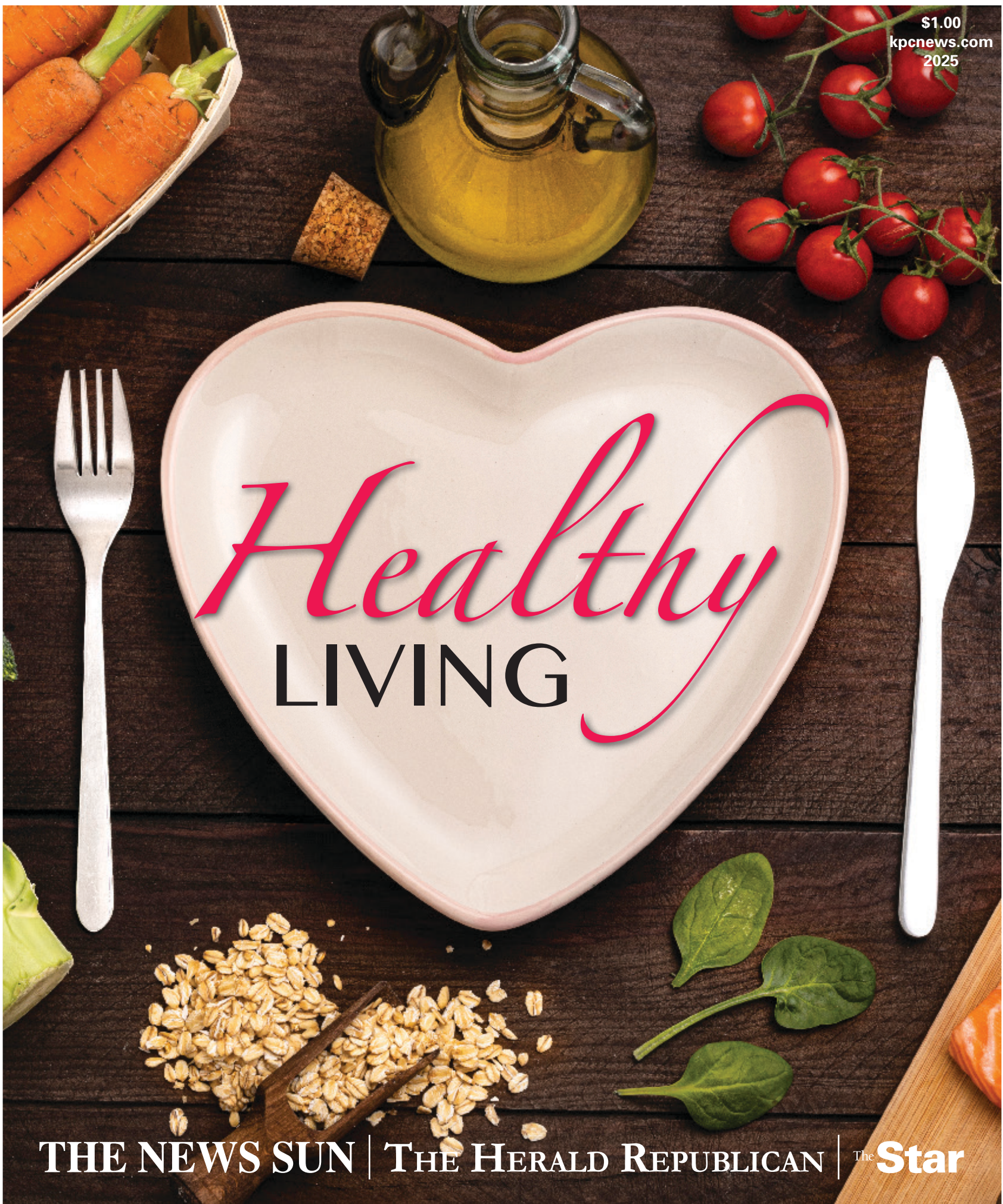


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# Healthy LIVING

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# Common Vitamin Deficiencies

## BY GREEN SHOOT MEDIA

Most nutrients your body needs for good health come from a properly balanced diet, but many people have some vitamin and mineral deficiencies owing to a Western diet full of processed foods.

Here are some of the more common nutrient deficiencies.

### Iron

Iron is a component of red blood cells and helps transport oxygen. Two types of dietary iron are heme iron, found in foods such as red meat, and non-heme iron, which can be found in plants as well as meat. Iron deficiencies are one of the most common nutrient deficiencies, affecting more than 25% of people, Healthline says. The most common consequence of iron deficiency is anemia, in which the number of red blood cells drops. Symptoms of anemia include tiredness, weakness, a weakened immune system and impaired brain function.

Sources of dietary iron

include red meat, organ meats, shellfish and canned sardines, beans, seeds and dark, leafy greens.

### Vitamin D

Vitamin D functions like a steroid hormone, traveling through the bloodstream and telling cells to turn genes on or off. It is produced from

cholesterol in your skin upon exposure to sunlight. In the U.S., about 42% of people may be deficient, Healthline says. A vitamin D deficiency may cause muscle weakness, bone loss and increased risk of fractures.

Sources of vitamin D include cod liver oil, fatty fish and egg yolks.

### Calcium

Calcium is an essential mineral that is important for bone growth and maintenance. It also serves as a signaling molecule, helping the heart, muscles and nerves function properly. Fewer than 15% of teenage girls, fewer than 10% of women over 50 and fewer than 22% of teenage boys and men over 50 met the recommended calcium intake. The symptoms of calcium deficiency are softer and more fragile bones.

Sources of calcium include boned fish, dairy products and dark green vegetables.

### Magnesium

Magnesium is a mineral

that is essential for healthy bones and teeth. It's involved in more than 300 enzyme reactions in the body. Healthline says close to 70% of the U.S. population under 71 and about 80% of people over 71 consume less than the required amount of magnesium. Low magnesium is associated with type 2 diabetes, metabolic syndrome, heart disease and osteoporosis. Symptoms of severe magnesium deficiency include abnormal heart rhythm, muscle cramps, restless leg syndrome, fatigue and migraines.

Sources of magnesium include whole grains, nuts, dark chocolate and dark green vegetables.



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# Snacking the Smarter Way

## BY GREEN SHOOT MEDIA

The temptation to snack while living our busy lives can be overwhelming. There's not always time for a balanced meal, much less a home-cooked breakfast or lunch.

So, we snack.

With some informed choices and thoughtful planning, it's possible to snack in a nutritious, healthy way. You can alleviate those hunger pangs while sustaining your energy levels throughout the day.

## Better Eating

Make your own snacks rather than eating whatever is in the local convenience store or vending machine. Focus on creating low-carb, high-protein snacks like turkey roll-ups that help quench your appetite and stabilize blood sugar levels. Layer healthy ingredients like cucumbers, tomatoes and pickles on a slice of lean



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turkey and then roll it up to create a satisfying wrap.

Other convenient options include fresh fruits like apples and bananas, which can be enjoyed with peanut butter. Fruit or grain bars are reliable options. Just make sure they're made from whole grains, contain minimal added

sugars and feature whole-food ingredients.

## Getting Started

When it comes to better snacking, preparation is key: Wash and chop your vegetables and fruits in advance, and then combine them with the next day with add-ons

like hummus or nuts to taste. Pre-cut vegetables such as carrots and bell peppers provide essential vitamins and fiber, and they boast natural ingredients instead of processed sugars and potentially harmful artificial alternatives. For a simple

energy-boosting trail mix, combine nuts, seeds, dried fruits and a few pieces of dark chocolate. Single-serving containers of Greek yogurt deliver high levels of protein, calcium and probiotics.

## More Snack Ideas

Create another satisfying snack by pairing nut butter with whole-grain crackers and apple slices, creating a balanced blend of healthy fats and protein. For a fun twist, consider filling celery sticks, cucumber or peppers with hummus for a balanced, crunchy treat. String cheese is an excellent portable option, with both protein and calcium to bolster on-the-go nutrition. You can try more offbeat snacks such as roasted chickpeas to complete your new smart eating routine. Other nutritious alternatives include roasted watermelon seeds, edamame, cottage cheese, baked tofu, lentil salad and overnight oats.

# Conditions that may benefit from chiropractic care

## BY METRO CREATIVE CONNECTION

Aches, pains and creaks are not uncommon among the aging population. A lifetime of living can take a toll on the human body, so it's normal to experience some periodic side effects from all that wear and tear. But some issues may stem from more than normal wear and tear, and in such instances it can be useful to visit a chiropractor.

The Cleveland Clinic notes chiropractors treat an assortment of conditions that affect the nervous system and the musculoskeletal system. Many people prefer chiropractic care as an alternative to treatments that utilize prescription medication, and it's worth noting the many conditions that may be treated and alleviated by chiropractic care.

• **Arthritis:** Arthritis is a common condition, particularly among adults age

50 and older. In fact, the Centers for Disease Control and Prevention notes that one in five adults in the United States had arthritis in 2024, while the Global RA Network estimates more than 350 million people have the condition across the globe. The Cleveland Clinic notes normal, lifelong wear and tear is often the cause of arthritis, and chiropractors can employ various techniques to alleviate the pain associated with this common condition.

• **Headaches:** It might surprise people unfamiliar with chiropractic care to learn that it's not uncommon for people with headaches to seek the help of a chiropractor. The Canadian Chiropractic Association notes that chiropractic care has been found to be an effective means to treating cervicogenic and tension headaches. Chiropractors may employ various

treatments, including soft tissue therapy and acupuncture, to alleviate headache pain.

### • Lower back pain:

Chiropractic care has long been looked to as a means to alleviating lower back pain. The experts at Duke Health note that chiropractors may employ spinal manipulation to treat back pain before offering additional advice, including self-care recommendations, to help

patients avoid recurrence. Manual manipulation to improve movement in the spine may be part of chiropractic treatment of lower back pain.

• **Neck pain:** Chiropractors also can help treat neck pain. Many people experience limited mobility in their neck and/or soreness or joint pain in this area. A subluxation is a slight misalignment of the vertebrae that can

contribute to pain, stiffness and reduced function in the neck. Chiropractic care works to restore vertebra to the correct position with the hopes that such a restoration will alleviate pain and improve mobility and function.

Chiropractic care can be an invaluable solution when individuals suffer from aches, pains and creaks that can affect the human body over time.



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# Focus on Gut Health

## BY GREEN SHOOT MEDIA

The gut serves a crucial role in facilitating digestion and nutrient absorption.

Recent studies have shown that gut health directly affects aspects of our health far beyond that, including immune function and emotional health. That's why it's so important to establish a balanced diet that incorporates probiotics. You enhance your digestive health and strengthen your body's defenses against illness.

### Why It's Important

A healthy gastrointestinal tract, commonly known as the gut, goes beyond mere digestion. The National Institutes of Health reports that balanced gut bacteria can lower the risk of conditions such as

diabetes, psoriatic arthritis and inflammatory bowel disease. This often-overlooked part of our bodies plays a significant role in fortifying primary defense mechanisms.

The GI tract is a sophisticated system dedicated to the digestion of food and absorption of nutrients. But its primary functions include maintaining a diverse microbiome.

The gut efficiently breaks down food into vital nutrients that nourish the body, and these nutrients are subsequently absorbed into the bloodstream through the gut lining. The tract is home to trillions of microorganisms, collectively referred to as the gut microbiome.

They assist in digestion and vitamin synthesis and affect mood. Each



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individual has more than 200 distinct species of bacteria, viruses, and fungi within their digestive system, and many are essential for optimal health.

### Tips For Health

To promote a healthy gut, stick to a diet that

includes a variety of vegetables, fruits, lean proteins and whole grains. This diversity supports a robust microbiome and a strong immune system. Incorporating fiber-rich foods such as oats, broccoli and beans can nourish beneficial gut bacteria while also

aiding in regular bowel movements. Probiotics are live bacteria and yeasts found in yogurt, and fermented foods like sauerkraut, and they play a critical role in maintaining a balanced microbiome. Foods rich in prebiotics such as garlic, asparagus and onions also support gut health.

Hydration is also crucial. So is limiting excessive sugar and processed foods, since they can disrupt the delicate balance of bacteria. Chronic stress has been shown to adversely affect gut health, so engage in relaxation techniques such as yoga and meditation. Antibiotic use may also negatively affect gut health. Regular physical activity supports gut motility and contributes to a healthy microbiome.

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# 5 tips for healthier baking

## BY METRO CREATIVE CONNECTION

Baking is a beloved pastime for many people. During the COVID-19 pandemic, many people turned to baking as a way to not only while away the hours, but to have a tangible product they could enjoy after all of their efforts. Baking certainly can produce delicious results, but oftentimes baked goods are not the healthiest fare.

Many baked goods are high in sugar and fat. The World Health Organization considers it urgent to reduce the extreme consumption of sugars and other fast-absorbing carbohydrates which tend to be found in baked goods to curb rising rates of obesity and type 2 diabetes. According to recent data published by the WHO, 13 percent of the world's adult population are clinically obese and 39 percent of adults age 18 or older were found to be overweight.

Overweight and obesity are tied to the consumption of fat-rich, high-calorie foods, including baked goods. Those who want to bake, but bake more healthfully, can make certain modifications to keep health a priority.

1. Replace butter and cream. Look for recipes that feature healthier monounsaturated and polyunsaturated oils instead of butter and cream, which are high in saturated fat.

2. Prepare bite-sized desserts. Portion sizes should be carefully monitored to ensure one doesn't go overboard with baked goods. This is easily achieved by creating miniature or bite-sized items that can help reduce the tendency to take a big slice of cake or bread.

3. Incorporate healthy ingredients. Balance out baked goods by improving the nutrient profile. Try adding shredded or pureed

apple, banana, carrot, and pumpkin to recipes to boost moisture, flavor and nutrition. These ingredients also can be used to replace some of the butter or oil in the recipe, according to EatRight.org.

4. Try alternative flours. Rather than white flour, consider whole-wheat flour as a substitution. Also, chickpea or almond flour can boost protein without adding carbohydrates.

5. Reduce the sugar. Many recipes call for much more sugar than is needed for the finished item to be tasty. Experiment with reducing the amount of sugar. Opt for "healthier" sugars, such as honey or maple syrup whenever possible.

Minor substitutions can make baking a bit healthier so it fits in with a well-rounded diet.



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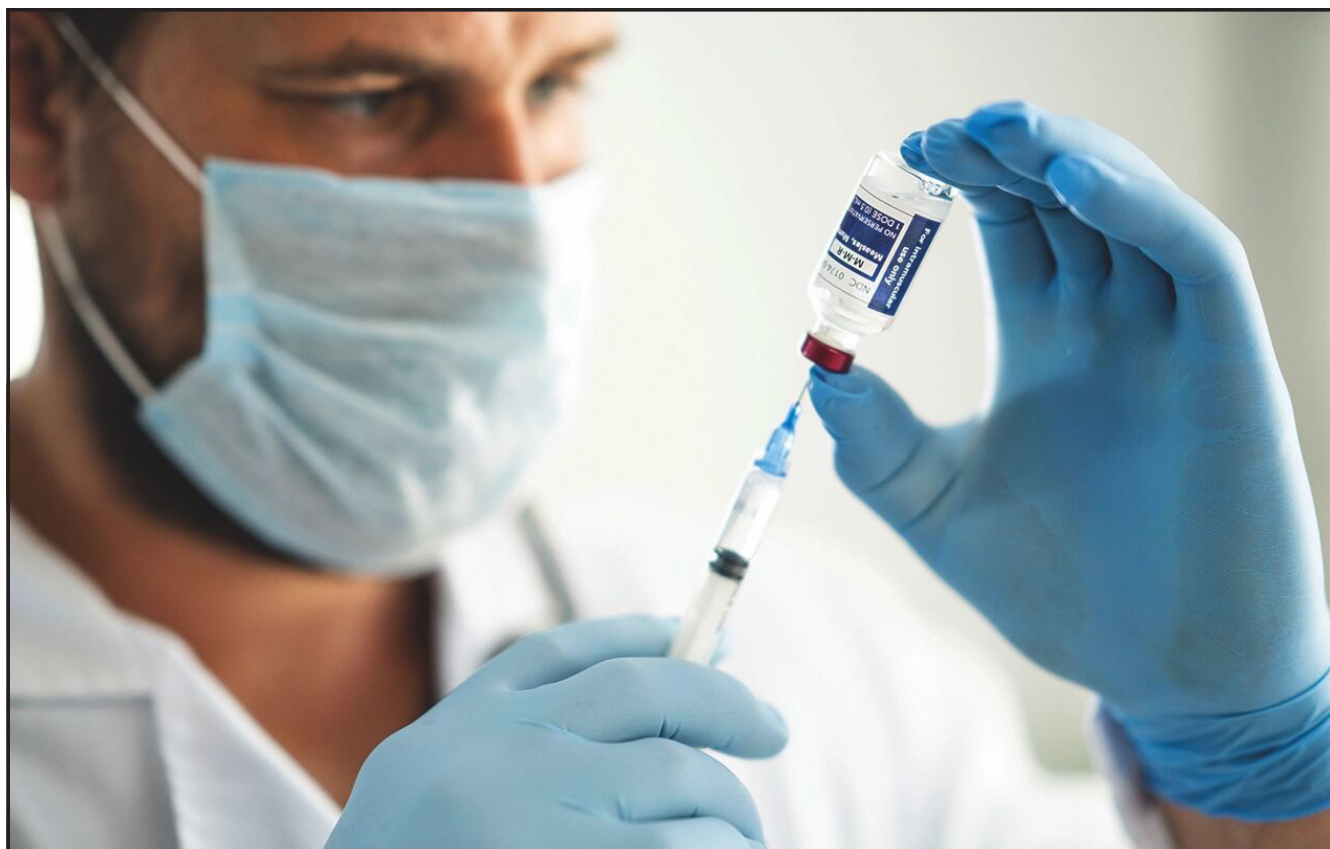
# Do adults need a measles booster?

## BY METRO CREATIVE CONNECTION

Immunizations are designed to keep people healthy. Many diseases have been pushed into relative obscurity thanks to the widespread use of vaccines. Smallpox and rinderpest were eradicated worldwide due to vaccination. Polio, tetanus, Hib, and rubella are some additional diseases that most people have forgotten thanks to the vaccinations they received in childhood. But one disease that had been largely controlled has experienced a resurgence, leaving many wondering if their immunizations are still potent enough to provide protection.

### Measles is back

By the end of May 2025, the Centers for Disease Control and Prevention had already documented 1,088 measles cases across 33 jurisdictions from New York City to Alaska. Ninety-six percent of the infected were either unvaccinated or their vaccination status was unknown. Three people died from measles as of May 2025, which were the first measles deaths in the United States since 2015. Measles is highly contagious, even more so than the flu or COVID-19.



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### Am I protected?

Although the CDC says the risk for widespread measles in North America remains low, people are wondering if they should revisit measles vaccination as a topic of discussion with their doctors. According to Dr. Scott Roberts, M.D., a Yale Medicine infectious

disease specialist, most people will not need a measles booster, but vaccination status should be checked.

The measles vaccine first became available in the U.S. in 1963. The vaccine contains a live but significantly weakened strain of the measles virus. This modified strain is too weak

to cause measles, but it is similar enough to the full-blown illness for the body's immune system to recognize it. Previously, measles was so contagious that everyone contracted it before age 15, according to PBS, and people born before 1957 are presumed to have lifelong immunity as a result.

Most people born after 1957 would have received the shot as children. People who previously had measles (those born before 1957) as well as those who received two MMR (measles, mumps, rubella) shots as children are considered to have full immunization for life.

## How to Treat a Cold

### BY GREEN SHOOT MEDIA

The common cold is an upper respiratory infection caused by a virus that has symptoms such as a runny or stuffy nose, sore throat, cough, sneezing, headache or body aches, or low-grade fever.

Most people recover from a cold in a week or so, but symptoms may last longer in people who smoke.

### Preventing a Cold

Prevention is the best cure for the common cold. The Mayo Clinic suggests

frequently washing hands well, using soap and water and washing for at least 20 seconds. If soap and water aren't available, use hand sanitizer with at least 60% alcohol. Try not to touch your eyes, nose or mouth with dirty hands.

Clean and disinfect surfaces you touch often, such as doorknobs, light switches, countertops and electronics. This is especially important if someone in the household is sick. Wash children's toys often as they are particularly apt to land

in someone's mouth.

If you're sick, cover your cough and sneeze into a tissue. Throw away used tissues right away and wash your hands after. Don't share drinking glasses or silverware with anyone, even family members.

### Treatment

There's no cure for the common cold, but you can treat the symptoms to make you feel better. Rest and give your body time to heal. Drink plenty of fluids and run a humidifier if needed

to thin the mucus and make it easier for you to breathe. Saline nasal rinses can also help.

Over-the-counter pain relievers can help, too. For adults, try taking acetaminophen or ibuprofen. Children or teenagers should not take aspirin. It's linked to Reye's syndrome. Instead, use child-strength, nonprescription pain relievers. Follow label directions.

Non-prescription cough and cold medicines can help relieve the symptoms of a cold. Read and follow label

directions and don't take two medicines with the same ingredient. Pay particular attention to antihistamines, decongestants and pain relievers.

Warm liquids can help keep you hydrated and soothe a sore throat. Try chicken soup, hot tea, warm apple juice or other liquids. Honey may help relieve a cough in people over the age of 1. Other things that can soothe a scratchy throat include ice chips, hard candy or a saltwater gargle.

# Meeting your Health Goals

**BY GREEN SHOOT MEDIA**

Technology has transformed nearly every aspect of our lives, including the way we keep track of our health and wellness.

From fitness trackers to meal-planning apps, today's innovations make it easier than ever to set, monitor and achieve health goals. Whether you're aiming to lose weight, improve your mental health or stay active, here are just a few ways you can harness technology to meet your health objectives.

**Fitness Trackers and Smartwatches**

Fitness trackers and smartwatches are among the most popular, new tools. These wearable devices monitor everything from steps and calories burned to heart rate and sleep quality. Some models even track oxygen levels, stress and other vital signs.

Setting daily goals — like walking 10,000 steps or burning a certain number of calories — can help you stay accountable. Many trackers

allow you to set reminders to get moving if you've been inactive for too long. The data these devices collect can offer insights into your habits, helping you make informed decisions about your health.

**Nutrition and Meal-Planning Apps**

Maintaining a balanced diet is key to any health goal, whether it's weight loss, muscle gain, or overall wellness. Nutrition and meal-planning apps like MyFitnessPal, Lose It!, and Noom allow users to log their meals, track calorie intake and monitor their macronutrients. Some apps even offer personalized meal plans and grocery lists based on dietary preferences and health goals.

By providing real-time feedback, these apps help you make better food choices and stick to your nutritional plan. Many allow you to scan barcodes or search databases for accurate food information, making it easier to track what you're eating.



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**Telehealth Services**

Gone are the days when you had to visit a doctor's office for every health concern. Telehealth services have revolutionized the way we access healthcare, allowing anyone to consult with medical professionals from the comfort of their home. Whether you're managing a chronic condition or seeking advice for a minor issue, virtual visits can help you stay on top of your health goals without the hassle of scheduling in-person appointments.

In addition to video calls, many telehealth platforms offer secure messaging with health care

providers, making it easy to ask questions or get prescription refills without delay.

**Mental Health Apps**

Numerous apps can help manage stress, anxiety and other mental health concerns. Apps like Calm, Headspace and Talkspace offer guided meditation, therapy sessions and mindfulness exercises. By incorporating these tools into your routine, you can improve your mental well-being and reduce stress.

**Goal-Setting Platforms**

Many fitness and wellness apps come with built-in communities and goal-setting features that allow users to connect with others who share similar objectives. Platforms like Strava, for example, let users track their workouts while interacting with others, creating a sense of community and competition. You can join challenges, share progress and encourage others, fostering motivation and accountability.



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