

\$1.00
kpcnews.com
2021

Healthy Living



THE NEWS SUN | THE HERALD REPUBLICAN | The **Star**

VISION SOURCE

1212 N. Main St., Auburn
260-925-1916

100 N. Randolph St., Garrett
260-357-6261

820 N. Detroit St., LaGrange
260-463-8868
visionsource-iec.com



Dr. Douglas Morrow & Associates

Just Breathe

SALT ROOM
AND MORE

202 E Harcourt Rd. Suite G
Angola, IN
260-243-4394



Tues. - Sat. 11 AM - 6 PM
Sun. NOON - 6 PM
Monday - CLOSED

 [Just Breathe Salt Room and More](https://www.justbreathe-llc.com)
www.justbreathe-llc.com

TRUST THE EXPERTS FOR ALL YOUR DIRECT MAIL NEEDS.



Address, pre-sort and deliver
all mail classes for maximum
savings. Targeted mailing lists and
data management, tabbing, ink-
jetting and envelope insertion.





Get the job done right!



DIRECT

260-426-2640 x 3337
marketing@kpcmedia.com



102 N. Main Street,
Kendallville, IN 46755
(260) 347-0400

Terry Housholder
thousholder@kpcmedia.com
President/Publisher

Ann Saggars
asaggars@kpcmedia.com
Print & Design Manager

Kanisha Bevins
kbevins@kpcmedia.com
Special Sections Graphic Designer

Sue Carpenter
scarpenter@kpcmedia.com
Special Sections Editor

ACCOUNT EXECUTIVES
Machele Waide
Michele Trowbridge
Mitch Anderson
Jenny Ernsberger
Lisa Burnett

Healthy Living is a special supplement to
The Star, The News Sun and The Herald
Republican, which are publications of KPC
Media Group Inc.
©2021 All rights reserved

COMPLETE CARE.

FOR EVERY STAGE OF LIFE. IN ONE HEALTH SYSTEM.



While Cameron Memorial Community Hospital is proud of its heritage as a community hospital, it has grown into much more.

From women's health and maternity, pediatrics and family medicine to orthopaedics, surgery and rehabilitation, Cameron is a healthcare system offering a continuum of care. At multiple locations, our skilled medical professionals provide the most modern treatment in 19 specialty areas.

We'll always offer the compassionate care you've come to expect. But it's delivered by the most highly skilled experts working with cutting-edge equipment in state of the art facilities.



TO LEARN MORE ABOUT THE EXPANSIVE RANGE OF CARE OFFERED AT CAMERON, VISIT CAMERONMCH.COM.

How exercise can help you live longer

BY METRO CREATIVE CONNECTION

There are many reasons to get in shape. Weight loss is a prime motivator, as is reversing a negative health effect, such as high cholesterol or increased diabetes risk. Routine exercise also can improve life expectancy.

WebMD says exercise keeps the body and brain healthy. That's why exercise should be an important component of daily life no matter one's age.

Research published in the journal Immune Aging found that how people

age is 75 percent lifestyle and only 25 percent genetics, which underscores the importance of the lifestyle choices people make.

Cardiorespiratory fitness

Many health experts say that cardiorespiratory fitness may be just as valuable a metric to determine overall health as blood pressure and lipid levels. People with a high aerobic capacity can deliver oxygen to tissues and cells efficiently to fuel exercise, according to data published in 2014 in the journal Aging & Disease.

In a study involving 11,335 women, researchers compared V02 max, also known as aerobic capacity, in women with mortality data. Women who were fit from a cardiovascular perspective had a lower death rate from all causes, irrespective of the women's weight.

Manage stress and mood

Exercise has direct stress-busting benefits that can promote longevity. The Mayo Clinic says physical activity can increase the production of endorphins, which are the body's feel-good neurotransmitters. In addition, exercise can imitate the effects of stress, helping the body adjust its flight or fight response accordingly, and help them cope with mildly stressful situations. While engaged in exercise, people may forget about their problems as they are focused on the activity at hand.

Improve bone health

Strength training and physical activity can stave off the effects of frailty and osteoporosis, which affects bone strength. A study published in the Journal of Internal Medicine in 2017 found that hip

fractures are associated with diminished quality of life and survival among the elderly. One in three adults aged 50 and over dies within 12 months of suffering a hip fracture, and older adults have a five-to eight-times greater risk of dying within three months following a hip fracture. Building muscle strength, balance and bone density through exercise can reduce falls and frailty, helping to prevent fracture-related health risks.

Addresses sarcopenia


The health and wellness resource Healthline defines sarcopenia as the loss of muscle mass specifically related to aging. Doctors once considered this muscle loss inevitable, and it can affect stamina and lead to weakness. However, new indications suggest that exercise is the main treatment regimen for sarcopenia, particularly resistance training. This is designed to improve muscle strength and help balance hormone levels by turning protein into energy for older adults.

These are just some of the ways exercise can help older adults live longer, healthier lives.



METRO CREATIVE CONNECTION

Exercise keeps the body and brain healthy.



**FAMILY
CHIROPRACTIC
ASSOCIATES**

460 N. Grandstaff Drive, Auburn
260-925-6686
Fax: 260-925-6689
famchiro@sbcglobal.net

**Dr. Ron Ley &
Dr. A.J. (Butch) Johnson**
Doctors of Chiropractic
Licensed Acupuncturists

Now offering
Low Laser
Light Therapy



**CREATING A HIGHER
STANDARD OF CARE**

A TRUSTED NAME IN HEARING

CARTER

HEARING CLINICS

Exceptional Patient Care Since 1967

www.carterhearingclinics.com

1006 N. Wayne St., Suite B, Angola and 110 W. 8th St., Auburn

- Complimentary Hearing Test
- Complimentary Hearing Aid Consultation
- Risk Free Trial Hearing Aid Program
- 0% Financing Available

Free COVID Vaccines

• Antigen tests to see if you have COVID - \$95

• Antibody tests to see if you had COVID in the past - \$50

Please contact Topeka Pharmacy for availability and to schedule an appointment or go to <https://topeka-pharmacy.clientsecure.me/>



101 N. Main St. • Topeka
Mon.- Fri. 8 a.m. - 6 p.m.
Sat. 8 a.m. - NOON
260.593.2252

The basics of soyfoods

BY METRO CREATIVE CONNECTION

A nutritious diet is a vital component of a healthy lifestyle. When overhauling their diets with a goal on improving their overall health, adults may consider a host of new foods. That's when soyfoods first find their way on to many people's radars.

What are soyfoods?

Soyfoods are foods made from soybeans, a legume that the Cleveland Clinic notes is an excellent source of high quality protein. That distinguishes soybeans from many other legumes.

Does soy promote heart health?

The connection between soy protein and heart health has been studied at length, and organizations such as the U.S. Food and Drug Administration have reevaluated their stance on soy protein and its link to heart health. In 1999, the FDA authorized a health claim for soy protein that suggested it could reduce a person's risk for heart disease. However, the FDA ultimately concluded that the studies on which it based its 1999 authorization were inconsistent and inconclusive, leading the FDA to downplay the relationship between soy proteins and heart health until further research could be conducted.

So are soyfoods healthy?

Though the effects of soyfoods on heart health may or may not be as significant as researchers once suggested, soyfoods can still make for nutritious additions to a healthy diet. The health care experts at

the University of California San Francisco Health note that the following foods that contain soy provide a variety of nutritional benefits.

- **Edamame:** Edamame is a dish of green soybeans that are boiled or steamed in their pods. UCSF Health notes that edamame are high in protein and fiber and do not contain any cholesterol.

- **Tofu:** WebMD notes that tofu is made by pressing curdling soy milk into a solid block. Tofu has been linked to lower risk for various diseases, including osteoporosis. Tofu contains plant estrogens, and women's estrogen levels go down after menopause, leading to a loss of bone mass that makes them vulnerable to osteoporosis. According to WebMD, plant estrogens in tofu can make up for some of the estrogen drop-off related to menopause.

- **Soymilk:** Soymilk is produced when soybeans are soaked, ground fine and strained. The resulting fluid is soybean milk. UCSF Health notes that unfortified soymilk is an excellent source of high quality protein and B vitamins. However, unfortified soymilk lacks calcium and vitamin D, both of which are found in traditional milk. Fortified soymilk contains both calcium and vitamin D.

Some additional foods made from soybeans include tempeh, soy nuts and miso. Each provides their own nutritional benefits.

Soyfoods may be worth consideration



METRO CREATIVE CONNECTION

Soyfoods are foods made from soybeans, a legume that the Cleveland Clinic notes is an excellent source of high quality protein.

for anyone looking to eat a more nutritious diet.

Soyfoods are foods made from

soybeans, a legume that the Cleveland Clinic notes is an excellent source of high quality protein.

Start a healthy spring diet

BY GREEN SHOOT MEDIA

The change of weather should bring out a change in yourself. Create goals and set yourself up for success with modest changes to your lifestyle. Here are some tips to get you started.

Little Changes Matter

Making the switch to a healthy diet doesn't have to be immediate, though. Start with a gradual, modest change to your diet. Small changes, such as drinking more water than sugary drinks each day or putting less sugar in your morning coffee. As time goes on, you can slowly and gradually add more goals and changes to your routine. Create goals for success and don't set your self up for failure.

Set Yourself up for Success

Starting a diet doesn't have to be complicated and life-altering. You can begin creating little changes that will help you ease into a healthy eating lifestyle. Begin by focusing



ANDOR BUJDOSO

on one goal at a time and grow from there. You can begin by doing something as simple as paying more attention to the labels on the foods you buy. Be aware of what's in your food, as manufacturers sometimes hide

large amounts of sugars or unhealthy fats in packaged foods. Another way to set yourself up for success is to focus on how you feel after you eat something. This will help you create good habits for yourself and know

what your body responds well to.

More Health Tips

One of the reasons most people fail a diet is because they try and quit foods they've eaten all their lives. This does the opposite of what you might think it would. Rather than help you, it hinders you from committing to your diet.

Don't think of any certain foods as off limits, but try and lower the portion you eat them. A diet doesn't mean you have to quit all of your favorite foods. You can still eat your favorite foods, but now you will eat them in moderation. Instead of having a burger from your favorite place Monday through Friday, you can moderate it to only Tuesdays and Thursdays. Many people beginning a diet choose to eat healthy foods Monday through Friday and having their cheat days on the weekend.

Dieting doesn't have to be grueling and torture. Do what works best for you and your life.



NOW YOU KNOW!

**Your paid
subscription includes
online access!**

**Call 260-347-0400 ext. 1109 to set
up your online account today.**

THE HERALD REPUBLICAN

The **Star**

THE NEWS SUN

260-347-0400 x 1109

needmypassword@kpcmedia.com

How meditation can help combat work-life imbalance

BY METRO CREATIVE CONNECTION

Juggling a family and a thriving career is no small task. It's easy to become overwhelmed when faced with responsibilities at home and at the office, and it's even easier to fall victim to a work-life imbalance. Such an imbalance can have troubling short- and long-term consequences.

More than 40 percent of working professionals who were recently surveyed by the United Kingdom-based Mental Health Foundation noted that they are neglecting various aspects of their life because of work. The MHF notes that such an imbalance can make professionals more vulnerable to mental health problems. In fact, the same survey found that more than half of all workers who work long hours feel irritable, while 27 percent acknowledged feeling depressed.

Various strategies can help working professionals overcome the negative side effects of work-life imbalance. In addition to exploring ways to work fewer hours and find more time for their families, professionals who feel their life lacks balance can seek ways to overcome the stress associated with such an imbalance. Meditation is one such option.

What is meditation?

The Mayo Clinic notes that meditation dates back thousands of years. Modern meditation often aims to help people relax and reduce stress. When meditating,

people focus their attention as they attempt to eliminate jumbled thoughts. That can be especially valuable to adults who are feeling overwhelmed by their many personal and professional responsibilities.

The National Center for Complementary and Integrative Health notes that there are many types of meditation, but most require four common elements:

- a quiet location to meditate where distractions are limited
- a specific, comfortable posture
- something people can focus their attention on while meditating, such as a set of words or an object
- an open attitude

How does meditation benefit the mind and body?

Meditation advocates note that the practice can provide a sense of inner peace and help people rebalance their lives. That can pay dividends for both physical and mental health.

The NCCIH notes that evidence suggests meditation can help reduce blood pressure. High blood pressure has been linked to both heart disease and stroke. A small study by the NCCIH also found that a form of meditation known as mindfulness-based therapy for insomnia helped reduce instances of chronic insomnia in adults.

According to the NCCIH, a 2013 review of three studies suggested that meditation may help slow, stall or even reverse age-re-



METRO CREATIVE CONNECTION

Professionals who feel their life lacks balance can seek ways to overcome the stress associated with such an imbalance. Meditation is one such option.

lated changes in the brain.

Adults confronting a work-life imbalance may feel as though they don't have the time to address their concerns in

a healthy, effective way. Meditation need not take up much time each day, but it can be an effective tool in the fight against work-life imbalance.

Tips for drinking more water

BY GREEN SHOOT MEDIA

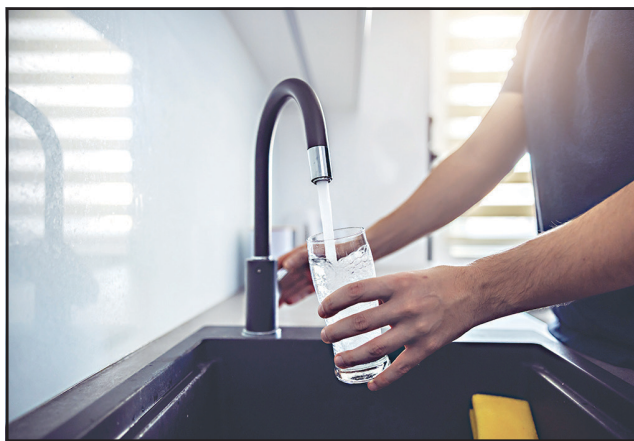
You need more water as the climate gets warmer, and with spring coming, it's the perfect time to get started creating a habit of drinking more water. To help you, here are some tips from the CDC:

- Carry a bottle of water with you and refill it throughout the day.
- Freeze some freezer-safe water bottles. Take one with you for ice-cold water that will last all day long.
- Chose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce your calorie intake.
- Add a wedge of lemon or lime to your water for added flavor if you don't enjoy the taste of water itself.

Water Hacks

Choosing water over sugary drinks can be difficult for many people, especially if you tend to drink these sugary drinks a lot during the day. Most people's problem with water is it contains no taste or flavor.

Although this is true, here are some tricks the CDC



DUSAN PETKOVIC

shares to help you rethink your drink.

- Need more flavor? Add berries or slices of lime, lemon or cucumber to your glass of water.

• Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.

• Need help breaking the habit? Don't stock up on sugary drinks. Instead, keep a jug of cold water in the fridge.

• Water just won't do? Reach for drinks that contain important nutrients such as low-fat or fat-free milk, fortified milk alternatives or 100% fruit or vegetable juice.

• At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low-fat or fat-free milk, milk alternatives such as soy or almond, or go back to the basics with black coffee.

Importance of Water

Remember that water is the cornerstone for all life. Water is very important for your health and the health. Set an example by starting off your journey today drinking more water.

Use the steps to rethink your drink and lead yourself to a better healthier lifestyle.

Start some outside workouts this spring

BY GREEN SHOOT MEDIA

There is no better time than spring to start some outside workouts. Outside workouts can be a jog, high intensity interval training, or HIIT, cardio and or even just a light jog through the park with your dog.

Here's some outside workouts you can do to take advantage of the beautiful spring workout.

Running

Running can be a great workout that is versatile. You can run anywhere at any time making it a workout that you can do year around. As spring draws closer, the weather will be warmer and sunny making it the perfect time to take yourself out to the park and begin your running journey.

There's a lot of way you can run, long distance, short intervals and more. Remember, if you are a beginner, don't run for more than your body can take. It puts a lot of stress on your legs and spine, so begin moderately and slowly build up your stamina.

Set yourself up for success by creating goals that are easily attainable. This will help you enjoy and fall in love with running as your body trains and gets use to the sport.

HIIT Cardio

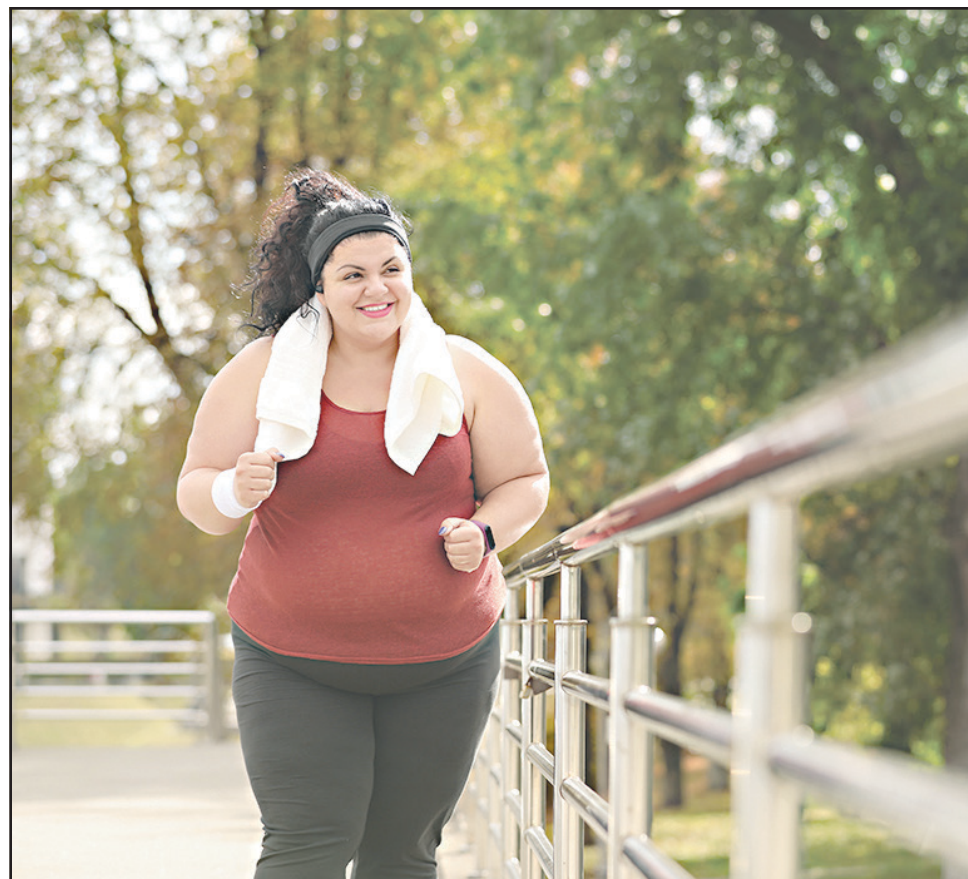
HIIT, or high intensity interval training, is a workout involving periods of ranging from 30 seconds to two minutes working between 80 to 100% of your maximum heart rate with short recovery periods. HIIT cardio can be done by anyone, even the average gym-goer.

There are two types of HIIT workouts, the one we just explained and SIT, or sprint interval training, recommended for well-conditioned people.

Body Weight Park Workouts

As the name suggests, with this workout, there are no types of bars or gear you work out with. Solely just your body weight at a park. Workouts consisting of push ups, sit ups, jump rope and dips. This workout can really be done anywhere there is room for your body to be laid out in push-up position but being in the park adds a little more pleasant circumstances to the workout.

Take the time to learn these workouts and apply them in your daily life. Try and begin by taking two days a week to go out to your favorite park and try these workouts. Add more days as you adjust and find yourself enjoying the time to workout.



NEW AFRICA - STOCK.ADOBE.COM

How often to see the doctor

BY METRO CREATIVE CONNECTION

Routine health checkups are a key part of staying healthy. Older adults may feel like they're always visiting one doctor or another. But what is an acceptable frequency for doctor appointments?

The answer isn't always so cut and dry, and many health professionals have mixed feelings even among themselves over the magic number. The Centers for Disease Control and Prevention recommends adults over the age of 65 visit the doctor more than twice as often as 18- to 44-year-olds. According to Paul Takahashi, a physician at the Mayo Clinic in Rochester, Minn., adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on preventative screenings.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite. Dr. Peter Abadir, an associate professor of medicine at the Johns Hopkins University School

of Medicine, says frequent visits to health facilities where sick people congregate puts one at a higher risk of illness or infection. Visiting the doctor only when necessary is one way to avoid risky exposure.

Doctor visit frequency is not a one-size-fits-all answer. A yearly physical or checkup is a given, even for people who are healthy. People with a family history of certain conditions, like sleep disorders, cancer, high blood pressure, and other conditions, may need to see a doctor more frequently than those with no such histories. In addition, patients may need referrals to certain specialists who work together to provide an overall health plan. That can increase the number of appointments and shorten the intervals between them. Johnson Memorial Health offers some statistics.

- People visit the doctor four times a year on average.
- Studies show that poor or uninsured people prolong the time between doctor's

visits.

- Individuals with high blood pressure may need to see the doctor four times a year to ensure medications are working properly.

- Patients on dialysis see the doctor several times a week.

Dr. Jennifer Caudle, a family physician and assistant professor at Rowan University School of Osteopathic Medicine in Stratford, NJ, says too often people visit the doctor only when they are really sick. That works to their disadvantage because the appointment will focus only on treating the illness instead of addressing other preventative care and screenings. Balance is necessary in regard to health care.

Patients can work together with their doctors to develop screening schedules that are customized to their particular profiles. These schedules can be modified as health history information changes or as patients age. Doctors can dial back or increase health visits as needed.



METRO CREATIVE CONNECTION

Adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on preventative screenings.



SENIORS:
DON'T let long-term care
or nursing home care
DRAIN YOUR LIFE SAVINGS!

**It's not
too late!**

Contact Attorney Chad L. Rayle to learn how
to utilize Medicaid to pay for the rising costs of
long-term care, while also protecting your assets!

Tipton Law Group
LLC

Schedule an appointment today!
Call (260) 897-9800
or email
chad@tiptonlawllc.com
www.MedicaidCounsel.com



Chad L. Rayle
Attorney at Law

104 S. Main St.
Avilla, IN 46710

**NORTHEASTERN
CENTER**

YOUR COMMUNITY COUNSELING CENTER

**We are here
for you!**
necmh.org



24-hour Emergency Mental Health Solutions:
1-800-790-0118

DeKalb Outpatient
260-925-2453

LaGrange Outpatient
260-463-7144

Noble-Albion Outpatient
260-636-6975

Noble-Kendallville Outpatient
260-347-4400

Steuben Outpatient
260-665-9494

Fresh, local chicken
*Raised on family farms in
Michigan & Indiana*



- ✓ Fresh, never frozen
- ✓ Non-GMO
- ✓ All-natural
- ✓ No antibiotics or hormones
- ✓ Cage-free



Find us at your local Meijer, Kroger, Lakeside Meat Market or Mister Brats!