LOVE YOUR HEART

Healthy Recipes for Healthy Hearts

Exercise: Important for you AND your pet!

Ways Running Keeps You Younger

Breast Implants vs. Breast Lift

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Fraternity Turns Social Event into Philanthropy Fundraiser

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Million Hearts® Begins with You

Working together to prevent one million heart attacks and strokes

1 of every 3 deaths is caused by heart disease and stroke

Health care costs for heart attack and stroke: $312.6 BILLION

Leading cause of PREVENTABLE DEATH in people 40-65 years of age

2 MILLION+ heart attacks and strokes each year

To prevent 1 million heart attacks and strokes, health care professionals and public health workers should do what we know works:

FOCUS ON THE ABCS
- A: Aspirin when appropriate
- B: Blood pressure control
- C: Cholesterol management
- S: Smoking cessation

USE HEALTH IT
- Use electronic health records and other health IT to identify patients who need support to improve their ABCS and then track their progress over time.

USE TEAM-BASED CARE
- Use clinical innovations, including:
  - Use everyone who interacts with patients to the top of their skills and license
  - Self-measured blood pressure monitoring with clinical support
  - Reward and recognize excellence in the ABCS

By doing what we know works, health care professionals, health care systems, and public health organizations can help prevent 1,000,000 heart attacks and strokes and meet these goals by 2017:

- 47% to 70% increase in aspirin use for secondary prevention
- 46% to 70% increase in blood pressure control
- 33% to 70% increase in cholesterol management
- 23% to 70% increase in help for those who want to quit smoking
- 20% reduction in sodium consumption
- 50% reduction in trans fat consumption

* For more information on effectiveness of team-based care, visit:
  - www.thecommunityguide.org/cvd/teambasedcare.html
  - www.cdc.gov/media/dpk/2013/dpk_13_in_2013.html
  - www.millionhearts.hhs.gov

U.S. Department of Health and Human Services Centers for Disease Control and Prevention
ON THE COVER:

On the cover is a woman getting her blood pressure checked. Blood pressure is important because the higher your blood pressure is, the higher your risk of health problems in the future. If your blood pressure is high, it is putting extra strain on your arteries and on your heart. This could also cause a heart attack or stroke. Protect your heart by monitoring your blood pressure, eating right and getting the proper exercise.

Thanks to all of our advertisers and contributing experts who helped educate and inform our readers this month!
When it comes to heart health, it might surprise you that eating a calorie-dense, high-fat snack (we’re looking at you, walnuts) is a good choice for cardiovascular health. But it’s true. Here’s a few reasons you should consider reaching for a small handful of walnuts.

- Walnuts are the only nuts that contain significant amounts of omega-3 alpha-linolenic acid (ALA). Your body uses this type of fat for energy, and to a limited degree, it can convert ALA into EPA and DHA—the essential omega-3s you get from certain fatty fish.

- Researchers at Yale University recently found that participants in a study who ate two ounces of walnuts every day for six months had significant reductions in LDL (bad) cholesterol.

- In addition to lowering cholesterol, studies show that walnuts may also help decrease blood pressure.

- Walnuts contain powerful antioxidants and polyphenols that may help prevent cancer as well as memory loss and cognitive decline.

- A ¼ cup serving of walnuts also gives you 2 grams of fiber, a nutrient that can help lower cholesterol and help you feel full. Americans eating a 2,000-calorie diet should aim for 28 grams of fiber daily.

Plus, they’re delicious. In baked goods, on cereals, mixed into breading for fish or chicken, pureed into dips or spreads—there’s no shortage of ways to use walnuts. But because they’re high in calories, it’s important to adjust your diet accordingly. For reference, a ¼-cup serving has about 190 calories.

You can also get similar benefits from using walnut oil (which has about 120 calories in 1 tablespoon). However, because walnut oil can taste bitter if heated, it’s best to use it as a dipping oil for bread or to lightly dress salads and vegetables.

### Basil-Spinach Pesto with Walnuts

Recipe courtesy of Hy-Vee.com

Makes 16 servings

Pesto is a flavorful combination of fresh basil, nuts, garlic, and Parmesan. Use it to add a taste of Italy to sandwiches, pizzas, sauces, pastas, and even eggs.

**INGREDIENTS**

- ⅓ c. Hy-Vee walnuts, finely chopped
- 1 c. packed basil leaves (about 2 oz)
- 1 c. packed spinach leaves (about 2 oz)
- ½ c. Hy-Vee finely shredded Parmesan cheese
- 1 tsp. minced garlic
- ½ tsp. Hy-Vee kosher sea salt
- pinch red pepper flakes, optional
- 2½ c. Hy-Vee Select extra-virgin olive oil

**DIRECTIONS**

1. Preheat oven to 350 degrees.
2. Place walnuts on an ungreased baking sheet and bake until lightly toasted, about 10 minutes; remove and set aside to cool.
3. In a food processor, combine basil, spinach, walnuts, Parmesan, garlic, salt and red pepper flakes, if desired. Cover and pulse until coarsely chopped. Add oil and process until thoroughly combined.

4. Store in the refrigerator for up to one week or in the freezer for up to one month. Thaw frozen pesto in refrigerator overnight.

Nutrition facts per serving: 110 calories, 11g fat, 2g saturated fat, 5mg cholesterol, 115mg sodium, 1g carbohydrate, 0g fiber, 0g sugar, 2g protein

Source: www.cleaneatingmag.com

The information is not intended as medical advice. Please consult a medical professional for individual advice.

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Topeka, KS 66614
A Guide to a Low Sodium Diet: Where is the salt hiding?

By Megan Feighny, MSN, APRN-C

Working as a Primary Care Nurse Practitioner, high blood pressure is one of the most common diagnoses patients present with. While high blood pressure often requires medication to get it under control, there are also lifestyle modifications that can help to improve blood pressure. These lifestyle modifications include: regular exercise, tobacco cessation, and a low sodium diet. The lifestyle modification that most often perplexes my patients is a low sodium diet.

My patients often tell me, “I don’t add salt to my food.” And it becomes my mission to inform them about the hidden salts in their diet. So, why is this important and where is the salt hiding?

More than 75 percent of the sodium Americans eat comes from some processed, prepackaged, and restaurant foods – not from the salt shaker.

Studies show that cutting down on sodium in your diet can lower blood pressure and furthermore reduce your risk of stroke, heart attack, heart failure, and other health problems. The recommended sodium intake per day for people without any cardiac disease is less than 2300 mg of sodium per day with an ideal limit being no more than 1500 mg per day. That is less than ONE teaspoon per day. People with high blood pressure or other cardiac disease should eat even less.

While it does help to avoid adding salt to your food, it is important to keep in mind that a huge source of hidden sodium is processed foods. This includes: frozen meals, canned or pickled food, snack foods, deli meat, cheese, condiments, sauces, dressings, bread, cereals, and soda (including diet). These foods are already high in sodium, even if you don’t add any salt to them.

Checking labels is important when watching the sodium intake in your diet. It is really the only way to know how much sodium is hiding in your food. Eating fresh food is preferred over eating packaged or processed foods, however, if eating packaged or processed foods, try choosing foods that are labeled “sodium-free,” “very low sodium,” or “low sodium.”

Natural substitutes to salt include: lemon, ginger, curry, dried herbs, onion, garlic, and dry mustard. At first the foods may not taste as good without all the hidden sodium, but your taste buds will adjust over time and your heart and blood pressure will thank you.
Exercise: Important for you AND your pet!

As we dive into February, with all the temptations of Valentine’s Day celebrations afoot and the newness of the year beginning to wane, one begins to wonder whether keeping up with those New Year’s Resolutions we all made is worth all the hassle. Many of us vowed to exercise more, to quit the soft drinks or candy or whatnots, or to live a healthier lifestyle altogether. Maybe that “new year, new you” motto just isn’t as motivational as it was a month ago? If you’re struggling to keep those commitments to exercise more that you made to your inner self, let us suggest a Resolution-buddy—specifically, your furry friend at home!

We all know that obesity is becoming a major health problem for human beings, but did you know it is also becoming an issue for dogs?!!!

It is estimated that between 20 and 40 percent of all dogs seen by veterinarians in the Topeka area are considered overweight, and many are clinically obese. Obesity decreases speed and stamina, preventing dogs from enjoying the physical activities they once loved. Our canine companions are indeed very different from us, but they share many of the same chemical and physical compositions, as well as bone and body structures—and while the type of food they eat plays a very large role in their overall health (just as it does for us two-leggers) exercise is an absolute necessity for maintaining optimal physical and mental wellness for them, too, regardless of diet.

There are many similarities between humans and dogs when it comes to the effects obesity can have on the body.

Just as in humans, being overweight can be the cause of a whole list of medical issues, including arthritic complications in overly-burdened joints (especially in elderly dogs), increased risk of torn ligaments as a result of the excess pressure caused by carrying all that weight, back problems, heart problems, difficulty breathing, increased risks during surgery, skin problems, and even an increased risk of some kinds of cancer. The heavier they get, the less likely they are to even want to get up and around, creating a vicious cycle that is hard to break—especially for pets who cannot be reasoned with!

A dog that doesn’t get enough exercise will not only run the risk of developing health issues, he will also likely develop behavioral issues.

Dogs are naturally active creatures, and many domestic dogs have been selectively bred to be even more active, with a focus on hunting or herding or patrolling. Preventing them from reaching their genetically programmed activity level can build frustration, which may exhibit itself in an array of behavioral issues out of boredom or frustration. A dog that isn’t allowed to work off excess energy and tension through exercise may develop aggressive tendencies. Boredom may lead your dog to try to entertain himself with stress relieving behavior such as chewing. If the physical threats associated with obesity aren’t enough, consider the behavioral aspects of a lack of exercise. Boredom has also been associated with behavioral problems in some dogs.

Don’t think you can just stick your dog in the yard and trust him to exercise himself, though.

Unless he has a friend in the yard with him, or lots of stimulation on the other side of the fence (which may not make you the favorite neighbors), he may toss his ball or rope around a few times, sniff around, and then just sit there. You’ll need to interact with him to get him to exercise—or employ someone else to do that for you. Doggie daycare, for example, was invented for exactly that purpose. It helps to satisfy a dog’s inherent needs for exercise—and provides much needed socialization all at the same time. It also provides a myriad of benefits for the owner, so if obesity due to a lack of exercise is a concern for your pup, consider speaking to your pet care provider about your options here in Topeka.

For more information about boarding, daycare, training or grooming for your pet, call Mandi Biester at The Dirty Dog: 785-431-6694.

3120 S. Kansas Avenue
785-431-6694
www.dirtydogtopeka.com
You Asked: Common Questions About Kids’ Dental and Eye Care

We get questions all the time about how to keep children’s teeth and eyes healthy for life. Here are some of the questions we commonly see. And, as always, don’t hesitate to reach out to your child’s dentist and eye doctor with questions.

How often does my child need to see the dentist?

The American Academy of Pediatric Dentistry recommends that children should first see the dentist by one year (12 months) of age. Thereafter, children should see the dentist every six months unless otherwise directed by your dentist.

What dental care is covered by Medicaid?

Medicaid generally covers all needed preventive and operative dental care for children from six months to 20 years of age.

This includes twice annual dental cleanings, exams and x-rays plus fluoride treatments and sealants, fillings, crowns, spacers and other treatment that may be required to maintain or restore dental health.

Why should I fill cavities on baby teeth?

There are two reasons why restoring cavities on baby teeth is important.

1. Untreated decay in a single tooth can harbor bacteria which can affect nearby teeth and, if left untreated, may affect the permanent tooth developing beneath the baby tooth. This can lead to pain, infection, tooth loss and gum disease and other serious health conditions.

2. In addition, baby teeth fulfill very important growth functions for kids. They help children develop proper chewing habits, speech and, most importantly, they hold the space for developing adult teeth. If kids lose baby teeth prematurely due to cavities, this may impact the ability of the adult teeth to come in ("erupt") and create future complications with tooth alignment and function – potentially requiring orthodontic care to correct.

When should I take my child to the dentist for the first check-up?

Your child should visit the dentist in the time frame between the eruption of their first tooth (around six months of age), and their first birthday (12 months of age).

If my child passed a vision screening at school. Does she still need an eye exam?

Yes, she still needs a comprehensive eye exam from an optometrist with the training and equipment to detect the full range of potential childhood vision issues. Vision screenings at
school typically only test for nearsightedness and are not capable of identifying more serious eye conditions. One in four children may have a vision issue that could impair development and success at school. All children should undergo eye exams every one to two years started from the time they reach six months.

**Are eyeglasses covered by Medicaid?**

Yes, children’s glasses are fully covered by Medicaid. We carry over 350 Medicaid-approved frames, so you can get your child the perfect pair of glasses for little or no cost to you.

**What do I do if my child gets something in their eye?**

Foreign bodies on the surface of the eye should be treated with great care. Do not try to remove except by flushing with water or saline solution for risk of scratching the surface of the eye. Position your child’s head over the sink and gently pour lukewarm water over the affected eye for up to 15 minutes. If an object is embedded in the eye, seek emergency medical support.

**What is nearsightedness?**

Nearsightedness, or myopia, is a refractive disorder that impacts the eye’s ability to focus on objects that are far away. An eye affected with nearsightedness is either too long or the cornea is too steep, which means that light rays will focus in front of the retina instead of directly on it. Being nearsighted, therefore, means that close objects are in focus while distant ones are not.

**Get Your Questions Answered**

Consult with your child’s dentist or optometrist for any questions you have. And, at Adventure Dental and Vision, we’re here to help you ensure your child has healthy teeth and eyes for life. With a committed staff that loves caring for children, we are here to answer your questions!
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Local Fraternity Turns Social Event into Philanthropy Fundraiser

Alpha Delta Fraternity of Washburn University has expanded its traditional Sweetheart Ball to include the Topeka/Lawrence area communities in a fundraising benefit for the Alpha Delta Philanthropy, which is Diabetes awareness, education and research.

Organizations providing services and/or project funding for diabetes awareness, education and research will be the beneficiaries of the 2018 Sweetheart Event, which is open to the public.

Since there is no longer an office for the American Diabetes Association in either Shawnee or Douglas Counties (the closest offices are in Leawood and Wichita), the Fraternity members have identified area Cosmopolitan Clubs as beneficiaries as well.

Cosmopolitan International is a chartered not-for-profit civic service organization. Founded in 1918, it consists of approximately 60 clubs with a membership of over 1,800 in the United States, Canada and Mexico. Initially many community organizations were served. Since Diabetes research and treatment were adopted as the Cosmopolitan Intl. focus, millions of dollars have been donated through clubs working in their respective communities.

Local area groups include the Topeka Cosmopolitan Club, the Emerald City Cosmopolitan Club, also of Topeka, and the River City Cosmopolitan Club of Lawrence. Each group assesses its respective communities’ needs for volunteer services and diabetic supplies and makes donations accordingly. Organizations benefiting from these contributions include, but are not limited to, Stormont Vail Diabetic Learning Center, Paws for a Cause, Kansas Diabetes Camps for Children, Topeka Rescue Mission, Health Access, A1C Camp, Stormont Vail Foundation and Dornwood Park.

Alpha Delta Fraternity was founded in 1912 by students at Washburn University who determined that they wanted to create a strong local fraternity rather than align themselves with a national group. Throughout the years, national fraternities have attempted to charter Alpha Delta but the members prefer to maintain themselves as their own local organization. Alpha Delta is the oldest local fraternity west of the Mississippi.

The Sweetheart Buffet and Ball will be Sunday, February 18, from 6:00 PM through 9:30 PM at the Meadowlark Estates Gracious Retirement Living facility at 4430 Bauer Farm Drive in Lawrence.

Honored will be Bobbi Sinclair as the Chapter’s 2017-18 Sweetheart. An active member of Alpha Phi Sorority at Washburn University, Ms. Sinclair is a sophomore whose goal is to attain a Bachelor of Science degree in Nursing.

"Sweetheart: A person regarded as generous or lovable...Someone cherished for his/her excellent qualities...A kind or helpful person...A generous, friendly person. Anyone who arouses loyal affection. A beloved person."

It is hoped that former Alpha Delta "Sweethearts" will contact Project Coordinator, Mayre Hoffman (admomma1919@gmail.com) and plan to attend the Buffet and Ball Event and be recognized with this year’s honoree.

Community organizations, medical offices, and those with interests in defeating this disease are also encouraged to identify their own respective “sweethearts” for recognition at the Sweetheart Buffet and Ball.

Music for the Ball is being provided by Topeka/Lawrence area student jazz bands.

Reservations may be made by calling Mayre Macey Hoffman at 913-608-3086, emailing at admomma1919@gmail.com, or sending a check to her in care of Alpha Delta Fraternity, 1919 MacVicar Ave., Topeka, Ks., 66604. Make checks payable to Alpha Delta Fraternity with the word philanthropy in the memo line. DEADLINE IS FEBRUARY 10.

Questions and comments are welcomed: Call Ms. Hoffman with those as well.

Reservations are $40.00 for individuals, $150.00 for a table of four (multiple tables of 4 may be reserved by individuals/groups), $100.00 (or more) sponsorships are welcomed and appreciated for music group honorariums and miscellaneous costs.

Much appreciation to Meadowlark Estates for sharing the facility, decorations, dance floor, printed promotional materials, chef and staff. They are providing the delicious chef-prepared meal with a variety of spectacular diabetic desserts in their beautiful facility.
Breast implants vs. breast lift – PICKING THE RIGHT PROCEDURE FOR YOU

KMC Plastic Surgery —

What do you do if you are unhappy with your breast size, shape, or droop? What type of breast augmentation is right for you? Several surgical options are available to you depending on what you would like to achieve. Two of the most popular include augmentation (enlargement) and breast lifts.

Breast implants: What you need to know

Do you want bigger breasts? If yes, then augmentation is the surgical procedure that will be required. When considering breast augmentation there are four major areas that will need to be considered including placement of the incision, implant size/shape, type of implant and the associated risks.

Incision and implant placement: The three most common incisions for breast augmentation include inframammary (under the fold of the breast), transaxillary (in the armpit), or periareolar (around the nipple). Each incisional technique has specific advantages and disadvantages.

Implant size and shape: When it comes to size and shape you have multiple options. Considerations such as your chest wall shape, your body form, your lifestyle, your natural foundation and your goals must be addressed.

Implant types: Silicone versus saline depends on multiple factors including desired results, preference, body type and cost. Silicone gel is more expensive, requires a larger incision and is a more involved surgical procedure. However, silicone implants tend to have a more natural, softer feel and are extremely durable. Saline implants work well with a patient and can add volume and shape without necessarily changing the feel of the breasts and are adjustable and can be placed with very small incisions. Incidentally, both types of implants are FDA approved and have excellent safety records.

Breast lift: What you need to know

Loss of breast elasticity usually leads to breast ptosis (drooping). Breast drooping is especially evident as women age, fluctuate in weight, or bear children. A breast lift will help correct drooping by volumetrically reshaping the breasts. A simple test to determine if you’re a candidate for a breast lift is the pencil test. Place a pencil as high as you can under the breast fold. If the pencil holds, then you have signs of breast drooping. If your nipple falls below the pencil, then you have significant ptosis, and more than likely are a great candidate for a breast lift.

Which is better? Breast augmentation? Breast lift? Both?

Each procedure offers its own set of unique advantages and disadvantages. You must understand that a breast augmentation focuses on size and shape of the breast and will not correct drooping breasts. Unlike breast augmentation, a breast lift focuses primarily on breast position and will not increase the size of your bust. Often a breast lift is done in conjunction with breast augmentation so that the breasts can be restored to a more youthful position and a volume increase is added with the use of an implant.

Dr. Michael P. Gross

Michael P. Gross, MD, is board certified in Plastic and Reconstructive Surgery. He served as Chief Resident in Plastic Surgery at Wright State University College of Medicine/Kettering Medical Center, Dayton, Ohio and Chief Resident in General Surgery at Saint Luke’s Medical Center in Cleveland Ohio. He is a graduate of The Ohio State University College of Medicine and The University of Michigan. He is certified by the American Board of Plastic Surgery.

Dr. Gross has been performing reconstructive and aesthetic procedures of the face, breasts, and body for more than 20 years. He is especially excited to offer Facial reconstructive surgery; Breast and Body contouring, enhancement and reconstruction in addition to injectables, laser and other nonsurgical cosmetic procedures.
Healthy Recipes for a Healthy Heart

Healthy and tasty recipes are key to sticking with any heart-healthy nutrition plan. Here are a couple good ones!

**Lemon Chicken and Cinnamon Glazed Root Vegetables**

This American Heart Association, Simple Cooking with Heart chicken dish is so, so easy to make!

**Ingredients**

- non-stick cooking spray
- 4 boneless, skinless chicken breasts, all visible fat discarded
- 1 lemon
- 1/4 tsp. black pepper
- 1/2 tsp. dried parsley
- 1/2 tsp. dried oregano

**Cinnamon Glazed Root Vegetables:**
- 1 small raw sweet potato, cut into 1-inch cubes, peeled if desired
- 1/2 cup baby carrots, cut into 1-inch pieces
- 1 small turnip, cut into 1-inch cubes
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. light tub margarine
- 1/2 tsp. cinnamon
- 1 tsp. brown sugar

**Directions**

**Lemon Chicken:**
- Pound chicken to even thinness (about 1 inch).
- Spray a large skillet with non-stick cooking spray, place over medium heat.
- Add chicken to skillet and squeeze juice of ½ the lemon over the chicken.
- Sprinkle pepper, parsley and oregano over the chicken.
- Cook for 5-10 minutes on each side

**Cinnamon Glazed Root Vegetables:**
- Preheat oven to 400 degrees.
- Combine vegetables in a medium mixing bowl and toss with olive oil to coat.
- Spread vegetables on a baking sheet and bake for 20 minutes.
- Stir vegetables and bake an additional 20 minutes until vegetables are tender (pierce easily with a fork) and are lightly browned.
- Return vegetables to mixing bowl and add margarine, cinnamon and brown sugar.
- Toss until margarine is melted and vegetables are coated with cinnamon and sugar.

**Nutrition Information** (Servings: 4)

- Per serving: Calories: 237 kcal; Total Fat: 7.5 g; Cholesterol: 73 mg; Carbohydrates: 16 g; Sodium: 202 mg; Protein: 25 g

Source: heart.org

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**Apple Bread Pudding**

With this American Heart Association heart-healthy recipe, whole grain bread, apples and cinnamon make a savory dessert that is healthy too!

**Ingredients**

- Cooking spray
- 1 whole egg PLUS
- 1 egg white
- 1 cup skim milk
- 2 Tbsp. brown sugar blend
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 tsp. cloves or allspice
- 6 slices light, whole-grain or multigrain bread, cubed
- 3 medium apples, cored, cored, cut into 1/2-inch cubes

**Directions**

- Pre-heat oven to 350.
- Spray 9x9 baking dish with cooking spray.

**Nutrition Information** (Servings: 4)

- Per serving: Calories: 131 kcal; Fat: 1.2 g; Cholesterol: 32 mg; Sodium: 154 mg; Carbohydrates: 26 g; Protein: 5 g

Source: heart.org

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**More healthy tips**

A healthy balanced shake or smoothie can also be used as a meal or snack substitute. Combined with proper snacking, including the right amounts of fiber and protein, this regimen can keep your metabolism burning calories and let you manage weight and general good health.

Regular consulting with your wellness coach can help you stay focused, and answer any questions you may have. For help with a targeted nutrition program with personalized support, contact your wellness coach today!

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In large bowl, whisk together egg, egg white, milk, sugar blend, vanilla, cinnamon, and cloves.
- Add bread and apple cubes. Add fruit or nuts if desired. Mix well.
- Pour mixture into prepared baking dish and bake in preheated oven for 40-45 minutes.

**Nutrition Information** (Servings: 4)

Per serving: Calories: 131 kcal; Fat: 1.2 g; Cholesterol: 32 mg; Sodium: 154 mg; Carbohydrates: 26 g; Protein: 5 g

Source: heart.org

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Top 10 Health Benefits of Gymnastics

When we watch the gymnasts perform at the highest level, such as the Olympics or national championships, it’s easy to be amazed at how strong and flexible they are. The raw physical strength, flexibility, power, agility, coordination, grace, balance and control required in gymnastics are impressive, but these elite level athletes are not the only ones who can benefit from participating.

Here are the Top 10 Health Benefits of Gymnastics:

• **Flexibility**: Flexibility is a primary factor in gymnastics. Increasing flexibility can also be an effective aid to the reduction of injury, preventing people from forcing a limb to an injurious range of motion. By learning movements and combining them in a routine, the gymnast can attain greater flexibility and greater control of the body.

• **Disease prevention**: Participation in gymnastics can help maintain a healthy body, which is key to preventing numerous health conditions such as asthma, cancer, obesity, heart disease and diabetes. Being involved in gymnastics helps encourage a healthy lifestyle, including regular physical activity and eating a well-balanced diet.

• **Strong and healthy bones**: Participation in weight-bearing activities — including gymnastics — can develop strong, healthy bones, which is important to develop at a young age. As we age, we inevitably experience a decrease in bone mass every year. Building strong, healthy bones at a young age can help reduce the risks of developing osteoporosis later on in life.

• **Increased self-esteem**: A study conducted by researchers at the Robert Wood Johnson Medical School have indicated that children who participate in physical activity like gymnastics are likely to have better self-esteem and self-efficacy.

• **Daily exercise needs**: The American Heart Association recommends children participate in 60 minutes of physical activity per day. Adults age 18 and over should participate in 30 minutes of exercise at least five days per week. Participation in gymnastics helps meet the exercise recommendations set forth by the American Heart Association.

• **Increased cognitive functioning**: Participation in gymnastics does not only offer physical gains; it is beneficial for improving concentration and mental focus — an important aspect of anyone’s life. Gymnastics allows children the chance to think for themselves, to stimulate their imaginations and to solve problems safely.

• **Increased coordination**: Gymnasts do not react with as large a “startle response” to sudden imbalances as non-gymnasts. By applying this conditioning outside the sport, people become better equipped to avoid hazardous situations by quickly identifying them and naturally correcting body alignment when walking, standing or jumping, etc.

• **Strength development**: Gymnastics produces, pound-for-pound, the best athletes in the world.

Gymnastics uses almost exclusively body weight exercises to build upper body, lower body, and core strength.

• **Discipline**: Gymnastics instills a sense of discipline. Each student must have the self control to make corrections when a coach asks them to, and they must also have the self discipline to stay on task when a coach is working with another gymnast.

• **Social skills**: At all ages, gymnastics provides an opportunity to develop social skills. Younger children learn how to stand in line, look, listen, be quiet when others are talking, work and think independently, and how to be respectful of others. The older kids learn how to set a good example for the people who look up to them and become role models at a young age.

Source: HealthFitnessRevolution.com

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Triny Lindsay

**CAGE Gymnastics**  
785-266-4151  
2925 SW 37th St., Topeka  
www.cagegymnastics.com
Heart-breaking Sweets

By Leigh Ann Fulkerson, NASM-Certified Personal Trainer, Ketogenic Specialist, & Wellness Coach

We are currently experiencing a revolution in the understanding of human metabolism, which is of critical importance when it comes to heart health. Back in 1976, the federal government launched America into the era of the “low-fat diet,” claiming that dietary fat and cholesterol were causing obesity, coronary artery disease, heart disease, and arterial sclerosis. As of 2018, hundreds of studies have proven this claim to be entirely unfounded. Meanwhile, for the past 40 years, Americans on this diet have seen rates of obesity, diabetes and heart disease unlike any period in human history. Clearly, something is wrong, and the food system is certainly a major factor.

Although the concept of low-carb dates to the Greek founder of medicine, Hippocrates, today’s cutting-edge research clearly demonstrates that, in fact, it is the over-consumption of carbohydrates, particularly sugar, fructose and foods processed from grains, that is at the root of this health epidemic. Carbohydrates directly impact not only obesity and type 2 diabetes, but many other degenerative diseases including cancer, heart disease, polycystic ovarian syndrome (PCOS). These diseases can be traced right back to the cellular level.

The biochemistry of human metabolism is complex, but the fundamental concepts are easily understood. Here are four basic concepts that will help you unlock the key to your metabolism.

CONCEPT #1: ENERGY FOR THE BODY

The body has two primary sources of energy: glucose and fat. The body can store only about one day’s worth of glucose in our muscles and liver (this is called glycogen). However, the body can store much more energy as fat. When used as fuel for our cells, fat is more energy dense with 9 kcal per gram, versus glucose which only provides 4 kcal per gram. When foods are broken down into molecules, it is the mitochondria in our cells that convert glucose or fat into ATP, which are then used by our tissues for the energy we need to live.

Unfortunately, burning through an over-abundance of glucose produces waste products, oxidative stress, free-radicals and causes “mitochondrial dysfunction.” When the mitochondria are damaged, many other negative health effects follow.

CONCEPT #2: THE ROLE OF INSULIN

Whenever we eat, our digestive system breaks down carbohydrates, proteins, and fats into molecules to be used for energy and cellular regeneration. Eating foods naturally causes a rise in insulin. Having some insulin is normal and good. Without it, we’d face Type 1 Diabetes. In that case, our bodies would literally melt all our fat stores for energy all the time.

The image above right shows a child with Type 1 Diabetes. In image A, the child has not been given insulin, therefore she can’t store any fat and her body is literally consuming itself for energy. In image B, she has been treated with a normal amount of insulin, which allowed her to gain weight and have a healthy metabolism.

The following graph shows that carbohydrates cause the greatest spike in insulin production. We’ve been taught that the role of insulin is to reduce blood sugar. And while insulin does have this effect, that isn’t the whole story. The hormone insulin has two basic roles: as a nutrient sensor and a signal for the conversion of excess glucose into fat cells (adipocytes).

CONCEPT #3: CARBS & HYPERINSULINEMIA

Carbohydrates come from various sources: sugars of all kinds, fruits, grains, beans and vegetables all have some amount of carbohydrates in them. However, some carbohydrates are much better for us than others. Carbs that come from sugar, fructose, starchy tubers and grains are called “empty calories” because they have little to no nutritional value, while producing a lot of glucose. Carbohydrates that come from non-starchy vegetables and dark, leafy greens are called “nutrient dense.” They not only provide energy, but many vitamins, minerals and other micronutrients.

Unfortunately, the Western diet includes far too many unhealthy carbs, such as those that come from starches, processed grains and sugars. Fundamentally, this over-consumption of glucose-producing food is the real source of the obesity epidemic and its concomitant degenerative diseases including metabolic syndrome, diabetes type 2, hypertension, heart disease and coronary artery disease.

How does this happen? When we eat carbs, we have an insulin spike. It takes 12 hours for insulin to return to
baseline. The more carbs we eat, the more insulin it takes to process them. The more often we eat during the 24-hour day, the longer insulin stays elevated: a continuous fat storage mode!

Eating a carb-rich diet we rapidly develop hyperinsulinemia and become insulin resistant. This is also called “pre-diabetes.” Since we are a society with non-stop carb-rich meals, snacks, beverages, and treats, we generally consume far more glucose that we can burn — even with lots of exercise — so we begin to store more and more fat. Not only is fat stored under our skin, but attached to and in between our organs, even inside our blood vessels. Researchers are also beginning to recognize the negative effect of sugars on brain health. In fact, Alzheimer’s is now being called “diabetes type 3.”

CONCEPT #4: BECOME A FAT-BURNING MACHINE INSTEAD OF A CARB-BURNING MACHINE

As we saw in the previous graph, insulin reacts most strongly after eating carbohydrates. It also shows that dietary fat has little to no impact on insulin production. Protein has a moderate impact on insulin production. When we restrict carbs to eating only nutrient dense carbs and no sugars or processed grains, our insulin production decreases dramatically.

Glucose coming in from food and not burned for immediate energy, will continue to be stored as fat. Glucose is stored as glycogen in our muscles and liver to serve as a turbo charge if we are in a “fight-or-flight” scenario. But remember, we can only store about one day’s worth of glucose. If we are eating more than that, it automatically goes to fat storage. We must use up our current stores of glucose and then stop eating it. This allows the body to stop storing the excess energy and finally tap into our fat stores, which are burned up for our energy requirements.

Although our bodies will burn glucose first if it is present and needed, burning fat is cleaner. Fat produces less oxidative stress and free radicals during its biochemical conversion into energy in the mitochondria. In fact, it is the optimal source of energy for our brain and other tissues. Because we are able to store many times more fat than glucose, it offers us more endurance without the crashes and cravings of glucose burning. The process of becoming a “fat burning machine” requires adapting our mitochondria to utilize fat instead of glucose. This is called “fat adapting.” How do we do this? Simply by avoiding empty carbs and restricting our intake to eating only nutrient-dense sources of carbohydrates.

Neither dietary fat intake nor our cholesterol numbers are the real culprits with regard to heart health. More importantly, though, is insulin and how it works to make us store fat as “energy in waiting.” Many metabolic markers of health, including lipids, triglycerides, hypertension and diabetes have been shown to improve dramatically when the diet is changed in this manner.

If you are ready to revolutionize your diet, recover your metabolic health, and burn off those fat stores, please consider taking my class on the Ketogenic Pathway to Health. You’ll learn all about how to eat a low-carb lifestyle; get introduced to trusted resources; and join our supportive community of fat-burners. Imagine: weight loss without starvation. No pills, shakes, expensive meal plans or meal replacements. You’ll learn how to keep your insulin levels low; how to prevent or reverse metabolic damage by eating real, nutritious and delicious foods. This is not a diet, it is a lifestyle change. Your heart (and your sweetheart) will thank you!
What is Heart Disease?
Heart disease is also known as Coronary Heart Disease (CHD), it happens when plaque is built up within the coronary arteries.
- Arteries that are blocked, supposed to supply oxygen-rich blood to the heart, to continue beating.

In 2010, the total number of deaths in Malaysia resulted from coronary heart disease was at 22,701 according to the WHO (World Health Organization).

About 22.18% of the total deaths in the country.

It is the single largest killer among Malaysians, where the main cause is due to the food intake.

Who's at RISK?
- Men and Women of all ages, especially those with a family history of coronary disease.

Many people think heart disease generally a man's problem, women do get heart disease as well.

One in four women die of heart attack. It is reportedly 2.5 times higher than all types of cancers combined.

RISK FACTORS
- Smoking
- Physical inactivity
- Obesity (BMI above 30)
- Uncontrolled diabetes
- Uncontrolled stress and anger
- Intake of high cholesterol foods
- Medication that provokes hypertension

Several risk factors for heart disease, some are controllable, others are not.

- Food cooked with too much oil and cholesterol are directly linked with blood pressure and coronary heart disease.

Eating A Heart-Healthy Diet:
- Diets in high saturated and trans fat, sugar and salt increase the risk of heart disease and stroke.
- A balanced diet rich in fruits and vegetables help prevent heart disease and stroke.
Fascinating New Way Running Keeps You Younger

By Scott Douglas

The ways in which running helps you age successfully are legion—stronger heart and lungs, cleaner arteries, denser bones, improved mental health, less frailty, perhaps even better eyesight. To the list can now be added the seemingly obscure but important matter of spinal marrow tissue. Every six miles per week you run takes a year off the age of this crucial tissue, with implications for many facets of your health, according to new research out of Australia.

The study, published in the Journal of Bone and Mineral Research, looked at the spinal marrow adipose tissue (MAT) of four groups of people: runners averaging 12 to 25 miles per week, runners averaging at least 30 miles per week, cyclists averaging at least 90 miles per week, and sedentary folks. There were roughly 25 people in each group (101 total, including 54 women), and the subjects’ average age was 30. The key finding: The two groups of runners had the lowest levels of MAT, which is a desirable result. Despite being highly active, the cyclists had MAT levels similar to those of the sedentary group.

Why does this finding matter?

“Humans are born with predominately ‘red’ blood-cell-producing bone marrow,” says lead researcher Daniel Belavy, an associate professor at the Institute for Physical Activity and Nutrition at Deakin University in Victoria, Australia. “However, with age, this converts into a ‘yellow’ fatty marrow. This can negatively impact blood and bone metabolism in areas such as the pelvis, vertebrae, thighs and hips, and contribute to other chronic conditions, such as diabetes and osteoporosis.”

One ramification: Having more MAT means there’s less space in the marrow to produce red blood cells. Your amount of MAT is also believed to influence your other fat stores. Overall, Belavy says, think of marrow tissue as a type of regulatory organ that affects what happens throughout your body. As that marrow tissue becomes more fatty, those regulatory processes deteriorate. Belavy found that the marrow tissue of the most active runners (30 or more miles per week) was eight years “younger” than that of the sedentary subjects.

Belavy’s findings concerning adipose tissue aren’t just a matter of runners tending to be leaner than other people. “Marrow fat is governed by different rules than the fat stores under the skin” he says. “It is not just about burning calories.” After all, the study included cyclists who rode at least 90 miles per week, and they had similar amounts of marrow fat as sedentary people.

The higher-mileage runners had the best MAT levels, but the most important distinction is between those who run and those who don’t. “We can be confident that even [12 miles of] running a week will have a beneficial impact on MAT,” Belavy says. “We can expect that less than that will also have an impact, but we still need to look at that.”

There’s currently no easy way to drop by your doctor’s office and have your MAT levels measured. But rest assured that, in this matter as with so many others, your run today sets you up for better health tomorrow.

Source: Runnersworld.com
Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

**Memory rescue:** supercharge your brain, reverse memory loss, and remember what matters most by Daniel Amen Health Information Neighborhood 616.83 AME

Brain imaging research demonstrates that memory loss actually starts in the brain decades before you have any symptoms. Learn the actions you can take to help prevent memory loss later in life and begin restoring the memory you may have already lost.

**Immune:** how your body defends and protects you by Catherine Carver Health Information Neighborhood 616.079 CAR

Exploring the incredible arsenal that lives within us - how it knows what to attack and what to defend, and how it kills everything from the common cold virus to plague bacteria.

**The danger within us:** America's untested, unregulated medical device industry and one man's battle to survive it by Jeanne Lenzer Health Information Neighborhood 610.7 LEN

A medical investigative journalist presents an unsettling expose of the under-regulated medical device industry, revealing corruption, greed, and deceit.

**The Whole30 day by day:** your daily guide to Whole30 success by Melissa Hartwig Health Information Neighborhood 616.26 HAR

A daily companion to the Whole30 program provides tips, tricks, hacks, and advice to help readers stick with the routine and succeed.

**The clarity cleanse:** 12 steps to finding renewed energy, spiritual fulfillment, and emotional healing by Habib Sadegh Health Information Neighborhood 615.851 SAD

Readers follow this diet for 10 days a month (including a fast day) while alternating between emotional purging and mind-clearing exercises: 12-minute writing purges and 12-minute dialogues.

**Anesthesia:** the gift of oblivion and the mystery of consciousness by Kate Cole-Adams Health Information Neighborhood 610.43 COL

Examines what happens to the unconscious mind while under the effects of anesthesia, tracing the author's own experiences with surgery and the personal accounts of others who have experienced trauma, hallucinations, and submerged memories while under anesthesia.

**The vaccination picture:** by Timothy Caulfield Health Information Neighborhood 614.47 CAU

Misinformation around the science of vaccination continues to spread, and too often the media fails to report bad science for what it is. Using science-informed analysis alongside original art and powerful essays, health science leader Timothy Caulfield debunks the myths and false assumptions about vaccination safety and effectiveness.

**Even the stiffest people can do the splits:** a 4-week stretching plan to achieve amazing health by Eiko Health Information Neighborhood 613.718 EIK

Whether you spend your days running marathons or slouching over a keyboard, everyone can benefit from stretching and the increased flexibility that comes along with it.

**Pretty intense:** the 90-day mind, body and food plan that will absolutely change your life! By Danaica Patrick Health Information Neighborhood 613.7045 PAT

America’s NASCAR standout offers a 90-day program to sculpt your body, calm your mind, and achieve your greatest goals. She shows you how you can apply her daily principles and transform your life for the better—and have fun while doing it.

**The craving cure:** identify your craving type to activate your natural appetite control by Julia Ross Health Information Neighborhood 616.8526 ROS

The author exposes the particularly addictive qualities of today's combinations of processed carbs, explaining how to quickly reset the body's appetite-regulating neurotransmitters through strategic dietary approaches built on five key amino acid supplements that target food addiction.

**Why you eat what you eat:** the science behind our relationship with food by Rachel Herz Health Information Neighborhood 613.2 HER

Our relationship to food is a complicated recipe, whose ingredients—taste, personality, and emotions—combine to make eating a potent and pleasurable experience.

**Our senses:** an immersive experience by Rob DeSalle Health Information Neighborhood 612.8 DES

Over the past decade neuroscience has uncovered a wealth of new information about our senses and how they serve as our gateway to the world. This splendidly accessible book explores the most intriguing findings of this research.

Get These Books and More! Search for and request books, movies and more using your library card at http://catalog.tscpl.org or call (785) 580-4400. Checkout and download ebooks, digital audiobooks, streaming exercise videos and motivational tunes with your library card at http://tscpl.org/downloads.

Contact Lissa Staley: estaley@tscpl.org
Topeka & Shawnee County Public Library, 1515 SW 10th Ave., Topeka, KS 66604
785-580-4400 • www.tscpl.org
Valentine’s Day often means eating chocolates, going out to dinner, and cuddling up watching a movie with your significant other. While we don’t think you should deprive yourself of those traditions, why not start the day off with a healthier activity? Not only will you burn calories and strengthen your heart and muscles, but you’ll have fun connecting with your partner in a new way too.

Need some more convincing? According to Psychology Today, research shows that working out with your partner may strengthen the relationship, increasing feelings of happiness and love towards your partner. Exercising together can also help you inch closer to your fitness goals, as it will provide an accountability partner, some healthy competition, and most importantly, support.

Even if you’re celebrating Singles’ Awareness Day today, grab a pal and sweat with them instead. Friendships can be just as important and fulfilling as romantic relationships, and you’ll reap many of the same benefits exercising alongside a friend.

To get started, check out the infographic below, which details 10 exercises you can do with your partner. The only equipment you’ll need is a heavy object, like a med ball or anything else lying around your house. It’s up to you how many rounds to complete, but we suggest 2-3. Happy sweating!

Source: blog.health.nokia.com
In 2018 more than 25 million will cut the cord. You could save $1000 / year. TV25 eases the cut with 12 FREE premium, cable-like channels.

Your business can reach our loyal viewers: The ONLY locally owned station in Topeka/KC will help YOUR business reach & retain your very BEST clients, at a price YOU CAN afford!

Call Brian: 913-638-7373

Free over the air TV KC, Lawrence & Topeka

Mention this ad and get HALF OFF your first contract!
Don’t turn your nose to Fido’s or Fluffy’s bad breath! That odor might signify a serious health risk, with the potential to damage not only your pet’s teeth and gums but its internal organs as well. The American Veterinary Medical Association sponsors National Pet Dental Health Month in February to address the significance of oral health care for pets.

According to the AVMA, ”more than 85% of dogs and cats that are at least 4 years old have a condition in which bacteria attack the soft gum tissue. This condition is called periodontal disease. Periodontal disease is the final stage in a process that begins with the development of plaque on your pet’s teeth. Periodontal disease is the most common clinical condition in cats and dogs even though it’s completely preventable.

Make it a point this month to learn more about pet dental health, including how to take care of your pet’s teeth year-round, and why it is important. Providing a high level of Oral Care can lengthen the life of your pet and reduce undue infections and pain.

Remember, while February is National Pet Dental Health Month, dental health should be a daily ritual for pet owners all year long.
# Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as $25, call us at 785-380-8848 or email info@TopekaHealthandWellness.com.

## Medical

<table>
<thead>
<tr>
<th>Company</th>
<th>Services</th>
<th>Contact Information</th>
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<tr>
<td>KMC DERMATOLOGY &amp; MED SPA - 2921 SW Wanamaker Dr.</td>
<td>Treating acne, eczema, psoriasis, skin cancer &amp; more</td>
<td>785-272-6860. <a href="http://www.KMCPA.com">www.KMCPA.com</a></td>
</tr>
<tr>
<td>KMC GASTROENTEROLOGY &amp; ENDOSCOPY CENTER - 2200 SW 6th Ave.</td>
<td>Treating abdominal pain, digestive disorders, constipation &amp; more</td>
<td>785-354-8518. KMCPA.com. • TopekaEndoCenter.com</td>
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## Health Advertising

| Place Your Ad Here! | Prices start at $25 per month! Call us at 380-8848 or email us at info@TopekaHealthandWellness.com |

## Health Information

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<th>Health Information</th>
<th>Details</th>
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<tr>
<td>HEALTH INFORMATION - Topeka &amp; Shawnee County Public Library, 1515 SW 10th Ave., offers a variety of health and wellness information in various formats. 785-580-4400. <a href="http://www.tscpl.org">www.tscpl.org</a></td>
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## Emergency Food & Shelter

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<tr>
<th>Company</th>
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<tr>
<td>Topeka Rescue Mission</td>
<td>&quot;Faith with its sleeves Rolled Up&quot;</td>
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## Christian Education

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<th>Company</th>
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<tr>
<td>CAIR PARAVEL LATIN SCHOOL - Offering a Classical Christian Education. 635 SW Clay St.</td>
<td>785-232-3878. <a href="http://www.cpls.org">www.cpls.org</a></td>
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## GYMNASTICS & TUMBLING

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<th>Company</th>
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<tr>
<td>CAGE GYMNASICS - 2925 SW 37th St. We also have great birthday parties!</td>
<td>For details call 785-266-4151 <a href="http://www.cagegymnastics.com">www.cagegymnastics.com</a></td>
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## Dietitian - Healthy Food

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<th>Company</th>
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<tr>
<td>HY-VEE - Our Registered Dietitian is here to offer personal assistance! 2951 SW Wanamaker Rd.</td>
<td>785-272-1763 <a href="http://www.hy-vee.com/stores">www.hy-vee.com/stores</a></td>
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## NUTRITION

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<th>Company</th>
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<tr>
<td>ELITE NUTRITION - Wellness coaching &amp; nutritional products. Ask about our 3-day trial pack! 3720 SW 45th St. (inside Berkshire Golf &amp; Fitness.</td>
<td>785-260-9980</td>
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## Mental Health - Addiction

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<th>Company</th>
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<tr>
<td>MENTAL HEALTH - ADDICTION TREATMENT - Valeo Behavioral Health Care, 330 SW Oakley and 400 SW Oakley.</td>
<td>785-233-1730</td>
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## Mental Health - Addiction Treatment

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## Pest Control

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<th>Company</th>
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<tr>
<td>Bodine's Pest Control</td>
<td>Call 228-9962. Free estimates! • Business &amp; Residential • Honest &amp; Reliable Service • Licensed and Highly Trained</td>
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WEIGHT LOSS
New Year Resolution - So Simple!
Drink Coffee, Lose Weight!
Cup a Day = Pounds Away
Valentus
www.myvalentus.com/cuper2
Harry Bishop: (785) 821-2733 or eze71443@gmail.com

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ADVENTURE DENTAL & VISION - Now your child’s dental and vision needs can be met at the same location. Medicaid welcome.
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PEDiatric Vision
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BLUE CROSS AND BLUE SHIELD - Health insurance for all needs. For more info go to www.bcbsks.com

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Bath Innovations
WALK-IN BATHTUBS & REMODELING
CALL TODAY for a FREE “no high pressure” estimate. 913-912-1750

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Flexibility - Balance - Alignment - Posture - Strength - Coordination
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Correct Imbalances - Recover from Injury - Restore Function
Strengthen & Stabilize - Relieve Stress
Improve Posture - Improve Balance & Coordination
Call for a free consultation...
(o) 785-363-3433 or (c) 541-415-0703

STROKE KILLS.
BE FAST! Call 911.
Know the Signs:
Balance | sudden loss of balance or coordination
Eyes | sudden change in vision
Face | sudden weakness of the face
Arms | sudden weakness of an arm or leg
Speech | sudden difficulty speaking
Time | time the symptoms started
During a stroke 32,000 brain cells die every second.
BE FAST!
Call 911.
Healthy Event Calendar for Greater Topeka
To list an event in this calendar, email it to info@TopekaHealthandWellness.com


FROM THE EARTH: WORKS IN CLAY AND WOOD – Feb. 2, 5pm. Creations of Hope Gallery, 909 N Kansas Ave. This exhibit celebrates artists working in ceramics and wood to highlight the therapeutic benefits of sculpting and building as a creative process. For info: 783-7558, cweeks@valexopka.org, or facebook.com/creationsofhopeart

MADE FOR MORE – Feb. 2, 7-9:30pm. Hayden Catholic High School Buescher Activity Center Gym, 401 SW Gage Blvd. For info: Marie Apel mapel@mphp.com or 272-5590

SAMPLE DAY AT HY-VEE – Feb. 2 & 3, Fri. 4-7pm and Sat. 11am-2pm. Stop in and try great game day favorites.

MADE FOR MORE – Feb. 2, 7pm, Hayden High School, 401 SW Gage Blvd, Christopher West and Mike Mangione offer a vision of the Gospel like you’ve never heard before heard through the lens of Saint John Paul II’s Theology of the Body. A blend of live music, art, and presentation that taps the deepest desires of the human heart revealing their ultimate purpose and goal.

THE ILLUSIONISTS - Feb. 2. TPAC, 214 8th Ave. For info: 234-2787

POLAR PLUNGE & STRUT – Feb. 3, 9:30-Noon. Swim Beach, 3300 SE 29th St. Registration at 9:30am; 5k at 11am, Polar Plunge at 12pm. Save some time at pre-registration and packet pick-up: Feb. 2 - Noon-7pm at Gary Gribbles, 2130 SW Wanamaker Rd. For info: 620-408-4450 plungeks.org

FINANCIAL PEACE UNIVERSITY CLASSES – Feb. 3, 6pm. Good News Church, 3819 SW Burlingame Rd. And Feb. 11, 4:30pm. Town and Country Christian Church, 4925 SW 29th. For info: fpu.com

CLOTHING EXCHANGE – Feb. 3 & 10, 9-12pm. Topeka Free Methodist Church, 3450 SE Indiana Ave. Clothing donations need to be in good wearable condition and clean. For info: topekafmc.org

LAKE DABINAWA GRINDER BIKE RIDE - Feb. 4, Lawrence. Part of the Guru’s Gravel Grinders Series. gravelgrinders.blogspot.com

PUBLIC ENGAGEMENT MEETING ON PRESERVING LAKE SHAWNEE BATHHOUSE – Feb. 5, 5:30-6:30pm. Lake Shawnee Event Center, 3025 SE Croco Rd.

HY-VEE SIMPLE FIX – Feb. 8, 5-7pm. Register by Feb. 4. For only $115 and one hour of your time, you can have SEVEN meals ready to serve your family any night of the week. Save time & money because there’s no shopping & no cleaning! Each meal serves 4. Choose 5 meals for $85, 6 meals for $100, or 7 meals for $115.

CSAlive “POWER” LUNCHEON – Feb. 8, 11:30-1, at Fairlawn Plaza Mall. Featured: Matchmaker Speed Networking. • Cost: $10 for CS members & first-time guests who RSVP; $12 at the door. • $15 for non-members & repeat guests. • Please RSVP to info@CSalive.org, so we know how much food is needed! Open to the public – Put POWER in your life with great food, great speakers and great company! Invite a friend to join you! SAVE THE DATE: Mar. 8, 11:30-1, POWER Luncheon. Details to be announced.

NAVY SEAL MEN’S NIGHT OUT – Feb. 8, 6:30pm. LifePoint Church, 200 SW 30th St. Former Navy Seal will speak.

AMERICAN RED CROSS BABYSITTER TRAINING COURSE – Feb. 9, 10-4pm. Susanna Wesley United Methodist Church.
Methodist Church. For ages 11 and up. $85 to the public, and $42.50 for SWUMC kids. For info and registration: 478-3697


**NIGHT TO SHINE** – Feb. 9, Grace Community Church. A Tim Tebow Foundation event - a prom for people 14 years old and up with special needs! An unforgettable night of royal treatment! For info; Jennifer Eschmann at jenn.eschmann@gmail.com or 785-580-3976

**MUSEUM AFTER HOURS** – Feb. 9, 6:30-8:30pm. Kansas Historical Society, 3425 SW 6th Ave. Admission is half price after 5 p.m. The Museum and Store will be open until 6:30 p.m., then George Thompson presents “Seeing Arabia: The First World War Photographs of T.E. Lawrence”

**FOREST PARK INDOOR SWAP & SHOP PANCAKE FEED** – Feb. 10, 8-5pm. Forest Park Conference and Retreat Center, 3158 SE 10th. $6 for pancake feed. If you are interested in being a vendor, contact Anje Kearney and join Forest Park Swap Vendor Facebook group.

**ANNUAL EAGLE HIKE** – Feb. 10, all day. 3-5 mile hike along Perry Lake Trail. For info: 843-9453 or adventure@dirtygirlandventures.net


**DADDY DAUGHTER DATE NIGHT** – Feb. 10, 6-8pm. Big Gage Shelter House, 635 SW Gage. Fathers, grandfathers, uncles, or stepfathers: bring your special girl and enjoy dinner, dancing, pictures and prizes will highlight the evening. For daughters age 2-16. $40 per couple, $14 for each additional daughter. For info: 785-251-6955 or Riley.Shafer@snco.us

**SAMPLE DAY AT HY-VEE** – Feb. 10 & 11, Fri. 4-7pm and Sat. 11am-2pm. Stop in and try Valentine’s Day favorites.

**DADDY-DAUGHTER DRESS-UP SWEETHEART DANCE** – Feb. 10, 6-8pm. St. Patrick’s Catholic Church of Scranton. $15 for a dad and daughter, and $5 for each additional daughter. For info: Louis Shuck 665-6893 or Mary Burgett mev56b87@gmail.com

**MEDICARE EDUCATIONAL SEMINAR** – Feb. 13 & 27, 2pm. Learn the basics of Medicare and all its options. Seminars are designed for those becoming eligible for Medicare and those considering making a change. Seminar will be held at the Heart Center at 929 SW Mulvane. For info or to sign up: centuryinsuranceagencyks.com or 270-4593 or info@century-health.com. Snacks & beverages provided.

**"IN LOVE WITH THE KANSAS RIVER"** – Feb. 14, 12-1pm, Great Overland Station. Bill Riphahn - All About the Kaw: A Speakers Series. (785) 232-5533

**VALENTINE DINNER & DANCE** – Feb. 14, 6:30pm, Seaman Community Church, 2036 NW Taylor St. A fun night of dinner and dancing. Tickets $20 a person and include a meal of lasagna, breadsticks, salad, and dessert, also music and a rose. 785-354-8777.

**ARAB SHRINE CIRCUS** – Feb. 15-18, Kansas Expocentre. For info: 235-1986


**SAMPLE DAY AT HY-VEE** – Feb. 16-17, Fri. 4-7pm and Sat. 11am-2pm. Stop in and try a variety of delicious treats during Sample Fest.

**VALENTINE’S MOOSE MARKET** – Feb. 17, 9am. 1901 N Kansas Ave. Vendor’s Market

**RETHINKING APOLOGETICS: FROM WINNING DEBATES TO WINNING SOULS** – Feb. 17, 10am. Topeka Community Resource Council, 400 SE Golf Park Boulevard. Workshop is open to anyone who is interested in enhancing their level of confidence and motivation to share the gospel. $15 reservation fee includes lunch and workshop material. For info and RSVP: 260-7831, thetruthclinic@gmail.com, or thetruthclinic.org/events

**FIBER ARTS WORKSHOP** – Feb. 17, 8:30am. Prince of Peace Lutheran Church, 3625 SW Wanamaker. Free.

**EQUIFEST 2017** – Feb. 23-25. Kansas Expocentre. All-breed horse fair and exposition. Rodeo, mounted shooting, etc. For info: 776-0662

**KANSAS SILENT FILM FESTIVAL SPECIAL EVENT** – Feb. 23-24. White Concert Hall, Washburn University. Friday eve. 7pm & all day Sat. Free. Cinema dinner available on Sat. For details: Kssilentfilmfest.org.

**SAMPLE DAY AT HY-VEE** – Feb. 23 & 24, Fri. 4-7pm and Sat. 11am-2pm. Stop in and try great chip & dip combos.

**THE CAPPUCINO RIDE BIKE RIDE** – Feb. 24, Baldwin City. Part of the Guru’s Gravel Grinders Series. gravelgrinders.blogspot.com

**20TH MIDWEST METRO VOICE CHRISTIAN K-12 EDUCATION & COLLEGE EXPO**. February 24, 9:30am-2:00pm. Colonial Presbyterian Church, 9500 Wornall, Kansas City, MO. FREE SEMINARS! 50 Christian Colleges from 15 States! 25 K-12 Schools from Metro KC area. MO & KS Homeschool Organizations. Finances. 816-524-4522.

**HARLEM GLOBETROTTERS** – Feb. 27, Expocentre. 235-1986 www.ksexpo.com

**DOORSTEP OPERATION SOUP LINE FUNDRAISER** – Feb. 28, 11am-1:30pm, Expocentre Ag Hall. $10 adults; $5 children 12 & under.

**CHILDREN’S ART WORKSHOP** – Mar. 3, 10am. NET Reach Center, 455 SE Golf Park Blvd. For grades 2-6. Free.

**THIRD ANNUAL FOOD FIGHT** – Mar. 4, 5pm. Rolling Hills Christian Church, 4530 NW Hiawatha Place. Competitors will sign up for Appetizers, Chili, Soup, or Dessert. Attendees vote on their favorites. Concert by And He Walks With Me follows dinner. For info: 286-0601 or office@rhctopeka.org

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**Topeka Health & Wellness**

For info or to sign up: centuryinsuranceagencyks.com or 785-580-3976

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**Topeka Community Cycle Project**

Bring your own bike during open shop to work on with our tools, earn a bike from our Earn-A-Bike program, volunteer at open learn cycling safety at one of our certified safety instructor-led classes, or find one of our locally built Bike Racks to lock up to.

Oakland Community Center, 801 NE Poplar St

Mailing Address: P.O. Box 504, Topeka, KS 66601
topeka@cycleproject.org • (785) 380-9827
MICH MCYEVERCONCERT – Mar. 10, 7pm, Topeka Free Methodist Church, 3450 SE Indiana. Dove award winner Mich McVicker in Concert. For info: 785-266-6610 or www.topkafmc.org or topekafmc@gmail.com

57TH ANNUAL KANSAS PRAYER BREAKFAST – Mar. 14, 6am, Ramada Inn downtown. Guest speaker: Dan Meers, with leaders in government, business, education and industry. $18 each or tables of 10 for $180. Sponsored by Topeka Fellowship, Inc. For info and RSVP: info@kansasprayerbreakfast.net or 380-2901

PENNY NANCE AT CWA KANSAS STATE CONFERENCE – March 15, Topeka. Penny Nance, CEO of Concerned Women for America in Washington, D.C., will be the keynote speaker. In addition, legislators & others address the group and end with a prayer walk at the state capitol. For info: ks.cwa.org.

WINTER JAM March 16, 7:00 pm. Sprint Center, 1407 Grand Blvd., Kansas City, MO 64106.

BELIEVE KANSAS CITY. March 23, 7:30 pm & March 24, 9:30 pm. Kansas City Convention Center, 301 W. 13th St., Kansas City, MO 64105. Special Speakers: Jeff Walling, Merci Neff, Kaled Dance Crew. 417-781-2273.

5th ANNUAL EASTERFEST: TOPEKA EASTER PARADE & FUN FAIR – Mar. 31, 10am-3pm, North Kansas Avenue & Garfield Park. Topeka's annual Easter Parade will begin at 10am at the tracks in NOTO and proceed north on Kansas Avenue to Garfield Park. Egg Hunt beings right after the parade at the playground in Garfield Park. Food Trucks will be on hand and the Family Fun Fair will be 10-3 in Garfield Park, in the Shelter House & in the Gym, including vendor booths, children's games, food, facepainting, pony rides, laser tag, bubble soccer and more. Bands, gymnastics, ballet and other entertainment will be on hand. For info: info@C5Alive.org or 640-6399.

ONGOING EVENTS:

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tspl.org

SENIOR FIT & FUN PROGRAM - every Mon., Wed., & Fri., 1:30pm, Rolling Hills Christian Church, 4530 NW Hiawatha Place (US Hwy 75 & NW 46th St.) 785-286-060 or office@rhcptopeka.org

SENIOR STRETCHING EXERCISES - each Mon. – Wed. – Fri. 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on the east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016


GRIEF SUPPORT GROUP – First Mon. each month, 3:30-4:30pm, 400 SW Oakley. For info: Donna Park 783-7527 or valeotopka.org. Open to the public. Free.

HEARTLAND HEALTHY NEIGHBORHOODS – 2nd Mon, 11:45am-1pm. Promoting neighborhood well-being by mobilizing people, ideas & resources. 233-1365

OSTOMY SUPPORT GROUP – First Tuesday of each month at St. Francis Health, 1700 SW 7th St, Meeting Room, 2nd floor, 6:00 – 7:30 PM. Anyone with an ostomy may attend. The goal is to provide education and ongoing support for individuals with an ostomy. Contact Teresa at 295-5555 for information.

EMOTIONS ANONYMOUS: a 12 step program for those suffering with emotional instability such as depression, anxiety, grief, etc. Meets at Grace Episcopal Cathedral, weekly, Tuesdays, Noon-1:00. N/C. For more info contact Sharon at 785-633-7764.

LADIES’ EXERCISE – Tue. evenings 7-8 pm & Fri. mornings 8-9 am, First Baptist, 129 w 15th St., Lyndon. Free active support: fat burning, strength, fitness. Contact Sheri 207-0380

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-3239; Jennie (English/Spanish) 231-0763.

PARENTS OF ESTRANGED ADULT CHILDREN SUPPORT GROUP – 3rd Tuesdays monthly, 6:45-8:15pm, Topeka Library, 2nd floor, Anton Rm 202. Rejected parents & abandoned parents gather for support. For info: Jeff at 224-5946

KC TRAUMA AND PTSD SUPPORT GROUP – Every Tue. 10am and Thu. 6:30pm. Call 816-885-9530.

SAFE STREETS COALITION MEETING – First Wed. of the month, 11:45am-1pm. Great Overland Station. Info: 266-4606 or jwilson@safestreets.org

SHAWNEE SWINGERS SQUARE DANCE LESSONS - Wednesday’s, 7pm, Croco Hall, 6115 SE Hwy 40, Tecumseh. Starting Sept. 20. Call 817-3071.

SPIRITUAL PAUSE – Every Wed., 12-12:30pm, Carole Chapel at Washburn Univ. In- formal worship service. For info call 785-233-1844

GAMBLERS ANONYMOUS – Every Wed, 7pm, St. Francis Hospital, meeting room #8.


OPERATION BACKPACK – 1st Thurs., 6pm., Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach, 286-1370.

TOPEKA AREA BRAIN INJURY SUPPORT GROUP – Third Thu. every month, 6-7:30pm, Kansas Rehabilitation Hospital, 1504 SW 8th Ave., employee cafeteria on 1st floor. All survivors, family, & friends welcome. Call Faye Miller: 207-2606 or Randy Williams: 232-8553

COUNTRY AND BALLROOM DANCING – Thursday’s 6-9pm. Croco Hall.Edwina 379-9538 or 478-4760.

FREE Vision Screening Service
Now Scheduling

Eye Screening for children: 6 months to 6 years old

Who can use this service?
Any Daycare, Pre-school or School with children 6 months to 6 years old

What equipment is used?
NE Kansas Lions have purchased 2 hand held auto-refactors from Pedia Vision. It does not touch the child and looks like a large SLR camera.

Who does the screening?
The screener is used by all of the Lions Clubs in Northeast Kansas and the Lions members assist in the screening.

How do I get the Screener scheduled?
Contact the Topeka Lions Club, Spot Screening Coordinator, Spencer Smith, e-mail: slsmithks@att.net or call (785) 633-8321

For Membership information to join the Topeka Lions Club contact Irene Haws, 785-249-1913 or visit www.topekalions.org
Shepherds Center Line Dancing Group - meets 2nd & 4th Thursdays, 2-4pm at First United Methodist, 6th & Topeka. Park on west side & use west door, turn left & walk the ramp to the library, then left to the elevator. Push [B] to go to the fellowship hall.

Shepherds Center HHHS Walking Group - meets 2nd & 4th Thurs 9:30-11 at HHHS, 21st & Belle. Entrance for walkers is on the WEST side of the building. Walking is done on an inside track. People who would like to walk a shelter dog call Kelsey, 233-7325.

Stroke Support Group – 1st Fri of every month from 4-5pm in cafeteria of Kansas Rehab Hospital, 1504 SW 8th Ave. Meet other stroke survivors, their families, and hear guest speakers. Contact Randy Williams at (785)232-8553 with questions.

Nicotine Anonymous - Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

Noto Market & Art Walk on First Fridays – NOTO arts district. Enjoy arts, antiques, fine crafts, and flea market items.

Celebrate Recovery – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, based on 8 principles found in Jesus’ Sermon on the Mount. Applying these Biblical principles, become free from addictive & dysfunctional behaviors. ctopekaks.org.

Topeka Nar-Anon Family Group – For families & friends who are affected by someone else’s narcotic addiction. Every Sat., noon-1:15 pm, rm. A, 1st Baptist Church, 3033 SW MacVicar, enter on S. side, door A. www.naranonmidwest.org

Saturday Fairlawn Starter Bike Ride – Every Sat., start at 8am at Classic Bean in Fairlawn Plaza, end at Pizagle’s. Great for beginners. director@cottonwood200.org

Saving Death Row Dgs Adoption Booth – Every Sat., 11am - 2pm, Petco, 1930 SW Wanamaker. Also, some Sat. adoption booths are held at PetSmart, 2020 SW Westport Dr. Updates at www.savingdeathrowdogs.com


Sliderdays – 12-1pm, Jayhawk Theatre, 720 SW Jackson. Join us every third Saturday for Line Dancing!! Cost: Free-will donation!! 50% of your donation will be applied to the renovation of the Jayhawk Theatre.


The Heat – Free fitness classes; learn and build healthy social & eating habits. Trinity Presbyterian Church, 4746 SW 21st St. Sun. - 4:5pm Yoga; Mon. - 12-12:45pm Zumba; 5:30-6:15pm Kickboxing; 6:15-7pm Pilates Fusion; Tue. - 12-12:45pm Yoga; 5:30-6:15pm Zumba; 6:15-7pm Cardio Interval; Wed. - 12-12:45pm Kickboxing; Thu. - 12-12:45pm Pilates; 5:30-6:15pm Cardio Interval - Low intensity; 6:15-7:00pm Cardio Interval - Moderate intensity; Fri. - 12-12:45pm Kickboxing; Sat. - 8-8:45am Kickboxing

Abortion Recovery Support – Providing services for women & men who suffer from Post-Abortion Syndrome...we can help mend a broken heart! For info: Kay Lyn at KLCarlson20@cox.net.

AL-Anon Family Groups – for friends & families of alcoholics. For info: 785-409-3072 or topekaalanon.org

Alzheimer’s Support Groups – Monthly support group meetings for caregivers of individuals with Alzheimer’s disease or a related dementia. For info: Alzheimer’s Association, Heart of America Chapter, 271-1844 or email cindy.miller@alz.org.

“Healing Hearts” support group/Bible study – For women whose husbands struggle with pornography addiction or have had affairs. Videos & workbook will give you hope for your marriage & emotional healing. For info: Jane Goble, 249-0983.


Wed., 7pm – St. Francis Hospital meeting room 6, 2nd floor; 234-8020.

Sat. - 9am – St. Francis Hospital meeting room 8, 2nd floor; 862-2326.

For info: 357-8774; sunflowerintergroup.oa.org.

Send your Healthy Event information to info@TopekaHealthandWellness.com or call 785-380-8848

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Here’s to a FLU-FREE winter

Have you ever wondered why everyone seems to get sick more in the winter? There is actually very good reason for that, so let’s learn why so we can prevent colds and flu’s this year and maybe prepare better for next year.

Your immune system is designed to fight infections. Many people encounter bacteria, virus, molds, parasites, etc and rarely get sick. Others seem to catch everything going around and get sick monthly. Why can some people in a family “catch the flu” and others in the same family do not? The reason is because germs, viruses and bacteria do not cause illness. Yes, that is not a typo. If germs caused sickness and disease everyone would be sick, dying or already dead! So what really causes someone to get sick?

What determines whether or not someone gets sick is dependent upon the strength of their immune system. If we do catch a cold, flu, chicken pox or even mumps or measles, this should be nothing to fear. Our medical system has used fear to push vaccines for decades. Many grew up and went to a “chicken pox party” to intentionally catch the virus and build immunity. Your system is designed to build natural immunity by encountering various germs, allowing the immune system to do its job, and you are stronger for it. Our young girls have been sick a couple times, and we allowed nature, that would be God, to do what it was designed to do and we move on.

But what if a child or adult is getting sick weekly or monthly, or even has chronic ear infections, sinus infections, bronchial infections, etc. This is definitely not normal and signs of a weak immune system. Drugs, vaccines and antibiotics are definitely not the answer, but often used by parents for lack of wiser choices. We have lost the ancient wisdom of strengthening our immune system and learning natural methods to quickly eliminate sickness from the body.

So the first question is why is the immune system so weak?
• We are indoors playing video games and watching

So how do we restore a healthy immune system to avoid getting sick?
• For ear infections, used food grade H2O2 in the ears. 1-2 drops each ear morning and night. This has worked for our daughter twice when she started pulling on her ear. No infection ever developed. This is so simple, and sad when kids are damaged by antibiotics, tubes in the ears and other unnecessary medical treatments when the solution costs a few cents. You also can use garlic olive oil in the ears.
• Sinus infections should use something that KILLS FUNGUS; not flonase, antibiotics or surgery. You can find sprays with oregano and other God-created anti-microbials that do not damage the body.
• SUNSHINE should be built up in the summer. Yes, you should be TAN going into winter. I am so glad we are going to Hawaii this Christmas! (-: (my wife was born and raised there). If not, your immune system will suffer and you must take vitamin D. Take a minimum of 5,000IU and be sure it is not synthetic!
• Elderberry stops viruses from replicating. Oregano and garlic kills all bacteria, viruses, fungus and molds. Colloidal silver works well. Colostrum from grass-fed cows builds the immune system.

It is MORE important to eat well, exercise, take your herbs and build your immune system in the winter because we are more vulnerable. Flu shots have NO PROOF AT ALL (ask your doctor for proof or studies) that they work and they are loaded with toxic chemicals. I vote to choose God’s way this winter. God loves us much more and is much more gentle than the man-made approach.

–Vaughn Lawrence is a natural health care practitioner, herbalist and owner of Spirit of Health who lives by their motto: “We Love God. We Love People. We Love Health.” www.spiritofhealthkc.com
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5th ANNUAL
March 31st

TOPEKA EASTER PARADE
AND FAMILY FUN FEST

Sat., March 31, 10 am - 3 pm
It all takes place on N. Kansas Avenue and at Garfield Park!

Fun Fair open 10:00 am - 3:00 pm at Garfield Park! Live music at Garfield Park 11:00 am - 3:00 pm!
Parade starts at 10:00 am! (From NOTO to Garfield Park) • Food Trucks located in Garfield Park!
Easter Egg Hunt following parade at Garfield Park playground! • Vendor Market open 10:00 am - 3:00 pm!
Dance troupes, martial arts, gymnastics & more! Craft stations, Facepainting, Easter Photos, Games & more!

For booth, sponsor and parade entry information:
info@C5Alive.org or 785-640-6399

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Volunteers needed! Contact:
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