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January/February 2020

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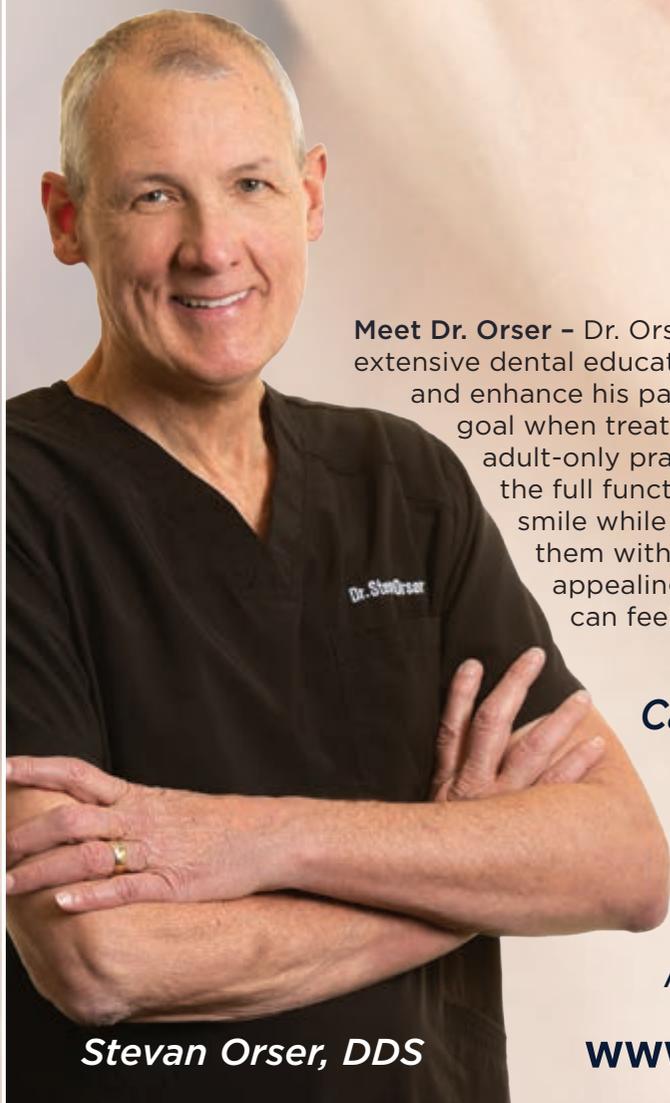
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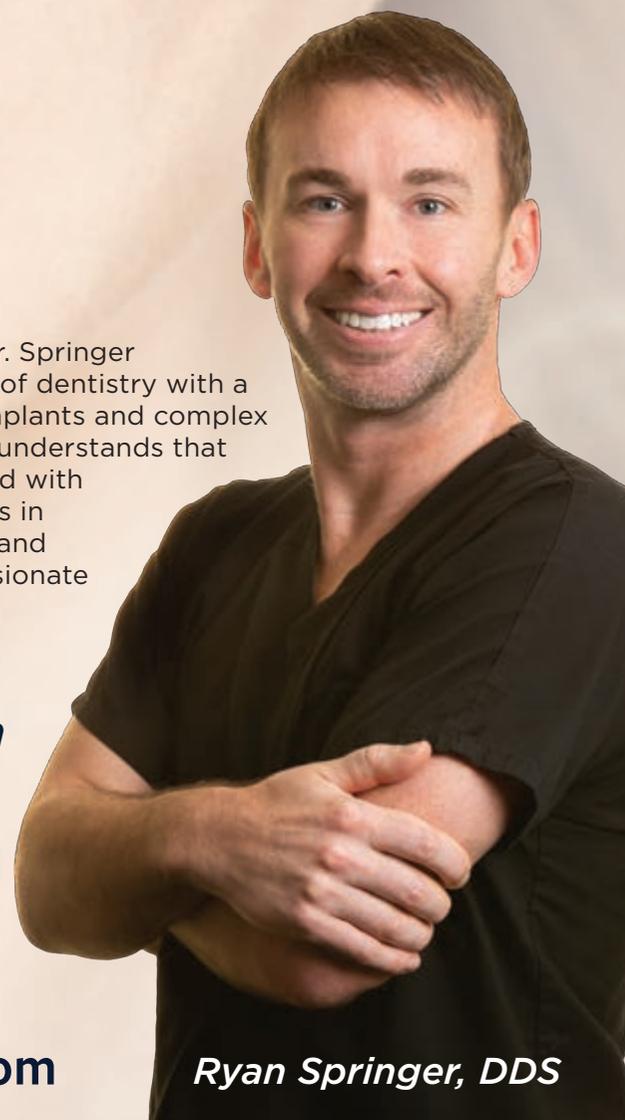
Dr. Springer is the best dentist I have ever been to. He isn't only a dentist but a human being who actually cares about the patients.

- Christine



Meet Dr. Orser - Dr. Orser utilizes his extensive dental education to help restore and enhance his patients' smiles. His goal when treating patients at his adult-only practice is to reinstate the full functionality of their smile while also providing them with aesthetically appealing results that they can feel confident about.

Stevan Orser, DDS



Meet Dr. Springer - Dr. Springer specializes in all areas of dentistry with a focus on cosmetics, implants and complex dental treatments. He understands that oral healthcare is a field with constant developments in techniques, materials, and technology and is passionate about furthering his education in the field.

Ryan Springer, DDS

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2

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COMMON SENSE REMODELING

Karen and Chad of Tower Lakes, IL were tired of their unfinished basement functioning as nothing more than a storage area and depressing gym. They wanted to increase the livable square footage of their home with a cohesive finished basement design, while incorporating a wine cellar and space for the kids and adults to hang out.

A Place For The Whole Family

“We wanted to have a place where we can spend time together, watch movies, but also entertain and showcase our wine collection,” Karen said. After a diligent search comparing different remodeling companies, Karen and Chad decided on Advance Design Studio. They were drawn to the company’s unique “Common Sense Remodeling” process that simplifies the renovation experience by applying predictable steps focused on customer satisfaction.

“The other companies we saw didn’t elicit transparency or a focused process, and that is what separated Advance Design Studio from the rest,” Karen said.

Karen loved how her designer was able to take very

high-level concepts and “non-negotiable items” and implement them in the initial 3D drawings. The entire project experience from design to product selections and through construction and installation was handled by the Advance team from start to finish. The designer and the project manager kept the couple in constant communication throughout the project.

A unique wow-factor in this basement is the temperature controlled walk-in glass wine cellar that elegantly displays Karen and Chad’s extensive wine collection. Convenient access to the wet bar accompanies the wine cellar to make this basement the perfect entertainment spot for friends and family.

It’s Just Common Sense Remodeling

Advance Design’s “Common Sense Remodeling” process gives clients the opportunity to walk

through the home renovation process one step at a time in a completely predictable and controlled environment with the objective of eliminating oversights that are the main culprits of remodeling

gone wrong. “Everything was designed and built exactly how we envisioned it, and we are really enjoying it to its full potential,” Karen said.

Constantly striving for the ultimate in customer satisfaction, Advance Design’s nearly three decades of business suc-

cess is founded upon happy clients referring their friends and family. “We definitely will and have recommended Advance Design Studio to friends who are looking to embark on a remodeling project,” Karen said.

To read more stories like this and much more visit advancedesignstudio.com/home-remodeling-blog/



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Resolutions, Goals, Blah Blah Blah!

Do you set goals for the new year? Have you at least thought about a few things you'd like to accomplish in 2020?

Here is a list of some historic resolutions people set out to accomplish at the beginning of each year in no particular order.

- Learn and new skill or Hobby
- Lose weight to feel better
- Read more books
- Find another job or change careers
- Quit a bad habit (smoking, drinking, swearing, etc)

According to U.S. News & World Report the failure rate for New Year's Resolutions is said to be around 80%. YIKES! Can you image failing at 80% of the things you set your mind to? Why is it so high for new years resolutions?

Here's my take, it's extremely difficult to do things well for a long period of time. I (Tim) try and work out early mornings on a fairly consistent basis but if I have to be honest the last month, I haven't been consistent at all. I've lost motivation, it's hard with short days, and the holidays bring about a busyness unlike other time of the year.

These are just excuses; the root problem the core reason is simple I've lacked the discipline to stay the course.

This is what happens with resolutions we all start extremely energized with the idea of wading into a new frontier and challenging ourselves to become better but as days turn into week, into months it fades we lose the discipline.



Here are some things to help you stay the course with your goals for 2020.

- Share with a friend for accountability
- Set check in dates with yourself monthly (are you still on it?)
- Set monthly or quarterly goals with rewards once you attain them
- Create margin in your life to stay the course
- Adapt to changing environments
- Be flexible and feel to modify your goal

We hope this information will prove to be helpful and we hope that 2020 will be the best year yet for you!

Lauren and Tim Neff, Publisher's
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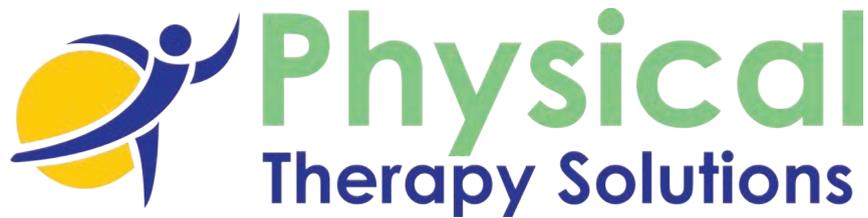


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Sixty percent of Americans will have a balance problem during their life. Are You Heading For A Fall?



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Rupangi Patel
CEO, PT

Physical Therapy Solutions (PTS), specializing in vestibular and balance therapy, is the only private practice in Chicago's Northwest Suburbs utilizing NeuroCom's NASA-based Smart Equi Test System. PTS is the Region's #1 Specialist for Vestibular and Balance Disorders.

Rupangi Patel, CEO, PT is the co-founder of Physical Therapy Solutions (PTS), Inc., a state-of-the-art facility located near Schaumburg's Woodfield Mall. Rupangi has been serving the northwest suburbs since 1990 and has worked with many of the leading area hospitals. Her passion for helping people led her to start her own clinic in 2005. PTS provides orthopedic, neurological and vestibular rehabilitation and has helped thousands of patients in the community. "Our goal is to help people get back into their daily life as quickly as possible," says Rupangi. The PTS team is dedicated to providing the best care, while utilizing the latest NASA-based technology and treatments to help the human body regain a state of health and well-being.

Rupangi is one of the few specialists in the state of Illinois who specializes in the evaluation and treatment of vestibular disorders.



Vestibular problems can be very debilitating for patients and many times they go undiagnosed for a long time. **If you suffer from Dizziness or Imbalance – we can help you!** Our Integrated Balance Program is aimed at decreasing dizziness and loss of balance so you can stay in balance and fully participate in a vibrant and active lifestyle.

What is the SMART Equi Test System?

This system was initially developed for NASA to evaluate how space flight affects balance control and inner ear function in astronauts. This equipment allows our rehab professionals to perform six different tests, while the patient is standing on a force plate, to measure body movement and sway during different purposeful movements and when trying to stand still under various conditions.

How does testing on the SMART Equi System evaluate a person's balance?

Balance is a very complex interaction between the sensory systems and brain. The system helps us examine if there is a problem in the interaction between the sensory systems—eyes, ears, sensation in our feet and joints—and the brain, which coordinates our movements. This equipment also allows us to compare a person's performance to that of other people their age who don't have balance or vestibular issues.

What does therapy consist of once balance issues are determined? Therapy allows our specialist to setup a rehabilitation protocol

for a patient's functional limitation and quantifies performance over time. In essence, by setting a functionally specified rehabilitation program, you get better outcomes that carry over to daily living. The therapy offered during vestibular rehab consists of specific balance exercises, including head movements, changing surfaces, changing visual environments, coordination challenges, gaze stability exercises and exercises designed to help your body habituate to a challenged environment. The SMART Equi Test System is used because it offers the unique experience of moving surrounding walls and floor to challenge the vestibular system more specifically. The machine also provides visual feedback on the computer screen.



How many treatments will it take to see an improvement in balance?

Treatment requirements are determined with an evaluation of a person's condition. Most patients have seen a significant improvement in as little as one to two weeks.

Types of conditions treated at our clinic:

- Dizziness & Balance Disorders
- Neck & Back Pain
- Arm, Shoulder & Leg Pain
- Pre- & Post-Surgical Rehabilitation
- Sprains, Strains & Whiplash
- Arthritis/Chronic Pain
- Fractures
- Sports Injuries
- Parkinson's Disease, Stroke & Multiple Sclerosis
- Neuropathy
- Fibromyalgia, TMJ & Headaches
- Work Place Injuries
- Carpal Tunnel Syndrome



We are the only facility in the Chicago Suburbs with a Comprehensive Dizziness and Balance Program. Using Cutting Edge NASA Based Technology! Serving the Community since 2005

Did You Know? Falling, fear of falling and lack of balance is not a result of age. *Good balance is normal at any age.*

- Falls are the leading cause of injury-related visits to the emergency room for people over the age of 65.
- Falls account for 70 percent of accidental deaths in people over the age of 75.
- Fear of falling is the number one concern for the elderly.
- Older adults who fall once are two to three times as likely to fall again within a year.
- Loss of balance can be caused by the aging process, accidents, viruses, heredity traits and change of weather to name a few.

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- Spider Veins (reddish surface veins)

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All procedures at the Vein and Laser Center of Elgin Cardiac Surgery are performed by a board-certified cardiothoracic surgeon. Working with us are two registered vascular ultrasound technologists, a certified surgical assistant, and an ACLS certified registered nurse. We are members of the American College of Phlebology. This makes the Vein and Laser Center of Elgin Cardiac Surgery qualified to treat all venous disorders from spider veins to severe leg ulcers.

Healthy Legs Help Lead a Healthy Lifestyle



I have had vein work several times at the Vein and Laser Center. Dr. Steimle and the entire staff are very compassionate. They are marvelous and highly capable. We even laugh! My highest recommendation."
 – Kristine L.

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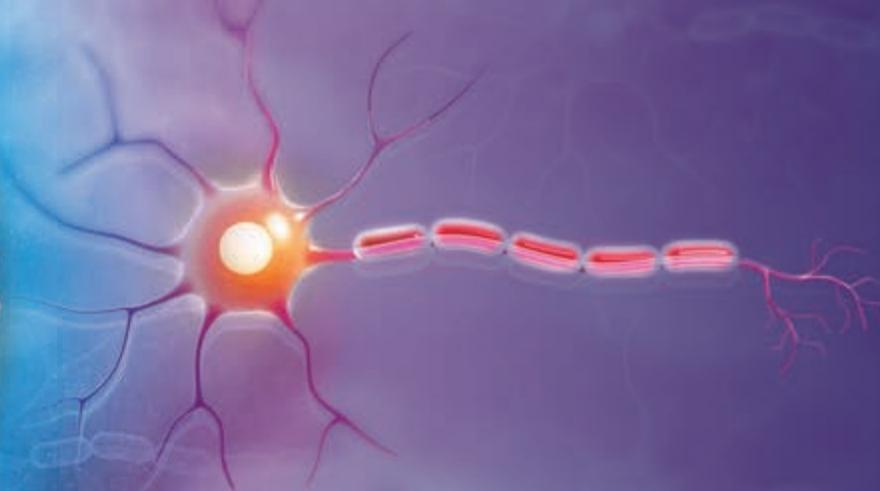
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Dr. Christian Y. Song

Which Of These Neuropathy SYMPTOMS DO YOU SUFFER FROM?



If you suffer from a Single one of these Tortuous Symptoms – **Numbness, Tingling or Sharp Nerve Pain** – Then the Facts Below may be the Most Important You have ever read in YOUR LIFE.

Do You Have Any of the Following Symptoms?

- Pins and needles feeling
- Numbness in the hands or feet
- Tingling or burning sensations
- Weakness in the arms or legs
- Sharp shooting or burning pains

If so you may have a condition called peripheral neuropathy.



Maybe you've had multiple tests, only to find out no one has any idea what you have. Maybe you've even been put on a drug with heavy side effects. We've been helping people with neuropathy and nerve problems for years. More than 20 million Americans suffer from peripheral neuropathy, a problem caused by damage to the nerves that supply your arms and legs. This painful condition interferes with your body's ability to transmit messages to your muscles, skins, joints, or internal organs. If ignored or mis-treated, neuropathy can lead to irreversible health conditions.

Why not get help by those trained to correct the major cause of peripheral neuropathy?

Often neuropathy is caused by a degenerating spine pressing on the nerve roots.

This can happen in any of the vertebral joints from the neck all the way down to the tail bone.

The Single Most Important Solution To Your Neuropathy:

By using gentle proprietary techniques, we're able to release the pressure that has built up on the nerve. This allows the nerve to heal and the symptoms to go away. What this means is that with our care, you could soon be enjoying life without those aggravating nerve problems.

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associated with chronic pain. This same laser is used by professional sports teams including the New York Yankees and Cincinnati Bengals.

This pain-free, non-surgical approach works by stimulating the body's natural healing processes, providing pain relief and reducing injury damage. This leading edge technology has an impressive success rate of returning patients to work, sports and competitive activities, as well as everyday life. Patients treated with the Class 4 High Power Laser Therapy



often show a higher level of function, both during and after the treatment period. The therapeutic laser provides a tremendous alternative for those facing surgery.

How To Find Out If This Will Work For You

It's time for you to find out if these treatments will be your neuropathy solution.

What does this offer include?

Everything. Take a look at what you will receive;

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- Class 4 High Power Laser treatment
- Neuro-Med Nerve Stimulation Treatment
- Pulsed Electromagnetic Field Therapy
- Back-On-Trac Therapy

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"I have been suffering from severe back pain and neuropathy for around 5 years. A few months ago, I came to see Dr. Song for my initial evaluation. Dr. Song went over his plan of care with me and I was optimistic but skeptical at first. I had a failed back surgery in March of 2013 and recent stem cell injection which left me with the same severe pain I had before. A few weeks after, I decided to come back to follow through with Dr. Song's plan to relieve the pain in my low back. It has been 5 visits since then and I couldn't be more pleased with the progress in a short amount of time. Since the treatments started, my pain has been relieved about 30% and my functionality has doubled. I thank Dr. Song for giving me my life back."

Robert Nathan aka **Chef Nirvana**

Share a smile or helping hand.

It is the Season for giving! Fill the hearts and minds of those around you with love, happiness and open arms. Reach beyond your family and friends to those who need it most with a helping hand, a hot healthy meal, a warm welcoming smile or some good old fashioned Holiday Spirit. Donate food to a pantry, gifts to a place of worship, clothing to a local shelter or go all out and adopt an entire family in need. Take the time to do something that not only adds value or meaning to other's lives but to yours as well. There is an indescribable feeling of emotional and mental fulfillment when someone who you've never met looks you in the eyes and simply says thank you.

"Since you get more joy out of giving joy to others, you should put a good deal of thought into the happiness that you are able to give." —Eleanor Roosevelt

I feel so incredibly privileged to be the Chef at Love In a Dish at a local church on Eastern Long Island. We provide hot healthy meals to hungry, poor and homeless individuals and families. Wonderful and caring people come together to volunteer their valuable time to prepare and serve meals made with love. It is a blessing to be able to share in all of the special moments. The gratitude and thankfulness of those who enter the doors of the church is more valuable than words could describe. I will forever cherish the experiences and memories I've been so fortunate to share with all of the volunteers, individuals and families.

Enjoy every moment of the Holidays with your family, friends and those in your community. Share a smile or helping hand. Go beyond the walls of your home, beyond the comfort of your loved ones and give to those who truly need giving to. I guarantee you, it will bring immeasurable value and fulfillment to your heart, your mind and your sole. Happy and Healthy Holidays to you, your families, your friends and those around you that just need that little something.

Happy cooking! Until next time...eat healthy, live healthy, be healthy! Ciao!



Feeding the poor, homeless and hungry one plate at a time at Love In a Dish.



Bacon wrapped filet, one stuffed with roasted garlic and shallots, baby spinach and an aged tres-leches cheese.



Gluten free chicken Milanese with a spicy roasted tomato sauce, 12-month aged Manchego, chopped jalapeños and red onions, sliced cherry tomatoes and arugula all served over edamame pasta.



Contact Chef Nirvana for copies of above recipes:

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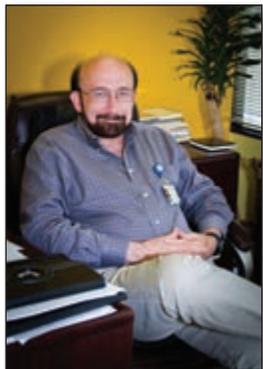
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Alternative Treatment for ADD and ADHD

Brain Training is Medication Free

If a child in your family is coping with symptoms of ADD or ADHD, you are not alone. ADD (attention-deficit disorder) and ADHD (attention-deficit hyperactivity disorder), are common and often go undiagnosed or underdiagnosed. Because of this, individuals often suffer throughout their lives, coping with symptoms on their own. For others, medications prescribed cause side effects that inhibit relief.

But there are solutions to ADD and ADHD that are medication free. For example, neurofeedback is a non-invasive treatment and the staff at Joseph N. O'Donnell & Associates Center for Biofeedback Therapy has seen a 90% success rate with their services. They understand the different subtypes of ADD and create treatment plans specific to each individual. For instance, there are 6 different subtypes of ADD and each subtype comes



with its own set of manifestations.

Joseph N. O'Donnell, MA, MBA, Ph.D., of **Joseph N. O'Donnell & Associates**, shares answers to common questions about how neurofeedback can help people with ADD or ADHD.

What are the signs of AD/HD?

Signs are being easily distracted, daydreaming, unable to stay on task, not being able to listen, tending to be hyperactive and being unable to focus for any length of time. Symptoms vary based on age and there are different subtypes. For example, one subtype involves excessive drowsy states. In those situations, the child might be described as lazy by individuals in their life who aren't aware of their disorder. Other kids can't stay still, they move around a lot and can be distracting to other kids at home or in school.

Each subtype of ADD can have its own set of symptoms, even when a few of the core symptoms are the same. Different subtypes can be defined once we do an assessment with a QEEG.

What is a QEEG?

A QEEG (also called a brainmap) is a test that analyzes the electrical activity of the brain to measure and display patterns that may correspond to the symptoms. Through brain mapping, we are able to visually pinpoint any deviations from the norm. Next, based on the findings, we identify which areas of the brain are not functioning at their optimum.

While individuals are unique, often we can see similarities in the topographic brain maps. Recently, a father recognized the same issues in himself that he saw in his son with ADHD. With

an QEEG, we were able to see the father and son had brain patterns that were consistent with each other and their treatments followed a similar path.

During neurofeedback therapy, the patients are connected to Neurofeedback equipment via 3 or more electrodes. Once they enter desirable states and meet the criteria of their protocol, their brains are rewarded with auditory and visual feedback via brain games. Sophisticated software allows the clinician to keep track of progress and set future goals.

Is medication part of the treatment?

No, we don't believe in medicating a problem away. In fact, children and adults who are taking medication can slowly come off the medication with the help of neurofeedback. We've seen it happen time and time again.

Because with neurofeedback, we look at the core issue. Medication has a diffuse effect on brain, impacting the whole brain which can result in side effects. Often parents come to us because medicines aren't working or there are secondary, undesirable effects of the drugs, such as loss of appetite, weight loss, aggression, anxiety, depression, difficulty sleeping, and headaches.

Families find success with neurofeedback therapy for two main reasons:

1. Neurofeedback focuses on the region of interest. While medications impact the whole brain, we only treat the area of irregularity. This narrow effect won't impact other areas.
2. We believe in long-term solutions. Medication only works as long as you are on medication but once a brain is trained, it's trained.

Is neurofeedback beneficial for issues other than ADHD?

Yes, because when we talk about training the brain, there are a multitude of things connected to brain patterns. We have great results with head injuries, impulse control, migraine headaches, learning disabilities, and addiction disorders. Once we identify the region of the brain that is linked to a function, we are able to measure the activity levels. If we see irregular activity, we can retrain the brain and see positive changes. Often people come to us with anxiety and depression issues. And we have been very effective with Autism, which can be more complex as it influences several regions of the brain.



Why choose neurofeedback?

Our focus is geared toward long-term success and we believe in removing medication from the treatment. Until now, most children who have been labeled with ADD or ADHD have used psychostimulants along with psychotherapy as a main course of action in dealing with issues of distraction and inattentiveness.

Now, we've seen the results of neurofeedback treatments actually treating the electrophysiological underpinnings of these disorders and by retraining the brain, symptoms can subside.

Joseph N. O'Donnell, MA, MBA, PhD
Board-Certified Neurotherapist
Joseph N. O'Donnell and Associates Center for Biofeedback Therapy was one of the first providers of neurofeedback in the Chicago area. Dr. O'Donnell has over 25 years of experience and was a pioneer of neurofeedback therapy in Illinois.

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Fail Proof Your New Years Resolutions

A little progress every day adds up to big results

When you were a kid did anyone ever tell you the story of “The Tortoise and the Hare?” The tortoise challenged the hare to a race after the hare teased him about how slow he was. During the race, the hare was so far ahead that he decided to take a nap and wait for the tortoise to catch up only to embarrass the tortoise at the end. Unfortunately for the hare, he didn’t wake up until the persistent tortoise was so close to the finish line that the hare couldn’t catch up before the tortoise crossed the finish line. Ultimately, persistence won over procrastination. Let me say it again, **persistence won.**

The reason that so many goals fail is because we often get overwhelmed quickly by the work it takes to see the results we are looking for. If our goal is to eat healthier in 2020, how would you feel if on January 1st your goal was to cut out all carbs, eat a pescatarian diet, run 3 miles a day and consume under 1200 calories? Scary huh? On the other hand, what if on January 1st your goal was to eat under 100 grams of carbs every other day, substitute fish for other meat in your diet once a week and start exercising for 30 minutes three times a week. That likely sounds more doable and something that you can build on by continuing to make small changes in the direction you want to go. By consistently and incrementally decreasing your carb intake, increasing your exercise and fish intake you can

eventually get to the original goal of being carb free, running 3 miles and becoming a pescatarian. That’s why taking small action steps every day, even if it’s only one a day, will snowball into big results.

The tortoise didn’t win because of his speed or his wit, he won because he wasn’t overwhelmed by the task and the skill of his competition. Instead, he was persistent and never gave up. That same lesson can be applied to almost every part of our lives and most importantly, to our #goalgetter journeys. The goal setting/planning process is not a fast one. It takes time and effort to see real and lasting results. If we learn anything from the tortoise, let it be that our slow and steady progress day after day will end in the success that we are looking for.

Here’s to 2020! May you have a successful year of goal setting, planning and achieving! If you would like more information, visit my website www.jamienichole.com/work-with-me to learn more about me and schedule a call!

I offer online course options as well as one-on-one and group coaching in a virtual or live setting.



Go get those goals!



Jamie Nichole
#GOALGETTER

Jamie is a success coach and goal expert; currently offering one on one coaching services and online courses. She has over 14 years of corporate, nonprofit and small business experience in coaching others how achieve their own version of success through strategic goal setting and planning. Being a wife and mom of 4 active kids, Jamie understands how busy life can be and how it can get in the way of our goals. She wants to help other busy women overcome their overwhelm and show them that their own version of success is possible with the right tools. When Jamie isn’t coaching, she enjoys exploring all that Chicago has to offer with her family.



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Answers to Questions I've Received Throughout the Year

OK, Darlings. Here we are. A New Year, New Ideas, New seed and perennial catalogs arriving in your mailbox, New resolutions just waiting to be made. Gardeners have Sooo much fun to look forward to and now is precisely the time to contemplate ALL of that, so grab that latte, grab the cat and a nice comfy throw. Got a fireplace? You're getting the feeling!!!

ASK Kay THE GARDENER!!!!!!!!!!!!

Let's start with a very important resolution. Raise your right hand and repeat after me. Cross my heart and hope to die, I promise to wear sunscreen Every day, not just when it is sunny. Foggy, grey, rainy, whatever. Those naughty ultraviolet rays can get through and wreck your gorgeous skin. As I am writing this, I have a huge bandaid covering my most recent basal cell removal. Remember you want Broad Spectrum SPF 50 or above. They've added so many great things to the sunscreen to make it convenient. It can be a makeup base, and it can be a moisturizer. The sunscreen goes on that pretty clean skin first. Remember: You Promised!!!!

We know we can't actually go out and garden very much, so I thought I would address some good questions I've received throughout the year that may be helpful to you.

How Do I Trim Clematis? Cut? Don't Cut?



Consider a new *Jackmani* clematis. It's a great bloomer, gorgeous, and will outlive you.

This is a great question because, if you do it the wrong way, oops-it's dead! Do NOT trim in fall! Trim in spring. Watch what the plant tells you. It will send new sprouts from the ground OR it may start to send new sprouts halfway up the vine OR it may sprout all over the old wood from last year. New sprouts from the ground—carefully cut off the old vine leaving stalks about 7" long coming out of the earth. Check it every two weeks and keep twirling the new growth around your trellis. Sprouts halfway up—you will cut off all the dead stuff above the sprouting, probably about 36" or so. Clematis with sprouts everywhere on the old wood needs shaping. It is ready to grow, so cut off the stragglers and get the whole thing tied back onto the trellis. Ties: long lengths of twist tie, soft string, coated wire, pantie hose!

What Do I Do About Snow Wrecking My Bushes?

Oh, those heavy wet January snows can be tough on boxwoods and junipers. Remove that extra snow with a broom gently sweeping the branches. Pushing down or shaking branches may cause them to crack. If there is too much snow, you may have to wait for it to melt. Be sure when snow blowing, you don't load up your shrubs and trees with More snow. Your trees and bushes will surprise you by slowly recovering from bent snow-laden branches.

January means that seed and plant catalogs will start arriving in your mailbox. So stay on that couch by the fire and start turning down page corners on the new things you want to try. Many of you ask me for ideas on where to buy stuff so, I'm going to include some of my favorites. By the way, if you do Not get catalogs, go online and request some. They are all great reading and you will learn a lot.

Prairie and Native Plants/Seeds-Prairie Nursery, Prairie Moon Nursery—both have inexpensive small plants, Missouri Wildflowers Nursery—good reading, but some of their stock is not winter hardy in Illinois.



You can never have too many flower catalogues.

Trees-Oikos-native trees and berries, Stark Brothers-fruit trees, no-spray apples

Inexpensive Trees For Arbor Day Giveaways- Cold Stream Farm



When Kay gardens she means 365/24/7 or maybe some days it's just about having fun.

Garden Equipment-Kinsman company

White Flower Farm-potted plants and gifts(amaryllis)and perennials

Bluestone Perennials-your order arrives in great condition.

Seeds—Seed Savers Exchange-they have lots of unusual varieties, all heirloom, and every seed imaginable, Native Seed Search-they have a lot of native seeds, Indian corn, etc. Renee's Garden Seeds-Renee has fab annual flower seed and veggies.

Most seed catalogs now sell tomato, peppers, etc. plants of unusual varieties.

I have ordered from ALL of these places. Aren't you glad I did all that research for you? The Husband here isn't!!!

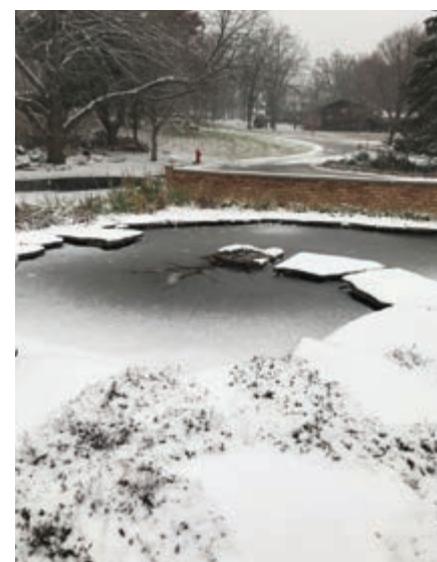
OK, dear readers, Reheat that latte. Now I am even saving you from January Boredom! Let's learn some new stuff. You'll want to go to youtube.com and put in 2018 Update Kay MacNeil Milkweed To Monarchs, and you will watch my rather long—Sorry!—Or NOT sorry—video about our beautiful monarch butterflies and how you can help them. This video in 2016 was a National Garden Clubs award winner, and in 2018 it was revised and was named the National Garden Clubs Overall Winner, which means your favorite garden writer was The Best in the whole U.S. Yup, I'm a little proud.

It is also not too late to order my samples of three kinds of milkweed seed and get it scattered around this winter, so it comes up this spring. Send \$2 cash donation, and a stamped self-addressed business-sized envelope to: Kay MacNeil, 689 Golf Club Ln., Frankfort, IL 60423 and you will receive samples of three perennial milkweeds and lots of literature.

Last . . . Start Planning For Spring! Consider . . . a new water feature. This can be a whole pond or a pot with a waterlily and a goldfish. How about an allee of trees coming down the driveway of your estate? (Allee means a double row, all the same kind of tree!) How about that outdoor kitchen or firepit? Use cardboard boxes to help you visualize this. OK, Girls. Get Dreaming!!!

Remember, if you have questions or need help, I am only a phone call (815-469-1294) or email (kaymac60423@yahoo.com) away. Love You, Readers!! And Happy New Year!!!

Mae West was So right when she said, "You only live once, but if you do it right, once is enough." Amen.



Consider putting in a water feature this spring. It can be just as gorgeous in winter. Plan for your water feature to bubble all winter. Birds love it.

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Kathleen's Creative Expressions also provides turbans, sleep caps and hats for women who prefer alternative head coverings as well as eyebrow kits that create perfectly-shaped eyebrows in seconds. Stop in today to see the full array of possibilities. Let Kathy offer the emotional and physical support you need to look and feel your best.

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Kathy Devyak is a licensed professional cosmetologist with certifications in hair replacement. Her more than 30 years in business makes her an ideal resource for women of all ages whose hair is thinning or lost due to chemotherapy, Alopecia, heredity or other conditions. Clients visit her salon and privately

consult with Kathy to choose a look that compliments their face shape and skin tone. Next, she fits, cuts and colors wigs to their

Every morning was a struggle, working with less and less hair trying to make it look "normal." I spent a fortune on hair products in an attempt to conceal my appearance. Kathy provided the answer for my problem by restoring my youthful appearance". -Jennifer

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are always provided in a private setting. I look forward to sitting down with you and sharing all of the available options best suited to your needs and lifestyle.



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Sherree Rothstein
Owner, Clothes Gallery

a gamut of feelings. You might like somebody, like-like another and really, really like another. And, of course, there are those you are absolutely head-over-heals in love with. Regardless of circumstance or emotional investment, it's possible to find an appropriate gift (at the right price) for everyone on your Valentine's Day list.

Fashion Jewelry is a great solution for every gift giving occasion. From mindful trinkets to heirloom-quality pieces, you can find the perfect gifts from under twenty dollars to a couple hundred. While they say, "diamonds are a girl best friend" you can absolutely find amazing designer fashion jewelry at a fraction of the cost.

When shopping for fashion jewelry you can

Valentine's Day — Finding The Perfect Gift.

Shopping for a Valentine's Day gift can often be a daunting task. A Valentine's gift is traditionally regarded as a proclamation of love that also imposes the question, "would you be mine?"

Friendships and relationships encompass

tailor your selection to meet any style or personality. Jewelry designs range from Boho-Chic to stunning classics, and you can choose from bracelets, earrings and necklaces (without having to worry about ring sizing options).

When shopping for clothing and fashion accessories be sure to arm yourself with a proper list of sizes for your gift recipients. Scarves, purses and sweaters are always great gifts.

Don't be afraid to ask for help from sales associates when shopping. Providing them with likes and dislikes of your Valentine will help them steer you towards a purchase that will surely be a winner. As always, shop local, stay sassy and Happy Valentines Day!



History, Shopping and Breathtaking Views: Turkey and Greece!



When you cruise with Celestyal Cruises, you experience the destinations, all while only having to unpack once and enjoy the benefits of having drinks and meals included. With each new day in a new city, I felt like I was experiencing all I had wanted so badly to see without the hassle of taking airplanes or trains in between. The ship also created an intimate atmosphere where you got to know the other guests, and the staff (who were incredible!) The ship felt like “home” where you would come back after a day of touring in the destination — a relaxing place to eat a great meal and relax with friends.

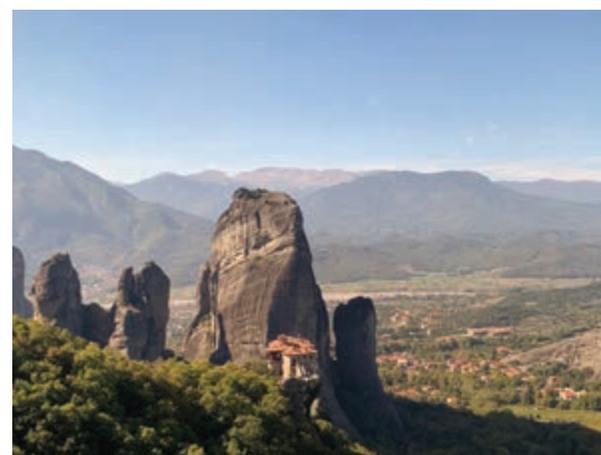


Although Greece drew me into the trip, I was blown away by Turkey. We visited Troy and got to walk through the ancient city that still has buildings standing, and more are being discovered still! On the same tour, we visited Assos, where we had to do a short walk to the top of the hill and got the most unbelievable view and history about the site and its importance to figures like Aristotle. When we arrived, we were the only tourist on site and it was truly breathtaking to take it all in – the view and the history.



Another spot that blew me away was Istanbul, Turkey. The first night we arrived, we were able to take a small tour cruise down the Bosphorus and check out both the Asia and the Europe side. As we got off the boat, we could boast we had set foot on the Asia side! After the cruise, we got to walk through the Grand Bazaar, where we tried many delicious treats and got to see the many spices for sale! The next day we did a full-day tour in Istanbul where we got to see the Blue Mosque, Hagia Sophia Museum, Topkapi Palace and the Hippodrome. My personal favorite was the Topkapi Palace because there were so many different parts to explore and admire. The Palace is very spread out. There is so much to see and do in Istanbul – it’s no wonder we stayed overnight in the destination.

The Greek Islands – specifically Santorini, was as breathtaking as everybody describes it to be. We spent the morning in the town of Oia, which is where you find all the shops, restaurants and the famous photographed blue dome rooftops. I felt like I was in Paradise when I walked through the streets. The nightlife in Mykonos also lived up to all expectations – vibrant bars and restaurants along the harbor were great spots to socialize with friends, family and the locals. No shortage of shops here as well, and you can roam the streets of Mykonos and find many unique shops from boutiques to souvenir shops to high-end jewelry.



Greece is truly an amazing vacation destination and I encourage you to consider Turkey if you are looking for something a little bit different and combine the two! These Mediterranean destinations should be added to your travel bucket list!

Where in the World will we travel to next! Please contact Abby if you are interested in planning a vacation.

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How to Be Your Own Health Advocate



While doctors are typically well educated and experienced in their field, they are still human. It is important for everyone going to a doctor to understand their responsibility for their own health, that it can be dangerous to rely solely on the wisdom of a healthcare provider. After all, you know your body better than anyone else.

Getting involved in your health decisions can lead to more confidence, better outcomes, and a greater sense of empowerment for you and your family.

Research Providers

Before making your next appointment, do some research. Ask friends and family for suggestions and look at reviews online. If you have concerns from what you've read or heard, pick up the phone to reach out to the providers office and ask about your concern. Also, if you have a health insurance policy where you will benefit from visiting in-network doctors, take that into consideration as well.

Bring Questions to Your Appointment

Once you schedule a doctor's appointment, prepare for the visit. Start a list of your concerns and questions, adding to it as other items come to mind. Doctor's visits are often tightly scheduled, so you likely won't have a lot of time to settle in and think. Logging your questions ahead of time means you can jump right in and be a part of the conversation. A visit doesn't have to be a one-way discussion where the healthcare provider talks and you listen. Instead, engage in conversation about anything that you are curious or concerned about.

Know Your Health Insurance

It is worthwhile to take time to understand the basics of your coverage. While it can be confusing and complicated at first, once you know how your insurance works it can help you to navigate your healthcare smoothly. Plus, you can sidestep unexpected (and expensive) bills.

A handful of the key components to each plan include copayments, deductibles, premiums, and what healthcare professionals are partially (or completely) covered. Some basic terms come up in the majority of health plans. For example, a copayment is what you pay at each visit and a deductible is the amount you need to pay before your health insurance will pay bills. Some of these costs can be avoided or lessened when you use doctors and hospitals within your plan network.

Get Another Opinion

Once you understand what your health insurance covers and what questions you want answered, get a second opinion if your issue is complex. It's important to remember that while another opinion might

not be needed, it is always there for you. If you feel misunderstood by your healthcare provider, or if your issue isn't healing the way you expected, seek the counsel of another doctor.

According to the American Heart Association website "When your doctor recommends a medication or procedure, whether for a cardiovascular condition or not, you almost certainly have questions and concerns — or even fears. All of these reactions are normal. But it doesn't mean you need to accept everything you just heard at face value. Your next step should be to get a second opinion." From there, you can confidently move forward with the best assessment. Think about which doctor's ideas make the most sense for you and your life.

Prioritize Preventative Care

Routine screenings and services are integral to staying in good health. This way, you can receive fast treatment if any medical issue shows up. Typically, early treatments are more effective and less invasive. It is up to you to be sure you are up to date with preventative care appointments.

Consistent appointments are opportunities to make sure immunizations and prescriptions are current. They can also be an optimal time to talk about reproductive health and contraception options. Women have their own health care needs and preventative care includes breast health and well-woman visits which include pelvic exams and Pap tests.

Review Records

Transferring medical records can be stressful, but with more and more doctors and hospitals turning to electronic records it is easy to review your records on your own. Keep tabs on what is in your records and share with other doctors when appropriate.

When you receive medical bills, look them over closely. It is common for medical bill errors to go undetected. There can be duplicate charges, bills for canceled tests, and incorrect quantities listed. When you take the time to read bills and watch for common mistakes, you can keep your money rather than give it to a hospital for a service you did not receive.

It takes time to learn the ins and outs of your health insurance and land on appointments with healthcare professionals you trust. But the time you've spent on research can pay off. When you are your own health advocate, you have more confidence and are able to get the results you want from our healthcare team. With knowledge about care systems and all of the options available, you increase the possibility of better treatments and positive outcomes.

After all, it is your life and your health. Take control.



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Just What Is Functional Medicine, Anyway?

by Dr. Stacie J. Stephenson

If you read health news at all, chances are good that you have heard of this new thing called “functional medicine.” It seems that people either embrace or criticize it, but from what I have been able to discern, many of functional medicine’s detractors don’t fully understand what it is. As a passionate believer in the principles of functional medicine and as a health care practitioner who has been trained in this method, I would like to explain, to those of you who are interested, what functional medicine really is. The next time someone tells you that you should seek it out (or that you shouldn’t), you’ll have the basis on which to form your own opinion.

So, just what is functional medicine, anyway? First of all, here’s what it’s *not*: Functional medicine is not a spiritual, mystical, or eastern medicine practice. It is not folk medicine and it is not ‘energy medicine.’ Functional medicine is rooted in western science, but it’s not at all like conventional western medicine.

Conventional medicine—the type of medicine most doctors practice—looks at medical problems in isolation. Doctors are taught a very specific method of differential diagnosis based on what a few basic test results say, and which drugs and/or surgeries relieve symptoms. For example, if you go to your doctor and say that you have had persistent feelings of sadness, hopelessness, emptiness, or feelings of worthlessness on most days for over 2 weeks, then you will likely get a “depression” diagnosis and a prescription for an anti-depressant. If you say that you have fatigue, dry skin, hair loss, weight gain, and feel cold all the time, you will probably be given a thyroid test. If the test is positive, then you will likely get your “hypothyroidism” diagnosis and a prescription for synthetic thyroid hormone.

It’s the same for diabetes, arthritis, autoimmune disease, even cancer. The tests may differ—a blood test, an X-ray, an MRI. The treatments may differ—a medication, a surgery, chemotherapy—but the overall process is the same. You get your test. You get your diagnosis. You get your prescription. And then you get sent home, hopeful that you will be one of the people who get a good result.

But what if you aren’t?

We are suffering from a very modern epidemic of chronic diseases in the developed world. Things like diabetes, autoimmune disease, hypothyroidism, heart disease, cancer, arthritis, depression, and anxiety plague millions of people, and we all know those who suffer from at least a few of these. Maybe you yourself suffer from some of them. For many of these people, conventional medicine hasn’t helped, or hasn’t helped *enough*. They are left feeling helpless, unwell, and unhappy.

While conventional medicine is very good at quickly responding to trauma and emergencies—like if you break your leg or collapse from a heart attack—it doesn’t do so well with chronic diseases. The reason is that the symptoms of these chronic conditions tend to be vague, not obvious. For example, what does it mean if you have fatigue or low energy? What does it mean if you have joint pain or headaches? What does it mean if you can’t sleep or you can’t stop eating sugar or you’ve suddenly gained a lot of weight and you don’t know why? These symptoms could point to hundreds of conditions. Let’s say a test shows you have inflammation. That’s good information, but it’s not a diagnosis. Inflammation could contribute to or cause arthritis, or depression, or heart disease, or cancer, or an autoimmune disease. What about digestive problems? What about anxiety? Are they causes of something, or symptoms of something?

Chronic disease gets very complex. Conventional medicine is not built for this type of complexity. It is **solution-oriented** and



reactive. Functional medicine, by contrast, is **cause-oriented** and **preventive**.

Functional medicine considers everything science has discovered about the root causes of chronic conditions. Its focus is to question *why* someone has diabetes, rather than just correcting blood sugar with drugs like insulin or metformin. A functional medicine doctor won’t tell you to quit taking your insulin or stop your chemotherapy, but it recognizes that drugs cover up the symptoms without addressing the original problem. Insulin can prevent diabetes complications but it doesn’t cure diabetes. If you go off insulin, your symptoms will return. But what caused the diabetes in the first place? Was it a poor diet, genetics, obesity, inflammation, pancreatic dysfunction, insulin resistance, or a combination of these?

Functional medicine follows the symptoms back up the chain to the original cause, and focuses the solutions *there*, rather than at symptoms that are end-stage results of a cascade of dysfunction—the twigs at the tips of the branches of the tree that is your health. To improve the health of a tree, you don’t focus on the twigs. You focus on the roots. It’s a simple common-sense approach to wellness. Functional medicine does this by considering everything about a person—their diet, exercise, family history, emotional state, and the results of many sensitive tests conventional doctors don’t prescribe—and extrapolates solutions from scientific research in genetics, the microbiome, infectious disease, immune function, and other exciting, cutting-edge research that hasn’t yet made its way into clinical practice. We are then able to advise patients on diet, lifestyle, supplements to fill in nutritional gaps, detoxification, stress management, and ways to work around and compensate for genetic susceptibilities, *in addition to* necessary conventional medicine therapies, as well as for the prevention of health problems in the first place.

Functional medicine doctors want to know *all about you* because the simple fact is that the state of your health is *all about you*. Is functional medicine still in its infancy? Yes. Does insurance cover it? In many cases, no...or shall I say, not yet? Many of us believe that functional medicine is the medicine of the future and I predict that it will become increasingly popular as an alternative mode of health care that focuses on achieving wellness, not just relieving sickness.

If that makes sense to you, then I hope you will consider a functional medicine practitioner the next time you want to unravel the mystery of your chronic symptoms and get actionable strategies that can make a meaningful difference in your health. To find a functional medicine doctor, consult the Institute of Functional Medicine website at ifm.org and click on “Find a Practitioner.” And be well!



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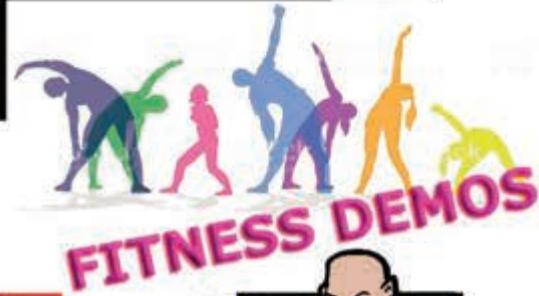
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Mood Changes	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Decreased Mental Ability	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Hot Flashes/Night Sweats	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Weight Gain	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Decreased Sex Drive	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Sleep Problems	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Always Cold	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Hair Loss/Breakage	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe
Dry Wrinkled Skin	<input type="checkbox"/> Never	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Severe

Hormones are powerful chemical messengers that are important for many of our body's internal functions. Even a minor variation in levels can cause big changes in our cells or disrupt the balance of our entire body. During perimenopause and menopause, **women can experience significant hormone fluctuations, as those in the above quiz and more.** However, we don't need to accept these inconveniences as the new normal. Dr. Ranae L. Yockey, D.O. of Advanced Women's Healthcare Specialists offers state-of-the-art treatment options, including bioTE[®], an advanced form of bio-identical hormone therapy.

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I am 51 years old and started receiving BioTe[®] pellet insertion when I was 48. Through perimenopause and menopause, BioTe[®] has made my symptoms mild or non-existent. The issues I was dealing with before were brain fogginess, lack of sleep/insomnia, fatigue, no libido and weight gain. About 11 months ago, I started having hot flashes—I hated them! Dr. Yockey added a natural form of estrogen to my BioTe[®] pellet. I have not had one hot flash in months!

—Diane, Barrington

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— Eileen, 40

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Advantages of Reading



For people who love to read, there are few things better than getting lost in the pages of a book. And it makes sense; reading can transport us to another life, allowing us to forget our day-to-day worries, at least for a period of time.

It turns out, there are other benefits to reading, too. In fact, a study published in the journal *Social Science & Medicine* reported that book readers may live longer than their non-reading peers. In their study, readers' lives were almost two years longer than those of individuals who did not read at all.

Got your interest? Here are even more advantages to reading:

Reduce Stress

There is a relationship between illness and stress, but even knowing that it is impossible to forgo all stress in life. Because stress has a way of popping up, whether we like it or not, utilize stress-reducing strategies to improve overall wellbeing. One strategy is to pursue reading.

When reading a story that ignites interest, the reader can leave their own worries and concerns behind for a little while and navigate the character's lives. It's more than a distraction, because the story is engaging an individual's creativity, and having an active imagination can enhance one's own life.

Enrich Your Brain

Brains tend to slow down with age. Things like phone numbers and names of individuals become more difficult to remember. But studies have shown there are activities that can help to prevent cognitive decline. One of them is reading. A study at Rush University Medical Center found activities that stimulate the mind, including reading, may even slow dementia.

Inspire and Focus

Reading can send thoughts in new, exciting directions and helps people to think in different ways. Readers even find themselves having dreams or inventive ideas based on content that they have read in books. With a different line of thinking, readers can be inspired to try a new hobby or look at the world in an updated, positive light.

And while people read, they are concentrating on the story in front of them. The characters and plot have the focus. Multitasking isn't an activity people do when they read books. Instead, they concentrate on the book in front of them, sometimes for hours at a time. This is a good habit to develop because learning new things takes concentration. When a mind can concentrate and focus, it is developed for learning.

Sleep Better

Electronics in the bedroom, such as televisions, smartphones, and tablets, can disrupt natural sleep patterns. Using a smartphone in the

moments before bedtime can diminish sleep quality because the light emitted reduces natural melatonin production. Melatonin is the hormone that signals it is time to slumber.

Conversely, reading a book can be an enriching bedtime ritual. Since reading reduces stress, it can even help individuals fall asleep faster than they would without reading a book. Keeping a book by the side of the bed and picking it up for 20 minutes or so before falling asleep each night can be helpful for individuals who have trouble sleeping. And developing regular sleep patterns is a great way to smooth the transition from being awake to sleeping peacefully.

Promote Empathy

While books do provide an escape from the day-to-day world, reading can also help to promote empathy and social skills in the real world. Reading helps individuals to understand others better. When stories of differing beliefs and thoughts are read, it is a way for people to see life through another lens. This effect is even stronger in individuals who read fiction than those who read nonfiction. It is thought that fiction allows readers to imagine the whole life of a character, weaknesses and strengths included, which can build empathetic feelings toward others in real life. Fiction helps individuals to analyze and understand their social lives.

Boost Vocabulary

Reading introduces new words and phrases and can increase a person's vocabulary. Some studies have even pointed to reading as an intelligence booster. The journal *Child Development* reported that kids scored higher on IQ tests when they had developed strong reading skills compared to children with weaker reading abilities. It is thought this might be because reading can help kids to use abstract thinking. This abstract thinking can be beneficial with tackling problem solving, such as the questions that populate IQ test.

Accessible and Free

Some like to purchase their books, so they can hand them to friends after they have finished them or take notes on what they have read in the margins. But, if you want to keep your expenses low, there are ways to enjoy all the advantages of reading for no charge. Local libraries have countless books available, covering any subject imaginable. Librarians are a great resource for book recommendations and teaching individuals to take advantage of all that libraries have to offer.

There are oodles of benefits to reading regularly, even daily. Reading is a habit like any other, so rather than thinking about reading someday, pick up a book and get started. Fun, entertaining, exciting, and stimulating, daily reading improves lives and sets a good example for others.

Find a comfortable spot, snuggle up, open a book, and get lost in a story. With so many benefits, time spent with a good book is time well spent.

Don't Forget Your Checkup!

Why Annual Physicals Are Important

People often avoid the doctor's office—or simply forget to make appointments—when they feel fine. While it may not seem important to visit the doctor if nothing is wrong, it is. The truth is preventative care is an essential component to living a long, healthy life.

Annual physicals promote good health. Checkups are a part of an overall wellness lifestyle, allowing doctors to catch any issues early, leading to faster healing.

Building a Relationship

While some find checkups uncomfortable, it is easier to talk through issues with a doctor you already know. Finding a practitioner who you are comfortable with when you are healthy means you will have someone to turn to when you have a concern. Choosing an individual who specializes in internal medicine or family medicine can help. These doctors, and many others, take a holistic approach to health, asking you (and noting) any changes in your physical, emotional, and mental health. When there is a person who is familiar with your health history, that knowledge can be invaluable if you were to ever face a health crisis.

Maintaining a Healthy Lifestyle

Each physical is an opportunity to discuss your lifestyle and determine if any changes need to be made. Preventative checkups might bring to light some dietary changes that would be beneficial or help you to determine if you've gained or lost too much weight.

Plus, life changes over time. If you want to raise a family, you can discuss how to adjust your lifestyle for optimal reproductive health. And if you are approaching menopause, your primary healthcare provider can walk



you through what changes to expect and how to alleviate any discomfort associated with the end of menstrual cycles.

Save You Money

While many associate medical appointments with expenses, regular doctor appointments can actually save you money on your overall health costs. This is because catching any concerns early can help families to avoid stressful hospital visits that can result in large bills. Also, if you review your insurance plan, you might find that preventative visits are available for little to no cost.

Maintaining a relationship with your doctor is a path to preventing disease. Screenings can keep you informed and your healthcare provider can guide you toward healthy lifestyle choices. When your doctor knows you and your health history, they can give you advice tailored to your unique healthcare needs.



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Serving Dinner with a Side of Love

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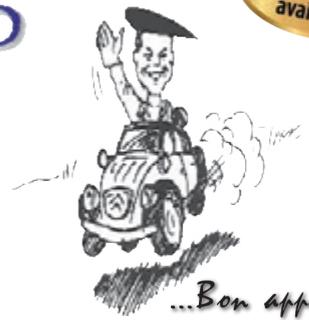
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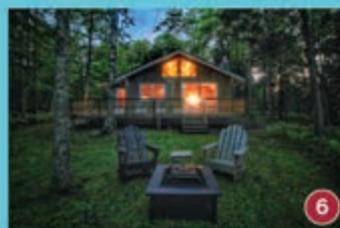
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Do You Want To Know More About The Past?

Immigrants

By Carol A. Wirth

Are you a genealogist or curious about the past? Can you imagine leaving the only world you knew to come to a strange place where you couldn't speak the language? Did your ancestors travel alone, with a friend or other family member? What occupations would support them in America?

Worldwide records can provide answers. If your ancestors came from Ireland or the United Kingdom, there are over 200 million names available from census and civil registration records. Some census records date back to 1871 and 1891.

Immigrants came from many countries. They were proud to become Americans and learn English. Each language listed below is a country or resource whose records can help you trace your family.

Albanian - Arabic - Armenian (Turkish Armenians, Armenians in Russia)
Basque - Breton (lower Brittany) - Bulgarian - Czech - Chinese - Croatian
Dalmatian (Yugoslavia border area near Adriatic on the West) - Danish - Dutch - Egyptian - Estonian
Finnish - Flemish (Dutch spoken in Northern Belgium) - French - Frisian (German spoken by Frisian people)
Gaelic (West counties of Ireland) - Georgian - German - Great Russian (central / northeastern areas of Russia)
Greek - Gypsy - Hebrew (Israel) - Hindu - Icelandic - Irish - Italian - Japanese - Korean - Kurdish
Lappish (Lapland in northwest Europe arctic sections of Norway, Sweden and Finland) - Lettish (Latvian)
Lithuanian - Little Russia (Belorussians or White Russian) - Macedonian - Magyar - Montenegrin
Norwegian - Persian (Iran and Afghanistan) - Polish - Portuguese
Romanish (Romany gypsies) - Rumanian - Russian - Ruthenian (Ukrainian)
Scotch (Scottish) - Serbian - Slovak - Slovenian - Spanish - Sweden - Syrian - Turkish - Ukrainian
Walloon (southern Belgium and adjacent France) - Welsh - Wendish (Saxony or Brandenburg)
White Russian (see Little Russia) - Yiddish (Polish and Russian Jews)

Starting in 1867 Michigan is the ninth state requiring birth, marriage and death records. Prior to 1906 every year someone went house-to-house gathering baby and parent's names, birth date and place. Probate courts transactions were recorded in 1886 and criminal, divorce, land records and naturalization in 1891. By 1895 circuit court records are documented. Some French Canadian church records from the 1800's contain vital records on Michigan residents too.

Imagine ethnic communities adapting old traditions to their new life. America was getting new surnames too. Some names stayed the same while others were Americanized. Here are a few European surnames, their source and meanings.

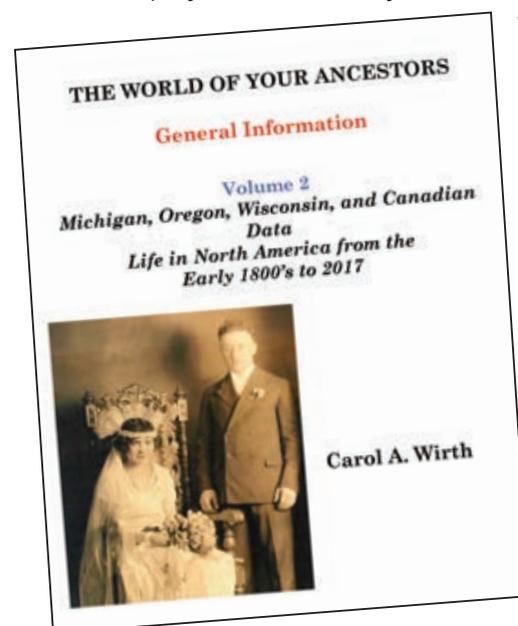
Aaron - Hebrew - Lofty, exalted one
Barnes - Old English - Owner of barley storehouse
Clinton - Old Norse - Farmstead on a headland
Decker - German - House roofer
Epinosa - Spanish - Thornbush-covered property
Flowers - Old English - Arrow maker
Grant - Old French - Large or great man
Houghton - Old English - Farmstead on a bluff
Irons - English-Strong - Willed one
Jesse - English, Hebrew - Wealthy one
Kennedy - Irish, Scottish - Son of the helmeted one

Lang, Lange -Various European - Very large man
Monroe - Scottish - Lives by red swamp
Noyes - French - Owner of nut trees
Owens - Old Welch - Well-born one
Presley - Old English - Priest's meadow
Quinn - Old Gaelic - Descendant of intelligent man
Ryan - Gaelic - Descendant of the younger ruler
Seymour - Old Gaelic - Victorious and famous one
Talbot - Old French - Pillager
Underwood - English - At the foot of the forest
Valenzuela - Spanish -Young, valiant one
Wasserman - German - Water carrier
Xavier-Spanish-Owner of a new house
Yates - English - Home at the town's gate
Zuniga - Spanish - Man who frowned constantly

Families with the same occupation for generations in the old World adapted to take new employment choices. Did they work in an Automobile Repair Shop, Bank, Blacksmith Shop, Coal Mine, Cobbler's Shop, Cotton Mill, Grocery Store, Dry Goods Store, Insurance office, School, Shipyard or Soap Factory?

Were they a Boardinghouse keeper, Carpenter, Chambermaid, Child's Nurse, Chiropractic physician, Civil Engineer, Coal Miner, College Professor, Commercial traveler (traveling salesman), Cook, Dentist, Doctor, Electric Engineer, Farm laborer, Farmer, Farm manager, Garden laborer, Laundress (takes in work at home) Lawyer, Locomotive Engineer, Lodging housekeeper, Longshoreman, Mechanic Engineer, Medical physician, Mining Engineer, Orchard laborer, Osteopathic physician, Plasterers, Retail Merchant, Riveter, Salesman, Spinner, Stationary Engineers, Trained Nurse or Washerwomen (takes in work at home)?

Did they work on their own (farmers, proprietors of small businesses without employees)? Were they full time or part time? Were they paid a wage or paid hourly? Did they work on the family farm or shop and receive no pay?



What was life like in countries your ancestors came from? What original and Americanized surnames did you find? What languages were spoken? What types of work did your immigrant ancestors do? How did they meet new challenges? Have fun researching.

Carol A. Wirth is the author of a three volume series, entitled *THE WORLD OF YOUR ANCESTORS - GENERAL INFORMATION*. Learn about Austrian, British, German and Italians and find out why your relatives came to America. Learn about the Pilgrims, Puritans, Quakers and Colonial times, Native American Indians and fur trappers. There is a genealogy section in volume 3.

A second series, *THE WORLD OF YOUR ANCESTORS - DATES* is six volumes. It shares events, famous people, inventions, populations, prices, movies, television, theater, sports and a whole lot more. It starts in the beginning of time and ends in 2017.

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Organize Your Home for a Happy, Healthy New Year



As the calendar turns to another year, many of us adjust our habits and routines to improve our lives. For some that means heading to the gym, others vow to unplug their devices, and many want to organize their homes.

An organized home can impact other areas of your life. According to a group researched by Ketchum Global Analytics, 72% of the group reported they sleep better in a clean house. Plus, 60% said they felt less stress in an organized house and 80% felt more relaxed.

Ready to get your home organized? Here are a few tips to get you started.

Take It One Room at a Time

If your home is in need of organization, it can be easy to get overwhelmed by the task at hand. Give yourself a win right away and start in one spot. Decide to organize one room, or even start with a cabinet. Give yourself enough time to complete the task, which will help you in resisting the urge to stop midway. Keep in mind that an entire room could take a whole day while a cabinet could be done in a couple of hours. Complete the area you've decided to finish, congratulate yourself on a job well done, then move on to the next area on your list.

Donate, Store, and Toss

When going through the contents of your home, decide what you don't need or want anymore. So, if you are going through your closet, donate any items you haven't worn for over two years. Before you get too nostalgic, remember that clearing space for the old makes room for the new.

And when going through office, have a system in place for all of your paperwork. Papers should be tossed or stored. Everything throughout your house needs a place to go. For a home office, this often means utilizing filing systems, shelves, and digital archives. It can be helpful to organize by color, too. Assign a color to personal documents and another for professional documents.

Utilize Space

In order for every item to have a home, you'll have to utilize your space efficiently. If your home is light on storage, try to optimize unused spaces. For example, if you don't see space at eye level, look up and store items in high cabinets and shelves.

Organizing is a way to enjoy your home to its fullest. Make it fun for yourself and enjoy the process knowing you may sleep better as a result.

Electrolysis: the only answer for permanent hair removal.

Females of all ages deal with unwanted hair growth, from young teens, to women in their 20s and 30s, to menopausal women.

I am writing this testimonial on behalf of Vicki Lonson and Forever Free. I have been associated with Vicki for almost 2 years and at the time I first began treatments, I never thought I would see the day when my excessive facial hair problem would be gone. My severe problem was due to a medical condition. Once the medical condition was resolved all of the facial hair that was caused from it needed to be addressed. Vicki assured me at the time of my free consultation that if I followed her plan she would free me of my facial hair and I would again feel good about myself. Well, I must say back then I had a hard time believing that I would ever see that day. And now, almost 2 years later, I went from having an hour treatment every 2 weeks to a half-hour hour every 2 weeks and now I am down to a 15 minute treatment every 2 weeks with a close end in sight!

Her extensive knowledge, professional demeanor and friendly personality have certainly added to the great service and assurance that electrolysis works! About a year prior to starting treatments with Vicki, I tried laser treatments. They too assured me that laser would work. However, it did nothing and the problem seemed to get worse. I stopped those treatments after a year and did further research hoping that I would find someone to help. Vicki was my last hope. I am thankful every day that I found her and Forever Free.

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Vicki Lonson
Owner/Operator



September 18, 2016 — Pat — Huntley, Illinois

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What academic rigor is....and what it is not



Talbott Behnken
Superintendent

Each month at Harvest Christian Academy, we have one Thursday morning that the students begin their school day one hour later than normal. While our students are sleeping in and our parents are having a bit more of a relaxed schedule that morning, our teachers are here working hard during a professional development time.

Recently, our topic for the teacher professional development was rigor and the best ways to provide a rigorous

instruction for our students. The reason we desire this is simply to provide our HCA students with the best preparation for their future. I want to take some time to share with you how we define rigor at HCA.

Rigor is challenge. We use the analogy of exercise, since it is one we can all understand well. When we push our bodies to run faster or further, and lift more—that constitutes rigorous training where we are developing our bodies in such a way as to increase our output. Conversely, to only exercise to the point of comfort does not challenge our body to produce more—strength, speed or endurance. While regular exercise is good for one's health, how much we challenge ourselves is the difference between maintenance and growth.

Learning and brain development work the same way. We, at HCA, seek to challenge our students to develop their cognitive abilities to the peak of their God-given potential. Our definition of rigor, however, is a depth and complexity of understanding of new material and the ability to integrate new knowledge learned with background knowledge. And not just to be able to do this, but to do so with excellence and consistency. You see, we desire students to understand things with great depth and how they connect. We seek for them to be able to evaluate information effectively—by making claims and by providing evidence and reasoning for why they believe the claim they made. This is them classifying, applying and synthesizing the newly learned information.

Specifically, at Thursday's late start, we focused on teacher questioning to maintain rigor. Our teachers are excellent at questioning for thoughtfulness—think the opposite of yes or no questions. After asking a thoughtful question, they allow time students to formulate a response—hear from our students and begin discussion with follow-up questions to help assess understanding of the class. One simple follow-up question that was emphasized as effective is, "How do you know?" This allows students to explain why they answered what they did and helps verbalize a depth of understanding. It also gives other students in the class a way to evaluate a different way of thinking.

This is difficult for students. It is difficult because it is taxing for the mind to be fully engaged. It is a challenge for them because learning with depth forces them to be completely mentally engaged in the task at hand. It forces their brains to work by classifying/applying/synthesizing new information and determining how it fits with what we already know, ideally in multiple different areas. For reference, in an average 6-year-old, the brain functions use upwards of 60% of the body's energy. That is why our students are tired when they get home from school. Even for adults, when we are mentally engaged for an hour straight, we burn four times more calories during that time compared to being on our phones or watching television.

So, to recap: academic rigor challenges students not just to learn new things—but to classify, apply, synthesize, predict, and summarize it, in relation to things they already know. It is a challenge and it requires depth of understanding.

What rigor is not: solving more problems, writing a 10-page paper instead of a 5-page paper, or simply reading more pages. It is not more work for the sake of more work or harder for the sake of harder. It all revolves around a student's demonstration of mastery of the learning standards. This set of learning standards are what is developed by our curriculum revision process cycle as well.

Rigor is academic challenge. It does challenge, and sometimes causes frustration, for our students. That is sometimes hard, but we know that struggle is good. As goes with both exercise and learning: that is how growth occurs. At HCA, we are committed to this. Committed fully because of our belief that learning in this way prepares them to be all that the Lord has made them to be in this world.....and because we are Lions!



If you are interested in finding out more information about Harvest Christian Academy, please call our admissions department at 847-214-3500 or visit harvestchristianacademy.org/admissions.

Harvest Christian Academy
1000 N Randall Road, Elgin, IL 60123

How to Set Great Goals and Move More

(Easy Steps to Motivate Yourself and Have Fun While Getting Things Done)

How many times have you made a promise to yourself that you'll start exercising more? You might have even bought a gym membership. You started going. But after the initial spike in motivation, the visits became less and less regular. Does that sound familiar?

So, how do we **maintain our** goals **regarding** our physical fitness and **staying healthy**?

Today, I share some straightforward strategies and science-backed tips that will help you increase your fitness and well-being.

1. Break it Down

We must see goals as a part of our life plan broken down into **smaller segments**. When you look at the bigger picture, the task might seem overwhelming. But when you divide it into smaller steps and do the task at hand, it becomes achievable. When you achieve each smaller task, you upgrade to the next level. But you never lose sight of the big dream.

2. Keep it to Yourself

Many people think that announcing your goals to others can make you feel more accountable and, therefore, more likely to stick to them. However, research shows that if we talk about goals, our minds get tricked and perceive the goal as already reached, thus sapping our motivation.

3. Have a Goal Buddy

Find somebody who also wants to work out and join forces. He or she can be your **goal buddy**. For example, you can go jogging together, meet at the gym, go for a walk during lunchtime. We all have a bad day when it's easy to resort to old habits. So, it's good to know there's somebody who has your back and you can turn to for motivation.

4. Make Your Goals Smart

Write your goals down. Even better, keep a **goal diary**. Put a date next to each goal so that you can track your progress. Own your advancement! You can be a bit scientific about your goals and make them SMART: **S**pecific, **M**easurable, **A**ctionable, **R**elevant, **T**ime-bound.

5. Be Realistic

Don't include too many things on your list. It's better to move for 20 minutes a day than not to move at all.

6. Reward Yourself

Research shows that rewards can help us stick to our long-term goals. When deciding on your goals, **prepare some small gifts** you will be able to claim if you stick to them.

Goal setting and goal getting are essential to living a **long** life with purpose. Medvesta Hypnosis helps you achieve your goals.

Happy goal setting!

Steve Cohen is a Registered Hypnotherapist, located in Batavia and Chicago, IL. His specialties include pain management, stress management, weight loss, smoking cessation, and hypnosis for the caregiver. Medvesta Hypnosis was founded to offer high-quality hypnotherapy sessions to everyone looking to improve their health, well-being, and quality of life.



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Natural Approaches for Acute and Chronic Pain



Carole Childers
C.N.L., D.N.

All Ways Healthy is your community resource located in Lake Zurich, for healthy, natural groceries, supplements and personal care products. At All Ways Healthy, you will always be greeted by professional, friendly and knowledgeable staff led by the store's owner; certified and licensed dietitian nutritionist Carole Childers (LDN, CN).

Pain is a warning sign that something in the body is in need of repair. Inflammation and pain are a normal response to injury and may include heat in the area of injury, redness, swelling and discomfort. In time, these symptoms begin to resolve and eventually disappear. Chronic inflammation that lasts is not normal, and is in fact, a disease. This type of inflammation is at the root of many serious illnesses including cancer, heart disease, obesity, diabetes and painful conditions like arthritis.

While anti-inflammatory prescription drugs can play a role in treatment, many people cannot tolerate or simply want to avoid the effects of these particular drugs. Fortunately, there are some natural compounds that have been shown to provide a great deal of relief for those suffering from acute and chronic pain. A combination of two common herbal ingredients curcumin and Boswellia can stop the cause of pain – and fast!

Curcumin is a compound from the herb turmeric. It is very effective in reducing inflammation tied to many chronic diseases. Boswellia is a large tree native to India that has been used for medicinal purposes for centuries. These two natural components can be as good or better than conventional approaches for pain, and work without risk to the kidneys, stomach, liver and heart. Relieving inflammation means relieving pain and enabling continued activity.

Owner Carole and her staff have extensive experience in helping customers find answers to their health-related questions. Carole also offers private nutritional counseling services on a fee-for-service basis, by appointment.

All Ways Healthy is happy to provide more information about this and all of their products in their Lake Zurich store that offers groceries, supplements and wonderful personal care products!

All Ways Healthy Lake Zurich store is located in the middle of Lakeview Plaza Shopping Center at 123 South Rand Road.

Our store hours are Monday thru Friday, 9:30 am - 8pm
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The Joint Apprenticeship and Training Committee (JATC) will open its application period for Electrician apprenticeship on Monday, January 6, 2020 through Friday, January 17, 2020 from 8:00 a.m. until 3:30 p.m. Monday through Friday. Application hours will be extended to 7:00 p.m. on Monday, January 6 and Tuesday, January 7 only. Applications may be picked up only during these periods at 765 Munshaw Lane, Crystal Lake, IL. 60014. **You must apply in person.**

The Joint Apprenticeship and Training Committee (JATC) will open its application period for Telecommunication Trainee apprenticeship on Monday, January 20, 2020 through Friday, January 31, 2020 from 8:00 a.m. until 3:30 p.m. Monday through Friday. Application hours will be extended to 7:00 p.m. on Monday, January 20 and Tuesday, January 21 only. Applications may be picked up only during these periods at 765 Munshaw Lane, Crystal Lake, IL. 60014. **You must apply in person.**

The minimum qualifications for apprenticeship can be found at:
www.ibew117.com/index.php/notice-of-apprenticeship

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Healthy MEAL PLANNING Tips



If you are looking to add more healthy, whole foods to your diet, try meal planning. With a bit of practice, meal planning results in wholesome meals and saves time and money in the process.

Decide What to Eat

Most families find themselves making a handful of meals again and again. As long as these are healthy meals, there is nothing wrong with having a few family favorites that show up each week. That said, a lot of families have standard meals that tend to tip the scales on calories and fat. Keeping that in mind, shift some family favorites and add more vegetables, whole grains, and low fat proteins. Find inspiration from blogs, websites, or cookbooks.

Use a Calendar

Once you know what you are going to eat, log your meals on a calendar. You can post a meal list on your refrigerator or keep your calendar within your phone or laptop. If you have chosen a couple family favorites, it can make your life easier by establishing a couple of theme nights. This can be helpful for families with kids who love to help out in the kitchen. Kids enjoy knowing what is for dinner in advance and if every Monday is soup night and every Thursday is taco night, family members know to share what soup or taco ingredients they'd like for the next week.

Make a List

When you know what you are making you can streamline your shopping. Choosing a shopping day and preparing a list is a great way to reduce impulse buys (which are often unhealthy) and can save you money. If you frequent the same stores, you will begin to notice what are the typical prices of certain items. With this knowledge, you can take advantage of sales.

Store Staples

Looking over your meals for the week and assembling your grocery list, you will likely notice a few staples that come up time and time again. For many, this includes eggs, milk, green vegetables, fruits, and whole grains. After a few weeks of meal planning, you will notice what these staples are. Then, on super busy weeks when you might not have time to try an array of recipes, you will know what key ingredients you need. From there, you can quickly put together healthy meals with your base shopping list.

Organize Groceries

When you get home from the store, take the time to wash and store produce so it is ready to eat. You are more likely to eat your vegetables if they are washed and dried. From there, you can not only grab raw produce as a snack, but you'll have sliced and bagged veggies ready for stir-fries, zucchini grated to add to meatballs, and cheese shredded for tacos.

While you are in organization mode, some find it helpful to cook meal components. You can get a few root vegetables roasted and ready for salads or put together a pot of tomato sauce for pizza, lasagna, and soups.

Look Forward (and Back)

When planning, think of your week ahead. Plan easy meals (or double cook the day before and have leftovers) on nights when you know you'll be late at work or there are kid sport events scheduled. It is also helpful to take a peek at the weather forecast. If there are cold days ahead, you may be more interested in turning on the stove or having a savory soup in the slow cooker. During the warm months, it can be satisfying to grill vegetables outside or take advantage of food growing in the garden.

After following your own healthy meal plan for a few weeks (or months), you can even find inspiration in your own recipe history. When you look back at older meal plans, you can remember the dishes you loved along the way and add those into your current list of recipes.

Optimize the Fridge and Freezer

Things get lost when a refrigerator is filled to capacity. Items get pushed to the back, things go bad, and the collection of storage boxes, baggies, cartons, and condiments is overwhelming. Keep your fridge organized and airy so you can see what you have and eat foods when they are still fresh and delicious.

To help keep an organized fridge, remember the freezer can be helpful, too. Freeze sauces, soups, stews, and beans you have made in advance. You will be happy to have these items when your recipe calls for them in the coming weeks.

Whether you are looking to add more veggies to your plate, improve your diet, or lose weight, meal planning can help.

5 Reasons to Meal Plan

- 1. Save time.** When you do one shopping trip each week, you cancel daily stops and the stress of wandering the aisles wondering what to have for dinner.
- 2. Healthier meals.** Planning ahead means you can choose meals that are balanced, healthy, and satisfying.
- 3. Save money.** Purchasing food for a week of meals is an opportunity to see just how much you are spending on groceries. From there, you can dial your spending down, if the budget is tight.
- 4. Less waste.** Throwing out food is wasteful. With meal planning, you'll know what ingredients you need and when you will use them.
- 5. New recipes.** Exploring recipe websites or paging through a cookbook while meal planning is an opportunity to try new foods, possibly recipes that will become family favorites.

Fitness Habits that Benefit Your Day-to-Day Life



When you decide you get on a treadmill or stationary bike, the initial desire is often connected to weight loss. But workouts are about more than the size of your waistline, there are healthy lessons to be learned from workouts that can be pulled into everyday life, too.

Deep Breathing

It is easy to take breathing for granted. It happens naturally and the inhale and exhale of our lungs becomes routine. But when we exert ourselves, we truly feel how important each breath is. Our breath heals our bodies in many different ways, during times of exertion and in times of relaxation.

When we take in oxygen, our bodies energize red blood cells. Then, we expel carbon dioxide, a waste product. When we exercise we become more aware of how life sustaining breathing is, a lesson we can take into our workplaces and home life. Anytime is a good time to breath deep and enjoy good health.

Finding Your Flow

Getting lost in a project can be a rewarding feeling. Many connect the flow they feel in their profession to their happiness at work. Essentially, your flow is when you are so immersed in the task at hand, you forget about the world around you. This can happen when you exercise, too. And once you feel it, you can learn to bring flow into other areas of your life.

Part of finding your flow is ignoring distractions. For example, when you take a class at the gym, you are separated from email notifications, texts, and social media. The same way, when you are working at a desk, clear paperwork and mute digital interruptions so you can find your rhythm and enjoy flow both in and out of the gym.

Stay Hydrated

Drinking enough fluids is an important part of health, but many don't think of grabbing a glass of water until they feel thirsty or have just gone for a run. Staying hydrated in the fitness room and out will improve every system of your body as fluids flush out bacteria and carry nutrients to the cells of your body.

According to the Mayo Clinic, healthy women need about 11.5 cups of fluids each day. But it is important to remember that some of your fluid intake will come from eating water-rich foods such as salads and applesauce. So if you follow the classic advice of drinking eight 8-ounce glasses of water a day, you are likely on the right track.

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Scar and Skin Camouflage with Permanent Makeup



Today permanent makeup not only offers cosmetic procedures like eyebrows, eyes and lips procedures, but also has esthetic purposes. Permanent makeup is not only for women either. Wanda at Cosmetic Enhancement Clinic & Academy also provides these services to men. Medical applications include areola color restoration and scar camouflage these treatments are available for scar camouflage, burns, thinning brows and vitiligo spots.

Scar and skin camouflage are the procedure when color pigment is implanted to the affected area with help of the highest quality equipment in order to gradually blend it with the surrounding skin and make it almost invisible.

It is Important to know, that this procedure requires a lot of experience and skills in permanent makeup as well as an artistic eye on colors and skin tones. So, if you want to get a desired result, choose an expert.

Wanda has over 35 years in the beauty industry and has been a permanent makeup artist since 1993. Her expertise in permanent makeup procedures includes eyeliner, lip liner, full lip color, eyebrows, color refreshing, corrective work, medical applications, hair simulation and scar camouflage.

Permanent makeup is also referred to as micropigmentation and cosmetic tattooing. To achieve this natural elegant look, Wanda designs and customizes the coloring to achieve your desired results. The technique is done by gently inserting special pigments just under the epidermis of your skin, thereby creating your new eyebrow, eyeliner or lip shape.

Cosmetically, the most popular procedures include eyeliner, lash enhancement, eyebrows, lip liner, and full lip color. The eyeliner or lash enhancement creates the look of thicker lashes and beautifully frames the eyes. Eyebrows that are sparse, missing or shapeless can be filled in or more evenly shaped. Lip liner and full lip color can redefine the shape

and add a brighter color to pale lips. Medical applications include areola color restoration and scar camouflage

Cosmetic tattoos are having a renaissance. Microblading, also known as microstroke, hair stroke, 3D and embroidery, has gained global success since it was introduced to the United States in 2014, and is taking the beauty world by storm. Microblading is a hair stroke method of cosmetic tattooing done manually with a row of very tiny needles and gives the appearance of additional hairs. This technique is not always appropriate for everyone, but there are several other art techniques such as microfeathering, shading, powder fill and ombre, available to achieve a natural result.

Wanda's permanent makeup may need to be refreshed in 3 to 20 years, depending on many factors such as body chemistry, lifestyle, skin type, pigment type and application technique. Permanent makeup is a quick and easy procedure that is practically painless, with basically no downtime. Isn't it time for you to join the fastest growing trend of today? Make an appointment today and start to enjoy your everyday perfect appearance!



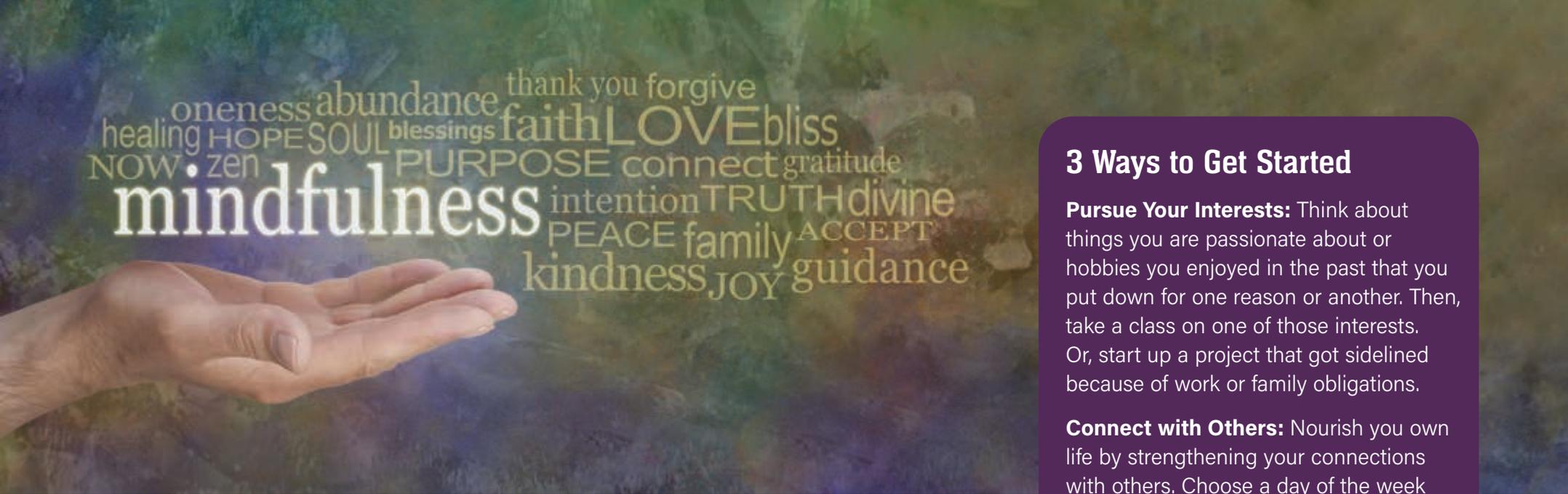
Healed.... first session of transplant scar camouflage

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Take Time for Yourself... It's Good for Your Family

Balancing life responsibilities, including jobs, parenting, taking care of older parents, and giving back to the community, can result in booked calendars and long to-do lists. And as good as giving can be, sometimes you aren't reserving enough time for you. Turns out, taking time for yourself can be beneficial for everyone involved in your life.

Everyone needs to find ways to reduce their stress. For some people that means going for a daily walk while others prefer to take a class or pursue hobbies. Focusing on your own happiness is a way to set the tone for your entire household.

Practice Mindfulness

It is common for women who are stressed and feeling anxious to overthink daily issues. Worries start small, but then grow and can become difficult to release. Our brains set up a loop of the same thoughts, causing us to worry about issues over and over again. To alleviate this stress, and promote overall health, begin to practice mindfulness.

Start by making an effort to focus on the present moment. If you feel your thoughts drifting back to the past or ahead to the future, refocus your thoughts to what is happening now. You can't change the past and you can't predict the future. Instead, pause to listen to the sounds around you and focus on your breathing, relaxing, and enjoying the moment.

Practicing being calm and paying attention can help you to focus on what really

matters in life. You can be more present for your family and more focused on your talents at work.

"Mindfulness doesn't have to be something you do alone in silence in a meditation hall on a remote mountaintop, but something that can become part of your crazy, busy life as a frantic parent trying to juggle way too much. Which is, in fact, when you need it most," says Susan M. Pollak in her book *Self-Compassion for Parents: Nurture Your Child by Caring for Yourself*.

Improve Your Relationship with Your Spouse

When romances begin, there is excitement and passion. But with time, sometimes the spotlight on romance fades. If you recognize that your relationship could use some attention, give yourself permission to make the changes and ask for the attention you need.

If you see a need for a bit more spark in your marriage, take action. Starting small can help. Begin with short notes or sweet texts. From there, as romance begins to blossom again, schedule a date night or a weekend away. We are all busy, but romantic relationships take time and need tending. Strengthening marital relationships is worth the effort, for yourself and your family.

And romantic relationships aren't the only adult relationships that can improve our lives. A circle of friends help us to laugh, relax, and can be an encouraging resource as we discuss future plans. These bonds are a building block of wellbeing.

3 Ways to Get Started

Pursue Your Interests: Think about things you are passionate about or hobbies you enjoyed in the past that you put down for one reason or another. Then, take a class on one of those interests. Or, start up a project that got sidelined because of work or family obligations.

Connect with Others: Nourish your own life by strengthening your connections with others. Choose a day of the week for a date night or plan a get together with a group of friends. Establish mutual interests and pursue those interests together. This could mean joining a running group or seeing blockbuster movies on opening weekends and discussing the plotlines over dinner.

Center Yourself: Find a calm, quiet place to sit. Choose a position that is comfortable for you, sitting on a chair or the floor, and feel your breath. Notice the inhale and exhale of each breath you take. If your mind wanders, and it likely will, simply return your focus to your breathing and continue.

Be a Better Parent

While this can go against a natural parental instinct to give and give and give some more, often your parenting can improve when you work on yourself. Because, burned out parents are unable to contribute energy and happiness to the family. Fulfilling the needs of children is challenging for parents who are unhappy and stressed.

Being involved as a parent is important. After all, you want to know what is happening at school, help with homework, and assist your little ones in pursuing extracurricular interests. But, you are also, each day, modeling what it means to be an adult. And being an adult is more than being a parent. Take time to pursue your own interests, exercise your body and challenge your mental capabilities. Allow your children to see you active with friends, hobbies and using vocabulary words that are long, intelligent and inspirational.

It sounds simple, but taking care of yourself is good for both you and your family. Eat well, exercise, pursue your interests, meet up with friends, and get a full, restful night's sleep. Do it for yourself. You deserve it.

GREGORY MICHAEL BAZELL, MD



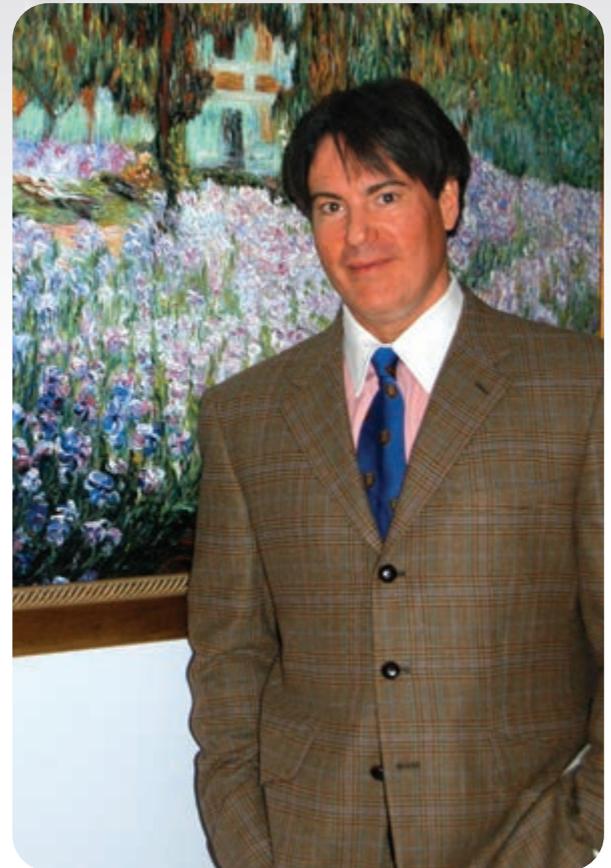
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