sonja Shavers



Dr. Sonja Shavers



FAMILY CAREGIVER RESOURCES

The National Caregivers Network LLC, is pleased to present SOCIAL DISTANCING TIPS for Family Caregivers and their family members.



SOCIAL DISTANCING

What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases.

Social distancing measures include limiting large groups of people coming together, closing buildings and canceling events.

AVO

Group gatherings

Sleepovers

Playdates Concerts

Theater outings

Traveling

Athletic events Crowded retail stores Malls

Workouts in gyms Church Services

Visitors in your house

Non-essential workers in your house

Mass transit systems



Visit a local restaurant to get take out

Visit grocery store

Pick up medications Play tennis in a

park



Take a walk Go for a hike Yard work

Play in your yard

Clean out a closet Read a good book Listen to music

Cook a meal

Family game night Go for a drive

Stream a favorite

Call or email a friend or elderly neighbor to check in Group video chats



REMEMBER TO CONSTANTLY WASH YOUR HANDS

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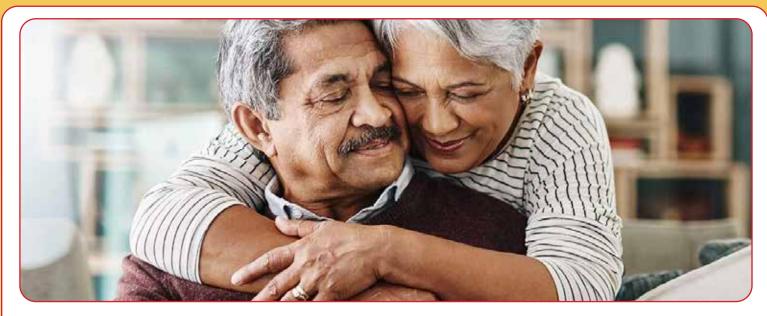




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A Note To The Caregiver Who Starts Caring For A Loved One

veryday many families' lives change within a moment's notice. Whether it is a notification after a traumatic accident, a loved one being diagnosed with a terminal illness, or being told there are no more medical interventions that will improve one's quality of life; these changes happen to families like yours and mine each day. After the initial shock, questions such as "how will I take care of my loved one?", "what happens next?", and "who can I depend on in a time like this?" are some of the many questions that come to our minds.

While I may not have all the answers to these questions, I want to affirm these valid questions, and tell you that you are not alone. You are a part of a larger community of caregivers who share many of the same experiences that you have each day in their own space. As caregivers perform the daily duties of providing for their loved ones, there is a level of fatigue that is present. I have not met anyone who has avoided this fatigue, but I have met several caregivers who recognize the value of self care. Caring for yourself is critical as you pour out your energy and emotions to others who need your assistance.

I am of the opinion the role of the caregiver is both challenging and honorable. Challenging because the primary caregiver's life is altered in a major way to care for someone else. Some examples of these challenges may include finding adequate sitters to be with your loved one who is ill while you go to work or run errands. If this isn't difficult enough, there is a modern-day concern about the health of the sitter who is coming to be with your loved one.

Are they COVID-FREE and do they practice safety to prevent themselves from bringing germs into your home? What if the patient has problems with their medications? Again, all valid concerns. The work of a caregiver is honorable and calls for self-denial. Romans 15:1 reads, "1 Now we who are strong ought to bear the weaknesses of those without strength, and not just please ourselves." Clearly, this text is calling for those who are strong to care for the weak, both physically and spiritually. Your work as a caregiver makes the difference in those who need your help. Matthew 25:40 reads, "40 And the King will answer and say to them, 'Truly I say to you, to the extent that you did it for one of the least of these brothers or sisters of Mine, you did it for Me.""

The preceding verses speak very clearly about the work of visiting the sick, feeding the hungry, and coming to the aid of those who cannot care for themselves. The caregiver is an advocate, protector, and a servant. Jesus recognizes this role so much that he says when you serve others who are in need, you are doing it for Him.

Lastly, it is my hope that caregivers all around our various

communities will find strength in knowing their labor is recognized as God's good work towards humanity. As you continue to do this work, please remember to care for yourselves. Remember, you are not alone, and that you, too, must make difficult decisions to care for yourself so you can continue to fulfill the good works of caregiving.



Elder Dahl A. Moss, MDIv



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For Your Information Announcement:

The following announcement is authorized by the Georgia Department of Veteran Services, Director, South Region.

Occasionally, nongeorgia.com will share Veteran Administration (VA) Caregiver related information on social media about resources and benefits offered to Caregivers; when this happens, interested persons should contact the Georgia Department of Veteran Services, South Region, VECTR Center, located at 1001 South Armed Forces Boulevard, Warner Robins, Georgia 31088. Telephone: 833-448-3287.

VA Offices in the South Region include: Albany, Americus, Bainbridge, Brunswick, Columbus, Cordele, Douglas, Dublin, Glenville, Hinesville, Lyons, Macon, Moultrie, Savannah, St. Mary's, Statesboro, Swainsboro, Thomasville, Tifton, Valdosta, Warner Robins, and Waycross.

The announcement is authorized by the Georgia Department of Veteran Services, Director, South Region.

Thank you kindly for Friending and Following ncngeorgia.com.

Caringly Yours,

Shirley Ann Hopkins Mormans, Founder & CEO Clarity, Expertise, Openness

Ephesians 3:20-21

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Listening Leading Leavening





Mrs. Willie Mae Purnell (1911- 2019)

LEARNING Strengthening Relationships in Caregiving

Listening To The Lambs

A Four-Part Magazine Article Series

Part 2

ftentimes, we say or hear the words "It's All About Relationships." I personally adopted a belief that "ALL things are Relative"- it depends on who you are "Kin" to! Being "Kin to" does not mean who one's blood relatives are, as much as it is, who we line up with, or agree with, or see ourselves in sync with. In Caregiving, Relationship takes on a special and committed and defining coming together. Oftentimes, the operational roles are equivalent to who is giving and providing and who is receiving and accepting. Who gives the time, emotional space, physical necessities, financial support, and support for everything essential?

In the days prior to Corona Virus-19, normal for receivers of care, based upon the severity, was outside the personal or private residence of those needing support and assistance. According to the Article, In Info for Seniors, by Carol, June 18, 2017: "Before the nineteenth Century, old people who were incapacitated and/or broke lived in Almshouses. Many older American had been displaced by the Industrial Revolution- unable to hold mechanized jobs. The Civil War decimated some families' ability to care for the elderly members. Local governments of the time favored 'group' housing' as opposed to what was called 'outdoor welfare' consisting of donations of food, clothing, wood, etc., to individuals living independently.

As a result, all kinds of people- the physically incapacitated, orphans, the mentally ill and insane, etc. ended up living in Almshouses. As the nineteenth century began to unwind, women and church groups began founding Homes for the Aged out of concern for worthy individuals of their own ethnic or religious background who might have to spend their last days alongside the most despised in society in an Almshouse. The big concern then- as now- is that "foreigners have taken possession of the public charities... including the houses where our less privileged classes formerly resided." Not only were 'more worthy' elderly people moved from the Almshouses, but other groups started providing for young people, the blind, the insane, etc. By the 1920's nearly 70% of all residents in Almshouses were the elderly poor.

The Article continued to point out socio-economic factors which identified and labeled recipients based on situations such as abandonment, disgrace, poverty, loneliness, humiliation, and degradation. In 1935 the Federal Government became involved. The Social Security Act became the law of the land. As the Federal Government became involved and began to assess the outcomes, it became apparent that the different types of ailments, requiring personal attention could not be adequately addressed in an individual's home; therefore,



"O Divine Master, Grant that I may not so much seek To be consoled as to console; To be understood as to understand; To be loved as to love."

- St. Francis of Assisi

the Federal Government eliminated the almshouses modality, and moved toward the 1954 Act of Congress, allowing public institutions mostly for older adults. The Hill-Burton Act provided Federal grants, resulting in nursing homes modeled after hospitals. Passage of Medicare and Medicaid (1965) stimulated private-industry growth. The 70's scandal of abuse, left a mark on the industry. Related individuals' guilt regarding abandonment had its effect and in 1972, regulations were supported by Medicare and Medicaid. By 2000, nursing homes funded mainly by Medicaid and Medicare became a 100-billion-dollar industry. In 1987, the Nursing Home Reform Act of 1987 became a significant factor.

Fast forwarding, the population has increased and with it the growing need and adoption of alternative settings for long-term care. Today, more than 45% funding is by Medicaid. Reported, by 2030, there will be about 72.1 million older persons, greater than twice the number in 2000 "when people 65+ were 12.4% of the population. It is predicted that the number will grow to 19% by 2030.

My personal observation regarding the importance of Relationships between the Caregivers and recipients, especially based upon variables surfaced on the heels of the Corona Virus-19 is that whether relatives needing care are residing in a facility or private residence; a return to the "Village" taking care of its own, is strongly recommended.



More precisely, that the following recommendations are considered:

- That a Heart to Heart sense of Worthiness is affirmed and confirmed as often as needed. An assurance that the life-long contributions of the infirmed/ill are honored and appreciated, and every reasonable effort will be made to keep their Spirits lifted. Learning is essential; therefore, listening, tuning in, leaning in, and Conversing as often as possible. Every effort should be used to convey to the receiver that their specific needs should be discussed and negotiated together. Note: The person who is ill, though needing perhaps to receive care given to an infant or child, is Not a child; but an adult whose physical strength has diminished; but Not their person hood.
- That mental stimulation is essential! If the individual still has the mental capacity to read, and discuss current, and even past events, engage them in conversation relevant to their past work or interests; provide reading materials tailored to their interest. If there are children and youth in the household or capable of reading at the required level, by all means, engage them in the Relationship! Also, there are devices and

Electronic aids of all types to keep their minds stimulated. Artificial Intelligence such as Alexa, are very helpful. Music Therapy/stimulation is an excellent tool. Young people can also be effectively used to assist and also to Learn more about norms and abnormalities which are so very prevalent in our society today.

- That Opportunities for Learning new and innovative ways to advance our knowledge regarding a population which each of us will become a part of, should WE become a part of this growing number are as numerous as we are willing to explore.
- That based upon our willingness to grow, expand, and inherit the riches of God's Grace, based upon the teachings of the Bible which make it very clear, that LOVE (and learning) to Love make all the difference.

Finally, and Hopefully, we become more and more able to impact the world we live in from the inside outwardly, from our own human growth and development, to our families, our communities, our environment, our institutions, locally, nationally, and universal- to begin a new and awesome Journey of Learning even More!



Dr. Myldred P. Hill





Keep it Moving To Promote A Healthy Lifestyle

It is far more difficult for some people to keep their bowels moving than others. Researchers are calling the gut the second brain due to the impact the gut has on mental health and other health issues.

While much is being written on what constitutes good gut health and how to obtain it, some people find it easier to take a laxative or some other stimulant causing the intestines to go on a roller coaster binge of stool softeners, laxatives and constipation again.

Rather than think through the process of eliminating the bowels on a daily basis, many succumb to the American diet of too much processed food. If you suffer from Crohn's, colitis, and any other diagnosed bowel disease, continue to work with your gastroenterologist and primary care doctor on how to treat the conditions.

However, if you suffer from routine constipation due to diet, some consistent diet changes may help. How many times have you heard, "Americans are not getting enough fiber? Studies are now showing that fiber isn't just good for your gut, it fights heart disease and diabetes and sweeps the colon.

A good gut needs soluble and insoluble fiber each day. The American Heart Association recommends 25-30 grams of fiber each day from various sources, not supplements. Good sources of soluble fiber include oatmeal, nuts and seeds, legumes (peas, beans, and lentils), apple, pears blueberries, oranges and strawberries; insoluble fiber include whole-grain bread, whole-grain breakfast cereals, wheat bran, seeds and many vegetables, including carrots, cucumbers, zucchini, celery, and tomatoes. A breakfast with insoluble fiber such as all bran buds, bran flakes, shredded wheat or cooked oats (no instant) loaded with berries, bananas and nuts will get you eliminating early and help to keep the blood sugar from spiking.

A breakfast with berries, bran cereal and nuts on the side will yield 20 grams of fiber, and you are half way to the recommended daily amount. The key here is a consistent breakfast with fiber. If you don't eat breakfast, eat the breakfast food for lunch.

Adding beans three times a week will also help with bowel elimination. Studies show that people who eat more beans and lentils have a smaller waist circumference, and they are less likely to have high levels of C-reactive protein or (CRP) which is a marker for inflammation leading to stroke, heart disease and diabetes. Generally, dried beans require more preparation, and they cause flatulence or gas.

Cultures that are successful using beans as a stable in the diet keep a pot of beans soaking most of the time; cooks soak Pinto beans and Navy beans for eight hours; then





they change the water and soak again for another eight hours which makes them easier to cook and less gas for the eater. Try adding more beans to the diet without a lot of animal fat. Beans provide protein, fiber, folate, iron, potassium and magnesium while containing little or no total fat, transfat, sodium and cholesterol. Unfortunately, fiber alone may not work if your diet is loaded with white flour. A European scientist studied overweight women by giving them plain white bread three times a day for three days, and the other half received white bread spiked with 10.4 grams of oat fiber. The study found that the women who ate the oat fiber over the short three-day time period became significantly more sensitive to insulin and were able to control their blood sugar levels.

The point being made here is that white flour, white bread, white rice, and white pasta, cakes and cookies will spike your sugar level and slow the elimination process; try to eliminate these "whites" from your diet for at least five days a week.



The inability to poop brings about problems to vast to discuss. Most importantly, it is worth remembering that studies have shown constipation contributes to kidney failure and cardiovascular problems associated with straining. WebMD reports a study which indicates that dietary fiber prevents diabetes and heart disease. Good digestive health means keeping the colon clear of old, rotting food and waste to prevent the buildup of dangerous toxins throughout entire body. To help food break down so that nutrients can be absorbed, many doctors have begun to recommend a good bacteria commonly known as probiotics, which also helps to protect the lining of your gastrointestinal tract. However, if the diet is not changed from processed foods and white flour, it may be necessary to take more probiotics than recommended. Fermented foods and teas, such as kombucha teas, are good sources of probiotics as well as capsules from reputable companies.

Finally, for people who are having great difficulty with gas and constipation in spite of the diet, try taking a digestive enzyme prior to meals or with meals.

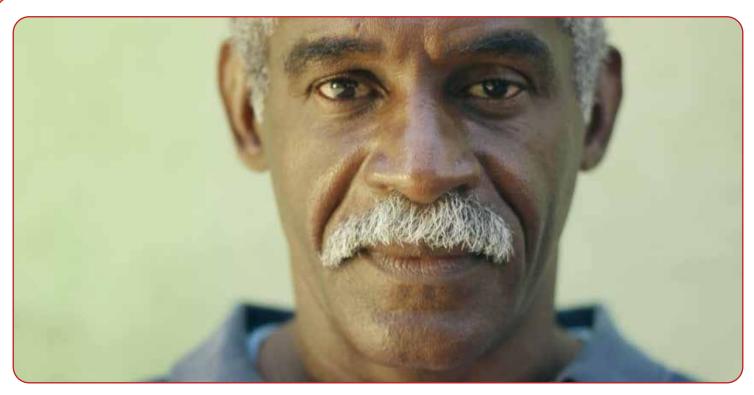
Beano is a digestive enzyme but an expensive one. Order a digestive enzyme on line and include a probiotic with at least nine (9) billion CFUs or above. Both will give your intestines good bacteria to help you purge your bowels naturally. **Keep it moving!!**

Healthbuzzbydot.net



Dorothy Crumbly





Alzheimer's: Little-Known Facts Versus Fiction

yths abound about Alzheimer's, as well as dementia in general. The first thing to be aware of is that Alzheimer's is a form of dementia, and it comprises about 80% of the cases of dementia in the United States.

Second, there are **two main myths** about Alzheimer's that exist in the minds of the general population. It is unfortunate that these two myths exist because they work to prevent people from making health decisions that, otherwise, not only could improve their own lives, but also the lives of members of their families, as well as the lives of their friends and acquaintances – including how to reduce their risk of getting Alzheimer's disease!

The 2 Myths

- 1. Alzheimer's is NOT preventable.
- 2. Alzheimer's is NOT reversible.

Research literature addresses six main areas for which **The Great, Broad Conclusion** is that **powerful steps can be taken by most people to greatly reduce their odds of contracting Alzheimer's disease and/or reversing it!**

The following details six areas in which there is confirmation and agreement in the published research literature that support the concepts that Alzheimer's disease usually is both preventable and reversible.

1. The Benefits of Healthy Lifestyle Choices

This area reveals that. when one firmly adopts <u>healthy choices</u> with respect to **nutrition**, **cardio exercise**, **strength-building exercise**, **and sleep**, their odds of preventing and/or reversing Alzheimer's is greatly improved.

Note that these healthy choices are also the important parameters for **boosting one's immune system**, which, every day, attacks and kills more than a million early-stage, developing "wanna be" cancers. In addition, they also are the critical parameters for **preventing cardiovascular diseases:** think heart attacks, strokes, and diabetes (also known as "sugar")!

2. Treatments to Reverse Alzheimer's Disease

Certain nutritional treatments (such as using saffron and cumin, among other spices) have been reported to help prevent Alzheimer's.

3. Infections Can Cause Alzheimer's Disease

Many research studies have reported that a variety of infectious agents (different bacteria, viruses, fungi, etc.) that can cause Alzheimer's. Thus, a multi factorial basis applies to the possible causation factors for Alzheimer's.

4. Gut Pathology

Research studies have also shown that it is important to have good gut health to reduce the odds of developing Alzheimer's. Healthy living is the most important factor for a healthy gut.



5. Role of Sleep to Reduce Risk for Alzheimer's Disease

As outlined above in Section 1, getting a sufficient amount of deep sleep virtually every night will help prevent Alzheimer's.

6. Miscellaneous

Other studies reveal other factors and events that can cause Alzheimer's. Furthermore, other types of brain damage can be reversed; so, it should not be surprising that Alzheimer's can often be reversed/cured!

Another possible result of following the prescriptions herein is prevention and reversal of <u>osteoporosis</u>.

Finally, one can switch to a very healthy lifestyle – starting at any age! So, postponing making such a switch based on "old age" is not supported by the research literature!

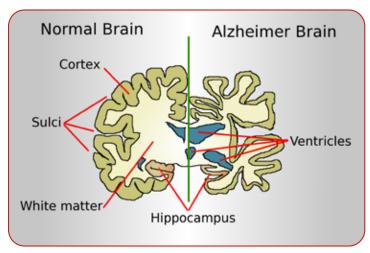


Summary

Based on the results from the research studies outlined above, we can strongly and confidently conclude that, although Alzheimer's can be a dangerous and expensive disease to treat, **adopting the healthiest lifestyle choices** is the most prudent path to follow – both for <u>prevention</u> and <u>reversal</u>. In other words, we should eat lots of <u>healthy foods</u>, such as **fruits**, **vegetables**, **nuts/seeds and berries**.

In addition, we should:

- get plenty of deep sleep virtually every night,
- practice measures that keep **stress** to a minimum (this could include, for example, acupuncture, massage, etc., if so desired),
- treat any and all infections as quickly as possible,
- get **regular exercise** that is "sufficiently demanding," and that includes both
- cardio exercise (exercise level: work up to the point that you are breathing so hard that you <u>cannot</u> carry on a continuous conversation, for example, by doing short sessions of <u>High</u> <u>Intensity Interval Training</u>), and
- strength-building exercise,
- not smoke (anything!), and not be around smokers (even when they are not smoking (because of "third-hand" smoke!),
- not use illegal drugs, and not abuse legal drugs, and
- have a body weight within 5 to 10 pounds of one's ideal body weight.



Be sure to consult with your doctor before making substantial changes in your nutrition and exercise programs – especially if you have underlying medical conditions, and/or are taking prescription drugs!

Technical Background of Doc Wilson

Degrees, Etc.

BA (Biology, Chemistry), Kalamazoo College, Kalamazoo, MI. Included foreign study at Strasbourg University, France.

MA (Physiology), State University of New York at Buffalo, NY.

PhD (Physiology, Biochemistry), University of Illinois at Urbana-Champaign, II.

Postdoctoral Fellowship, (Biochemistry, Physical Chemistry), Duke University, *Durham, NC*.

University of Maryland Medical School, Founder and Director, Renal

Laboratory, Baltimore, MD.

>25 years, **Personal Trainer, Nutritionist, Health Consultant.**

Author: Various <u>health-promoting books</u> are in the "publishing cue," and slated for release in the near future – including, for example, such areas as:

- cancer,
- · diabetes,
- · mental health, and
- spirituality.





Doc Wilson, PhD





4 Proven Ways You Can Feel Happier Later In Life

Article Courtesy Of The Mayo Clinic Staff

Feeling stressed and unhappy? Try these science-backed strategies for enjoying a happier life.

The pursuit of happiness is likely as old as the human race. We read those reports that rate the happiest places on earth, wondering, "What's their secret?"

Scientists have been working on defining and measuring happiness for years. They've learned a lot about what influences individual happiness — and, spoiler alert, it's not necessarily wealth.

One large study that evaluated the emotional well-being of more than 450,000 people found that their happiness increased along with their annual income, but only until they reached \$75,000. Once they met their basic needs, higher incomes didn't mean greater happiness.

Want to increase your happiness? Research has shown that these four practices can help you feel more joy and happiness in your daily life.

1. Be nicer to others

Researchers call this "practicing loving kindness." What it boils down to is being kind to people you interact with in the course of your day. Help someone with a heavy load. Run an errand for your sick neighbor. Give a co-worker a boost with a thoughtful compliment.

When you show sincere kindness toward others, it activates a portion of your brain that helps you feel pleasure. Research has also shown that your generosity of spirit might even be contagious, so you may spread happiness to others as you go.

2. Start meditating

Loving-kindness meditation (LKM) encourages you to sit quietly while you think warm, loving thoughts. People who practice LKM for an hour a week report that they feel more contentment and joy.

Likewise, mindful meditation — which helps you increase your awareness of the present moment and become more accepting of yourself — has been shown to enlarge the part of the brain that regulates emotions. That can help you maintain happy feelings even when faced with life's inevitable obstacles.



3. Exercise

We all know that exercise contributes to overall health, but researchers have found it can also make you happier. In one study, older adults who started exercising regularly reported that, after eight weeks, they felt significantly happier.

Another study found that when inactive people increased their physical activity, their happiness improved too. While more study is needed to identify what type of exercise works best, you can start by walking, running, swimming or whatever helps improve your mood.

4. Develop a more positive mindset

When researchers worked with highly stressed health care workers to improve their outlook, they found that after 12 weeks the workers reported they were happier and more satisfied with their lives.

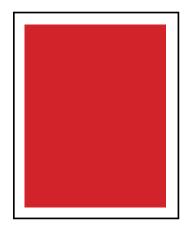
Part of the intervention included work on gratitude and forgiveness. For instance, you can keep a gratitude journal, jotting down specific things you're grateful for. Instead of rushing to hurt or anger when someone behaves thoughtlessly toward you, choose forgiveness. As you practice these traits, you may find your happiness level increasing too.

Ready to focus on improving your happiness? There may be an even bigger payoff for you. Research has shown that when people focused more on kindness and other good works, they not only felt happier but also developed a stronger ability to fight off disease. Now that's a win-win.

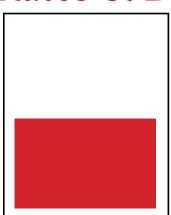




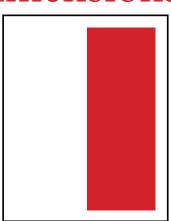
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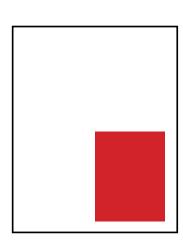
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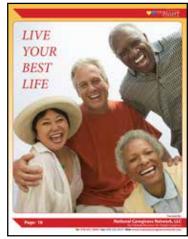


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