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NEUROPATHY? NERVE PAIN?

DISCOVER THE LATEST BREAKTHROUGH THAT CAN RELIEVE PAIN & NUMBNESS CAUSED BY NEUROPATHY

If you are experiencing debilitating pain, numbness and tingling, that are caused by Neuropathy. Peripheral Neuropathy is a common condition that affects 20 million Americans and, once identified, can be successfully treated without the use of drugs or surgery.

HOW DO YOU KNOW IF YOU HAVE PERIPHERAL NERVE DAMAGE?

The following symptoms may start gradually & then worsen:

- Numbness
- Diabetic Nerve Pain
- Sharp, Electric-like Pain
- Burning or Tightening
- Muscle Weakness
- Difficulty Sleeping from Leg or Foot Discomfort
- Sensitivity to Touch
- Pain When Walking

SEE OUR AD ON PAGE 5

NON-SURGICAL, DRUG FREE TREATMEN FOR NERVE PAIN

"...my feet were tingling and felt like needles. I have feeling back in my toes and legs and feel much better!" James E. Moore



Dr. Daniel P. Horn, DC
Board Certified in Neuropathy

Leading Wellness Expert, Lecturer & Inventor
Member of International Neuropathy Association
Top Doctor 2018, 2019, 2020

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1600 N. Randall Rd., Ste 100

SOUTH ELGIN

Monday

217 N. McLean Blvd., Ste 1A

PARK RIDGE

Tuesday

678 C N. Northwest Hwy.

CHICAGO

Tuesday

6580 N. Northwest Hwy., Edison Park

PALATINE

Wednesday

117 E. Palatine Rd., Ste 102

BLOOMINGDALE

Thursday

130 N. Bloomingdale Rd., Ste 100

GENEVA

Friday

705 E. State St., Ste 110

FREE SEMINAR

OUR FACILITY FOLLOWS CDC SANITATION GUIDELINES DUE TO COVID-19 WE ARE DOING SMALL GROUP SEMINARS OF 4 OR LESS ATTENDEES

(private 1-on-1 workshops available for those with health concerns)

630-333-9886

LIMITED SEMINARS AVAILABLE CALL TODAY TO MAKE YOUR RESERVATION



You Don't Need to Delay Your Care

We are open and treating patients following CDC guidelines.

VSI cares about the health and well-being of our patients. Vein Specialists of Illinois, a locally owned, independent medical practice is a leader in non-surgical, personalized treatment of venous disorders.

VSI serves your community with two convenient locations in Lake Zurich and Elgin. Trusted professionals Dr. Sorenson and Dr. Lutz are double Board Certified and Diplomates of the American Board of Venous and Lymphatic Medicine with a combined 30+ years experience.

Utilizing the most current equipment and latest techniques to treat varicose and spider veins, VSI professionals will change the way you look and feel with minimally invasive procedures.

Call today to hear how you can maximize your insurance benefits.

Specialized treatments:

Varicose Veins • Spider Veins • Venous Ulcers
Lymphedema • Cosmetic Facial & Hand Veins

You may have vein disease if you have any of the following symptoms:

- Leg Pain/Aching
- Leg Swelling
- Leg Rashes
- Heavy/Tired Legs
- Itching
- Leg Cramping
- Restless Legs



Thomas A. Lutz, MD RVT RPVI
Stephen C. Sorenson, MD RVT RPVI

847.957.1091 • VSIveins.com

1670 Capital St., Suite 500 | Elgin, IL 60124
795 Ela Rd., Suite 115 | Lake Zurich, IL 60047

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VSI Cares

For your safety we have adopted additional policies and procedures to minimize potential risk of infection per the recommendation of the CDC and local health systems.

BEAIRD

dermatology

BOTOX DYSPO... SCULPTRA KYBELLA JUVEDERM RESTYLANE LASER GENESIS
 EXCEL-V LASER HAIR REMOVAL MICRONEEDLING CHEMICAL PEELS TCA CROSS PRP
 PINK STEM CELLS HYDRAFACIAL PLASMA PEN SKIN TIGHTENING BTL BODY
 CONTOURING DERMAPLANNING WAXING COMPLETE SKIN EXAMS SKIN CANCER
 REMOVAL ACNE ROSACEA VITILIGO WARTS ECZEMA PSORIASIS HAIR LOSS SKIN
 TAGS CYST... PRECANCEROUS SPOTS BASAL CELL CARCINOMA SQUAMOUS CELL
 CARCINOMA MELANOMA BOTOX DYSPO... SCULPTRA KYBELLA JUVEDERM
 RESTYLANE LASER GENESIS EXCEL-V LASER HAIR REMOVAL MICRONEEDLING
 CHEMICAL PEELS TCA CROSS PRP PINK STEM CELLS HYDRAFACIAL PLASMA PEN
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We've Expanded!

Call or Text 224.484.0183
 to Make an Appointment

Why are Autoimmune Disorders More Common in Women?

What may be behind the increased risk and which types of autoimmune diseases are more likely to affect women.

The majority of people living with autoimmune disorders are women, usually those who are of childbearing age. In fact, autoimmune diseases are among the leading causes of death and disability in girls and women 65 years of age and younger.

There are dozens of different types of autoimmune diseases, which occur when the immune system mistakenly attacks the body's own organs and tissues. The majority of these diseases are far more common in women than in men — an estimated 75 percent of those living with autoimmune diseases are female.

Although it is not yet entirely clear exactly why autoimmune diseases occur more frequently in women, some theories involve:

- Gender differences in immunity. Some researchers believe that women are at increased risk of developing autoimmune diseases because their immune systems tend to be more sophisticated than men's. Women naturally have stronger inflammatory responses than men when their immune systems are triggered, and inflammation plays a key role in many autoimmune diseases. While this often results in superior immunity among women, it may also increase a woman's risk of developing an autoimmune disorder if something goes wrong.
- Sex hormones. Another theory that may explain why women are at higher risk of having autoimmune disorders has to do with hormonal differences. Many autoimmune diseases tend to improve and flare along with female hormonal fluctuations (for example, during pregnancy, in line with the menstrual cycle, or when using oral contraception), which indicates that sex hormones probably play a role in many autoimmune diseases.
- Genetic susceptibility. Some scientists have proposed that women, who have two X chromosomes in contrast to men's X and Y chromosome, are genetically predisposed to developing certain autoimmune diseases. There is some evidence that defects in the X chromosome may be related to susceptibility to certain autoimmune diseases. The genetics of autoimmune diseases are complex, and studies are ongoing.
- History of pregnancy. There is some evidence that fetal cells can remain in circulation in a woman's body for years after a pregnancy, and these fetal cells may be involved in the development or worsening of certain autoimmune diseases.

Autoimmune Disorders That Are More Common in Women

Among the autoimmune diseases that affect significantly more women than men are:

- Hashimoto's thyroiditis. For every man who develops Hashimoto's thyroiditis, a disease in which the thyroid gland is attacked by the immune system, 10 women develop it.
- Graves' disease. Graves' diseases, which is when autoimmunity causes the thyroid gland to become overly active, occurs seven times more frequently in women than men.
- Multiple sclerosis (MS). Women are twice as likely as men to develop MS, a disease that affects the myelin sheath that covers nerves.
- Myasthenia gravis. For every man who develops myasthenia gravis, a disease that affects skeletal muscles, two women develop it.
- Systemic lupus erythematosus (lupus). Lupus, which occurs when the immune system attacks organs and joints throughout the body, affects nine times as many women as men.
- Rheumatoid arthritis. For every five women who develop rheumatoid arthritis, a disease of the joint tissue, only two men develop it.

AUTOIMMUNE DISEASE FACT SHEET

Autoimmune Disease...is a major health problem.

- The National Institutes of Health (NIH estimates up to 23.5* million Americans suffer from autoimmune disease and that the prevalence is rising. We at AARDA say that 50 million* Americans suffer from autoimmune disease. Why the difference? The NIH numbers only include 24 diseases for which good epidemiology studies were available.
- Researchers have identified 80-100 different autoimmune diseases and suspect at least 40 additional diseases of having an autoimmune basis. These diseases are chronic and can be life-threatening.
- Autoimmune disease is one of the top 10 leading causes of death in female children and women in all age groups up to 64 years of age.
- A close genetic relationship exists among autoimmune disease, explaining clustering in individuals and families as well as a common pathway of disease.
- Commonly used immunosuppressant treatments lead to devastating long-term side effects.
- The Institute of Medicine reports that the US is behind other countries in research into immune system self recognition, the process involved in autoimmune disease.
- Understanding how to modulate immune system activity will benefit transplant recipients, cancer patients, AIDS patients and infectious disease patients....faces critical obstacles in diagnosis and treatment.
- Symptoms cross many specialties and can affect all body organs.
- Medical education provides minimal learning about autoimmune disease.
- Specialists are generally unaware of interrelationships among the different autoimmune diseases or advances in treatment outside their own specialty area.
- Initial symptoms are often intermittent and unspecific until the disease becomes acute.
- Research is generally disease-specific and limited in scope. More information-sharing and crossover among research projects on different autoimmune diseases is needed....offers surprising statistical comparisons with other disease groups.
- NIH estimates up to 23.5 million Americans* have an AD. In comparison, cancer affects up to 9 million and heart disease up to 22 million.
- NIH estimates annual direct health care costs for AD to be in the range of \$100 billion (source: NIH presentation by Dr. Fauci, NIAID). In comparison, cancers costs are \$57 billion (source: NIH,ACS), and heart and stroke costs are \$200 billion (source: NIH, AHA).
- NIH research funding for AD in 2003 came to \$591 million. In comparison, cancer funding came to \$6.1 billion; and heart and stroke, to \$2.4 billion (source: NIH).
- The NIH Autoimmune Diseases Research Plan states; "Research discoveries of the last decade have made autoimmune research one of the most promising areas of new discovery."
- According to the Department of Health and Human Services' Office of Women's Health, autoimmune disease and disorders ranked #1 in a top ten list of most popular health topics requested by callers to the National Women's Health Information Center.

VICTIM OF PHERIPHERAL NEUROPATHY?

Are you one of the millions of Americans that suffer from peripheral neuropathy?

When the tiny blood vessels start to die off the nerves start to malfunction.

Have you been told you have to deal with it, live with it, and rely on Gabapentin, Lyrica, Cymbalta, injections or other dangerous off label drugs with serious side effects?

You see, it's not your medical doctor's fault. It's the completely irrational medical system that continues to treat only the symptoms and not the cause.

Are you suffering from numbness, tingling, burning, or deep stabbing pain often diagnosed as peripheral neuropathy? Are you having balance problems or have the fear of becoming disabled, needing someone to take care of you and losing your independence?

The blood vessels that surround the nerves start to die off, the nerves begin to shrink from the lack of oxygen, nutrients, and blood supply. When these nerves begin to die, symptoms such as numbness, tingling, burning pain, sharp deep stabbing pain, balance problems, and lastly fatal falls and injuries begin to appear.

The main problem is that your doctor has relied on the "drug cocktail" and exploratory surgery approach which miserably fails.

You actually think like a neuropathy expert more than you realize. Let me give you an analogy. What do you think of when you see a wilting plant? What does it need? Exactly! Water, sunlight and nutrients to take any toxins away from its environment for healing!

A nerve is an organism just like a plant so the goal in our clinic is simple. We must increase blood supply to the nerve so it can heal. But first, ask yourself this question. How many medications will it take to increase blood flow to the dying nerve? Medications cannot increase blood flow. With our 3-step process we have up to a 90-95% success rate with neuropathy.

1. Increase blood flow
2. Educate small fiber nerves
3. Decrease pain signals



Nerve Pain & Burning

One way we increase blood flow is by using cutting edge technology such as low level light therapy, also known as LLLT. The technology was discovered by NASA for treating wounds in space. LLLT was approved by the FDA in 2001 and is at the forefront of neuropathy treatments. The low-level light therapy creates a process called "Angiogenesis". This means "new blood vessels". It's like watering a plant.

The more LLLT a nerve gets, the more it repairs itself; just like a plant would be getting more water, sunlight, and nutrients.

In addition to LLLT, we use a technology that evolved from a Nobel Prize winning concept allowing increased circulation to the extremities. It's crucial that once we get new blood to the nerves by creating new blood vessels, we re-educate the nerve back to normal function. By using a device that's used in large hospitals across the country for neuropathy, we are able to repair the damaged nerves and start to make them durable once again.



The blood vessels will grow back around the nerves much like a plant's roots grow when watered

This exclusive treatment increases blood flow to the nerves in the feet, this treatment allows the nerves to heal naturally and may return your feet back to a more normal function.

The blood vessels will grow back around the nerves much like a plant's roots grow when watered.

No surgery and no addictive medications.

Can My Neuropathy Be Treated?

YES! This is the latest advancement in the treatment of Peripheral Neuropathy. This proven treatment will not only stop but reverse the symptoms without the prescriptions of drugs that only mask your pain. From the moment you step into Advanced Wellness, you will notice the difference in how your pain is addressed.



"I am a retired Medical Physician, so I started with Dr. Horn with some trepidation as Medical Doctors don't usually tend to work with Chiropractors. But to my surprise, less than a week after I started the program, my neuropathy symptoms began to be relieved. I have now reached the point where I don't feel the neuropathy at all most of the time. I would say that I have experienced 80-90percent improvement since I have been on the neuropathy program. Thank you Dr. Horn."

-Dr. J.H., MD

The most common mistakes neuropathy sufferers make are to take the "it will go away on its own" or "the medications will get me better" mentality. Doing this for long periods can cause you to reach a point of no return.

Dr. Daniel P. Horn, DC

Board Certified in Neuropathy

*Leading Wellness Expert, Lecturer & Inventor
Member of International Neuropathy Association
Top Doctor 2018, 2019, 2020*

No Drugs. No Injections. No Surgery

This EXCLUSIVE treatment is only AVAILABLE through Dr. Daniel P. Horn DC Treatments. If you suffer from Neuropathy NOW is the time to get the relief you need. Call Now to begin a pain free life.

WILL IT WORK FOR YOU?

It's time for you to find out if this new treatment will be your neuropathy solution.

Reserve a seat for our FREE Neuropathy Reversal Seminar.

- | | |
|--|--|
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FREE SEMINAR

OUR FACILITY FOLLOWS CDC SANITATION GUIDELINES DUE TO COVID-19 WE ARE DOING SMALL GROUP SEMINARS OF 4 OR LESS ATTENDEES (private1-on-1 workshops available for those with health concerns)

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Letter from the Publisher

Hi there, and thank you for picking up this publication! Can you imagine a world where you are not sure what the future looks like in regard to employment, health, safety, social justice, etc..? Well, we are living in that world right now and we have a few choices.

1. Be bitter. On either side of things, you can choose to be bitter and frustrated with the other side because they don't see things the way you do.
2. Be Kind. Regardless of your position, kindness is always the best option; it often changes you and the people you interact with.

I was chatting with a stage 4 cancer victim and she said "this is how I've lived my life for the past 12 months" she doesn't know what each day, or treatment will hold but she chooses joy and happiness each and every morning.

Of course, some days are more difficult than others, but by choosing kindness, she is choosing to live a "good" life. Regardless of your circumstance in the midst of a worldwide pandemic, you can not control very much, but you can control your outlook and choose kindness.

So, this is simple and short; choose kindness, seek to listen to people different then you with the goal of learning and loving and being kind. If you struggle with bitterness, my challenge for you is to take a step back and reset and make a conscious choice to think differently about people, pandemics, and circumstances. We are all in this together, and we will all get through it together.

Lauren and Tim Neff,
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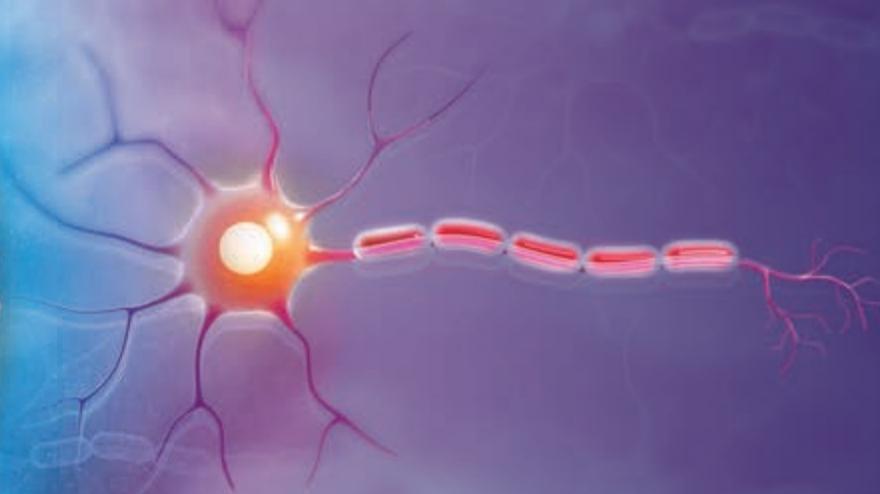
Destinations | Food | Health | Home | Lifestyle | and More

Neuropathy affects every part of your life: *Walking, Sitting, and even Sleeping*



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.

It Promotes Rapid Healing

Laser Therapy is an outpatient, non-surgical procedure, often used in physical therapy and sports medicine to accelerate the healing process. It offers non-invasive treatment to promote healing for those who suffer from pain in muscles, nerves, and joints, like that



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;

- An in-depth consultation about your health and well-being, where I will listen...really listen...to the details of your case.
- A complete neuromuscular examination.
- A thorough analysis of your exam and x-ray/mri findings so we can start mapping out your pain to being pain free.
- Class 4 High Power Laser treatment
- Neuro-Med Nerve Stimulation Treatment
- Pulsed Electromagnetic Field Therapy
- Back-On-Trac Therapy

You'll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

The appointment will not take long at all. And you won't be sitting in a waiting room all day either.

Available to the
FIRST 25 CALLERS...

\$97 CONSULT, EXAM, AND ONE NEUROPATHY TREATMENT (\$450 VALUE)

Healing Touch Chiropractic & Functional Neurology

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Call 847-755-0400

We Also specialize in: Frozen Shoulder, Chronic Knee Pain, Disc/Sciatica, Plantar Fasciitis. Federal and Medicare restrictions Apply.

Here's what our patients have to say:

"4 months ago I came to see Dr. Song with pain in my upper legs and numbness in my lower legs. On a scale of 1-10 the pain was between a 7 or 8. It only took a few visits for me to start getting some relief from the pain and now my pain level is down from 7 or 8 to 1 or 2." -James R. Randle

"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."

SUBURBAN WOMEN!!!! AND GENTLEMEN!!!!

(I know You Guys Read My Column!!)

YOUR FAVORITE "ASK THE GARDENER" COLUMNIST IS BAACK AND READY TO HELP COME UP WITH SOMETHING FUN FOR YOU AND THOSE SWEET RUG RATS TO DO.

It's Not Like You're Hideously Busy Doing Something Else, Is It. Ah, The Long Hours of Home Schooling and Distancing. Let Me Help.

I will now teach you how to embrace an unusual pursuit that is perfect for summer and will delight your children beyond belief. Oh, boy. Are they going to Love this. You maybe not so much but . . . Be brave, Mom, and Read On.

RAISING CATERPILLARS IN THE HOUSE – Yes, you did read correctly.

Oh, just settle those raised eyebrows down. You can do this, and before long, the whole family will be involved. "Does it need a cat box?" (No.) (The technical caterpillar poop name is "frass.") "When will it do the cocoon thing?" (Soon and let's start using our scientific, technical words, kids. Chrysalis, Please!) "When will it hatch?" (Still soon.) "Can we keep the butterfly in the house?" (NO!!!!)

Can we pet it? (A Louder NOooooo!!!!)

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

OK, let's get started. What YOU don't know about this is EVERYTHING. First, you need to understand that every butterfly you see in your yard has its way of doing things, and none of those things is what you would expect.

Equipment: You need a big Bass Pro pretzel keg -- I know Everyone will want to help with the hideous job of emptying that! Or some such container, perhaps an old terrarium. You need a flower tube that roses came in or a small glass filled with water with tin foil over the top. Stick the caterpillar's favorite leafy branches in the vessel—place in a keg. You need a piece of tulle or screening for the top of the keg. You need a magnifying glass—finally, a use for that stupid thing that matches your letter opener. Your equipment is ready. Now to find The Beast that will become your coolest pet.

Black Swallowtail Butterflies – Didn't I tell you to plant curly parsley, dill and fennel? If you don't have these plants, put them on the "TO BUY" list now. Once you have acquired and planted parsley, dill or fennel, look for a little yellow dot the size of a period on this page. Once you find it, you can bring in that parsley, dill, or fennel with the egg on it and put it in the flower tube or through the tin foil in the pretzel keg.

This is your caterpillar's food, and he is in the yellow thing (the egg.) Wait! Egg Stage: 4-10 days. Caterpillar 3-4 weeks. Chrysalis 10-20 days. He will want a stick to put the chrysalis on. There will be caterpillar skin splitting and stuff like that to make your children ecstatic!!



Monarch Butterflies – You'll need to have some milkweed plants. I suggest swamp milkweed or butterfly weed. NOT invasive! Most nurseries have those two. (The only plant monarch caterpillars eat.) The female monarch puts her egg Under the milkweed leaf. You can look under the leaves at your favorite plant nursery even. Of course, you feel a little stupid looking for this.



Get over yourself. This is SCIENCE, and your kids love it. This egg is off-white and is the size of a period on this page. Bring that leaf home. Put it in a flat plastic box on a damp paper towel. Put the lid on the box loosely. Watch Kay's youTube video (address below) about now. When you finally see a really small black dot in the egg, get ready. Your Baby is going to eat his way out of his egg! Let him stay in the moist



environs of the incubator till he gets big enough to move around. Just slide a leaf edge under his little

legs, and he will crawl over for a fresh lunch. You do realize if anything happens bad here, your children will be scarred for life.

Just kidding. These are Life's Lessons.

As the caterpillar gets bigger or if you find a bigger one, move him to big milkweed leaves with the leaf's stems in the flower tube or through the tin foil over a glass of water. (You need all this protection to keep the caterpillar from drowning as he eats his leaves down into uncovered water.) Always check to be sure your caterpillar has plenty to eat before bed.

They do Love to eat all night. Put your ear on the top of the P. Keg. Hear that crunching, munching and lip-smacking? Well, maybe not the smacking.

This has gotten the ball rolling, and YOU are the Queen of Science if you now have a caterpillar on a leaf of the correct food for your kind of caterpillar/butterfly.

Confused? Go to my web site MilkweedForMonarchs.info. Read Documents. There are coloring sheets too. Don't you want to read "How To Become The Mother Of A Caterpillar...Yes, You!!!" – always popular.

Another "help" that your kids will love seeing is the youtube.com video "2018 Update Kay MacNeil Milkweed To Monarchs" (17.8K Hits!), which shows the caterpillar process in detail. You'll see your Fearless Leader Gardener in her full-sized monarch wings, which is kind of trippy. Click the YouTube Box on the web site. Your kids will be busy watching this for a whole HOUR!!!

If the library ever reopens, check out books that tell you what to plant in your yard to attract other kinds of big and easy-to-raise butterflies: Dutchman's pipe swallow tail-Dutchman's pipevine, spicebush swallowtail-spice bush, stuff like that. There is lots more to know about this subject.

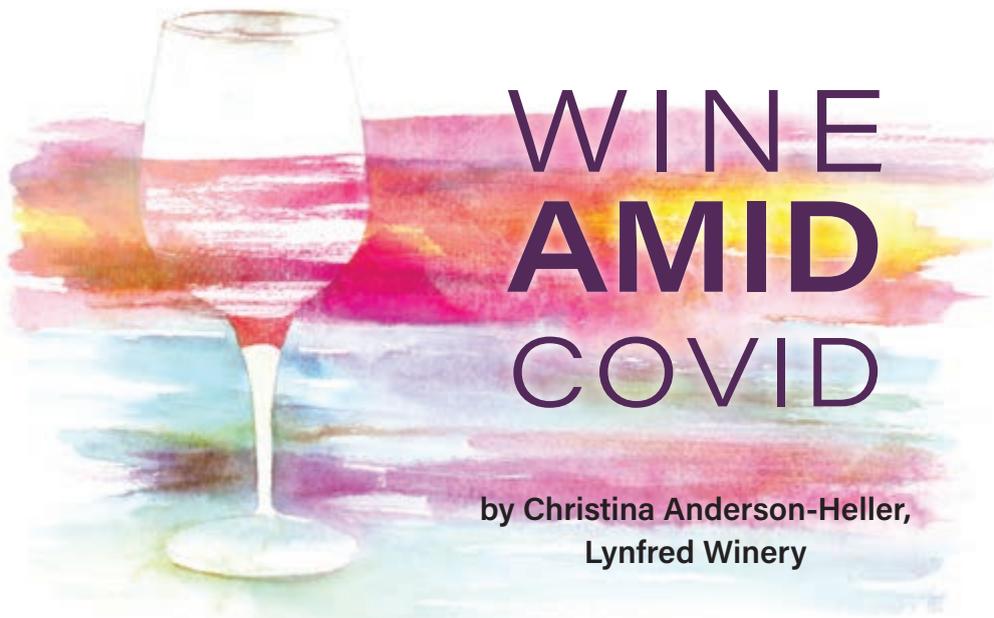
Then you need to find out what kind of flowers your butterflies prefer after their release and have those in your yard. Think butterfly bush (not native and no butterfly lays its eggs on it—they just use it for food), tithonia (Mexican sunflower) flat-faced flowers--purple coneflower, etc. All this and more is on my web site.

There are so many more helpful hints I could give you: caterpillar raising details, what is that thing that looks like a hummingbird but might be a bug (sphinx moth) etc. This will pique your interest in this subject. I am just an email away, awaiting your questions. I assure you, you will never look at a pretzel keg the same again!!

Want samples of three kinds of milkweed and literature? Send \$2 cash donation and a SASE to K. MacNeil, 689 Golf Club Ln, Frankfort, IL 60423- See website for other seed offers.

Kay MacNeil adores The Husband, her Suburban Woman fans, gardening and good bugs in that order. She Loves to chat gardening. She claims there is Never a stupid question, so email her (kaymac60423@yahoo.com) or call(815-469-1294). She will be delighted to hear from you.

Wine is convivial and social, so what is a wine lover to do during a pandemic?



WINE AMID COVID

by Christina Anderson-Heller,
Lynfred Winery

Ten years from now we will all have those 'remember when' moments related to the COVID pandemic. Mine will tell how I returned from a girl's weekend in Charleston to find no toilet paper at my local grocery store. My panic did not start with the lack of paper products; it was with the inventory of my wine stock. Was there enough wine to get me through a pandemic? Working in the wine industry led me to discover I was not the only person who thought of stockpiling wine. Wine sales immediately shot up across the nation, but with all that wine, was one to drink it alone while sheltering in place?

It was about ten days into the shelter in place order that I started to notice a major uptick on our winery social media pages. I had been scheduled to host a Wine 101 class at the winery, so rather than cancel, we held a virtual class on Facebook Live in its place. Guess what? It was fun! Viewers who had been enjoying their wine alone now had an outlet to be social. Virtual wine tastings began to take off around the nation's wineries, something that we often left to tasting rooms.

Slowly but surely, we are reentering the world and beginning to enjoy wine with friends again. This pandemic has taught me a lesson, however. Even when the social aspect of wine is taken away, people are still interested in wine itself. Educational seminars online will be a new normal for us. I will continue to host virtual wine trivia nights and Zoom events about grape varietals. Why? Because it is fun, it is educational, and it can still be social. Earlier this year I wrote about the wine trends of 2020, not knowing what 2020 had in store for us. I can now predict that we will see more wineries and wine brands educating online. We will see more friends having Zoom wine tastings from their own homes. I believe this because we, and wine, are social creatures.



*Lynfred
Winery*

Roselle
Wheaton
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Wheeling



Christina Anderson-Heller is the Marketing Director for Lynfred Winery. Lynfred Winery, located in Roselle, with tasting room locations in Wheaton, Wheeling and Naperville, is Illinois' oldest and largest, continually-operating family winery. All the wines mentioned in this column can be found at Lynfred. Follow her on Twitter and Instagram @lynfredwinery.

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We're Open To Serve You

"Working with clients either on the job site or in the studio, our staff is poised to accommodate clients in whatever way makes them most comfortable," says owner Todd Jurs. "We respect that everyone's risk and comfort levels vary and we are prepared to do whatever is necessary to put clients' at ease."

Jobsite measures have been taken to be sure clients feel comfortable with having workers in their homes. "Most renovation projects already are contained with plastic and other measures like sealing off ventilation, making job sites naturally secure under normal circumstances," says Todd.

"We have seven Build-Clean units that are used on most job sites when feasible during demolition that filter air, keeping it fresh and circulating safely. We have placed porta-potties with hand sanitizers

at a number of projects so that our workers are not using homeowner's toilet facilities during the workday."

"Over the past few weeks our designers have become well versed in the use of a remote system for meetings," says Christine Jurs, Director of Communications. "We can accommodate meetings on-line from your living room if requested, including the complete design process and product selection." Our designers have even hand-delivered or direct shipped specially ordered product samples directly to client homes. Private showroom appointments remain available as well with sanitizing processes before and after arrival."

If you are planning to complete a renovation project within the year, it is highly advised to get your project into the design process as soon as possible.

Now Scheduling In-Home and Virtual Consultations!

"Our commitment to quality remodeling experiences is no different than before," says Christine. The team at Advance Design will continue producing "Common Sense Remodeling" kitchens, baths, basements, and any other type of home project you can think of at an expedient clip this summer season. The team is eager to please clients

and ease any fears they may have about proceeding forward to achieve the positive home remodeling experience they desire safely and efficiently.

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DETOX YOUR LYMPH: 10 HOLISTIC TREATMENTS FOR YOUR LYMPHATIC SYSTEM

by Lauren Felts CN

A **COMPLICATED NETWORK** of fluid-filled nodes, vessels, glands and organs, the lymphatic system touches almost every part of the body. Although we may not feel or see it, it's one of the most important (and often forgotten) systems of the human body. Just like the liver, kidneys, and mouth, it's important to give the lymph the attention it deserves.

The lymphatic system's main function is to cleanse toxins and protect against harmful invaders. It works by carrying our body's waste away from the tissues and into the bloodstream. It tackles toxins that are introduced to the body from both external means (food, air, personal care products, water) as well as internal ones (damaged proteins and cellular/metabolic waste), making it a key detoxification pathway. Once the toxins enter the bloodstream, they are purified through the largest lymphatic tissue in the body, the spleen. The spleen is our main immune defense, fighting infection, holding a reserve of red and white blood cells and destroying worn-out red blood cells in the body.

Through lymph nodes and the lymphatic network, your immune cells can travel around fighting pathogens, such as bacteria and mold, and preventing disease and infection. This is why keeping your lymphatic system functioning properly is directly related to the overall health of the body: a stronger lymphatic system means a more resilient and reactive immune response and defense.

The problem is that, unlike blood, lymph does not have a pump. It relies on the relaxation and the contraction of the muscles and joints to move it. Your lymphatic system can easily become stagnant, especially when it becomes overwhelmed with toxic debris. This not only leads impaired immunity and disease, but the development of cellulite, edema (fluid retention), chronic pain and fatty deposits. A sluggish lymphatic flow can also be a root cause of chronic sinusitis; swollen glands, ankles and eyes; eczema; arthritis; upper respiratory, sinus and ear infections; throat problems; colds; tonsillitis; bronchitis and pneumonia.

The good news is that keeping the lymph moving doesn't take much – just a few daily exercises, plenty of water, and the inclusion of raw foods and herbs. When the lymph is working well, we stay healthy; and if we're ill, it helps us to regain our health again. It is never too early to practice prevention, especially when it keeps our skin youthful and cellulite-free!

10 WAYS TO DETOX YOUR LYMPH

REBOUNTING

Rebounding is one of the easiest ways to pump the lymph. Rebounding is the practice of jumping on a trampoline (yes, remember when we did this for fun!?) for ten to thirty minutes. This passively moves the lymph while stimulating the circulation of blood throughout the body. Numerous studies have proven its efficacy, and have even shown it to improve muscle tone.

INVERSION TABLE

An inversion table is a padded table that allows one to invert upside down while strapped in by the feet. The inversion process decompresses the joints of the body and stimulates the lymphatic and circulatory system. This brings blood and oxygen to the tissues, which helps to clear the muscles of toxic build-up. By inverting, gravity works with, not against, the body, encouraging the movement of the lymph. It also improves spinal health by rehydrating the discs, reducing pressure on the nerves and relaxing tense muscles.

LEMON WATER

Lymph is about 95% water, making water essential for its health. Stay hydrated by drinking half your weight in ounces of water a day. Without adequate water, lymphatic fluid cannot flow properly. And one of the most common causes of lymph congestion is dehydration. Water, and only water, can adequately rehydrate the body, but if you want to expedite the process, add lemon to your water. Lemon is an alkaline fruit that helps to mineralize the body and lymph. Try sipping on warm lemon water throughout the day, but don't forget your straw! This protects the teeth's enamel from the lemon.

ENZYMES

Enzymes are produced by the body to break down food substances and to expedite countless metabolic processes. They are also utilized by the body to clear toxic-waste buildup in the lymph and blood, making their supplementation a key way to improve lymphatic health. Using proteolytic enzymes between meals can help to "digest" or breakdown organic debris in the circulatory and lymph systems, increasing lymphatic flow. They also help to ease the burden of allergy-like compounds, freeing the immune fractions traveling in the lymph system for other work.

MASSAGE

We all love a good massage, and here's just one more reason why. Lymphatic massage is a special form of massage that specifically targets the flow of lymph in the body. It uses a specific amount of pressure and rhythmic circular movements to stimulate the lymph, encouraging its movement towards the heart for the drainage of fluid and waste. Lymphatic massage has shown in studies to push up to 78 percent of stagnant lymph back into circulation. This mobilizes toxins for clearance, lessening the burden on the lymphatic system.

HERBS

Many herbs have proven to be effective in improving lymphatic health, whether in their ability to increase lymphatic flow and drainage or in expediting the clearance of toxic substances. Red clover is a popular herb for the lymph, increasing flow, which helps to detoxify the body and reduce inflammation. Cleavers is another herb to try. Also known as clivers or goosegrass, it has been used for centuries and considered one of the best tonics to stimulate and help drain the lymphatic system. Coming from the Ayurvedic tradition is manjistha. Manjistha is an herb that is primarily utilized for its ability to de-stagnate lymph. It does this by detoxifying the tissue and supporting lymph flow. Finally, bupleurum and rehmannia are herbal tonics known to treat lymphatic conditions in traditional Chinese medicine. These herbs are famous in Asia for maintaining the cleanliness of the lymphatic system and thus for naturally removing toxins from deep within the body on an on-going basis.

DRY BRUSHING

Dry skin brushing is a favorite TCM practice. It's a technique commonly utilized in Ayurveda for assisting in lymphatic flow and boosting circulation. You simply take a dry brush with coarse bristle and brush the skin towards the heart. This stimulates the sweat glands, opens pores, and gets rid of dead skin cells. It also encourages the movement of lymph and blood in underlying organs and tissues of the body, which helps clear built-up toxins. As a result, it can be beneficial in improving skin conditions and reducing cellulite.

EAT RAW FOODS

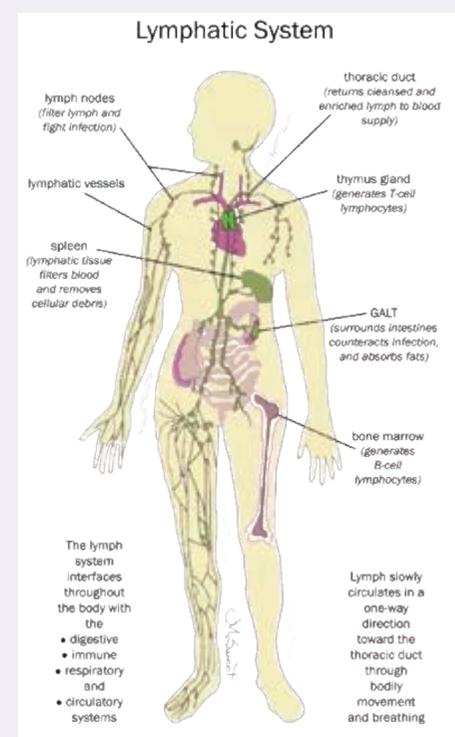
Incorporating raw foods into the diet is an easy way to keep the lymphatic system healthy on an ongoing basis. Raw foods offer high levels of naturally occurring enzymes that break down toxic buildups and promote the clearance of harmful substances in the body. Eating foods raw, in particular fruits and vegetables, is also a great way to boost the water levels in the body. Finally, raw foods are primarily alkaline, which help neutralize harmful pathogens, lessening the burden on the lymph.

GO WIRELESS

Just like tight-fitting clothes, underwire bras can impede normal lymphatic flow. One of the largest clusters of lymph nodes is located in the armpit and upper chest area, and those nodes act as a source of drainage for the breast, arm, and upper chest. If a bra is too tight, or if the underwire is too restrictive (for most of us this is the case), the lymph is constricted, preventing normal drainage. Some researchers believe that over a period of time this can cause long-term impairment of the lymphatic function, and may contribute to an array of conditions including fibrocystic breast tissue, swollen lymph nodes and breast cancer.

PRACTICE YOGA

Yoga works in multiple ways to increase the flow of the lymph, relieving congestion and encouraging its detoxification. To start, inversions such as handstands, headstands and shoulder stands, and even placing the legs up the wall, reverse the effect of gravity. Much like the inversion table, this helps to drain the lymph towards the heart, escalating the rate in which it's cleaned and filtered. Twists are also a great way to stimulate lymphatic flow. Through the practice of twisting the abdomen, the organs and muscles are squeezed, forcing the lymph out of the tissues. Finally, the natural dynamic flow through the yoga poses cause the muscles in the body to contract and relax, which is the primary way lymph moves through the body. This allows for a free flow of lymph, which prevents its stagnation and accumulation of toxins.





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Christina Matthews has always enjoyed introducing people to new concepts. “I love to teach people how to become the very best versions of themselves.”



As a Licensed Clinical Professional counselor, Licensed Educator K-12, Clinical Hypnotherapist and Mindfulness Expert, professional musician, accomplished artist, and devoted student of spirituality and science, Christina uses all her experiences and talents to create solutions for individuals ready to improve their lives.

Her results are incredible to those who are open to change. She helps people see beyond an issue toward a path of healing. Because of her clinical, educational, and spiritual background, she understands the benefits of teaching practical, clinical, scientific, and spiritual concepts. She has witnessed incredible results in her rich approach to healing mind, body, and spirit.

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Coal vs. Diamonds

How you react to stress and pressure has an impact on your success.

I'm sure you've heard that while diamonds and coal are both made from carbon and require years of heat and pressure to form, the difference is that diamonds require much more extreme heat and pressure to develop. We can also apply this same theory to our lives.

Life is full of unexpected twists and turns. For example, did you plan for ANYTHING that has happened so far in 2020? Probably not! This year has been extremely unpredictable and difficult for so many people and we're only halfway through. On the scale of broken to thriving, where do you fall? Your response to the last question has a lot to do with your mindset and how you react to change.

When your life gets turned upside down, how do you respond? Whether it's social isolation that you struggle with or maybe a failing business, the results of your reaction are the same. If you let change, no matter how serious cause you to crumble into pieces, you will not see many successes in your life. Any goals you were working on and any progress you had made will be lost.

What separates the diamonds from the coals is that the diamonds thrive under pressure. They persevere when bad things happen.

- Extreme situations can refine us if we let them. What are you doing while you're out of work or socially distancing? Are you being resourceful and learning a new skill or finding another way to make a living? Are you finding new ways to connect to your loved ones?
- Challenges can make us stronger and more resilient. If you've lost your business or are deeply mourning the loss of a loved one or social connections, you know that this may be one of the darkest times in your life. What are you learning about yourself? How can you grow from this and apply it in the future?

When life is hard, when the world around you has changed and you don't know if it will ever be the same, keep pressing on. Remember what it takes to be a diamond.



Jamie Nichole
#GOALGETTER

Jamie Nichole is a professional Goal Expert and Coach in the Chicago Suburbs. Find her on Facebook and Instagram at @imthegoalgetter. If you would like to know about her background or services offered, visit her website www.jamienichole.com. Go get those goals!

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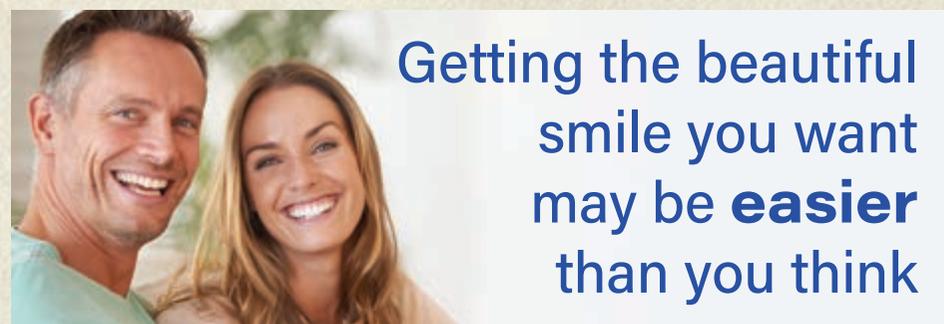
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Do You Want To Know More About The Past?

Evaluating Your Findings

By Carol A. Wirth

Did your genealogy research find something confusing? To evaluate your findings accurately, recheck your sources and learn more about the time periods in question. Further information can make it easier to understand your ancestor's choices.

Individuals and society both learn and change. Parents and siblings first influence individuals. Did your family encourage reading, organizational skills, education or attending church? What you are exposed to and how you perceive life does influence decisions. Did a woman become divorced because, as a child, she had no brothers and thought every man was like her father?

Individual genetics, physical characteristics also define who we are and how people react to us. Some of us are perceived as "beautiful," while some of us are not. How did your ancestor's physical appearance affect their life? For instance, adult U.S. males out of uniform during WWI faced serious consequences but survived the war vs. soldiers who died. A woman's physical appearance or health impacted her choice of husband or number of children she had. In many cultures, wide-hipped women are valued as potential wives and mothers.

Birth order or the number of siblings may have determined education level or career choices. Extra income for lessons might allow a younger sibling to become a singer or musician. Your ancestors' personalities were further complicated after exposed to neighbors, communities, and country influences. Each person experiences events differently, has different opportunities, and makes different choices.

From the earliest times, the world had conquerors, those wanting more land, resources or money. Using weapons and manpower conquerors, then and now, want to change someone's way of life. With conquerors comes slavery. Without time-saving and crop increasing devices, more people were needed.

Labor, free and slaves, enabled communities to survive and grow. Some of WWII POWs remained slaves years after the war ended. People are still kidnapped and enslaved today.

For centuries religious and social restrictions ruled most of the world. Change came slowly and even reforms we perceive as "correct" today brought imprisonment and death to those who fought for them. Today we are free from many previous etiquette and regulations. We can strive to make changes in our own lives and others.

Religious intolerance exists. Wars start (Romans, Crusaders to today) when someone wants to force their beliefs and way of life unto others. White Men stole American Indian and Hawaiian lands "for their own good." Look how your life has changed since 9/11/2001.

Your family tree can never be complete. For example, unwed or unwanted children were hidden, given away and killed. Some intermarried (too closely for today's way of thinking), so genealogy tracking can be very confusing. If your family lived in one area for generations, you might find the same surnames again and again. It's great to find that a new groom had a relative earlier in your family tree. It's an easy and fun way to document generation after generation.

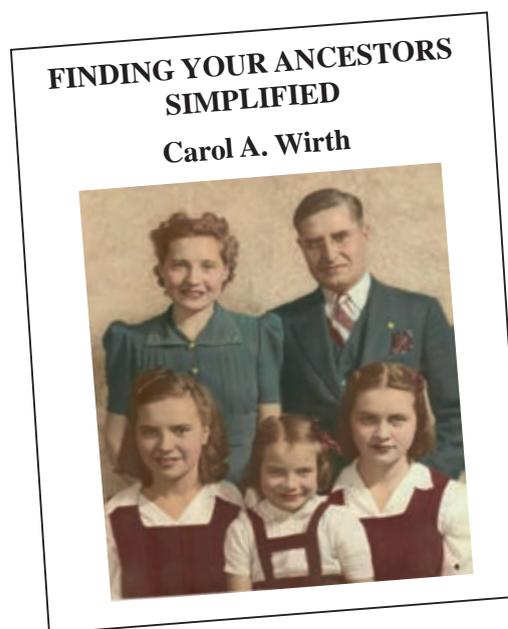
Culture and time changed children's roles, rules of behavior and expectations. Girls without educations or unmarried might be found living with married siblings. Some children were "owned" by their parents until 21 or the oldest male-only inherited. Children worked at a very early age, at home, for neighbors or in cities. Children were institutionalized or given to relatives when parents couldn't support them, deaths occurred or illness struck. Follow these clues to search for missing ancestors.

Siblings were separated, heartbreaking things happened. They were sad at the time and are sad now, and you can feel sympathy. Individuals do the best they can at that moment in time. Ancestor survival methods might make you uncomfortable, but don't be judgmental.

Written and unwritten laws controlled and affected choices changing people's daily lives. How did immigration or adoption laws affect your family? Did your family come to America to avoid being drafted? Women settled the West where social rules were less strict.

Some women didn't legally remarry since they had more rights as a widow than a wife. Women today might not remarry to keep alimony longer or to get their Ex's higher social security. Women may be childless due to a secret botched foreign abortion. Life is complicated so don't jump to conclusions without knowing more facts.

Every life is a series of influences, events, decisions and outcomes. For example, when I was 18, and on my own, I refused to get my parent's signature required to get a driver's license before age 21. Walking influenced my job, my health and increased my savings. My life took a different path, all because of this one decision. Think of how your life would have been different if your father hadn't been transferred to another state or if you hadn't met your spouse, etc.



Genealogy and reading history is your chance to step back into time. You can get the bigger picture and gain the confidence to evaluate your findings accurately. Get to know and take pride in your ancestors.

Carol A. Wirth is the author of FINDING YOUR ANCESTORS SIMPLIFIED. Volume 3 of THE WORLD OF YOUR ANCESTORS - GENERAL INFORMATION also contains genealogy along with early European life and life in America up to the early 1900's.

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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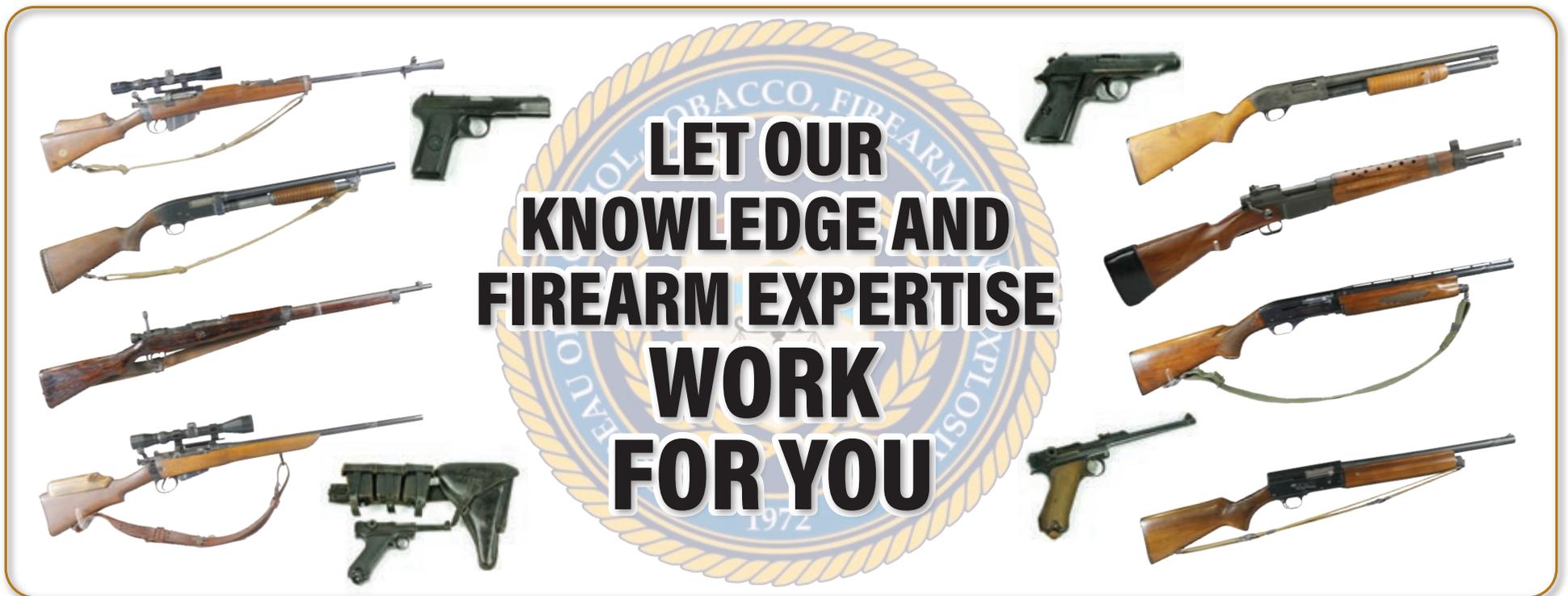
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10 Great Antibiotics That Don't Require a Prescription

If you get a viral infection like the flu, a sore throat or an ear infection, there is no need for a prescription for antibiotics. In fact, it's widely recognized that antibiotics may be over-prescribed in the US, and that fact can contribute to antibiotic resistance. Antibiotic resistance is a situation in which the bacteria actually resist the antibiotics and continue to cause harm within the body. According to the Centers for Disease Control and Prevention (CDC), at least 2 million people each year are infected with bacteria resistant to antibiotics. Of that 2 million, at least 23,000 people each year die as a result of the antibiotic resistant bacterial infection.

There are, of course, many situations in which antibiotics are appropriately prescribed. When taken correctly, these antibiotics (such as Azithromycin, Amoxicillin or forms of Penicillin) are effective at treating bacterial infections.

Before heading to the doctor and requesting a prescription, there are natural antibiotics you can try that do not require a prescription.

1. Echinacea

Echinacea can be purchased over-the-counter at most health food stores and pharmacies. Because it contains alkylamides, Echinacea supports your immune system and can ward off infections. In addition, it contains phenols, which are excellent for your health and act as antioxidants.



2. Garlic

Consuming garlic promotes a healthy immune system in the first place, but it also boasts specific properties that make it well suited as a natural antibiotic. Garlic contains allicin, which is the component that gives the spice its pungent odor. In addition, it also kills harmful bacteria. Dice up the garlic and swallow like a pill for three days—you should see a big change.



4. Manuka honey

Honey is a health powerhouse, and one particular variety from New Zealand is also a natural antibiotic. Manuka honey is produced specifically by bees that pollinate the manuka bush. This particular variety of honey contains a high concentration of methylglyoxal, which gives it antibacterial properties. It is so powerful that it has also been used topically to treat wounds and skin infections. (Note that all honey has some methylglyoxal and therefore antibacterial properties, but this particular variety has a higher concentration of the compound.)



4. Goldenseal

Goldenseal can soothe sore throats and help with digestive issues that lead to diarrhea. Particularly, this herb helps when applied to the mucous membranes located in the area of infection. Historically, Native Americans used goldenseal to remedy a number of conditions including respiratory or urinary tract infections. Today, you can find it at your health food store or pharmacy.



5. Oregon Grape Root Extract

Oregon Grape Root Extract is an herbal remedy that has antibiotic qualities because it contains berberine. Berberine can stop

bacteria from sticking to your intestine or urinary tract. It is also used to treat stomach ulcers and to cleanse the bowels. You purchase Oregon Grape Root Extract and use it to make a tea, or you can consume it in capsule form.



6. Andrographis paniculata

Andrographis paniculata (Andrographis) is a powerful bacteria-fighting agent found in nature. It is traditionally used in Chinese medicine. Andrographis is used to treat issues involving your upper respiratory system, sinuses and the common cold. In addition, it can help fight fever, fatigue and sore throat. Andrographis can be found in capsule form (most commonly consumed) or powder form, and both can be purchased at your health food store.



7. Colloidal Silver

Colloidal silver has bacteria-fighting properties when used topically. Do not ingest this compound, as it could cause internal damage. Use colloidal silver to treat ear and skin infections.



8. Ginger

Fresh ginger has been shown to have an antibiotic effect when combatting some foodborne illnesses like salmonella. As a natural antibiotic, consuming fresh ginger after eating raw fish or simply a food that did not agree with your stomach can help stave off potential negative digestive ramifications.



9. Turmeric and Cayenne Pepper

Cayenne pepper can help rid your system of toxins, while turmeric is a natural antiseptic and antibacterial. Sprinkle a combination of these spices onto your food if you're beginning to feel ill.



10. Vitamin C

Vitamin C is known for its health-inducing qualities. As a natural antibiotic, Vitamin C plays a large role in the development of white blood cells in your body. When white blood cell production is increased, so is your body's ability to fight infection. You should consume a large amount of Vitamin C for maximum effectiveness. Vitamin C can be purchased as a supplement and is found in citrus fruits, among other foods.



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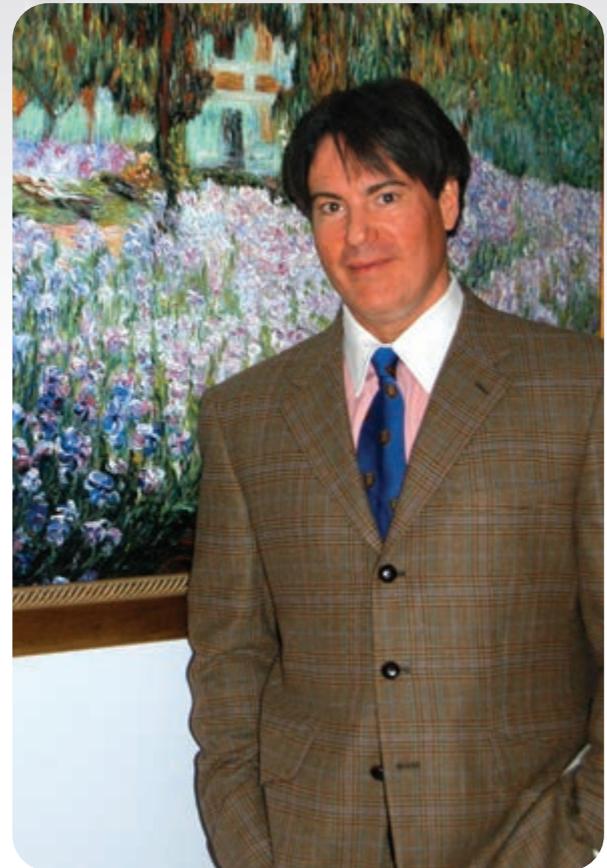
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