

HEALTHCARE & WELLNESS

Of Western North Carolina



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HEALTHCARE & WELLNESS

Of Western North Carolina

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Keeping the winter blues at bay

By Ardenwoods Retirement Community

Winter can be a tough time for many people, especially for seniors when the colder months can sometimes bring about feelings of sadness or isolation, often referred to as the “winter blues.”

The combination of shorter days, reduced sunlight, and fewer social opportunities can negatively affect mood and overall well-being. However, there are strategies seniors can adopt to stay active, connected, and positive during the winter months.

Get outside when possible

While it's tempting to stay indoors to avoid the cold, fresh air and natural light can be beneficial for combating the winter blues. Even if it's just going for a short walk or sitting on a sunny porch, exposure to natural light can help improve mood.

Stay physically active

Research has shown that exercise is one of the most effective ways to boost mood. Physical activity releases endorphins — nature's mood enhancers. Indoor activities like stretching, yoga or dancing can be enjoyable and beneficial. Seniors may consider joining a fitness class specifically



designed for older adults, many offered virtually or in local community centers.

Stay socially connected

Winter can feel isolating, especially if physical mobility is limited. Staying socially connected is key to a positive mental outlook. Regular phone calls, video chats or personal visits with family or friends can help seniors feel less lonely. Many communities offer activities tailored to seniors, such as book clubs, exercise groups or craft sessions which help to build a sense of connection and purpose.

Focus on nutrition

A balanced diet is crucial for maintaining physical and emotional well-being. Eating foods rich in vitamins D, B12 and omega-3 fatty acids can help improve mood and energy levels. Preparing meals with friends or family is a great way to stay social while ensuring good nutrition.

Embrace hobbies and interests

Keeping the mind engaged is vital for overall well-being. Whether it's reading, crafting or solving puzzles, staying engaged with hobbies helps combat feelings of restlessness or boredom. Seniors may consider learning a new hobby or skill, such as a language, which can provide both stimulation and a sense of accomplishment.

By taking proactive steps to stay physically active, socially engaged and mentally stimulated, seniors can effectively manage the winter blues and maintain their mental well-being throughout the colder months.

Ardenwoods is a resort-style, independent senior living community offering continuing care facilities. Located near Asheville and Hendersonville, Ardenwoods is situated on 48-acres where residents enjoy stunning mountain views, chef-prepared meals, miles of walking trails, an indoor pool, spa, and more. More at ardenwoodsretire.com or (828) 684-0041.



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Unlock the power of healing: The benefits of physical therapy



By SEPT Physical Therapy

Whether you're recovering from an injury, managing a chronic condition, or seeking to enhance your overall wellness, physical therapy offers a myriad of benefits that can help you achieve your health goals.

Enhanced mobility and movement

Physical therapy plays a crucial role in restoring and improving mobility. Whether you have difficulty walking, standing, or moving due to injury, surgery, or a medical condition, physical therapists create personalized treatment plans to help you regain strength, flexibility, and coordination.

Improved mobility enhances your independence and quality of life, allowing you to engage in daily activities with greater ease and confidence.

Prevention of surgery and injury

For many conditions, physical therapy can be an effective alternative to surgery. By addressing issues early and using therapeutic techniques to promote healing, physical therapy can eliminate the need for invasive procedures.

Additionally, physical therapists teach patients how to perform exercises and movements correctly, reducing the risk of future injuries.

This preventative aspect is especially beneficial for athletes and individuals with physically demanding jobs.

Pain management without medications

One of the most significant advantages of physical therapy is its ability to manage pain effectively without relying on medications.

Through targeted exercises, manual therapy, and modalities such as ultrasound or electrical stimulation, physical therapists can alleviate pain, reduce inflammation, and improve function. This holistic approach not only addresses the symptoms but also treats the underlying causes of pain.

Physical therapy offers a path to a healthier, more active life. Embrace the benefits of physical therapy and take the first step towards a pain-free, vibrant future today.

SEPT Physical Therapy has 10 locations across Haywood and Buncombe counties offering a wide array of services covering physical therapy needs. That includes everything from pain management to post-COVID recovery and neurological woes, such as vertigo. Their dedicated team of professionals will guide you every step of the way, providing the personalized care and support you need to achieve your health goals.

Palliative vs. Hospice Care: What's the difference?

Palliative Care is not hospice. Rather, it is an approach to care providing patients with relief from the symptoms, pain, and stress of a serious, often life-threatening illness.

One major difference between palliative and hospice care is that the patient may still be seeking curative, life-prolonging treatment on palliative care.

Palliative Care

Some common illnesses treated by palliative care teams include Alzheimer's Disease and other forms of dementia, cancer, Parkinson's disease, heart failure, liver or kidney failure, and COPD, among others.

This specialized care helps you carry on with your daily life. You can expect relief from symptoms such as pain, shortness of breath, fatigue, constipation, nausea, loss of appetite and difficulty sleeping.

Some of the goals of palliative care include:

- Prevent frequent hospitalizations
- Optimize quality of life for you and your family
- Help you better understand your condi-



tion and your care choices

- Empower you and your family in managing complex illnesses
- Provide expert symptom management
- Improve your ability to go through medical treatments
- Allow extra time for communication
- Help in navigating the healthcare system

Patients of any age, including pediatric patients who are living with a life-limiting,

serious illness and who meet enrollment criteria may be eligible for palliative care.

Hospice Care

When curative treatment stops, it's time to call Hospice. Involving Hospice Care earlier means a better quality of life for you and your loved one.

Hospice Care is specialized medical care providing pain and symptom management, and emotional and spiritual support to

patients who are no longer seeking curative treatment and for whom life expectancy is 6 months or less.

At Four Seasons, this care is provided by team of hospice professionals including physicians, physician assistants, nurse practitioners, CNAs, social workers, chaplains, a music therapist, volunteers, and other specialists who work together with your primary health care provider.

Some goals of hospice care include:

- Support patient and family goals and wishes
- Manage pain, symptoms, and medications
- Provide comfort care
- Facilitate complex decision making through a supportive interdisciplinary team
- Provide grief support and spiritual care for family members

For more information or to start the discussion, call Four Seasons, The Care You Trust, providing trusted care to Western North Carolina since 1979. 866-466-9734 or FourSeasonsCare.org.



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Frog Leap Wellness is here to offer our local community, friends and family healthier options for a wholesome lifestyle. We offer a wide variety of health and wellness products, with a focus on premium supplements, fresh bulk herbs, spices and teas.

Our wellness center, offers various massage modalities and a Qest-4 therapist (bio-energetic screening). We have massage therapists specializing in cranial-sacral, reiki, phyto-mat-red-light therapy, and medical-massage, available by appointment. We still have a few rooms available for lease.

Recently, Dale and Kate enrolled in the American Academy of Clinical Homeopathy (AACH) to expand their education about homeopathic remedies and complexes. Once certified they will be able to share more about the basic tenants of clinical homeopathy which can complement

allapathic medicine.

News UPDATE: To enhance our unique shopping experience, Frog Leap Wellness is now a community drop off for co-op shopping...anyone interested, please contact us. Plans are in the works for a CSA and supporting more local farmers and vendors. As we grow, we want to help the community grow.

It's already five months since Helene and folks are still dealing with emotional and physical issues. We're all moving slowing through the recovery process. Our health and wellbeing are paramount in these trying times. In addition to our supplements, we carry single and herbal blends, essential oils, homeopathic & flower essences. Pictured below are some of the items that are available to support mental, emotional and physical needs. All are safe for children, adults and animals.

INTERESTING FACT: Did you know you should take your vitamins and supplements an hour before or two hours after any pharmaceuticals? Come visit and talk to us with any or all concerns. Dale and Kate are here to offer recommendations to our customers!

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How caregivers work in concert with doctors

How can family caregivers assist doctors and nurses as their loved ones receive medical care? And what can medical professionals do to ensure caregivers are afforded the respect they deserve?

- **Become a communicator:** Communication is key in a doctor-caregiver relationship. Doctors may strive for extreme focus on the patients' care, but they also can welcome input from family members who may have information that can help doctors work more effectively. Caregivers should not be afraid to speak up out of fear that their insight will be dismissed.

- **Keep communications concise:** Health care professionals see many patients over the course of a day, followed by paperwork and then email or phone correspondence follow-up. Caregivers should realize that doctors and nurses



are busy professionals and aspire to keep communications concise.

- **Be patient:** Unless there is an extreme medical emergency, family caregivers should not expect an immediate follow-up to a concern or question following a visit. However, most doctors offer a call or patient portal message

when time allows.

- **Aim for assertive, not aggressive, interaction:** A family caregiver is often a patient's most diligent advocate. But being too aggressive when interacting with nurses and doctors might lead the care team to view a caregiver as an adversary rather than an ally. Instead,

it is best for caregivers to come across as informed, pleasant and respectful partners.

- **Do your research:** It is alright for a caregiver to delve deeper into information about a patient's condition so they can be as informed as possible. Also, they should feel free to reiterate care directions back to the medical staff to make sure that everything is understood and can be followed according to the plan established by the doctor.

- **Prepare for appointments:** During medical appointments, patients have the undivided attention of their doctors. This is the best time to ask questions, bring up concerns and provide follow-up about what is going on at home. Caregivers and patients can come ready with a list of items that have been jotted down on paper or itemized on a smartphone.



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The importance of wellness exams after 50

Wellness checks are important at any age, but they bear even more significance as individuals grow older.

Many chronic health conditions fail to produce any symptoms until they have progressed to a point where treatment is difficult. Wellness screenings and exams can help older adults take charge of their health and stay as healthy as possible. Here are some common screenings and health recommendations that come up in the prime of one's life.

- **Colorectal cancer screening:** A colon cancer screening is recommended for everyone at age 45. Colon cancer is the second-leading cause of cancer deaths in the United States, and risk increases at age 45. Although people seldom look forward to a colonoscopy and the required prep, putting off this test due to a little discomfort may result in missing colon cancer at its earliest stage when it is most treatable.
- **Cholesterol screening:** This simple blood test can help evaluate the risk for heart disease. High cholesterol can contribute to the buildup



of plaque in the arteries, making them narrower and less flexible.

- **Mammogram:** Most health organizations recommend annual mammogram screenings from age 40 until menopause. Then it may be possible to have a mammogram every other

year for those who are at average risk. It is important for women to discuss mammogram frequency with their doctors, particularly if there is a family history of breast cancer.

- **Diabetes:** Diabetes may be more common in older adults, so regular screenings can enable early diagnosis and management.
- **Testicular cancer screening:** This test generally is not recommended without symptoms. Some organizations suggest men with a family history or other risk factors consider performing self-examinations.
- **Vaccinations:** Doctors can alert patients to recommended vaccinations during wellness exams. Seniors should receive an annual flu shot and updated Covid vaccination as available. Pneumococcal vaccine can protect against pneumococcal disease that can lead to pneumonia, meningitis and bloodstream infections. Adults over 50 also should receive a vaccination for shingles, which can occur in older age in those who have previously experienced chickenpox.



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Hospital, HCC join forces to cultivate next generation in health care

A new partnership launched by Haywood Regional Medical Center and Haywood Community College provides a pathway for students entering the health field — from free education to a guaranteed job waiting for them upon completion.

Under the new Scholars Program, HRMC will provide a scholarship for HCC health sciences students, that will ensure a tuition-free education.

“This program is an opportunity to invest in the future of our local healthcare workforce and ensure that our patients receive the best care possible from individuals who are rooted in this community,” said Chris Brown, RN, and chief executive officer of HRMC.

Healthcare is a high-demand, high-paying field. The Scholars Program opens doors for students to enter that field at no cost and with no risk of finding a job when they finish school.

“By removing financial barriers and creating a pathway from the classroom to meaningful careers at Haywood Regional, we are ensuring that students can focus on achieving their dreams while staying rooted here in Haywood County,” said Dr. Shelley White, President of HCC.

But the collaboration is more than financial aid for students, she said.

“Our students have become the skilled professionals and compassionate caregivers at the heart of our healthcare system,” White said.



HEALTH CARD COLAB — HRMC CEO Chris Brown and HCC President Shelley White pledge a partnership aimed at expanding the healthcare workforce.

The hospital's investment in growing its own workforce provides a pipeline of healthcare workers who care immensely for the patients in the community where they grew up.

“We are not just strengthening our workforce, but making sure individuals who are educated here will stay here — working to improve the health and wellbeing of those who have supported them along the way,” Brown said. “I look forward to seeing the positive impact these future healthcare professionals will have in our hospital and beyond.”

The program will support students enrolled in the Registered Nurse, Nurse Aide I, Medical Assistant, Phlebotomy, and Paramedic programs at HCC.

HCC's new \$8 million health sciences building that opened

in 2023 is heralded as a state-of-the-art facility — including high-tech patient simulation labs. The new facility also expanded HCC's enrollment capacity in healthcare fields.

“Our collaboration always has been a model of what happens when education and health care institutions come together with a shared vision,” White said.

Brown, who began his healthcare career as a nurse, is a living testament to the power of a community college education.

“As someone who began my educational journey at a community college, I understand the power of affordable education and the immense value it brings to both the individual and the community,” Brown said.

Prospective students interested in applying for the Scholars Program should contact kelly.maney@lifepointhealth.net for more information.

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Finding wellness through community

In today's fast-paced world, prioritizing wellness can feel like a challenge. Between work, family, and daily responsibilities, self-care often takes a backseat.

But true well-being isn't just about exercise — it's about connection, balance, and finding support in a welcoming environment.

Group exercise is one of the most effective ways to maintain physical and mental health while building a sense of belonging. Whether it's yoga, strength training, or dance-based fitness, working out with others provides motivation, accountability, and a sense of shared purpose. Research shows that people who engage in group fitness programs are more likely to stay active and experience lower stress levels compared to those who exercise alone.

Beyond physical movement, well-being is about fostering meaningful relationships.



Many people find that joining a local wellness center or community group introduces them to like-minded individuals who encourage and inspire them.

From parents taking advantage of childcare while they exercise to older adults par-

ticipating in low-impact classes to maintain mobility, wellness spaces are designed to be inclusive and accessible for all.

Personalized coaching, recreational sports, and aquatic programs offer opportunities to explore new activities at any fitness level. More than just places to work out, wellness centers create environments where people of all ages can prioritize their health in a way that suits their lifestyle.

If you're looking for a place to move, grow, and connect, consider exploring a facility that offers more than just a workout. Find a space where you feel supported — not just in fitness, but in whole-person well-being.

The YMCA of Western North Carolina, with its seven locations, provides a welcoming space for all, offering financial assistance to ensure wellness is within reach for everyone. Visit ymcawnc.org to learn more.

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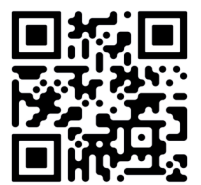


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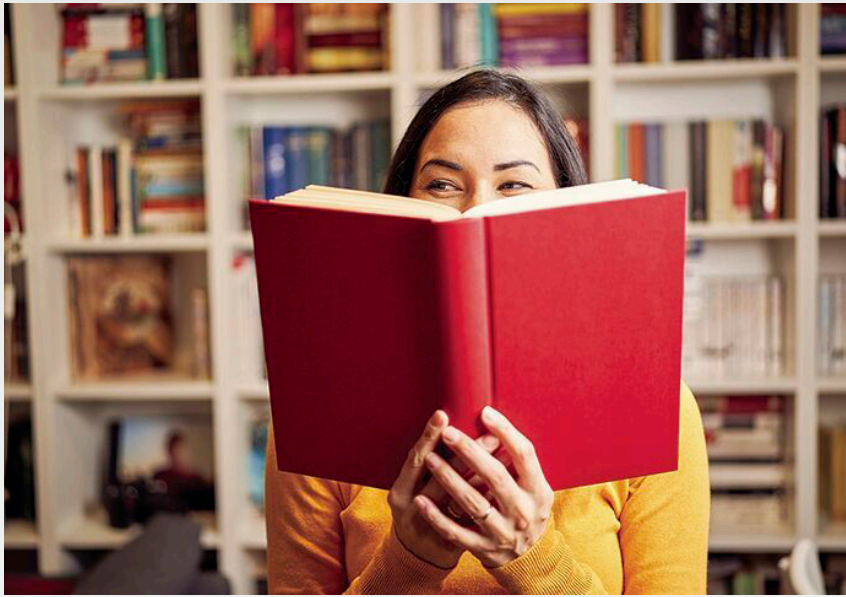
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The many benefits of reading



A good story isn't the only benefit associated with reading. Here's some health benefits to cracking a book.

- **Reading slows cognitive decline:** Natural aging results in a decline in memory and brain function over time, but reading can help. According to research published in the journal *Neurology*, reading may help slow that process and keep minds sharp.

- **Reading improves concentration and focus:** Technology draws a lot of attention, and those fast processing times and almost instant gratification can shorten attention spans. Reading requires undivided attention and focus, which can improve one's ability to concentrate.

- **Reading produces a sense of accomplishment:** Reading anything from a newspaper article to a novel helps people check off measurable goals. When done reading a given piece, the mental boost from finishing can enhance your mood.

- **Reading is free entertainment:** Provided a person gets books from a library or a loaner from a friend, reading is free. It's possible to educate oneself, travel to far off lands or even solve mysteries having making a major financial investment.

- **Reading enhances literacy:** Frequent reading introduces the reader to new vocabulary and information. This enhances both literacy and intelligence.

- **Reading leads to higher intelligence later on:** A study of 1,890 identical twins found that the twins who had early reading skills seemingly had more positive results for higher intelligence later in life.

- **Reading can help a person relax:** Reading may help reduce stress and even induce relaxing feelings so that a person can drift off to sleep. Furthermore, reading takes a person away from screens (provided they're reading paper books and not e-books), which prolong falling asleep.



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Tips to make soup more nutritious



Tweak your favorite soups to make them even more nutritious. These ideas can give soup a powerful boost!

- **Use a higher ratio of vegetables in the soup when compared to meats and grains:** Vegetables are notoriously high in nutrients that the body needs to stay healthy, including antioxidants and vitamins.

- **Make your own soup stock from fresh ingredients:** Doing so helps retain control over what goes into the soup, helping to reduce potential additives or other ingredients like sugar and sodium.

- **Vary the color of the vegetables:** Aim for vegetables of at least three different colors. The colors of the vegetables often correspond to the nutrients and phytochemicals they contain. For example, carrots are high in beta-carotene. Beta-carotene converts into vitamin A, which is necessary for eye health, healthy skin and a strong immune system.

- **Replace the cream in soups with healthier ingredients:** Soups that are cream-based tend to be loaded with calories and saturated fat. Instead, use Greek yogurt at the end (to prevent curdling) or even low-fat cottage cheese to amp up the protein content and give the soup a creamy consistency without the fat. Silken tofu or even a vegetable purée made from potato and cauliflower can add creaminess as well.

- **Swap meat for lean proteins:** Lentils, for example, are a plant protein rich in flavor and nutrition. Lentils have about 18 grams of protein per cup and also are high in fiber. Relatively inexpensive, lentils also can help keep meal budgets in check. Alternative legumes also can work in soups, as can seafood or lean poultry.

- **Add texture to the soup:** Pumpkin seeds or flax seeds have taste and texture, and can be a healthier option for topping soups over buttery croutons or crackers.

- **Keep ingredients "whole" in the soup:** Lean on whole grains, fibrous vegetables, fresh herbs, and lean meats to build a well-rounded soup that's bursting with nutrition.

- **Add some turmeric and ginger:** If the flavor profile allows, incorporate some fresh turmeric and ginger to the soup. Health magazine says these ingredients are part of the same plant family and have been used in traditional medicine in India and China for centuries. Both are known for reducing inflammation and alleviating symptoms of digestive disease.

Health benefits of soup

Soup is a staple in winter, especially when you feel like you're coming down with a cold. The warm, therapeutic effects of a delicious bowl of soup are hard to dismiss, and may sometimes work as well as the best medicines out there.

Soup gives your immune system a boost. Soups can help you stave off cold and flu. Their vegetable-rich content offers the vitamins and minerals needed to boost one's immune system. While chicken soup is an age-old remedy for the common cold, hot soups in general can break up congestion in the nose and chest. Plus soup also tends to be easily digested and nutrient-dense.

When chilly days require something to warm you up from the inside out, nothing can beat a soothing soup.

Keep you houseplants happy over the winter

Outdoor plants might not bloom or thrive once winter arrives, but houseplants can make it through the season with a few simple strategies.

- **Cut back on watering, if necessary:** The relationship between sunlight and water in regard to houseplants is simple — the more light plants get, the more water they need. Because there's less daylight in winter, houseplants may not need to be watered as frequently as they will during other times of year.

But that could depend on where the plant is located in the house. If it's near a window with substantial sunlight exposure, then it might need as much water as it requires during other times of year.

Soil conditions may provide clues as to how frequently houseplants need to be watered in winter. Touch the soil before watering. If it's wet or feels damp, the plant does not require watering.

- **Mobilize your houseplants:** Some houseplants may be too large and heavy



to move. However, smaller plants may benefit from being more mobile. When moving houseplants, move them to a spot where they can get ample sunlight during the day, especially if they're typi-

cally located in areas of your home that do not get much exposure to sunlight in the winter.

- **Keep plants away from vents:** Any-

one who lives in a region where winter temperatures get very cold knows that conditions sometimes require bumping up the temperature on the thermostat. That can make a home more comfortable for humans but less comfortable for houseplants.

It's always best to keep houseplants away from heating vents so they won't dry out and potentially die. If the thermostat needs to be adjusted to warm up the house, confirm all plants are away from vents to ensure they don't dry and out and potentially die.

- **Check for uninvited guests:** Summer might be the season most synonymous with pests, but houseplants are not invulnerable to uninvited pest guests in winter. Inspect the tops and undersides of houseplant leaves and stems for signs of pest infestation. Treat small infestations with an alcohol-soaked cotton ball, which can be used to wipe pests off the plants. Large infestations may require the use of insecticidal soap.

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Planning for long-term care

Long-term care involves a variety of services that accommodate a person's health or personal care needs when they can no longer perform everyday tasks on their own.

LTC can help people with chronic illnesses, disabilities or other conditions. While expensive, planning for such needs can help families avoid financial strain and stress, and also provide peace of mind.

Types of care

One of the initial steps when planning for LTC is to identify the available options. LTC can involve in-home care, with a care provider coming into an individual's home to offer services like housekeeping and assistance with personal care.

In addition, LTC can take place in nursing homes or assisted living facilities. Adult daycare facilities also may be considered part of LTC.

Payment options

It's important that families recognize that traditional



health insurance does not cover the costs associated with LTC. In addition, Medicare cannot be used for LTC in most cases in the United States. It is essential to earmark funds or find alternatives to cover these costs.

Some insurance companies will let people use life

insurance policies to pay for LTC. Long-term care insurance also merits consideration. This insurance may cover LTC facilities or even home care and medical equipment. Families can explore all their options and find a policy that aligns with their needs and budgets.

Additional financial tools to consider are a Health Savings Account or a Flexible Spending Account, which allow for tax-advantaged savings specifically for health care expenses. Those with limited income can be eligible for Medicaid in the U.S., which can pay for nursing home care. However, it is important to research which homes accept Medicaid as a form of payment.

Further estate planning

People can work with licensed professionals to solidify long-term care and financial plans. An estate attorney can help create a durable power of attorney and a living will to ensure that health care and financial decisions are managed according to a person's wishes if he or she becomes unable to do so. An irrevocable trust also could be beneficial in managing assets and potentially shielding families from LTC costs.



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We strive to provide quality care in a home-like atmosphere and feel that our dedicated approach is what defines our facility. We appreciate all the support we receive from our resident families, staff and community partners. Working together is what we feel makes Maggie Valley Nursing and Rehab successful.



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Stack the deck in your favor: Unlock the ripple effect of holistic wellness strategies

By Dr. Michael Hogan

Blue Mountain Chiropractic Center

We are 10% through the year. How are your health goals coming along? Are you on track, or have you quit tracking?

Or, maybe you're the type that simply keeps on without reassessing and retargeting your health goals. My mentor always says your number one goal is to be healthy, and the richest person in the world who did not have their health would likely trade all their money for health.

The first 30 days of my New Year started off with a high level of commitment to my own physical fitness and well-being. But by February, my commitment to fitness became more challenged and waned due to all the excuses. Time, money, family. It's hard to put yourself first.

Where do you find the mental strength to follow through? In the era where so many struggle with mental health, is the conversation revolving around modern science? Or is it modern marketing that is running the show?

One area that's gotten attention lately is the connection between brain health and mental health. There are many things that we can do for our brain health that have been proven through clinical imaging to directly affect our mental health.

This is part of a larger wellness approach known as stacking solutions — taking fewer but strategic steps to achieve multiple outcomes. Certain steps or actions that improve brain health can also improve mental, heart and physical health outcomes.

It seems we are seeing more and more dementia issues today, and nearly everyone has had a loved one affected. Dr. Daniel Amen, a world renowned psychiatrist who has done brain scans on over 200,000 people, found that the number one contributor to Alzheimers is low blood flow. According to Dr. Amen, contributors of low blood flow are being overweight, smoking, and sedentary lifestyle.

By no surprise, we can all predict the answers to improved blood flow. Eating healthy and exercising more. Yet, so few of us have the motivation to take control of our behaviors to accomplish these lofty health goals. Part of this is due to the pain associated with sedentary lifestyles, as well.

I find many patients want to get back to exercise but do not feel up for it due to pain or low energy.



Dr. Michael Hogan, Blue Mountain Chiropractic Center, traces the underlying connections that determine our well-being and overall health, and how adjustments in certain areas can have exponential benefits.

This is where chiropractic alignment can re-charge you by reducing and eliminating strain on your spine. It's so energizing to reconnect with your posture and alignment to empower you to take healthy actions.

In order to feel truly empowered and reduce metabolic inflammation, you must work on your gut microbiome. So many of us are bloated and overweight because of chronic gut microbiota. Research reveals gut microbiota diversity is critical to brain and metabolic health.

Improving your metabolism will cause you to burn more calories naturally and help with your energy. Your gut or gastrointestinal system contains over 500 million neurons (nervous system cells) that communicate with your brain and create neurotransmitters (molecules that affect your energy and how you feel). Chronic gut imbalance makes it very difficult to overcome pain and inflammation.

Research indicates consuming a wide variety of foods containing fiber (yes, vegetables and fruits!) may significantly improve your gut microbiome. However, you must be careful to avoid overexposure to pesticides and chemical residues, which may have a negative impact on your gut health.

If you want to make strides to improve your ener-



Dr. Tara Hogan of Blue Mountain Chiropractic Center is helping women manage stress and find balance on a path to whole body wellness with a workshop called "Poised and Peaceful."

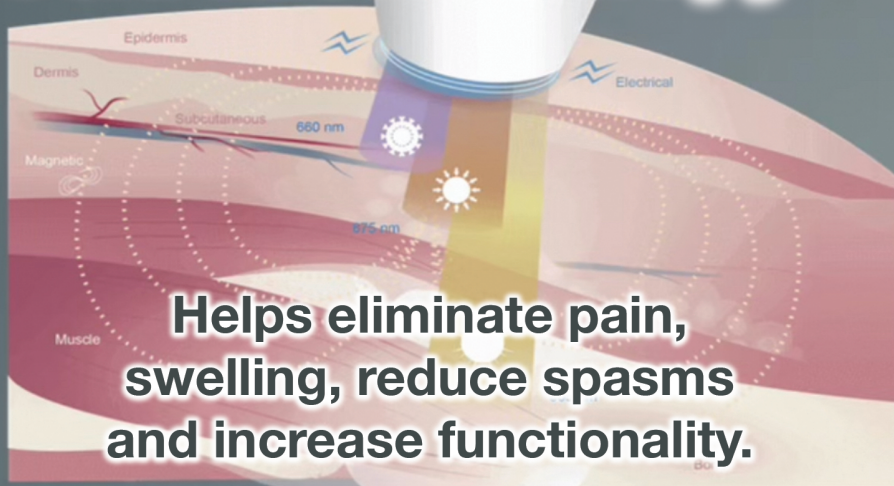
gy, mental health and lose weight — think BRAIN HEALTH. This will help you stack the deck in your favor. Improve the blood to your brain and body today with 30 + minutes of fitness activities of your choice. Carve out the time for yourself: it's your life.

On a final note, managing stress can be a delight with the use of a heart rate monitor that can help you directly correlate how you feel with your heart rhythm using your phone. Doing this daily is an awesome way to take charge and track your own heart, which is also an indirect measurement of your brain and vagus nerve (longest nerve in the body connecting your brain, heart, lungs and gut).

Dr. Tara Hogan, DC, of Blue Mountain Chiropractic Center has launched a workshop on stress management for women called the "Poised and Peaceful" method. Learn of upcoming workshops or buy the videos at DrTaraHogan.com.

Blue Mountain Chiropractic Center offers x-ray specific and data driven spinal adjustments and detailed, personalized nutrition consultations. Services include family care (pregnancy, pediatric, infant and breastfeeding concerns); sports injuries and recovery; and pain and ailments (including Medicare). Visit Blue Mountain Chiropractic Center in Waynesville or contact 828-246-9555 to schedule a consultation.

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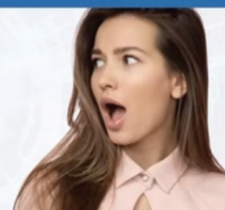
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Drs. Michael and Tara Hogan



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