

TO YOUR



HEALTH



FRIDAY, MARCH 29, 2019

A Special Supplement to the CONWAY DAILY SUN

Hospital challenge aims at better health

By KATHY BENNETT

SPECIAL TO THE CONWAY DAILY SUN

CONWAY — Those looking for a fun and motivational jump start to their fitness routine this spring will want to be part of the 100 Days of Wellness Community Challenge. The challenge will help participants create healthy habits by moving more and eating less, and is open to all residents of Mount Washington Valley.

Memorial Hospital's Population Health Coordinator Heather Phillips said: "As our mission states, we are committed to and promoting the health of our community.

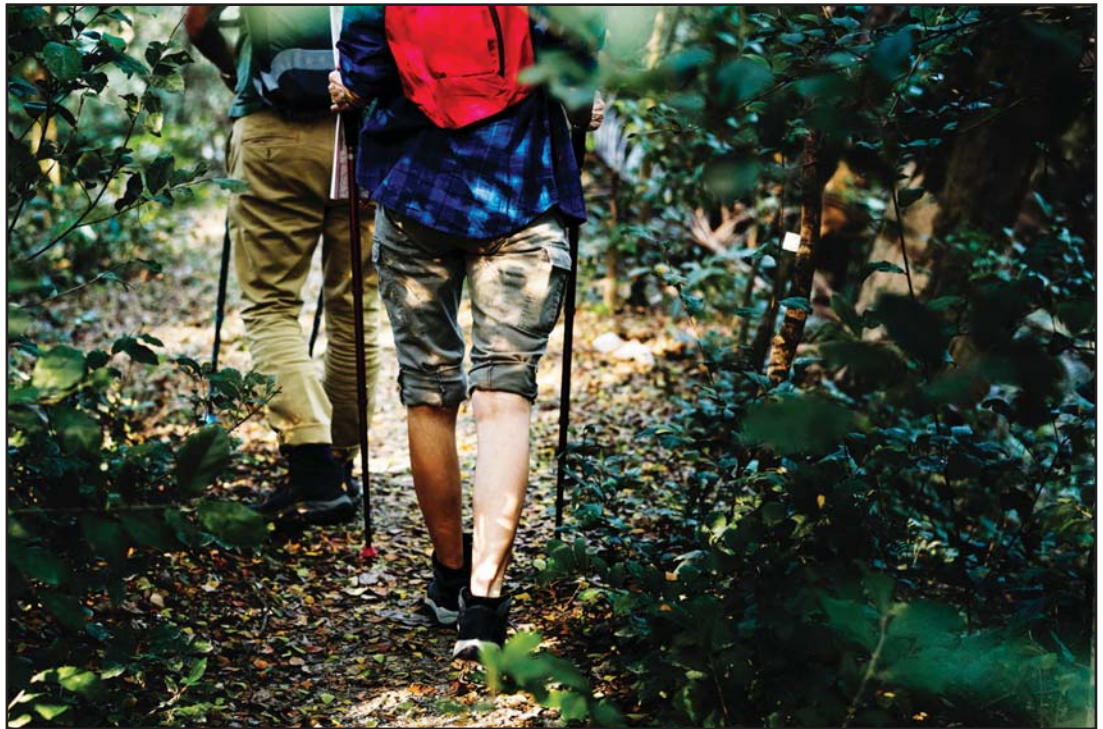
When we look to statistics, it's quite staggering. More than one-third of American adults and children are obese, resulting in conditions like heart disease and diabetes.

So we've developed a fun, interactive wellness challenge

to get our community moving and healthy.

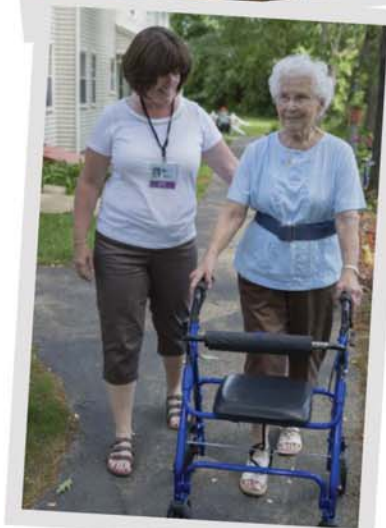
"To ensure that the whole community jumps on the challenge, we've included community partner, The Gibson Center and their Age-Friendly Initiative to create walkable trails and spaces. So, if it's age friendly, it's child friendly — it's a win-win for everyone. The goal is to utilize the environment all around us. There are a variety of classes, events and program offered throughout the 100 Days to help people explore their health and wellness options. We want people to experience different types of fitness to see what is right for them."

The challenge supports the Surgeon General's Call To Action through the Step It Up! Initiative, which promotes



Fun activities like hiking and walking are part of the 100 Days of Wellness Community Challenge. (COURTESY PHOTO)

see **CHALLENGE** page 6



Home Care Matters ... More Than Ever

Most people prefer the comfort of their own home while recovering from an illness, injury, or managing chronic disease. Whether you need highly skilled nursing services or quality rehabilitative therapies, choose the caring professionals of your local home health



Passionate people. Compassionate care.

800-499-4171 or 603-356-7006 ♥ 1529 White Mtn Highway, North Conway, NH 03860 ♥ www.VNHCH.org

Licensed in New Hampshire and Maine - Medicare Certified Home Health Agency - Medicare Certified Hospice

As an independent non-profit agency, we gratefully accept your donations, memorial gifts and bequests.

Howard Stanten and Erin Wright Couples coaching breathes new life into relationships

What is couples coaching, anyway?

We're so glad you asked!

Couples coaching helps couples get clear on how they want their relationship to be and take action to make it happen.

Couples coaching focuses on the relationship. It begins with where the relationship is right here, right now in the present with a strong inclination towards creating a more fulfilling future.

Couples coaching is not consulting or therapy.

Consultants provide clients with specific solutions and expertise to help them solve problems. Couples coaching help couples connect to their own wisdom as a source of transformational and sustainable change.

Consulting often involves focusing on specific, action-oriented problems that need to be fixed. Couples coaching doesn't look at your relationship as a problem that needs to be fixed.

Sure, couples coaching will help you get into action around goals. AND, it will always have an eye turned towards deepening each partner's self-awareness, the awareness each partner has about each other and the awareness about the relationship, so the couple can take action that will change their relationship for the better.

Therapy often works to heal emotional wounds by gaining a better understanding of how the past has influenced who the client is today. Therapy can also involve working with mental illness. Couples coaching doesn't treat mental illness, nor does it primarily seek to heal emotional wounds, although emotional healing can occur.

Unlike most consulting and therapy, the relationship between the couple and coach is a partnership. The couple's agenda, not the coach's agenda, is the focus of service. Couples that come to couples coaching consider themselves to be in a committed, loving relationship and generally feel stuck.

They have become focused on the day-to-day grind, their to-do lists, their careers and the needs of family and friends. They often feel they have lost their way and have a cloudy vision of their future.

Couples come to couples coaching because they want to make their relationship a top priority. They want to feel alive and energized in their relationship.

They want to develop a plan for their relationship that includes more purpose, joy, fun, connection and intimacy.

Bottom Line: Couples coaching is a place to breathe new life into a relationship so that couples can shift their relationship from where it is to where they want it to be.

Howard Stanten (howard@vanguardcoaching.life) and Erin Wright (erin@vanguardcoaching.life) are certified professional coaches specializing in developing leadership qualities and skills that enhance personal, business, and organizational relationships.

Pediatrician takes on mission to improve vaccination rates

By KATHY BENNETT
SPECIAL TO THE CONWAY DAILY SUN

CONWAY — It's in the news today, now more than ever. Outbreaks of diseases like Whooping Cough and Measles are occurring in greater frequency. And that's not news that Memorial Hospital pediatrician Wenda Saunders, MD, likes to hear. By adhering to evidence-based vaccination schedules, today's families do no need to suffer through diseases long managed through vaccines.

Despite the fact that numerous studies have found no evidence to support the notion that vaccines cause autism and other chronic illnesses, a growing number of parents are refusing to vaccinate their children. People actively choosing not to vaccinate are helping diseases once largely relegated to the pages of history books — including measles — make a comeback in cities across the nation, according to the Centers for Disease Control and Prevention.

Saunders is passionate about the importance of childhood vaccines and consistently exceeds quality goals around vaccination rates. Since joining Memorial earlier this year, she has taken a leadership role around vaccinations, conducting learning sessions with clinical staff and working to define standard vaccination schedules for all pediatric patients. She believes that Memorial's recent move to the Epic electronic health record system will help to ensure children receive the proper vaccines to protect them from childhood illnesses.

Saunders encourages parents to ensure their children receive vaccines, including the one for influenza.

see **VACCINATIONS** page 18



Dr. Wenda Saunders, M.D., encourages parents to stick to the recommended vaccination schedule for children. (BILL LEE PHOTO)

Eye exams can detect diabetes *Most Americans don't know what eye exams can reveal*

CONWAY — Vision screenings and online vision tests can be helpful for identifying vision errors like near-sightedness or far-sightedness, but they miss the mark entirely when it comes to evaluating eye health and diagnosing potentially serious eye diseases.

One of the most important conditions that can be detected from a comprehensive eye exam is diabetes.

Eight of 10 Americans don't know that diabetic eye diseases have no visible symptoms, according to the 2016 American Eye-Q Survey conducted by the American Optometric Association. The online survey by Edelman Intelligence included 1,000 online interviews of Americans 18 years and older who embodied a nationally representative sample of the U.S. general population. More than half of Americans surveyed did not know comprehensive eye examinations could detect diabetes.

Conway Eye Care and the American Optometric Association advocate for comprehensive eye exams for all ages at least every two years to evaluate for diabetes or other undiagnosed health conditions that can present in the eye.

Millions at risk for diabetes

Diabetes is a serious health condition in the United States. More than 30 million Americans have diabetes; another 84 million have prediabetes and are at risk for developing type 2 diabetes, according to the Centers for Disease Control.

The eyes are one of the first places that diabetes can

cause damage. Diabetes is the leading cause of vision loss under the age of 74. Our vision is critical to our everyday life, so among those diagnosed with diabetes, there is three times more concern about losing their vision than the possible risk of diabetic kidney failure.

Diabetes: A costly disease

According to a recent report by the American Diabetes Association, diagnosed diabetes is the most costly, chronic disease in the country at \$327 billion last year, about \$1 out of every \$4 spent on health care in this country. Costs cited in the report include direct medical expenses and lost productivity.

Early diagnosis key in treating diabetes

As damaging and costly as diabetes can be, successfully managing the disease requires early diagnosis. A comprehensive eye examination with an optometrist or ophthalmologist is important, not just to maintain eye and vision health, but it can be the first line of diagnosis for many systemic diseases.

In 2017 alone, optometrists identified diabetes-related eye disease in more than 400,000 patients who did not even know they had diabetes, leading to prompt diagnosis and care, which minimizes the risk of further complications.

Many people learn their diabetes risks through a dilated, comprehensive eye examination, and the

see **EYE EXAMS** page 3

Ashley Kerr

White Mountain Community Health Center

Outlook helps in living with cerebral palsy

As part of White Mountain Community Health Center's series on its employees' health successes, front office coordinator Ashley Kerr sat down with receptionist and MedBridge coordinator Arlee Netko to discuss how her bubbly personality and positive outlook has helped her move past her limitations with cerebral palsy. In her short time at the health center, Netko has already made a significant impact on staff and patients alike, through her contagious vibrancy and dedication to helping patients.

What is cerebral palsy?

It is a physical condition that affects the muscle tone, movement and motor skills of thousands of children each year.

There are three types of cerebral palsy.

The most common type is spastic cerebral palsy, which is what I have.

How did you learn that you had cerebral palsy? When my mom was in labor with me, they lost my heart beat and oxygen to my brain, which caused a delayed birth and damage to my brain.

As a baby, my mom started noticing I wasn't able to sit up on my own, roll over or even hold a cup or bottle with my right hand, and I wasn't walking when I should have been (around nine to 12 months). I was taken to an orthopedic doctor in Portland and was diagnosed with cerebral palsy at the age of 2.

What were the orthopedics' recommendations?

The doctor and my mother noticed that when I walked, my right foot went on its toes. He recom-

mended surgery to stretch my Achilles tendon to prevent me from toe-walking. The surgery was a success, and I had to wear a brace daily to prevent further decline.

What was it like growing up with cerebral palsy?

It was difficult to not be able to do the things that the other kids were doing, and to be made fun of for walking differently.

My doctor told my mom that I may have learning disabilities, but, luckily, I didn't; I always used to help my classmates with their homework. I'm so grateful to my mother who didn't make a big deal out of my cerebral palsy and taught me to have a great outlook on it.

She gave me confidence to be more than my condition because she told me if I set my mind to it, I could do anything.

Do you have to take medication or do any exercises now?

I have exercises that I do to continue to strengthen my right side, which includes bending down to touch my toes, walking up stairs and stretching my right leg. I started taking medications in my 20s for muscle spasms, which I get in cold weather or when I stand on my feet or walk for a long period of time.

Are there any challenges you have now or may face in the future? How do you overcome them?

see **CEREBRAL PALS** page 8



Arlee Netko is the receptionist and MedBridge coordinator at White Mountain Community Health Center. (COURTESY PHOTO)

sooner these signs of risk are detected,

EYE EXAMS from page 2

the sooner patients can be educated about managing their disease through diet, exercise and medication.

Eye care plays a key role in coordinated diabetic care

Not only are eye exams important in detecting signs of diabetic eye disease in those who have not been diagnosed, but they are also a critical component of ongoing care once diagnosed with diabetes or prediabetes.

Once diagnosed, a dilated examination of the retina, the internal lining of the eye, should be performed every year. At these yearly exams, eye doctors not only evaluate for damage to the retina caused by diabetes, but also look for other eye conditions that occur more frequently among diabetics, such as cataracts, glaucoma and macular degeneration.

The eye doctor is then able to communicate with and coordinate care with other health care professionals — including primary care physicians, endocrinologists, dieticians, diabetic counselors, podiatrists and specialty eye surgeons — to ensure patients receive the highest quality, patient-centered diabetic care and thus maintain good vision and live healthy lives.

Eyes provide a window to spot diabetes before symptoms

Comprehensive Eye Exams with

an optometrist or ophthalmologist are an important step to protect and preserve the sight of every individual, even when there do not appear to be any visual issues. Many eye problems show no symptoms until they are in an advanced stage, but early detection and treatment can truly save a person's vision. No vision screening or online vision test can do that.

For more information on diabetes and comprehensive eye examinations, go to conwayeye.com or aoa.org.

Founded in 1925, Conway Eye Care in North Conway, and the sister location, Coos Eye Care in Berlin, have been providing comprehensive medical and routine eye care to northern New Hampshire for more than 90 years. Drs. Angelique Sawyer, Laurel Pulsipher and Elizabeth Reese provide primary eye care and emergency services for patients of all ages at both locations. Services include diabetic eye exams, prescription glasses and contact lenses, and the diagnosis and treatment of eye diseases, such as glaucoma, macular degeneration, cataracts, dry eye and retinal disease. Under the new ownership of Dr. Sawyer, Conway Eye Care's doctors provide the highest quality care, using state of the art technology for treatment and prevention of eye disease. For more information or to schedule an appointment, contact Conway Eye Care at (603) 356-3000 or Coos Eye Care at (603) 752-3510, or go to conwayeye.com.

MEET THE HEALTH CENTER



DO YOU KNOW US?

WHOLE PERSON We take a broad approach to healthcare, with services beyond primary care including dental care, prenatal care, mental health treatment, nutrition, substance use treatment, social work, and more.

WHOLE FAMILY We serve all genders and ages.

WHOLE VALLEY Our services are for everyone, regardless of background or resources. We ensure that our high-quality care is accessible to all through our sliding fee scale, health insurance assistance, cost transparency and a commitment to reducing all barriers to care. Insured patients help make this possible and benefit from our individualized care.

LEARN MORE AT
WHITEMOUNTAINHEALTH.ORG
BECOME A PATIENT 447-8900



**WHITE MOUNTAIN
COMMUNITY
HEALTH CENTER**

Whole Person. Whole Family. Whole Valley.

Businesses to take part in Healthcare Decisions Day

CONWAY — Death is as much a part of life as birth, but in the workplace, the topic of death and dying is not often discussed. Yet it is as much of an issue for employers to address as any other part of life that impacts their employees. That's why Visiting Nurse Home Care and Hospice of Carroll County is focusing their National Healthcare Decisions Day efforts this year on outreach to area businesses and employees to raise awareness on the importance of advance care directives.

Taking place on April 16, National Healthcare Decisions Day exists to inspire, educate, and empower the public and providers around the importance of advance care planning. It is an initiative to encourage patients to express their wishes and for health-care providers to respect those wishes, whatever they may be.

Brent Pawlecki, MD, former corporate medical director for Pitney Bowes, a 35,000 employee company, wrote a landmark article on end of life issues in the workplace in 2006.

He noted that one of the most important services employers can offer is education, knowledge and access to reputable and trusted resources and tools that can help employees manage and cope with end-of-life issues. One key tool for employers to promote is an advance directive, a legal document outlining an individual's end-of-life preferences.

Executive Director Sandy Ruka explained how end of life issues impact businesses: "When employees take time off to care for loved ones or are diagnosed with a terminal illness, this can lead to absenteeism, depression and other related stresses.

With approximately 25 percent of benefit expenses paid during the last year of life, these realities can create a resultant financial and human toll for employers since employees may be involved with caring for a family member. By partnering with local businesses, we hope to make it easier for their employees to learn about the importance of advance care directives. It benefits both the business and the employee in the long run."

The following locations join an expanding list of community supporters, that will host displays and other information available on April 16 about advance care directives: Madison Library, Jackson Library, North Conway Library, Cook Memorial Library, Eaton Village Store, The Met, Shaw's (North Conway), The Other Store, Kenneth A. Brett School, Moultonborough Academy, Moultonborough



Joan Lanoie (right), a certified Respecting Choices facilitator who helps people with advance care planning, stands with the staff of TD Bank, which is participating in National Healthcare Decisions Day. (COURTESY PHOTO)

Central School and Bear Camp Valley School and Children's Center.

It is not too late for other businesses and other organizations to get involved. Anyone wishing to have a display at their location are welcome to call VNHCH at (603) 356-7006 to be part of the day.

Ruka added, "Anyone over the age of 18 should have advance directives in place. Anything can happen. Someone could make a decision you don't want."

"When you're young, you may not know what medical treatments you want, but you may be certain about who you want to make those decisions. If you're in your 70s or you have a serious illness and you know the course it is going to take, you may put in more detail."

What is advance care planning?

Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself. These are your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences and discussions with friends and family.

Advance care planning involves having a con-

versation with your loved ones about your preferences, and then documenting them with a document called an advance directive. In order to complete an advance directive, you must identify the types of treatments you want and don't want at the end of your life. It's comprised of your living will and health care proxy.

A living will details the types of medical treatments you would like or not like at the end of life, specifically in terms of life-support treatments.

A health care proxy is someone who will make health-care decisions on your behalf if you are no longer be able to make your own decisions.

Can't make it on April 16? VNHCH provides free advance care directives to community members at their offices and at other locations around the Mount Washington Valley. Call (603) 356-7006 for more information. Getting Advance Care Directives completed is free and can be done at no cost.

For more information on National Healthcare Decisions Day, go to nhdd.org.

For more information about VNHCH services, go to vnhch.org or call (603) 356-7006 or (800) 499-4171.

We have it here!
Virtually Pain-Free
Laser Dentistry



- No shot. No drilling. Fillings.
- Stress Free and Gentle for all ages
- Instant Cold sore and canker sore removal
- Non-surgical gum disease treatments
- Preventative hygiene & restorative dental care
- Whitening & cosmetic techniques
- CEREC crowns in one appointment

FREE new patient exam & consult
an \$85 Value. Mention this ad.

Financing available. Early morning
cleaning appointment.

NORTH CONWAY DENTAL ASSOCIATES

John R. Low, DDS • 603-356-3355
125 Pine Street, North Conway, NH
northconwaydental.com

Caring for the Valley's dental health since 1972







VALLEY PERSONAL TRAINING
Fitness for any Body

Boutique Fitness and Wellness Center



VOTED:
WINNER
BEST PERSONAL TRAINER:
Ann Love

WINNER
BEST MASSAGE THERAPIST:
Carrie Hale

3304 White Mountain Highway, just North of the North Conway Village
valleypersonaltraining.com • 730-5600

Hot liquids, steam can cause 3rd degree burns in less than 2 seconds

CONCORD — The Department of Safety Division of Fire Safety wants you to know that although fire is a primary culprit for burns, there are many other sources of burn injuries to consider.

This year, the American Burn Association's 2019 campaign focuses on scalds, which are a type of burn from heated fluids like boiling water or steam.

New Hampshire Fire Marshal, Paul J. Parisi wants citizens to know that there are many sources of scalding burns and that "unlike traditional burns, which are caused by dry heat from things like fire, a hot iron or a stove, scalds are caused by something wet. Both types create damage to skin that result from heat. The sources of heat are just different. Scalds are the second leading cause of burn injuries."

Children (especially those under the age of 5) and elders above the age of 65 are at particular risk because their skin tends to be thinner than others.

The most common cause of scald injuries for young children is hot beverages. If something like coffee, tea or hot chocolate — or even soup — spills on a child, a scald will damage more layers of skin over a larger part of their body.

According to the American Burn Association it only takes two seconds of exposure to 148 degrees F (64 C) water to cause a burn that is serious enough to require surgery.

Coffee is often served at 175 F (79 C), making it high-risk for causing severe scald burns immediately. Steam that comes out of microwave popcorn bags is hotter than to 180 F and can burn you in less than a second. The ABA recommends letting the bag sit for at least a minute and then opening it with the bag turned away from your face.

"Cooking is a major contributor to scalds — which makes sense because cooking fires in general are the No. 1 cause of home fires and home injuries," said Parisi. "We also see household appliances in

see **BURNS** page 7

Marie L. Veselsky

Choice Center for Diabetes and Weight Loss

Use movement, yoga, meditation and massage to improve diabetes

Typically, when people with diabetes think of things that raise their average blood sugar they often think of carbohydrates and being overweight. But stress, pain, poor sleep, depression and lack of movement can all contribute to higher blood sugar levels. The higher the average blood sugar or HgA1c, the more risk of complications from diabetes down the road.

Although watching carbohydrate intake, using diabetes medications or insulin as appropriate, and proper weight management play a big role in reducing average blood sugars there are other things that one can do as well. Stress, pain, insomnia and depression can all be reduced through movement, yoga, massage and meditation programs. The more a person with diabetes incorporates all approaches that can lower their risk for complications of diabetes the better.

Studies conducted have shown that movement, yoga, meditation and massage can lead to significant improvements in conditions including diabetes, post-traumatic stress disorder, pain management, depression, heart rate variability and insomnia.

The job for any certified diabetes educator is to help get the client's average blood sugar or HgA1c down and to help prevent long term complications such as neuropathy or loss of feeling in the feet, retinopathy or visual loss, wounds that don't heal properly, heart and renal disease. Thus, part of our job as diabetes educators is to educate and encourage our clients to utilize all appropriate approaches that can help one lower their HgA1c.

The HgA1c is a lab value that looks at blood sugar control over time. It is used as an indicator of how well a person with diabetes is doing controlling their blood sugars. The higher the HgA1c, the greater the risk for long-term complications of diabetes.

As many of my clients know, their HgA1c's have come down significantly through cutting down on total daily carb, especially processed bread carb,



Meditation, along with yoga, massage and movement have been shown to improve conditions from diabetes to pain management to depression. (COURTESY PHOTO)

and weight loss. They know that learning to better manage their own diabetes (diabetes self-management) can help them stop the progression of their disease and in some cases help reduce and even get off some of their diabetes medications. Thus, I hope they consider trying one or more movement programs such as movement classes, yoga, meditation or massage to help further lower their HgA1c.

In summary, our goal as diabetes educators should be to guide patients in understanding the effects of various factors on blood glucose levels, which can help motivate them to take control and

see **DIABETES** page 7

A BETTER BODY with Marylou Dow

Exercise Physiologist • Fitness Practitioner • Nutritionist
(603)447-1824 or (978)518-6014



ARE YOU FEELING...

- Overweight?
- Depressed?
- Low Energy?
- Aches/Pains?

This is a great time to start at A BETTER BODY for an educated program for life. Balance your fitness and nutrition programs today.

Let me help you PT your way into training for success in:

✓Strength ✓Ability ✓Agility ✓Balance ✓Flexibility

Route 153, Eaton, NH (next to King Pine)
Visit www.maryloudow.com and Like us on Facebook



CONWAY VILLAGE DENTAL

Welcome New Patients

Now offering nitrous oxide sedation for hygiene visits.

All the services you'll need for a lifetime of healthy smiles!



Julie Dudevoir, DDS MAGD



Prudence Taylor, DDS

Spacious new state of the art facility with ample parking. Family Dental and Orthodontics all in one convenient location.

21A Poliquin Drive, Conway
603.447.6707 • www.conwayvillagedental.com

Deborah Jasien

Fields of Ambrosia

What is CBD, and why is it in everything right now?

It's been two years since marijuana went mainstream in 2017, and the "green rush" struck gold.

But, while recreational marijuana is still technically illegal in most states, an industry has blossomed around CBD, a compound that's found in marijuana but legal to sell (in most forms) on its own.

CBD (short for cannabidiol) is a non-psychoactive cannabinoid compound found in marijuana. The cannabis plant contains at least 80 chemical compounds called cannabinoids. You're probably already familiar with THC, the cannabinoid that prompts the psychoactive effects commonly associated with marijuana, like euphoria, relaxation, and, of course, the munchies. CBD is another canna-

binoid, but, unlike THC, it's not psychoactive. This is the source of CBD's popularity: the ability to provide some of marijuana's therapeutic effects without the high.

Thanks to the passage of the 2018 Farm Bill, zero-THC CBD is not illegal in any state in the USA. That's right; according to federal law, it is legal in all 50 states.

"Marijuana" cannabis plants have a lower percentage of CBD than hemp plants. That's why most CBD products use CBD from hemp not marijuana. Because marijuana has higher concentration of THC, it's not an ideal choice for producing CBD products. Using marijuana plants would require extracting some of the THC to make CBD within the legal limits.



Canibidiol, or CBD, is a non-psychoactive cannabinoid compound found in marijuana and hemp.

Hemp cannabis plants have a high amount of CBD and low THC, making them the most efficient plant for CBD processing.

How can you take CBD?

As people cash in on marijuana's increasing legalization, the market is flooding with new CBD products. The options are truly dizzying, from chocolates and capsules to vaporizers and sublingual oils, which are placed under the tongue to quickly diffuse into the bloodstream. CBD is also becoming a popular ingredient in products like skincare and lotions, from pain-relieving CBD bath bombs, muscle balms and massage oils to body lotions.

What are the benefits of CBD?

Scientific research on marijuana is still limited, and CBD is no exception. Still, dozens of studies have found evidence that CBD can treat epilepsy, act as a therapy for schizophrenia and alleviate joint pain, among other illnesses.

"Many of my pediatric epilepsy patients are getting significant seizure reduction with ingested whole plant CBD oil," says Dr. Bonni Goldstein, a former chief resident at Children's Hospital of Los Angeles who now runs the Los Angeles medical cannabis practice Canna-Centers and acts as a medical advisor for Weedmaps, a tech company that allows users to review and discuss cannabis strains and local dispensaries for adult-use and or medical-use marijuana.

"Many adults are finding relief of pain, better mobility due to less inflammation, and less anxiety and depression," she said.

What to know before you buy

Some medical experts say that CBD derived from industrial hemp (as opposed to marijuana) is less potent, but it's still possible to feel the effects from these products.

see **CBD** page 7



CBD can be put into bath bombs as well as lotions and massage oils. (COURTESY PHOTOS)

CHALLENGE from page one

walking and walkable communities for people of all ages and abilities.

This challenge will run for 100 days beginning May 13 with a kick-off walk at The DeMark Memorial Fitness Trail located outside of Merriman House.

The challenge wraps up on Aug. 20. This competition is not a weight loss challenge, but is based on a point system.

Every day, participants will have a chance to earn core points by creating healthy habits such as drinking water, eating at least two servings of fruits and veggies, getting 10,000 steps, or getting adequate sleep.

In addition to the core points, there will be bonus points that you can earn by doing different physical and mental health exercises.

On top of the daily points there will be weekly challenges that can add additional points for the week.

If you complete these special challenges such as no sugar for a week, walk or hike a Mount Washington Valley walkable trail, no sugary

drinks for a week, or reducing screen time, you will earn even more points.

Every week participants will report their total points either online or by submitting their printed tracking sheet to the Gibson Center.

There is no fee to register. Once registered for the Challenge, participants will be added to the 100 Days of Wellness Challenge MWV Facebook group where we will share healthy recipes, fun workouts and motivation.

The top two individuals in each category: 12 and Under, Teen, Adult and Senior 75+ that have the highest number of points at the end of the 100 days will win from a variety of prizes from local gift cards to park passes, weekend getaways to cash.

Registration forms will be available online at memorialhospitalnh.org/healthclass or at The Gibson Center and the Conway Public Library at the end of April. For more information, call 603-356-5461, ext. 2187.

Kathy Bennett is vice president for development and director of communications and public affairs at Memorial Hospital in North Conway.



The 100 Days of Wellness Community Challenge will include special challenges like taking a walk on a Mount Washington Valley walkable trail. (FILE PHOTO)

DIABETES from page 5

add more approaches to better manage their own diabetes. Diabetes educators should help provide access to as many of these programs (yoga, movement classes, meditation and massage) as possible and not just educate about diet and medications. The more a person with diabetes incorporates all the approaches that can help them lower their risk for complications of diabetes, the better.

Marie L. Veselsky RD, LD, CDE, BC-ADM, is the owner of Integrated Optimal Health and the Choice Center for Diabetes & Weight Loss (DSME), Choice Center for Medical Nutrition Therapy and Choice Center for Movement, at 45 Washington St., in Conway. The focus of Veselsky's programs is to get back to the basics through a combination of education on an individualized diet, individualized exercise, accountability, support and other lifestyle change programs to help people reach their "optimal health." For more information, go to integratedoptimalhealth.com or choicecenterfordiabetes.com, or call (603) 770-4856.

BURNS from page 5

general as a source of scalds, and scalds in the restaurant industry where water temperatures in those kitchens have to be kept higher to prevent bacteria growth."

Household appliances that can pose a risk include hot steam vaporizers, radiators and candle wax warmers. In 2017, there were 376,950 scald burn injuries that required an emergency room visit, which were related to household appliances.

Important Safety Tips:

1. Supervision is the single most important factor in preventing tap water scalds.
2. Avoid holding a baby or toddler while trying to drink a hot drink.
3. To prevent spills, turn pot handles away from the stove's edge; use back burners if possible.
4. Place hot beverages or hot cooking pots where they can't be pulled down or knocked over.
5. When removing hot items such as cookie sheets or casserole dishes from the oven, only use dry oven mitts or pot holders. If pot holders or mitts are wet, hot cookware can heat the moisture and quickly cause a scald burn.
6. To prevent steam build-up in microwaves, remove tight lids of food containers or use vented containers when cooking.

"Structured Chiropractic makes you feel like family when you visit them. Their office is warm and inviting from the time you walk in the door. Once you spend even a moment of time with Dr. Jon you know you are in the hands of a caring, educated, and committed partner in your health. He spends the time necessary going over the facts and involves you in your plan of care. Most importantly, he gives you the tools to help you get back or maintain a healthy lifestyle. Structured Chiropractic is a place I love going and always feel welcome!" -A



Dr. Jonathan Eldridge
603-730-5478
3294 White Mountain Hwy.
North Conway, NH

www.StructuredChiropractic.com



SUNSHINE YOGA THERAPY

90 Odell Hill Road, Conway, NH
Conway, NH - (603)726-6955
email: sunshineyoganh@gmail.com

Yoga Therapy Classes

Monday @ 7:30am • Wednesday Evening @ 5:30pm
Monday, Wednesday & Friday @ 10am

Memorial Hospital
Tues. 12:30pm & Thurs. 5:30pm

Silver Lake Massage Therapy Center • Sat. 9am

CBD from page 6

"As a rule, I do not recommend industrial hemp as medicine," says Dr. Goldstein. "That being said, there are some "hemp" products on the market that, when tested, show that they contain medicinal amounts of cannabinoids and terpenes, albeit with very low THC that allows for the "hemp" designation."

With so many choices, it's important to consider a few things before purchasing a product. It is possible to feel the effects of CBD right after consumption, but most products are meant for long-term use. Weigh your options: inhaled CBD is felt quickly but fades much faster than sublingual and ingested products. If you're looking for a daily supplement with slow-releasing effects, ingestible products with clearly marked dosages like capsules or edible oils are easy to integrate into your daily routine.

Benefits of CBD for pets

The American Veterinary Medical Association hasn't taken an official stance on medical marijuana for pets. However, there have been many successful cases of the use of medical cannabis to help pets with diseases or illnesses. In addition, the ailments experienced by aging humans and animals can be quite similar.

Are there side effects from CBD?

Cannabinoids have been shown to be exceptionally non-toxic, with no fatalities reported. Large doses of up to 1500 mg per day of CBD have been shown to be well-tolerated in human subjects. The Department of Health and Human Services states that no signs of toxicity or serious side effects are associated with chronic use of CBD in healthy individuals.

CBD is itself non-toxic, and so the most important thing to keep in mind is that "overdosing" on CBD will not result in fatalities. The most commonly reported side-effects for CBD in animals are sedation and over-active appetites.

Cannabinoids are also sold under the designation Full Spectrum PCR, or Phyto-Compound Rich Hemp.

Where to source local CBD

CBD products are available at several local shops



CDB oil can be bought in tinctures. Some like Super Snout's Phyto series are made for dogs and cats. (COURTESY PHOTO)

in the Mount Washington Valley including The Local Grocer and Headlines. PCR products are available at Fields of Ambrosia: Bath-Body-Aroma, and for your pet, at Four Your Paws Only.

The information provided here is for educational purposes only. The information complies with all FDA standards and is not meant to diagnose, treat, cure or maintain any ailments or diseases in accordance with FDA guidelines.

Deborah Jasien has been a Mount Washington Valley resident since 1998. She is the owner and maker at Fields of Ambrosia which began in her kitchen in 2000. What began as a small venture of making natural soaps and lotions for family and friends expanded into aromatherapy products when her sister was diagnosed with cancer. All of their products are free from petroleum and animal derivatives and the packaging is assembled from recycled glass, plastic, paper and cork. A portion of all sales is donated to Jens Friends Cancer Foundation. Proud member of The White Mountain Independents, a membership of locally owned and operated retail stores.

**Shen Dao Integrative Health**

*Zen Shiatsu &
Polarity Therapy*

Experience the health, vitality and sense of well being these unique approaches to bodywork have to offer.

603.356.6400x2
ericbalas.abmp.com

Now proudly
accepting VA
patients.



*Experience a
New Approach to
Dental Care
for the
ENTIRE Family!*

CATHERINE J. KASPRAK,
IPDH, Registered Dental Hygienist

171 Portland Rd., Bridgton, Maine
207-647-4125

bdhc@myfairpoint.net



Dr. Howard S. Mitz North Country Gastroenterology Independently Owned

603-444-0272 • www.ncgastronh.com
220 Cottage Street - Littleton, NH 03561

"I am so thankful to have been able to use Howard Mitz over the past 20 years as a resource for my patients and as my personal gastroenterologist for me and my family."



John Spicer, MD

WOMEN'S HEALTH



**The Arvigo Techniques of
Maya Abdominal Therapy®**
Supporting your reproductive and digestive health

The Arvigo Techniques of Maya Abdominal Therapy are founded on the ancient Maya technique of abdominal massage. This technique is performed through gentle external massage of the abdomen, low back and sacrum.

Arvigo® Therapy is best known for addressing misalignment, congestion and tension within the abdominal region. It works to relieve many common reproductive and digestive disorders.

The techniques effectively alleviate tissue congestion and organ constriction to improve the vital flow of energy, blood, lymph and nerves within the body. The therapy also works to release emotional tension held within the abdomen, and supports our innate ability to return to a state of homeostasis.

COMMON SYMPTOMS ARVIGO THERAPY MAY HELP ADDRESS

Benefits for Female Anatomy

- Menstrual disorders (painful, irregular cycles)
- Preconception & fertility enchantment
- Cesarean section, hysterectomy surgery recovery
- Menopause
- Pelvic organ congestion (endometriosis, cysts, fibroids)
- PCOS
- Chronic bladder or yeast infection
- Pelvic organ prolapse

Benefits for Everyone (Infancy to Elderly)

- Digestive disorders (Chrohn's, IBS, gastritis, constipation, indigestion)
- Muscular tension
- Urinary incontinence
- Post surgical (scar tissue, recovery)

Benefits for Pregnancy & Postpartum

- Improves blood flow to the pelvic floor and baby
- Decreases nausea, heartburn, constipation
- Improves digestion and absorption
- Helps normalize pelvic alignment, mobility of the sacrum during labor
- Supports uterine ligaments from exaggerated stretching
- Eases round ligament pain
- Post surgery loving touch for cesarean birth, reduction of scar tissue
- Supports realignment of spine and pelvic organs postpartum
- Postpartum restoration of abdomen, soothing to sore muscles
- Provides relaxation for the new mother so she can bond and care for her baby

Hannah Neumann

(502) 592-3113

Hannah.Neumann23@gmail.com

Rosemontwellness.com

Office locations in North Conway & Portland, ME

Health benefits of spring cleaning

Winter is beginning to melt away in the Valley! The sun shining in our windows and the promise of warmer days has us all looking forward to spring — and maybe even some spring cleaning.

A yearly deep cleaning has always been seen as a great way to freshen and re-energize your home after a long dreary winter. While a clean organized space is good for the soul, did you know it can also be good for your health?

Breathe easier

Spring can be hard on those with allergies, but before you write off opening up windows for fear of watery eyes, sneezing and a runny nose, remember that dirt and dust get tracked in more easily during the winter than any other time of year. With windows closed tight and the heat on during colder months, air circulation is often at it's worst.

Closed up spaces are also perfect breeding grounds for dust, pet dander, mold and mildew. A deep scrub, heavy vacuuming and rug cleaning can eliminate these allergens and help you enjoy cleaner, easier air to breathe.



Jeff and Stephanie Wildoner are the owners of Up Country Property Services. (COURTESY PHOTO)

see **CLEANING** page 17



**Taylor
Chiropractic**

LARISSA TAYLOR, DC

SHAWN TAYLOR, DC

IMPROVES

Health
Sleep
Stress
Happiness
Well-Being
Immune System
Strength
Life Mobility

DECREASES

Disease
Illness
Pain
Aches
Injuries
Bad Posture
Depression
Prescription
Drug Use
Anxiety

**More than just your friendly
Chiropractic office.**

Did you know we offer
Personal Training and Fitness Classes.

Call today (603)447-1131 or visit us
on the web for a complete
list of our services.

taylorchiropracticnh.com

486 White Mountain Highway, Conway, NH

CEREBRAL PALSY from page 3

I'm stubborn and I try not to let restrictions get in my way. It would be nice to be able to wear high heels, but I find other cute shoes to wear instead, and it's difficult to bend my knees when I walk, but I persevere.

I have to concentrate when I walk, and I get self-conscious if I feel like someone is staring at me. My orthopedist always told me that even if I'm told I can't do something, to try.

I may have to have surgery when I'm older to realign my hips as they are not even, but one of my eventual goals is that I want to learn how to ski.

What advice would you give to someone with cerebral palsy? I told my son that even though someone may have a disability, you can't always tell. Just because you have a disability doesn't make you any different from someone who doesn't have one, you just may have to work harder to overcome obstacles.

People may be judgmental or say cruel things, but you can't let it get you down. You were given this life for a reason and you'll figure out why later in life.

March is Cerebral Palsy Awareness Month, and March 25 was National Cerebral Palsy Awareness Day.

White Mountain Community Health Center is located in Conway and provides comprehensive primary care to men, women and children, including dental care and a prenatal program. The health center is a non-profit that aims to ensure that all can access high-quality health care regardless of ability to pay. This is achieved through a number of programs, including a sliding fee scale that provides large discounts to low-income patients. The health center also has a number of private funds to help with health care costs patients cannot afford and provides free assistance in navigating affordable health insurance programs. For more information about the health center, go to whitemountainhealth.org or call (603) 447-8900.

Linda L. Souliere

Denturists are dedicated to making smiles

I would like to take this opportunity in educating you as to what exactly a denturist is. A denturist is defined as a dental health care professional who provides denture care directly to the public.

A denturist is an independent professional who works with other oral health-care providers, including dentists, dental hygienists, dental technicians and oral surgeons, as part of the dental health team to provide

the best denture care and service to their patients.

Denturism is a recognized profession throughout the world, in which a specialized dental practitioner, a denturist, fabricates dentures and dental appliances directly to the public.

The International Federation of Denturists consists of national organizations of denturism from around the world interested in furthering the pro-

fession, and providing the world's fully and partially edentulous population with affordable, professional denture care. Denturism is legislated and practiced in five U.S.



Linda L. Souliere

see **DENTURES** page 19

THE WELLNESS ZONE

FITNESS CENTER

at the Snowflake Inn, Jackson Village | 603-383-8259

MONTHLY Memberships AVAILABLE

- Open Daily 7am-10pm
- Therapeutic Massage
- Aqua Chi & Water Fitness with Lisa Holcomb
- Warm therapy pool
- Get Ready for Golf Season with Gary!
- Far Infrared Sauna
- Day Passes Available!



Physical Therapists/Personal Trainers WELCOME!

STUDENT RATE \$35 MONTH

FIND YOUR *Carefree Living* PLACE

WINTER SPECIAL

Move-in incentive on select Independent Living Cottages!



ACCEPTING NEW RESIDENTS

Schedule your tour today

INDEPENDENT LIVING at

Summit by Morrison

Also Offering Assisted Living & Memory Care

Whitefield, NH 03598
603.837.3500 | SummitbyMorrison.org

This institution is an equal opportunity provider and employer.



Valley Personal Training expanding its space, services

CONWAY — Celebrating their third anniversary this year, Valley Personal Training has, over the past three months, made a significant investment in the redesign/expansion of their facility at 3304 White Mountain Highway.

Since opening in October 2015, co-owners Ann Love and Carrie Hale, along with an entire team, offer personal training, corrective exercise and specialized massage therapy tailored to clients' needs. They also offer a variety of fitness class offerings.

One satisfied client said, "I have been training with the team at VPT for 20-plus years. I am convinced it has improved my quality of life, my overall health and my ability to live to the fullest."

According to the Wall Street Journal, specialized fitness centers are transforming the fitness industry.

"At boutique gyms, most workouts are led by instructors or coaches who understand the needs of conditioning members on an individual level and are there to provide encouragement and advice.

"Instead of working a solo routine at a health club, members enjoy classes led by professionals who are there to answer questions and give instruction. Unlike many health clubs that have their annual flux of members with New Year's resolutions, the people who join specialized gyms are equally excited about being there and share interests with other members."

Clients at Valley Personal Training, also known as VPT, are enthusiastic about their experiences with personal trainers there.

"I followed Mark here. He is the best investment in my health and fitness," said one client. "His class keeps me fit for my job and has been great strength

The redesign includes expansion of the fitness class area along with the addition of True Care Physical Therapy.

training for skiing and hiking."

"Personal training at VPT is the best part of my week," said another. "The trainers are all so professional, they make my workouts different every session. The facility is spotless and the equipment is more than you could need."

One client said working with a personal trainer is a great motivator, saying "I have had many gym memberships in the past and I realize that there is always an excuse to skip a workout. Personal training has been so easy to make me want to work out. The trainers are always upbeat and the workouts varied to keep it fun."

Love and Hale have worked hard in recent months to transform the facility as well as the services they can offer clients.

"We are excited about the recent changes at Valley Personal Training and are confident our team will continue to offer each of our clients the time and attention they have grown accustomed to over the past 3 years," Love said.

The current team combined has more than 125 years of industry experience.

The redesign includes expansion of the fitness class area along with the addition of True Care Physical Therapy, owned and operated by Jane Scienzo, formerly of Lakeside Physical Therapy's North Conway location.

Maureen Egan joined VPT upon its opening in October 2015 and continues to offer her clients personal train-



Valley Personal Training co-owners Carrie Hale and Ann Love (front row, center and right), and members of the team of personal trainers: Maureen Egan, Elaine Millen and Mark Russo. (COURTESY PHOTO)

ing as well as specialized classes in fall ski conditioning and spring conditioning for golf, hiking and biking.

Mark Russo also joined VPT in 2015 and has recently expanded his role beyond his HIIT (High Intensity Interval Training) class to include personal training sessions. He is currently working with his current client base as well as accepting new clients.

Erica Rice joined VPT in December 2017 and has practiced a variety of group fitness activities including barre, Pilates, yoga, cardio core circuit and more. She offers a winter well-

ness popup series.

Elaine Millen joined VPT in October 2018 offering a variety of classes, with a focus on customizing the exercises to meet the needs of the participants, from beginners to advanced.

You can find brief bios on each of the team members, current services and class offerings at valleypersonaltraining.com.

The public is invited to stop by and visit the facility at 3304 White Mountain Highway, North Conway. For more information go to valleypersonaltraining.com or call (603) 730-5600.

**When you don't know
where to turn...
because someone
drinks too much...**



Al-Anon Family Groups can help.

**Learn more by attending a confidential
meeting in your community.**

888-4AL-ANON (888-425-2666)

online at al-anon.org or nhal-anon.org



Al-Anon Family Groups

Strength and hope for friends and families of problem drinkers



*Where you don't have to be
Wealthy to be Healthy!*

- Hot Coffees & Teas
- Baked Goods
- Bulk Bins • Organics
- Groceries • Gluten-Free
- Herbs & Spices
- Beer & Wine • Fresh Breads
- Soup & Sandwiches

**17 Portland St (Rte. 113), Downtown Fryeburg
207-347-1703 • www.spiceandgrain.vpweb.com
Mon-Sat 8am-6pm, Sun 10am-3pm**

Best Budz

**\$100/oz
specials
everyday!**



MEDICAL MARIJUANA

207-256-3191

Rt. 302, 330 Bridgton Road, Fryeburg, ME • Open 10am–6pm



MEDICAL / MARIJUANA

**Accepting
New
Patients**

349 Center Conway Road, Brownfield, ME

207-935-1128 • 207clean.com

Trish Chaput

Comprehensive elimination diet made simple

Despite numerous advances in medical testing, a comprehensive elimination diet is still considered the “gold standard” for finding food intolerance and sensitivities. Although a blood draw and lab test for food antibodies can be a useful tool to identify true allergies as well as some food intolerances, it may not provide the whole picture. Why is this?

A food antibody test is a snapshot in time of an ever-changing environment. Our bodies are constantly evolving and may react differently over time to different foods. In some cases, a food sensitivity may be a temporary condition.

In addition, if a food is not consumed on a regular basis, antibodies may not be present to a sufficient level to indicate a problem on a blood test, even though it is producing undesirable symptoms. Furthermore, for certain people, such as those on immunosuppressant medications, the test may prove completely unreliable.

So, what is a “comprehensive elimination diet” and why would you do it? Is it for weight loss?

A comprehensive elimination diet is not intended to be a weight loss strategy, although some people do lose weight during this process. It is not intended to promote calorie restriction or deprivation.

The purpose of the comprehensive elimination diet is to temporarily remove (for a period of three weeks) the most common food allergens and inflammatory foods. Once the three-week elimination phase is complete, there is a process for systematically re-challenging one food at a time in order to determine if food is causing any adverse effects. During the reintroduction phase, it is critical to reintroduce just one food at a time and to monitor

any symptoms. For food allergies, there is generally an immediate or near immediate reaction, within 24 hours.

For food sensitivities or intolerances, however, symptoms may be more subtle and are often delayed. Adverse effects may not appear for 36-72 hours.

Three weeks of eliminating inflammatory foods may not seem like much, but it is remarkable how much the immune system can quiet down and what kind of progress can be seen in such a short time. During a recent group class at Discover Health Functional Medicine Center, participants met weekly with our health coach and nurse practitioner over the course of five weeks.

At the start of the class, all participants filled out a medical symptoms questionnaire. The higher the score, the greater someone's symptoms. After just three weeks, everyone saw an improvement in their symptoms. By the end of five weeks, the improvement in questionnaire scores was amazing. On average, the group saw a 32-point improvement in their scores.

There were a number of successes reported, including reductions or eliminations of medication, weight loss, relief of various health symptoms and all together, the group lost 72 pounds. Everyone handled the elimination and reintroduction process like champs, sharing recipes and tips along the way.

One of the most notable things about the class was the emphasis on community in helping people be successful.

A number of participants noted that they had an easier time doing the elimination diet because they knew others were doing it, too. Some people had

tried previously on their own but had not followed through. Interestingly, all of the participants also reported a surprising lack of cravings, even during the strictest phase of the process.

Old habits can be hard to break, and having the support of a group of like-minded people can be very helpful when you're trying to change your behavior or reach a challenging goal.

We find, in our practice, that knowledge is most powerful when people are learning not only what to improve but how to apply it in their own life. Sharing amongst the community, in our classes, group workshops, free webinars and our Facebook group are some of the ways we've seen people get engaged in learning from us as well as from each other how to implement positive changes to optimize their health.

Trish Chaput, health coach at Discover Health Functional Medicine Center is a certified precision nutrition coach. In addition to providing one-to-one coaching, she leads Dr. Trish Murray's signature D.E.N.T. program and group classes (online and in person). Discover Health Functional Medicine Center is owned by Murray, who is also the author of "Make a D.E.N.T. in Chronic Disease: Your Guide to Living Pain Free through Functional Medicine." The center offers group events and individual health care counseling. To find out more, learn about upcoming events, or sign up for a free consult with Chaput or Murray, go to discoverhealthfmc.com.



Trish Chaput

Charles Platkin

Diet Detective

A powerhouse chicken soup — just in time for cold season

Well, first let's talk about the #soup's overall #health benefits, which include significant amounts of vitamin A, vitamin C, vitamin K, vitamin B6, folate, potassium, manganese, antioxidants, a tremendous amount of fiber and — if you happen to be watching your weight — the ability to fill you up. Because soups have a water base, they tend to make you feel less hungry, and you eat less as a result. In fact, Barbara Rolls, Ph.D., professor of nutrition at Penn State University, led a study showing that eating soup prior to your meal could reduce your mealtime consumption by as much as 100 calories.

Now, in terms of chicken soup's reputation as a cold and flu remedy — Moses Maimonides, a Jewish philosopher and physician, wrote about its healing properties as far back as the 12th century. In modern times, Stephen Rennard, M.D., a researcher at the University of Nebraska Medical Center, found that chicken soup contains a number of substances and has anti-inflammatory properties that may reduce the symptoms of upper-respiratory infections (including colds).

While Rennard and his team were not able to find the exact ingredients that created the effect of the chicken soup, they did find that the movement of neutrophils — white blood cells — was reduced, and, as a result, inflammation in the upper-respiratory tract that causes the symptoms of a cold was reduced. Of course, other researchers have theorized that the mere fact of inhaling warm steam while eating the soup raises the temperature of the airways and assists in relaxing secretions. And drinking liquids also helps to increase hydration, which in turn eases the symptoms of a cold.

So, without further ado, here is a fantastic #recipe for a healing chicken soup that I've been making and eating for years. Freeze a few quarts for a lazy, cold Sunday when you feel a cold or flu coming.

Chicken and Vegetable Soup

Ingredients:

4 parsnips
1 bunch Italian parsley
6 large carrots
1 bunch fresh dill
10 large stalks celery
4 large onions
2 turnips
4 leeks
1 bunch broccoli
8 cloves garlic
2 whole chicken breasts with skin and bones
2 skinless and boneless chicken breasts
2 cups fat-free, low-sodium, no-MSG chicken broth
1 ounce garlic powder
1 ounce onion powder
3 tablespoons pepper
3 tablespoons salt

Method: Wash and clean all #vegetables. Peel and cut off the tops and bottoms of the carrots, parsnips and turnips. Peel the garlic and onions, (or use already peeled garlic). Cut all the vegetables into three or four pieces. Wash the chicken breasts.

Fill a 12-quart, lidded cooking pot with 10½ to 11 quarts of water. Add all the ingredients except the salt and pepper to the pot and bring to a boil. Lower the heat, cover and simmer for approximately 3 hours. After about 2 hours, carefully remove the

chicken breasts. Place the breasts on a large plate and remove and discard the skin and bones. Return the chicken to the pot.

After 3 hours, turn off the burner and let the soup sit, covered, for about 2 or 3 hours. Taste, add pepper and salt to taste, and refrigerate. The soup is best served the next day, so it has time to thicken and settle. Serves 20.

Nutritional Information: 2 cups (per serving), 129 calories, 1g fat, 20g carbs, 834mg sodium, 5g fiber, 11g protein.

Health benefits of chicken soup ingredients

Parsnips: They're sweet, low in calories and loaded with fiber. They're also loaded with folate, which helps reduce the levels of homocysteine, an amino acid that, at high levels, can lead to artery damage. Low folate levels can lead to hyperhomocysteinemia, a risk factor for vascular disease, cancer and cognitive dysfunction. Parsnips are also a good source of vitamin C (which boosts the immune system), vitamin E and potassium.

Italian parsley: Loaded with vitamin K, as well as an excellent source of vitamins A (for eye health) and C. Parsley also contains the phytochemical myristicin, which studies have shown to inhibit tumor formation, particularly in the lungs. And it is a top source of the antioxidant flavonoid apigenin, which is said to protect the prostate.

Carrots: Packed with the antioxidant beta carotene, which may reduce the risk of heart disease and cancer and promote better vision.

Julie Sargent, LMT

Make massage therapy part of a healthy lifestyle

Ah, massage, the age-old practice that goes back to ancient times. The Greeks and Romans were aware of the physical and mental relief that skilled touch provides. It's a powerful way to soothe aches and pains as well as to provide relief from stress.

In the past, massage therapy had been regarded as a luxury or for elite athletes only or as something to be "indulged" in only on vacation. While massage therapy does indeed generate a sensation of overall well-being, the therapeutic benefits are bringing more people to the table. More physicians are referring their patients for regular massage sessions on a weekly or monthly basis.

Some of the health benefits of massage therapy

include the relaxation of tense muscles and the improvement of joint mobility as well as the promotion of healthy skin.

Research also indicates that there are benefits to enhancing sleep and alleviating allergy symptoms.

Managing stress is a huge challenge in the fast-paced world we live in. Taking an hour to unplug can shift the harmful stress responses into a calmer state of relaxation.

When choosing a massage therapist it is important to make sure that the practitioner is appropriately licensed.

New Hampshire requires accreditation from a school with a comprehensive massage curriculum,

which includes in-depth study in anatomy and physiology. In addition, students must prove proficiency by passing a practical exam. Requirements for renewal include 24 hours of continuing education every two years.

We eat right and we exercise. Massage complements a healthy lifestyle.

Julie Sargent, LMT, member American Massage Therapy Association is the owner of Healing Dimensions Massage Therapy on Route 16A in Intervale. To schedule an appointment or for more information, call (603) 502-5326.



Julie Sargent

DIET DETECTIVE from page 12

Dill: Has calcium, iron and anti-bacterial properties. Dill also contains monoterpenes, which, according to the Journal of Nutrition, are said to have anti-tumor properties.

Celery: Although water accounts for more than 95 percent of its weight, celery is a good source of fiber and supplies modest amounts of antioxidants, vitamins and minerals. One cup provides 260 milligrams of potassium, 40 milligrams of calcium and 36 micrograms of folic acid. Celery is loaded with phytonutrients such as quercetin (which promotes prostate and brain health).

Garlic: A clove of garlic has 4 calories but packs a mighty nutrient punch. Garlic is an excellent source of manganese, a very good source of vitamins B6 and C and a good source of selenium. It is also said to have strong

anti-cancer properties. The compound that produces much of the disease-fighting activity of garlic is allicin.

Onion: Onions contain more quercetin than any other common fruit or vegetable. This potent antioxidant has been linked to a reduction in the risk of heart disease, Alzheimer's and a variety of cancers (such as prostate and lung cancer). Onions also contain phytochemicals, which are known for their anti-cancer and antimicrobial properties. And, according to researchers at the University of Wisconsin-Madison, they also show anti-platelet activity (platelet accumulation is linked to heart disease) and may protect against gastric ulcers by preventing the growth of *Helicobacter pylori*, a microorganism. Onions, like leeks, also contain inulin.

Turnip: A root vegetable that has calcium, iron, fiber and is high in vitamin C.

Leeks: They're a good source of manganese, a trace mineral that plays an important role in the formation and maintenance of bone and connective tissue. Also, like onions, leeks contain the prebiotic fiber inulin, which can selectively improve the proportion of good bacteria in the colon that help to create a physical barrier to infection and have been linked to improved absorption of important minerals such as calcium and magnesium. Leeks also have the flavonoid kaempferol, which helps fight degenerative diseases such as cancer, diabetes, cardiovascular diseases and cataracts.

Broccoli: One of the healthiest vegetables on the planet. High intakes of broccoli and other cruciferous vegetables are linked to a lower risk of lung, prostate and colorectal cancer. Broccoli is also high in potassium, vitamin A, vitamin K and folic acid, all of which are vital to heart health.

Charles Platkin, Ph.D. is a nutrition and public health advocate and founder of dietdetective.com, and the director of the Hunter College New York City Food Policy Center. Copyright 2017 by Charles Platkin. All rights reserved. Sign up for the free Diet Detective newsletter at dietdetective.com.

NEW PATIENT SPECIAL OFFER



EXAM, X-RAYS AND CLEANING

*Some Exclusions Apply

Call (603) 452-7680

2967 White Mountain Hwy • North Conway, NH 03860

www.northconwaydentist.com

Hours: Mon 8-6, Tues 8-6, Wed 8-7, Thurs 8-5, Fri 7-4



\$99 Maine Telemedicine

Become a Maine Medical Marijuana patient or renew your Medical Marijuana card from the comfort of your own home with telemedicine!



Call (207) 286-9000 or visit cannacaredocs.com to book an appointment!

(207) 286 • 9000

cannacaredocs.com



CANNA CARE DOCS
SPECIALISTS IN CANNABIS MEDICINE

Copyright © 2019 MVC Technologies Inc. All rights reserved.



SAKASH
HEALTH AND WELLNESS

50 Seavey Street
North Conway, NH
603-662-3166
www.sakashhw.com

An education in movement with a holistic approach to reconnecting the mind and body.

PILATES

Pilates Group Equipment Classes & Private/Semi-Private Sessions; promotes the activation of your inner core to support the freedom of movement through your everyday life and improve posture.

PHYSICAL THERAPY

Comprehensive evaluation and Pilates-Based treatment approach; alleviates pain and restores function, avoiding pain medications, injections, and surgery.



The World's #1 non-surgical, fat-reduction treatment

**ADVANCED
SKIN CARE CENTER**

356-7070

2977 White Mountain Hwy, North Conway NH
www.advancedskincarenh.com

✓ FDA-CLEARED
✓ NON-SURGICAL
✓ ELIMINATES FAT



INTEGRATED OPTIMAL HEALTH

www.integratedoptimalhealth.com • www.choicecenterfordiabetes.com
603-770-4856

Choice Center for Diabetes & Weight Loss (DSME) - AADE DEAP Accredited Program since 2014
Choice Center for Medical Nutrition Therapy (MNT) - Registered Dietitian
Choice Center for Movement - all classes provided by experienced licensed/certified professionals

The focus of our programs is to get back to the basics through a combination of education on an individualized diet, individualized exercise, accountability, support and other lifestyle change programs to help people reach their "Optimal Health!"



Amanda LoRusso



Dustin Forrest, APRN
Marie Veselsky, RD, LD, CDE, BC-ADM



Charlotte Morgan

Choice Center for Diabetes and Weight Loss (DSME)

- **Diabetes Self-Management Education Classes (DSME).** For people diagnosed with diabetes. Diabetes Self-Management Education (DSME) improves outcomes for people with diabetes. Learn how to better manage your own diabetes. Drop HgA1c 1-2 points or more. Reduce your risk for progression of your diabetes. DSME participants who are interested will be scheduled for the diabetes group classes at their individual appointments. Many days and times available. Covered by most insurance per referral.
- **Nutrition Therapy (MNT)** - High Blood Pressure? High Cholesterol? Pre-Diabetes? - Diet, lifestyle changes, individualized exercise and weight loss will get to the root of the problem. Covered by most insurance.
- **Choice Center For Movement-Yoga, Massage**

Spring/Summer 2019 Highlighted Programs



Exercise Boot Camp & Personal Training

- High intensity interval training - research shows this is best for overall fitness.
- Only four people to a class.
- Builds strength, flexibility, coordination and balance.
- Burns 500-650 calories per 1 hour session.
- Every one has their own weight bench and you alternate lifting weights with 30 second movements. Geared to your level of fitness.
- Times available 10:00am, 2:30pm, 4:45pm, 5:45pm Monday, Tuesday, Thursday.



Intro to Yoga and Massage Therapy

- Stress – physiological or emotional – can have negative effects on the body and blood glucose control. Massage and yoga have been shown to induce the relaxation response, supporting counter-regulatory stress hormones thereby permitting the body to use insulin more effectively.
- Adding regular massage to your routine can effectively reduce stress, improve health, and enhance your quality of life.
- Amanda LoRusso is a massage therapist and yoga teacher, trained in a variety of techniques including: Swedish, myofascial, craniosacral, and Thai yoga massage. Amanda supports affordable self-care by offering massage at a sliding scale.

45 Washington St, Conway, NH 03818
603.770.4856 • mveselsky@roadrunner.com

MELLANIE SHAW

~ REIKI PRACTITIONER
~ HERBALIST
~ WELLNESS ADVOCATE

Mindfulness Based Services

WWW.MELLANIESHAW.COM

Your journey to healing starts here.

45 WASHINGTON STREET
CONWAY, NH 03818
(603) 733-6215

Jackson XC
603.383.9355

**MORE THAN
A WORKOUT
IN THE WILD**



**SKI JUST
7 TIMES
TO PAY FOR A
SEASON PASS**

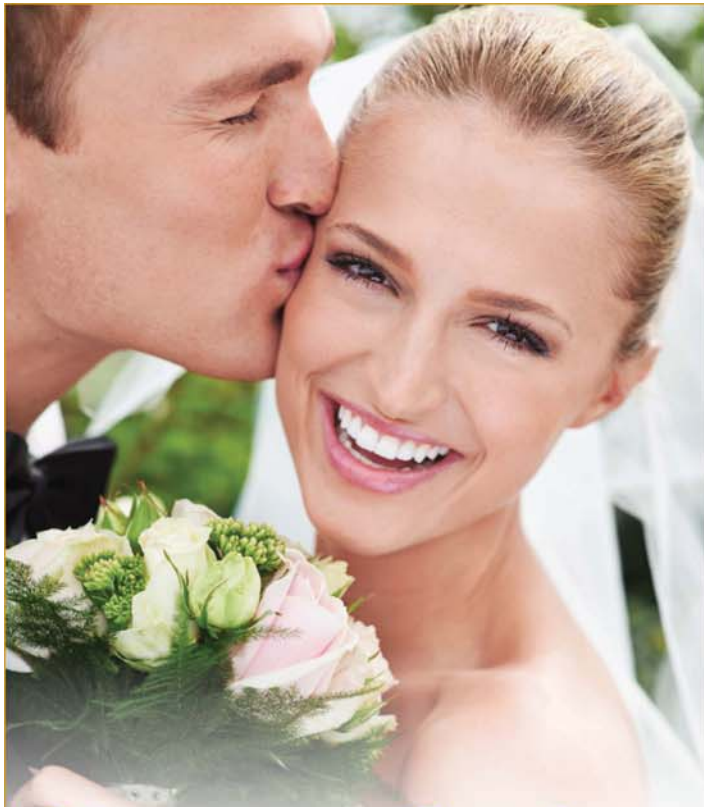
Jackson XC provides cross country skiing & snowshoeing opportunities for all ages. We are where family memories are made, a place where you can challenge yourself physically, make friends, or simply spend time in nature, all while supporting a non profit. Every dollar collected through season pass sales goes back into Jackson XC.

**PURCHASE A '19-'20 SEASON PASS
AT THE LOWEST POSSIBLE PRICE**

PRICES INCREASE MONDAY, APRIL 1, 2019

ADULTS: \$145 | SENIOR: \$124 | TEEN: \$45 | JUNIOR: \$25

See all 2019-2020 season pass benefits and purchase your pass at:
jacksonxc.org/seasonpass



22 Exchange Street
Gorham, New Hampshire 03581
603.466.3478

ncdskin.com 

2936 White Mountain Hwy-Ste. 2
North Conway, NH 03860
603.466.3478



Bride. Bridesmaids. Mother of the Bride.

Embrace your Perfect Day. Glow with smoother, softer, more supple skin. Our Certified Skin Therapist will help you reveal your most beautiful look. Try our Advanced Aesthetics Treatments - PCA Peels, Pelleve, Fillers or Botox. Uncover a more youthful, radiant you. Banish signs of aging. A fresh, new look is yours. No downtime. No surgery.

Look perfect for your Perfect Day and every day.
Say "**I do!**" to NCD Skin's Advanced Aesthetics.

Call today for your private consultation.

***Younger, fresher,
smoother skin?***

I DO!

Don't forget those special guys – Groom and Father of the Bride – they deserve a fresher, younger look, too!

Mountain Center's
mission transcends
traditional
Physical Therapy.

Our focus is
**Health
and
Human
Performance.**



mc
**mountain
center** | physical therapy
performance fitness
functional health

Conway, NH • Glen, NH • Fryeburg, ME

603.447.2533

www.mountaincenterpt.com

Allan Mulandi BDS, DMD

Eastern Slope Dental

Gum disease: The missing link to your health

You may be sitting in the waiting room of your dentist's office filling out your health history and wondering "Why is this form so long? I am here just for a cleaning; why does this all matter?"

You may be tempted to check off "No" on all the conditions listed.

I know, I have been there.

Going to the dentist in and of itself may not be one of the top 10 things you look forward to doing, and filling out health histories while there may seem like an unnecessary exercise.

Research is now linking medical conditions such as diabetes, Alzheimer's disease, low birth weight and cardiovascular disease, to name a few, to gum disease.

Chronic inflammation that goes untreated leads to bleeding gums that open a channel of communication with your blood stream, allowing for toxic bacteria and their products to get into your body.

In the dental world, we liken bleeding gums to open sores or wounds that we live with that don't get any treatment. Unfortunately, you do not experience symptoms like pain with these sores and they can go unnoticed for a very long time.

Your body's immune system does however notice the open sores and bacteria infesting them and will mount an immune response to fight back.

This response releases enzymes to destroy the bacteria but the response tends to be more than your body can handle. The enzymes will destroy the bacteria, the gums and bone support of your teeth, worsening the situation. This process does not cause pain and therefore can go on over many years unnoticed.

Subsequently over time we see varying degrees of bone loss, mobility, teeth moving from what seemed to be good alignment to being crowded or spaced out.



Allan Mulandi (right) with his family. (COURTESY PHOTO)

You may notice your teeth feeling weaker, appearing longer than before and may be stained.

As previously mentioned, the open sores deep in your gums provide access to your blood stream, allowing bacteria from your mouth into the rest of

your body. This is one of the systemic connections that links your mouth to other parts of your body.

Your body will, as a result, mount an inflammatory response to the bacterial invasion from your mouth strong enough to keep things at bay, but so long as the source of the bacterial challenge remains untreated, your body is always in a constant chronic inflammatory stance trying to fight.

We now know that chronic inflammation is linked to systemic conditions like diabetes, uncontrolled high blood pressure, cardiovascular disease, chronic kidney disease, obesity and metabolic syndrome among other diseases.

It has also been shown that controlling chronic inflammation means your body is not in a constant fight mode and has time to replenish and rejuvenate itself. A healthy body is better suited to fighting disease effectively than when its reserves are depleted by chronic inflammation.

To circle back to the health history form, we review the patient's history and discuss how oral health can affect overall health and strategize ways to maintain optimum oral health knowing the benefits this has to patients.

It is therefore important to have your dentist take a look at your gums because that may be the link to a healthier life.

Allan Mulandi, BDS, DMD, owns and practices general dentistry at Eastern Slope Dental in North Conway. He holds a bachelor of dental surgery from the University of Nairobi, and a doctor of dental medicine from Rutgers University School of Dental Medicine in New Jersey. Learn more at northconwaydentist.com.

Red Cross calls on people to volunteer, give blood, learn lifesaving skills

CONCORD — March is Red Cross Month, and the New Hampshire and Vermont Region asks people to be a hero for families in their communities by becoming a volunteer, learning lifesaving skills, giving blood or donating to #help1family on Red Cross Giving Day, March 27.

"During Red Cross Month, we are proud to recognize our volunteers who provide hope and urgent relief to families in need every day," said Region CEO Maria

Devlin. "These heroes are our neighbors who give blood, save lives with skills like first aid and CPR, or provide care and comfort to families devastated by crises like home fires. We honor our volunteers and ask you to join them and make a difference."

March was first proclaimed Red Cross Month more than 75 years ago by President Franklin D. Roosevelt to raise awareness of the organization and its humanitarian mission.

Every eight minutes in the United States, the Red Cross connects with a family who has lost everything to a home fire or other disaster — the roof over their heads, their clothes, their most cherished possessions.

This past year was no exception, and the need continues today. Last year, Red Cross volunteers helped millions of people reeling from a second consecutive

see **RED CROSS** page 19



Our newest class "Sweat" 603

A beginner friendly combination
of boot camp and HIIT

Bored with your Gym Routine?
Not seeing changes in your level of fitness?
Our CROSSFIT classes can get you those results."

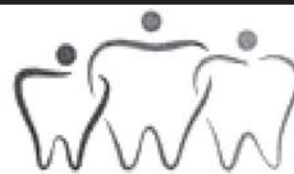
Message us for more information about our
Personal Training Jumpstart;
a one on one beginners program to get your
ready for our regular classes.



For more information go to
www.swiftrivercrossfit.com,
give us a call or send us a Facebook message.



603-662-0095 64 Hobbs St., Conway, Located across
the parking lot from Tuckermans Brewery



202 MAPLE STREET

CALL'S PLAZA

(beside Cornish PO)

CORNISH DENTURE CENTER, LLC

Serving all you denture needs

- Partial & Denture Repairs
- Rebase & Relines

FREE CONSULTATIONS

Mon-Th 8-4, Fri by appt.

Call **207-625-9227** for an appointment

Linda L. Souliere LD, Owner/Operator
Veteran **Denturist Mitch Jones**, Lab Tech



Catherine Kasprak

Bridgton Dental Hygiene Care



Catherine Kasprak

What your family history says about your teeth

Your genetics may provide a window into your risk for oral health issues. Understanding your family history can help you stay prepared to keep cavities and gum disease at bay.

Your parents probably told you candy causes cavities, but that's not the only thing that causes them. Risk for cavities is 60 percent due to genetic factors such as preference for sweets, enamel strength of your teeth and saliva composition. If members of your family often develop cavities, you might want to talk with your dental hygienist about plaque (biofilm) reduction, sealants, fluoride treatments, dietary recommendations and other things you can do to reduce the risk of cavities. Do you know what is your oral pH is?

Genetics also play a role in gum disease, meaning you may have a predisposition for gum disease based

on your family history. Gum disease starts with gingivitis, which can cause swollen, red and bleeding gums. Over time, it can develop into a more severe condition called periodontitis or periodontal disease, if not treated. When this occurs, gums become infected; supporting bone, the foundation of your teeth, is lost, which can lead to tooth mobility and tooth loss. If you have a family history of gum disease, stay extra vigilant about gum health by looking for early signs and get yourself to a dental hygienist to learn what you can do at home and office treatments that will help you keep your teeth. If your gums are sore or you spit out blood when flossing, brushing or eating, your gums are not healthy. Call your dental hygienist.

While it's not genetic, there is a direct relationship between how children take care of their teeth and

how their parents do. Children learn the importance of preventive care like brushing, flossing, visiting the hygienist and eating healthy predominately from their parents. If they aren't taught this early on and don't develop proper habits, they may overlook oral health, leading to problems down the road.

During your next family reunion, ask Uncle Joe and Cousin Sarah if they find it easy to keep their smiles healthy. Besides a little extra fodder for conversation, it might help you find some insight into your smile!

Bridgton Dental Hygiene Care, owned and operated by Catherine Kasprak, AAS, RDH, IPDH, is located at 171 Portland Road in Bridgton, Maine. Call (207) 647-4125 for more information.

CLEANING from page 8

Relieve stress

Out with the old, in with the new! Toss out old make-up, buy some new pillows, empty out the fridge of old, expired food — and literally, clean house.

Donating items to places that will put them to good use not only feels good, but also helps eliminate clutter. Isn't it nice to pull out a storage container and not have four more fall down with it?

Taking some time to declutter and organize is calming, and we all need a little stress relief these days.

Get moving

We often have our team wear step counters while cleaning and are always amazed at how much exercise you can get in a day dusting, vacuuming and mopping a home.

A day of cleaning can burn over 1,000 calories and leave you warm enough to crave a tall glass of ice water.

Hate cleaning? Hire a pro

Not everyone wants to handle their own spring cleaning, so don't be afraid to hire a professional to do it for you.

Take advantage of a local, experienced professional who not only knows to clean efficiently, but also uses the right techniques, products and methods to clean even the toughest dirt away.

A healthier clean

When cleaning for health, it's important to pay attention to the cleaning products you use. Many off-the-shelf products, especially those scented with citrus or pine, contain irritants that can aggravate your lungs. A health conscious cleaning company will use non-toxic, environmentally friendly products to ensure that your home is not only clean, but healthy too.

Up Country Property Services is owned by Stephanie and Jeff Wildoner. Their story began over 15 years ago, when Stephanie began cleaning for a few local families while raising young children. In 2010, after moving her family to Carroll County, business began growing rapidly and her vision for the company grew as well. In 2014, Jeff and Stephanie began working as a team in the business and expanding their service offerings. In addition to regular cleaning services, Up Country Property Services offers a one-stop shop to customers, with carpet, window and commercial cleaning services, yard care and handyman services. Up Country employs local people for all of its services and currently has 15 employees.

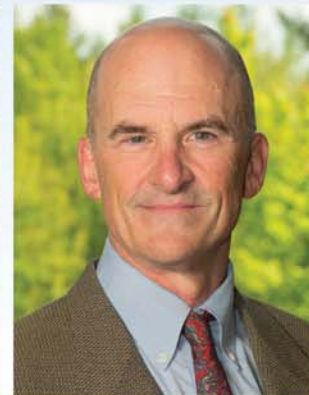
PARTNERS IN Your Active Lifestyle



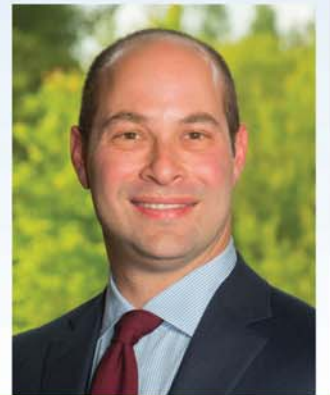
Andrew L. Chen, MD, MS, FAAOS



Jeffrey Kauffman, MD, FAAOS



Daniel F. O'Neill, MD, Ed.D, FAAOS



James L. Glazer MD, FACS

THE BEST ORTHOPEDIC CARE IN THE NORTH COUNTRY - The Alpine Clinic's new office in North Conway, New Hampshire is now open! Dr. James Glazer, Sports Medicine Specialist, has joined the Alpine Clinic team at the new North Conway location. We are pleased to have four leading orthopedic, fellowship-trained sports medicine physicians to meet the needs of our patients.

The Alpine Clinic continues to provide the highest quality orthopedic care with the latest in minimally invasive procedures, joint replacements, and sports medicine—in five convenient locations!

To schedule an appointment in our North Conway, NH office or for more information about our five locations, please call (603) 823-8600.

FRANCONIA 603.823.8600

LITTLETON 603.259.7700

NORTH CONWAY 603.823.8600

PLYMOUTH 603.536.2270

Alpine Clinic Physical Therapy Franconia 603.823.8650

**North Conway Clinic
NOW OPEN!**



THE ALPINE CLINIC

2936 White Mountain Highway - Unit #1 | North Conway, NH 03860

(603) 823-8600 thealpineclinic.com



Could You Use a Spiritual Selfie?

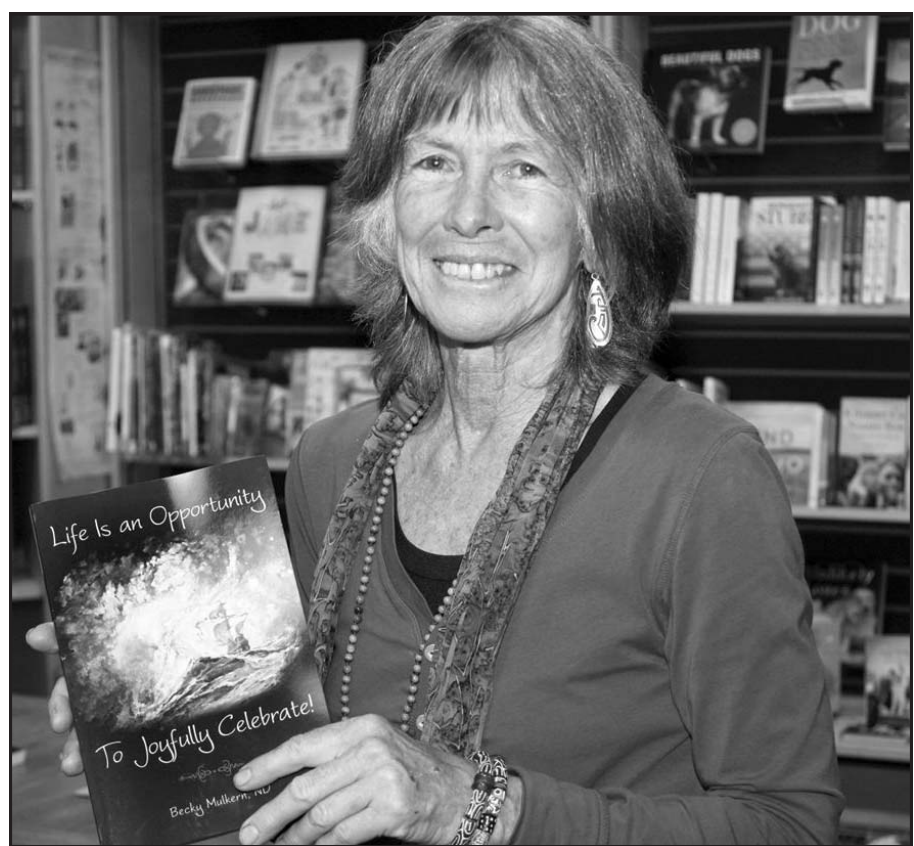
Now offering oracle card group & private readings!

Let your intuition shine, your future unfold, and take a selfie of your true nature, reflected in an oracle card reading.

Anjali Rose

603.370.8386 • 47 Washington Street, Conway, NH • anjali-rose.com

Energize & Revitalize & Detoxify Yourself!



Specialist in Natural Medicine and Healing

NUTRITION • HERBAL MEDICINE
CLEANSING & DETOXIFICATION • HOMEOPATHY
ONDAMED BIOFEEDBACK THERAPY
SPORTS MEDICINE
THERAPEUTIC MASSAGE • STRESS REDUCTION

Becky Mulkern, a licensed Naturopathic Doctor with over 36 years of experience with offices located in Conway and Gorham.

Call 447-3070 for information & clinical services
www.centerfornaturalhealth.com

Now accepting some insurance including Harvard Pilgrim, Cigna & BC/BS

Reduce Pain • Improve Healing • Treat Chronic Illness

VACCINATIONS from page 2

“Last year, 185 kids died of influenza nationwide. Out of them, 80 percent were unimmunized and 49 percent were previously healthy kids without other complicating health factors.”

According to mainehealth.org, routine immunizations are one of the most important parts of pediatric care because they are the safest and best way to protect young children and teens from 16 diseases: chickenpox, diphtheria, flu, hepatitis A, hepatitis B, Hib disease, HPV, measles, meningococcal disease, mumps, pneumococcal disease, polio, rotavirus, rubella, tetanus and whooping cough.

All children under the age of 19 can be vaccinated at little or no cost to their families under the Universal Childhood Immunization Program. Protecting children from these diseases helps prevent serious illnesses and death, and helps avoid missed days from school or work. Children who are fully vaccinated also support the health of our whole community by protecting other children and adults who are too young or sick to get vaccines.

Part of the battle against these diseases is the onslaught of misinformation about vaccines on the internet.

Saunders emphasizes the importance of working with your child's primary care provider if you have questions about vaccinations, and not relying on unreliable sources.

She shares these top myths about vaccines:

Myth 1: Vaccines cause autism

The widespread fear that vaccines increase risk of autism originated with a 1997 study published by Andrew Wakefield, a British surgeon. The article was published in *The Lancet*, a prestigious medical journal, suggesting that the measles, mumps, rubella (MMR) vaccine was increasing autism in British children.

The paper has since been completely discredited due to serious procedural errors, undisclosed financial conflicts of interest and ethical violations. Wakefield lost his medical license and the paper was retracted from *The Lancet*.

Myth 2: Infant immune systems can't handle so many vaccines.

Infant immune systems are stronger than you might think. Based on the number of antibodies present in the blood, a baby would theoretically have the ability to respond to around 10,000 vaccines at one time. Even if all 14 scheduled vaccines were given at once, it would only use up slightly more than 0.1 percent of a baby's immune capacity.

Myth 3: Natural immunity is better than vaccine-acquired immunity.

In some cases, natural immunity — meaning actually catching a disease and getting sick — results in a stronger immunity to the disease than a vaccination. However, the dangers of this approach far outweigh the relative benefits. If you wanted to gain immunity to measles, for example, by contracting the disease, you would

face a 1 in 500 chance of death from your symptoms.

Myth 4: Vaccines contain unsafe toxins.

People have concerns over the use of formaldehyde, mercury or aluminum in vaccines. It's true that these chemicals are toxic to the human body in certain levels, but only trace amounts of these chemicals are used in FDA approved vaccines, and many vaccines have none at all.

Myth 5: Vaccines aren't worth the risk.

Despite parent concerns, children have been successfully vaccinated for decades. In fact, there has never been a single credible study linking vaccines to long term health conditions.

As for immediate danger from vaccines, in the form of allergic reactions or severe side effects, the incidence of death are so rare they can't even truly be calculated. For example, only one death was reported to the CDC between 1990 and 1992 that was attributable to a vaccine. The overall incidence rate of severe allergic reaction to vaccines is usually placed around one case for every one or two million injections.

Myth 6: Vaccines can infect my child with the disease it's trying to prevent.

Vaccines can cause mild symptoms resembling those of the disease they are protecting against. A common misconception is that these symptoms signal infection. In fact, in the small percentage (less than 1 in one million cases) where symptoms do occur, the vaccine recipients are experiencing a body's immune response to the vaccine, not the disease itself.

Myth 7: We don't need to vaccinate because infection rates are already so low in the United States.

Thanks to “herd immunity,” as long as a large majority of people are immunized in any population, even the unimmunized minority will be protected. With so many people resistant, an infectious disease will never get a chance to establish itself and spread. This is important because there will always be a portion of the population — infants, pregnant women, elderly, and those with weakened immune systems — that can't receive vaccines.

Vaccines are one of the great pillars of modern medicine. Life used to be especially brutal for children before vaccines, with huge portions being felled by diseases like measles, smallpox, whooping cough or rubella, to name just a few. Today these ailments can be completely prevented with a simple injection.

Dr. Saunders received her education at Boston University, and her pediatric internship and residency at Boston City Hospital. She was chief of medical staff for Bridgton Hospital from 2016-18. Those interested in having Saunders as their family's pediatrician can call (603) 356-5472 or learn more at memorialhospitalnh.org/primarycare. Portions of this article excerpted from publichealth.org and mainehealth.org.

I thought I was helping...

I came to Al-Anon because I had an alcoholic child. I felt miserable because my child was in trouble and frustrated because I couldn't seem to do anything about it. I also felt angry that he lied and took advantage of me.

As a father, I saw myself as the fixer. I provided wisdom, guidance and advice — lots and lots of advice. I minimized problems with humor, provided money and showed disapproval.

The effect of my actions put roadblocks in his path to recovery because they gave him no room to breathe, no opportunity to help himself and rebuild his self-esteem.

Every time he turned around, I was there to help, or so I thought, by offering what I felt was a better way. We always had long phone chats, which used to consist of him telling me his problems and me giving him advice because I knew that, if he would just listen, all would be well.

In truth, my advice, money and disapproval did nothing but injure him. In effect, I was telling him that he did not have the skills necessary to make his own decisions. I was demeaning him, not helping him.

However, by using the tools I learned at Al-Anon meetings, I changed the nature of our conversations. Instead of giving advice, I gave empathy. Instead of telling him what to do, I told him I was sorry to hear about his latest problem and let him solve it for himself.

Then a remarkable thing happened. After several weeks of these conversations, he said to me "You know, I really enjoy these talks we've been having lately; they mean a lot to me." At around the

Al-Anon meetings in Carroll County

In Carroll County (District 5) Al-Anon meetings are held weekly at the following locations:

- Sunday, 3-4 p.m., in the Bigelow Conference Room at the Memorial Hospital, 3073 White Mountain Highway, North Conway. The meeting is in the white medical office building on left as you drive into the hospital parking lot (take the elevator to the second floor to reach the conference room).

- Monday, 8-9 p.m., at the First Congregational Church, South Main Street, Wolfeboro. Go through the double doors, up the stairs, take a right and the meeting is in room on right.

- Thursday, noon-1 p.m., at the Conway Village Congregational Church (Little Brown Church), at 132 Main St., Conway.

- Friday, 10:30-11:30 a.m., at the First Congregational Church of Ossipee, 50 NH-16B, Center Ossipee (the building in the rear, with the yellow ramp at the rear door).

- Friday, 8-9 p.m., at the Gibson Center, 14 Grove St., North Conway.

- Saturday, 8-9 p.m., at St. Andrew's in the Valley Episcopal Church, 678 Whittier Road, Tamworth.

For more information about local New Hampshire Al-Anon meetings, call (603) 369-6930 or go to the N.H. Al-Anon's website at nhal-anon.org.

same time, he began his own program of recovery.

My new approach did not cause him to recover or even help him to recover, but it did remove some obstacles that I had been putting in his way. In essence, my script had changed, and therefore, our relationship changed.

Through this program, I learned that, if I take care of myself and treat myself with respect, then I will be in a better position to help my son in a way that acknowledges that there is a real person, a loving person, inside my alcoholic son.

I finally realized that he is an adult and, therefore, has the right to solve his own problems and to live his own life. As a result, in addition to being my son, he once again became a very close and dear friend.

— Frank V., New York
Reprinted with permission of
"The Forum," Al-Anon Family
Group Headquarters, Inc.
Virginia Beach, VA

RED CROSS from page 16

year of record wildfires, hurricanes, tragic shootings and other large disasters across the country.

In New Hampshire and Vermont, volunteers help a family displaced by a disaster, usually a home fire, every 17 hours.

This winter, home fires continued to upend lives when there's often an increased risk of home heating and cooking fires.

Learn more about how you can help at redcross.org/nhvt.

- Become a volunteer: Help families affected by disasters and install lifesaving smoke alarms to keep neighbors safe from home fires (soundthealarm.org).

- Give blood: Make an appointment to donate lifesaving blood or platelets (redcrossblood.org).

- Learn lifesaving skills: Register for a class to learn first aid, CPR and other skills (redcross.org/nhvt).

- Make a financial donation. Your gift can provide hope and urgent relief, like food, shelter and other essentials for families who need it most.

DENTURES from page 9

states: Maine, Arizona, Washington, Oregon, Montana and Colorado.

Unlike a dentist, who works with a variety of patients and can treat a range of dental issues including cavities or gum disease, a denturist is a specialized dental-care professional who is trained and works exclusively with denture patients, whether it is for a partial denture or full denture.

You as a patient, are able to call your local denturist and schedule an appointment with no referral needed.

If you need attention by a dentist, hygienist or oral surgeon, we can then refer you.

Please take the time to research a denturist near you by going online to the Maine Licensed Denturist Association website at mainelda.com or to my personal website at cornishdenturcenter@gmail.com.

Linda L. Souliere is a licensed denturist at Cornish Denture Center, LLC, 202 Maple St., Unit C, Cornish Maine. For more information, call (207) 625-9227.

TRUST YOUR DENTAL SURGERY NEEDS TO AN ORAL SURGEON!

Has your regular dentist informed you that you need?
... a dental implant? ...a tooth extraction?
...a bone graft? ...a wisdom tooth extraction?

ASK TO SEE AN ORAL SURGEON!

Oral Surgeons are the experts in these procedures and can provide the most comfortable, highest quality, and safest care.

Dr. Williams at White Mountain Dental Implant and Oral Surgery Center is a board certified oral and maxillofacial surgeon.

He completed six years of surgical training beyond the four years of dental school in all phases of surgery of the mouth, face and jaws.

In addition, he is the only head and neck fellowship trained oral surgeon in New Hampshire.

All we do is surgery and you deserve to see the expert!
We offer a full range of anesthesia services to make your experience pleasant.



White Mountain Dental Implant and Oral Surgery Center
Dr. Jonathan Williams
Board Certified Oral and Maxillofacial Surgeon
Call today for a consultation!



WHITE MOUNTAIN
DENTAL IMPLANT AND
ORAL SURGERY CENTER

603-356-9755 | wmoralsurgery.com
3277 White Mtn Hwy, North Conway, NH

CONWAY

• ORAL HEALTHCARE •

The dental health of our community is a genuine concern for us here at Conway Oral Healthcare, where we have a combined total of 87 years' dental experience among us - with 36 of those belonging to Dr. Eric Hirschfeld, DDS, MAGD himself.

Lay your fears to rest and place your trust in us for all of your dental needs - including - but not limited to:



- Oral Medicine
- Glo Whitening
- Endodontics
- Implants
- Oral Surgery
- Cosmetic/ Restorative

- Preventative Hygiene
- Dentures
- Crowns/Bridges
- Non-Surgical Periodontal Treatment



We offer nitrous oxide for our anxious patients.. You may be afraid of us, but we're not afraid of you!

Call Christine or Billie to schedule your new or returning patient appointment today. We look forward to hearing from you!



Conway Oral Healthcare
Eric Hirschfeld, DDS, MAGD

51 Washington Street, Conway, NH 03818
(603) 447-1999 • ConwayOralHealthcare.com

Healthy Vision Includes Diabetic Screening

Your eyes can reveal many things, including a diabetes diagnosis! When it comes to diabetes, early diagnosis and prompt care are key to avoiding the dangerous complications linked to the disease. Many diabetes related eye conditions have no visible symptoms. An annual comprehensive eye exam by your eye doctor will help keep your eyes healthy by identifying hard-to-spot eye conditions. With our advanced imaging technology, we can detect diabetic eye disease before any symptoms appear.



New to our practice?

Dr. Elizabeth Reese is seeing new patients of all ages at both Conway Eye Care & Coos Eye Care. Make your appointment today!



CONWAY EYE CARE
COOS EYE CARE

603-356-3000
1319 White Mtn. Hwy.
North Conway, NH
conwayeye.com

603-752-3510
820 Main Street
Berlin, NH
cooseye.com

Get Your Best Body Now!



Join Now \$19

Integrity
Health Coaching Centers



Full line of NOW supplements, foods, protein bars.

25% OFF

any purchase in our nutrition store.

Expires 4.30.19

Open 24 hours for your convenience.

Integrity
Health Coaching Centers

603-730-5572
integrityfit.com
1857 White Mountain Hwy
North Conway, NH

*Based on Annual Membership. Offer ends 4/30/19.



Full Spectrum PCR Phyto-Compound Rich Hemp Products



“Full Spectrum” refers to the pure oil extraction process from the hemp plant that contains all of the original full spectrum profile compounds found in the original hemp plant. It is a product line designed for instant, all-natural pain relief, infused with the highest quality hemp and proprietary ingredients for long lasting pain relief. No THC. No drug test worries. Made with pure cannabidiol oil hemp extracted from the hemp plant. Totally GMO free. These products comply with all FDA standards and is not meant to diagnose, treat, cure or maintain any ailments or diseases in accordance with FDA guidelines.

100% PURE, ORGANIC ESSENTIAL OILS



Muscle Balm with 200mg, 500mg and 1000mg PCR
Massage Oils with 200mg and 500mg PCR
Roll-on Muscle Gel in 500mg PCR



OPEN Mon-Sat 10-5 Sun 10-4
North Conway Village fieldsofambrosia.com

22 Exchange Street
 Gorham, New Hampshire 03581
 603.466.5015



North Country Dental
 NEW HAMPSHIRE'S DENTIST

2936 White Mountain Hwy-Ste. 2
 North Conway, NH 03860
 603.733.5515



New Patients Welcome!

We care about families.

We're North Country Dental! Come be a part of our happy family of patients who say "I love going to the dentist!"

Visit us today!

Advanced, pain-free, full service dentistry. Second to none.

- *General*
- *Cosmetic*
- *Preventive*
- *Restorative*

North Country Dental. We give you more to smile about!

www.northcountrydental.com



Anjali Rose

Oracle cards: A sacred conversation on health

Have you ever had a burning question? Want new direction in your life? Or want a deeper relationship with yourself and spirit? Oracle cards are a divination tool offering wisdom and action steps to your emotional, physical and relational well-being.

What are oracle cards?

One of my mentors, Collette Baron-Reid describes oracle cards this way: "An oracle is a form of wise guidance, a way to have direct communication with spirit and your higher self for the highest good. Working with oracle cards helps you reclaim your natural gift of intuitive insight, offering the wisdom of the body, mind and soul."

We are all natural healers and can intuitively connect to the wisdom of our bodies for this inner knowing.

Imagine feeling fatigued at work, emotionally overwhelmed and curious about the direction of your career and setting an intention for some direction as to your well-being for whether it's time to take some action.

In choosing a card for this example, the card is "Time to Go," with the essential meaning "endings, completion, walking away from something because there is nothing else to learn or experience."

This can set the wheels in motion and offers the inspiration and action to take a step forward and move in a new and different direction. Whew, what a wonderful message to receive.

Perhaps there are questions around your

Oracle cards, albeit a non-traditional approach, are considered by many to be spiritual and give the user an opportunity to ask the question: "What else is possible?"

health, your relationships, your wealth and wanting access to your intuition.

Oracle cards, albeit a non-traditional approach, are considered by many to be spiritual and give the user an opportunity to ask the question: "What else is possible?"

We are offered an opportunity through oracle cards to engage in a simple, to-the-point conversation with the oracle that will lead to a deeper understanding of your life and how you are co-creating your reality and working with the universal laws of manifestation.

How you operate with the laws of fate, destiny and free will are addressed here. You will find answers to your questions in a one-on-one reading, leading you on your journey to a prosperous, happy, fulfilled life.

What can you expect in an oracle card reading?

It's simple. When I meet with a client for an oracle card reading, we first connect in a sacred way to gain a deeper understanding of his or her purpose and destiny. Then we decide upon a card reading layout. We delve into the



Anjali Rose is a reiki practitioner and yoga instructor, as well as seeing clients for sound healing and oracle card readings and gatherings. (COURTESY PHOTO)

see **ORACLE CARDS** page 23

"A Beautiful Smile for Teens, Children and Adults"



Dr. Burton L. Rankie

1253 Roosevelt Trail, Naples, Maine 04055

243 US Route 1, Scarborough, Maine 04074

21 A Poliquin Dr, Conway, New Hampshire 03818

207-894-8700 • WhiteMountainOrtho.com

Complimentary Consultation • No Referral Necessary



Your one stop shop for all your property service needs

- ✓ Carpet Cleaning ✓ Janitorial Services ✓ Handyman Services
- ✓ Vacation & Residential Cleaning Services ✓ Window Cleaning
- ✓ Carpet & Hardwood Floor Cleaning ✓ Snow Removal and Lawn Care



Now Offering Full Vacation Management.

Becky Mulkern ND

Move slowly, listen to your body to heal trauma



Becky Mulkern ND

Many people, even those in the healing profession, do not understand the profound and long lasting effects of trauma. Physical, emotional and mental trauma can travel deep into our unconscious and affect the body, mind, emotions and spirit. It can find its way into our anatomy and thus our cells, muscles and tissues and psyche, as it does in post-traumatic stress disorder.

Trauma may last indefinitely in energetic layers that may be slowly released through years of healing.

The initial traumatic event causes the body to contract and tighten in order to protect its integrity — protecting against further injury. This is valuable to protect us, but unfortunately the trauma can take a long time to unravel as the healing occurs. The healing can occur one layer at a time, stretching the healing out into months and years.

It may sometimes be possible for us to lessen the impact and long-term effects of trauma. For example, when there is a sudden trauma, accident, a fall or traumatic experience, it is important to stop moving immediately or as soon as possible. In stopping movement, it allows the body/mind to go into a healing and homeostatic (balancing) mode. This allows for an unwinding process to release this stress and infraction. This mode can keep the trauma from settling in and staying there indefinitely and possibly becoming arthritis and PTSD down the road.

If you pause and stop after the insult, you can listen to your body and understand as to how long to refrain from movement. It could be a minute or maybe 5 minutes. You will have a sense of how long to pause as the unwinding and release occurs. Maybe you notice yourself taking a deep breath or just feeling more relaxed and you understand that the process is complete.

I have done this process a number of times and have seen how effective it is. I did it once while I was skiing. I had fallen and injured my thumb, and the pain felt like lightning had struck my thumb. Initially I thought that I

wouldn't be able to ski the rest of the day. After stopping for a few minutes and not moving, I realized that the pain had subsided and had mostly gone away. I did end up skiing the rest of the day. I was fairly surprised, glad and enlightened.

An extreme example of this concerns my grand-niece. She was in an auto accident and became severely injured and unconscious. The doctors kept her in a coma for a few weeks and then slowly tried to bring her out of it. She didn't immediately regain consciousness, and the doctors felt that she might not survive. Just when the family was trying to decide what the next step would be, she became conscious. No one in the family would ever have guessed that she would have healed as well as she has. She is living on her own and is working now. I always felt that the prolonged coma allowed her body to go into a healing state that allowed for an unwinding from the trauma.

Trauma affects the whole being, even if it seems localized. For example, though an injury may have impacted your head, it could have effects anywhere in the body, including even your toes. There is a ripple effect that occurs. Everything is connected in the body in mysterious ways. Just like your posture affects your breathing and energy, trauma can have far reaching and long lasting effects. It can happen in a moment, but can take years and years to release and heal.

Another step of great importance is the following. In moving slowly initially with the healing process, we may actually heal more quickly. In pushing a healing process too fast and hard, we can create more trauma, tension, resistance and inflammation. The key is in being thoughtful about what is right for you. You will know what is best if you can tune in and

listen to your body and mind. Your intuition can speak softly. You have to listen well to hear it.

In doing therapy after the trauma, it is important to check in and see what your body wants; it may not

necessarily be what the therapist wants. "Less can end up being more." Starting off slowly is important to see how your body experiences therapy and movement. Progress shouldn't be determined by how much pain or swelling that occurs.

Moving forward slowly allows your body to gently unwind from the trauma and to establish a firm foundation for the healing process. With slow movement, you allow the body to feel how much is enough or too much.

Move toward the pain, but not into it. Back off a little. Allow your body to feel the movement without pain. Let the body unwind; feel the energy of that. Your body is grateful for your moving slowly without pain. Can you do that? Can you move toward the pain, but not into the pain? Stop before it increases.

Allow the body to relax as you stop at the edge of the pain and tension. Meet

the pain, but don't increase it. Let it subside and diminish and just hold it there. Don't move beyond what feels tight, but up to it, and then relax there.

Trauma causes the body to contract and tighten up to protect itself while you are healing. This prevents further injury. Listen to your body and go slow, allowing everything to relax and then to heal.

There are so many adjuncts to working with trauma and PTSD. In my naturopathic practice, I use homeopathic remedies, Ondamed Pulsed Biofeedback, massage and bodywork, tapping and herbal therapy. There are so many possibilities to support the healing of traumas. Being gentle, thoughtful and working with the body's own self-healing capabilities is very important.

Becky Mulkern ND is a licensed naturopathic doctor who has practiced in the Mount Washington Valley for 36 years. She welcomes calls for information and appointments. Cigna and Harvard Pilgrim Insurance are. Call (603) 447-3070 or (617) 959-1556 for information or go to centerfornaturalhealth.com.

ORACLE CARDS from page 22

questions presented and then explore the oracle cards for the wisdom and guidance for the client's highest and best good.

Being a health and wellness advocate for all ages, I've been curious in exploring approaches to life's questions on health and wellness through alternative holistic approaches.

As a reiki master teacher, educator, yoga instructor and mentor to many students, I'm often asked about finding direction for one's health and well-being and I've recently begun using oracle cards as a way to support clients and students in tapping into

their own wisdom. I'm amazed at the inner guidance and healing so many are experiencing.

Anjali Rose's studio is located at 47 Washington St. in Conway. She sees clients for reiki healing, one-on-one yoga instruction, sound healing, and oracle card readings and gatherings. To learn more about oracle card reading or to make an appointment for your own personal and private one-on-one reading, contact Anjali Rose at anjalirose15@gmail.com or (603) 370-8386. You can also find class and event schedules and more information on her website, anjali-rose.com, and Facebook page, [anjalirosereikiyogasound](https://www.facebook.com/anjalirosereikiyogasound).

tai chi is a gentle art of health and well-being for people of all ages and health conditions. This form of tai chi is a unique series of low impact whole body movements designed to improve balance, circulation, breathing, flexibility and concentration while lengthening and strengthening muscles and relieving stress.



New beginner classes start January, May & September

New students accepted anytime. Register at your first class. Attend one or all weekly classes for one monthly payment. Observe any class at no charge. First class is free.

in NORTH CONWAY VILLAGE at the Eastern Slope Inn Plaza, 24 Reporter Court



Mondays 6:00-7:30 pm, Tuesdays 9:30-11:00 am
Thursdays 3:30-4:30 pm, Fridays 10:30-11:30 am

Health Recovery Class Every Saturday 10:45-11:45 am

For classes outside North Conway: taoisttaichi.org or call 603-356-5581

THE TAOIST TAI CHI SOCIETY OF THE USA IS A CHARITABLE ORGANIZATION



Healing Dimensions Massage Therapy

Make time for yourself, and have
more energy.



Live Life in Balance

Licensed Massage Therapist - Medical Massage Practitioner

Zero Balancing® Practitioner

Julie Sargent

#13 Rt. 16A,
Intervale & Silver Lake
Massage Therapy
Madison



603-502-5326

www.juliesargentmassage.com

North Country dentist takes active role in professional dental education

GORHAM — Dr. Mark Hartzler of North Country Dental is taking a “boots on the ground” approach to improving his profession and the care of his dental patients in the North Country.

Hartzler, along with his North Country Dental colleague, Dr. Lindsey Jackson, is a member of the New Hampshire Dental Society. He serves as secretary/treasurer of the local chapter representing the North Country. He also serves on the board of trustees at the state level. According to Hartzler, his goals and the goals of his fellow N.H. Dental Society members are “achieving excellence, pursuing further education, giving back to community, society and the profession.”

Representing more than 75 percent of the state’s dentists, the N.H. Dental Society advocates for the practice of dentistry, provides and promotes the highest levels of oral health care, and advances the public oral health.

The society’s mission aligns with Hartzler’s personal and professional goals.

“I figured if you’re sitting on the side lines, you don’t have any real control over where dentistry is going; expanding care to patients not receiving it. If we don’t have a seat at that table or a voice, we can’t advocate for and protect patients, dental professionals and the dental industry,” Hartzler said.

Hartzler’s participation in the N.H. Dental Society makes it possible to go beyond treating those patients already at North Country Dental.

“One of the society’s ongoing projects this past year has been to work with one of the White Mountain Community College locations to start a dental assisting program.

The program would open new career paths for local residents, as well as provide local dentists with a qualified pool of dental professionals to assist them. So North Country patients, residents and dentists all benefit.” Currently, those seeking a career and training as a dental assistant or dental hygienist must travel to Concord for that education.

North Country Dental has a long history of community involvement as a core part of its existence. While continuing education is required every two years for dental professionals, those who choose to go beyond continuing education requirements and become involved in the N.H. Dental Society “are a



Dr. Mark Hartzler joined North Country Dental in 2013. (COURTESY PHOTO)

small group,” according to Dr. Hartzler.

“Everybody (at North Country Dental) is committed to excellence, to giving the best that they can and continuing to improve what they can do so they’re always doing better. That’s not something you saw at all the other practices I turned down. It was about bringing in revenue” he said. “While that’s important as a business, what’s more important here is doing the right thing, giving patients the right treatment options and making sure they are getting the best treatment that we are, as a profession, able to give.”

Dr. Hartzler graduated Boston College in 2006, then attended Boston University’s Goldman School of Dental Medicine. He graduated summa cum laude in 2012. He joined North Country Dental in 2013. Dr. Hartzler has an interest in fixed prosthodontics. For more information about N.H. Dental Society, go to nhds.org. For more information about Dr. Hartzler, go to northcountrydental.com/about-us.

Atlantic Pool & Spa, LLC Wellness...

Saunas can:

- Relieve Stress
- Detoxify
- Cleanse and Renew Skin
- Burn Calories
- Fight Illness
- Induce a Deeper Sleep
- And More



Ask for a Health & Wellness
Sauna Brochure Today



Year Round Pool &
Hot Tub Maintenance

Your local pool,
spa & sauna dealer

2101 White Mountain Hwy., North Conway, NH 03860
www.atlanticpoolandspa.com
(603) 356-0039



Diane Reo, Agent
Fryeburg, ME 04037
North Conway, NH 03860
Bus: 603-356-0550
Bus: 207-935-1500
www.dianereo.com

**Be a legend.
Insure your life.**

With the right life insurance,
you can leave a legacy for
your family. I’m here to help.
LET’S TALK TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1708145 Bloomington, IL



SUNSET MATTRESS FACTORY

Better Nights — Make — Better Days!

**Custom Made Mattresses &
Box Springs Since 1953**

**Specializing in Standard,
Antique & Custom RV Sizes**

85 County Farm Rd., Ossipee, NH • 603-539-6256
www.sunsetmattressfactory.com

No Card
Required

The Glass Cook's +

CBD • Medical Cannabis • Vape Pens • Custom Glass



295 Bridgton Rd
Rte 302
Fryeburg, Maine

207-890-8871

Open 11am - 7pm
(closed Weds. & Sun.)

www.glasscook.com



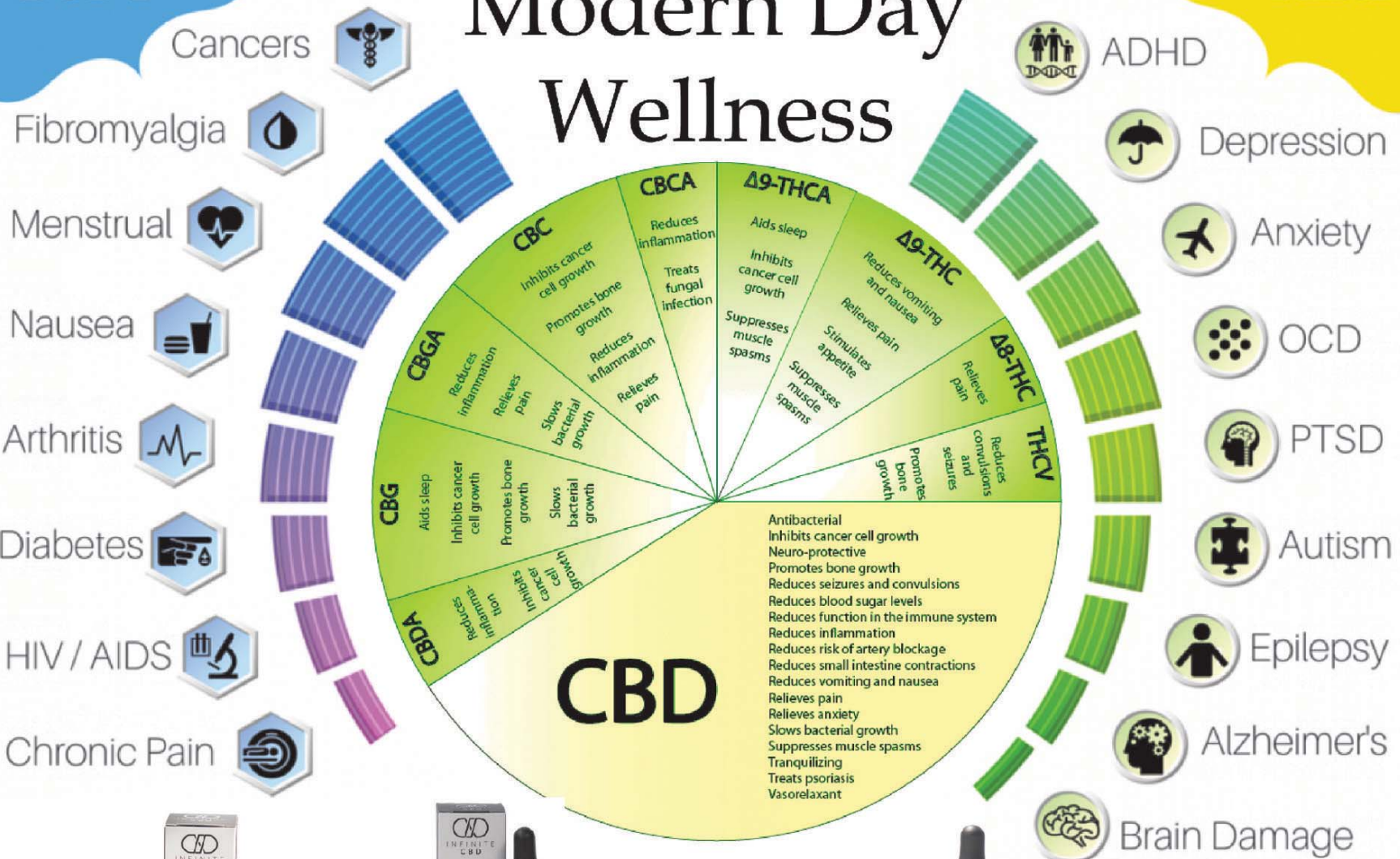
Will CBD Get Me High?

- No. THC is the psychoactive cannabinoid that makes you high.
- CBD does not have any psychoactive properties.
- CBD hemp oil is extracted from the stalks and seeds, which contain less than 0.3 percent THC, or 50 times less than then an average euphoric-causing cannabis strain.

BODY

Modern Day Wellness

MIND



Hannah Neumann

Arvigo Techniques of Maya Abdominal Therapy



Hannah Neumann

Cultivate better health, one breath at a time

Cultivating better health, one breath at a time

Your diaphragm is a disk-shaped layer of muscle that acts as a divider between your cardiopulmonary system and your digestive system. It is the floor for your heart and lungs, and the roof for your stomach, intestines, spleen, liver, pancreas and kidneys.

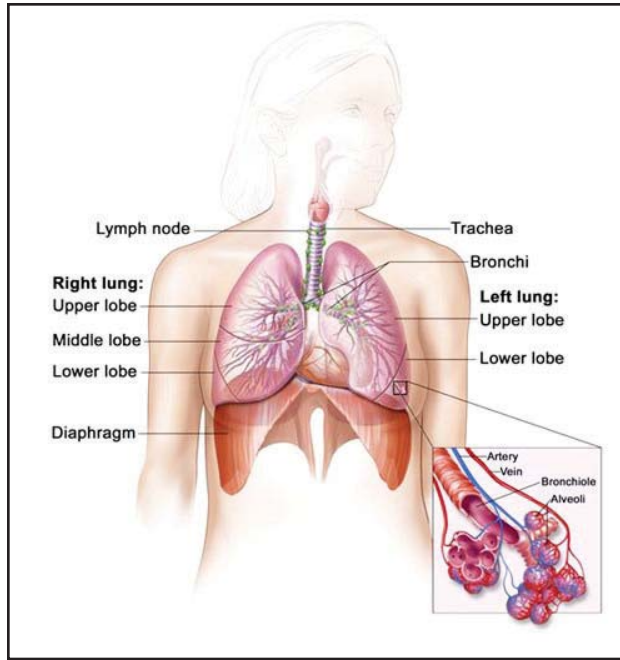
It is quite flexible, but it is also one of the body's toughest and strongest muscles. Thus, when your diaphragm moves, it also moves your internal organs, giving them an internal massage. This is a good thing. Movement of the diaphragm "massages" the abdominal organs, helping digestive and bowel function and aiding movement of blood and lymphatic fluid.

Many of us hold so much tension in our abdomen, oftentimes without even knowing we are doing so.

We are more aware of holding our breath in times of uncertainty and stress (thus the old adage "don't hold your breath"). It's easier to recognize this "fight or flight" response when we have a strong emotional reaction or experience a physical threat, but what's interesting (and alarming) is most people hold their breath unconsciously while they go about their normal daily activities. Most of us are moving through our days in a chronic, but subtle, state of tension.

Stop here and take a nice, full breath.

When you hold your breath, your diaphragm becomes tense. This tension in the diaphragm has a ripple effect down through three important structures that pass through the diaphragm: the esophagus, the inferior vena cava and the descending aorta — the last two being the main blood vessels of the



The diaphragm is a wall of muscle that separates the lungs from digestive system organs. (WIKIMEDIA IMAGE)

lower half of the body.

When the diaphragm is tense and holding, it restricts these three structures, reducing normal flow. This, in turn, leads to reduced blood flow to your abdominal organs, and reduced oxygen and nutrient exchange.

An important component of allowing your diaphragm to relax is awareness that this is a place

many of us hold tension. Through deep breathing and abdominal massage we can begin to reduce tension held in our diaphragm, bringing comfort and ease to this most important area of our body. This takes practice. And abdominal massage can help.

The Arvigo Techniques of Maya Abdominal Therapy are founded on an ancient Maya technique of abdominal massage. This technique is performed through gentle external massage of the abdomen, lower back and sacrum. While it is best known for its work to improve fertility and ease menstrual pain, it is also an effective technique for relief of many common digestive disorders. The techniques effectively alleviate tissue congestion and organ constriction to improve the flow of energy, blood, lymph and nerves through the abdominal region. It also addresses and relieves emotional tension held within the abdomen.

Hannah Neumann is a practitioner of the Arvigo techniques of Maya Abdominal Therapy, with advanced training in supporting women through preconception, pregnancy and postpartum. Neumann graduated with a bachelor of arts in psychology from Bellarmine University in Louisville, Ky., in 2012, and from Birthwise Midwifery School in June of 2018. She is currently completing her final requirements to become a certified professional midwife and works with two local homebirth practices as an assistant midwife. For more information, call her at (502) 592-3113.



Howard Stanten PT, CPCC, PCC
Erin Wright RN, CPCC, PCC

REENERGIZE AND RECLAIM YOUR RELATIONSHIP

COUPLES COACHING

- CREATE MORE JOY, FUN, AND FULLFILLMENT
- ENHANCE CONNECTION THROUGH BETTER COMMUNICATION
- REALIZE THE FULL POTENTIAL OF YOUR RELATIONSHIP
- SET GOALS TOGETHER FOR A MORE SATISFYING LIFE

603-986-0153

HOWARD@VANGUARDCOACHING.LIFE



Discover Health Functional Medicine Center

Are you fed up with the Pill for Every ill Mentality?

Are you ready to be Empowered to Restore your Own Health?

"Dr. Murray provides alternative, detail-oriented care beyond standard medicine — whole body healing. I feel like she is available and takes time to treat the "whole" person. I have had nothing but successful treatment so far."

— Deb West

"I have so much less joint pain since starting. I feel much better, and I smile more. I've lost 15 pounds in 3 weeks! I feel great and am so happy I'm doing this. Thank you, Dr. Murray!"

— Luba Williams

Trish Murray, DO

Make a D.E.N.T.™ in Chronic Disease

Your Guide to Living Pain Free Through FUNCTIONAL MEDICINE



"Make a D.E.N.T. in Chronic Disease is a pathway towards getting your health back on track."
— Tony Watts, MD, Clinical Professor of Medicine, University of Texas and Author of The Public Promise: How I Beat Progressive MS Using Paleo Principles and Functional Medicine

Make a D.E.N.T. in Chronic Disease

Dr. Trish Murray wrote, "Make a D.E.N.T. in Chronic Disease" according to her mission, which is to empower you to achieve your greatest state of well being.

By reading her book you will:

- Gain Knowledge about how to "Get to the Root Cause of Your Illness"
- Read About How Your Perception Drives Your Stress Level
- Explore Ways to Empower Yourself to Take Control of Your Health
- Gain Tools to Make Healthy Lifestyle Changes for You and Your Loved Ones
- Discover the Profound Effect Your Life Choices Have on Your Immune System

Discover Health Functional Medicine Center

24 Pleasant Street, Conway
(603) 447-3112

Discoverhealthfmc.com

Dr. Burton L. Rankie

White Mountain Orthodontics

When are orthodontics right for young children?

Almost every day I see a family in my practice (or in the grocery store) and someone asks something along the lines of “I keep seeing kids with braces on at a really young age. Is this a new thing? Should my young child come see you already? Does my young child need treatment?”

The short answers are: Yes, Yes, and Maybe.

Orthodontics is the oldest specialty in dentistry, and there is even evidence of ancient civilizations attempting orthodontics.

From clear aligners to wires and metals originally developed by NASA, we have come a long way as a profession, and that includes early interventional treatment. To this end, the American Association of Orthodontics recommends that every child be seen by an orthodontist by age 7.

Orthodontics is a specialty of dentistry, with the orthodontist receiving 2-3 years of additional training focused on biomechanics and development of the teeth, jaws and craniofacial structures.

This training enables the orthodontist to recognize significant deviations in “normal” development, some of which can be easily corrected if recognized at the appropriate time in development. This intervention can often



Dr. Burton L. Rankie is the owner of White Mountain Orthodontics in Conway. (COURTESY PHOTO)

times prevent surgery and/or extractions of teeth.

My practice, White Mountain Orthodontics, offers a complimentary exam, consultation and pan-

oramic radiograph (if indicated) for all new patients. During the majority of these encounters with young children, I tend to find development to be completely normal, and I advise

the family to return in a number of months or years to continue to monitor development. In the minority of cases however, treatment is indicated.

When early orthodontic treatment is indicated, the primary indication is to prevent more serious consequences of unchecked aberrant development. Examples of this include: underdevelopment of the jaw bone(s), abnormal development of teeth (in position, in number, or in direction), functional shifts (shifting the jaw to bite), protection of teeth from trauma (secondary to their position), protection of soft tissues, prevention of impaction or even to address social concerns related to a child's smile. Treatment in these instances is not always with conventional braces. Often time we can correct an issue with a removable appliance, an expander, or some other non-invasive means.

I would echo the recommendation of the American Association of Orthodontics that all children be seen by age 7. A little bit of treatment can sometimes go a long way towards solving a larger issue when it is caught early.

Dr. Burton L. Rankie owns White Mountain Orthodontics at 21A Poliquin Drive, Suite 2, in Conway. For more information, go to whitemountainortho.com.

Structural Integration and Laser Therapy

Shoulder/Rotator Cuff Pain
Neck Pain and Stiffness
Carpal Tunnel Syndrome • TMJ
Migraines and Headaches
Mid and Chronic Lower Back Pain
Shin Splints • Arthritis
Muscle and Joint Sprains and Strains
Plantar Fasciitis • Hip and Knee Pain
Injuries from Motor Vehicle Accidents
Tendonitis and Tendonosis
Repetitive Stress Injuries • Sport Injuries
And Much More...

- KMI® Structural Integration
- Low Level Laser Therapy
- Visceral Manipulation
- Nerve Mobilization
- Scar Tissue

50 Seavey Street,
next to Old Village Bakery

“Thank
you to
all my
clients
for your
ongoing
support”



Kate MacPhee

TransformationalBodyTherapy.com
603 986-4964

Get Up and Get Moving!

Exercise promotes
better health!

We offer...

- Bowling • Pool tables
- Arcade • Indoor Golf
- Birthday & Corporate Parties & More!



Saco Valley Sports Center

Rt 302, 95 Pine St., Fryeburg • (207) 935-3777
sacovalleysportscenter.com

BEN CARGILL // NORTH CONWAY, NH

FROM THE GREAT OUTDOORS TO CRUTCHES AND BACK AGAIN.

Having grown up in the White Mountains, Ben was born to love the woods. But a shattered tibia and fibula on the trail almost ended it all. Thanks to a dedicated orthopedics team at Memorial Hospital, Ben was able to restore his leg to its full strength. Back in good health, he's returned to reach new heights in his happy place. Compassionate care. Coordinated care. Through MaineHealth, you are connected to better.



Memorial Hospital
MaineHealth

MaineHealth

Imagine a network of hospitals, health care providers, and specialists, built with your needs at the very center. We did — that's MaineHealth.