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Going organic: A growing demand

By Megan Hansen
Nisqually Valley News

As society finds faster, more efficient ways to grow and produce, some are reverting back to their roots.

Producing and consuming organic and natural products is a growing trend not only nationally, but locally.

Even the Nisqually Valley's own local egg farms, Wilcox and Stiebrs are providing organic and cage-free products.

Wilcox is in the process of converting all their chicken houses.

Just about everything at the Yelm Food Co-op is natural, organic or locally-grown or produced.

Since the store opened last year, sales have doubled.

"I feel that people are worried about what they're eating," said co-op manager Florence Vincent. "People are worried about tainted food from China."

Vincent said she believes more and more people are going to realize they need to start eating healthy.

While the co-op is small, it offers a variety of organic and natural food options.

If all the healthy food from a corporate grocery store is removed and put together, it would be the size of a natural food store.

"That's what we're doing," Vincent said.

Benefits to eating organic are that

people actually eat less because the food has more vitamins and nutrients, Vincent said. While organic food does cost more, people buy less food and save that way.

When shopping for organic and natural food, it is important to understand there is a difference.

Organic foods were produced by avoiding exposure to potentially harmful additives such as chemical pesticides, fertilizers and preservatives.

The additives are also environmentally harmful as they can end up in the ground, air, water or food supply.

Natural foods have been minimally processed, contain no chemical or artificial ingredients and remain as close as possible to their original and natural state.

Easy tips for "going organic"

- Tuck organic juice pouches, organic applesauce cups and organic animal crackers into the kids' backpacks.

- Serve organic pizza at your teen's slumber party or after sports events.

- Set the table with a healthy breakfast assortment: cage-free eggs, banana walnut granola, organic yogurt and vibrant fresh berries.

- Marinate all-natural chicken breasts using bottled organic marinade. Choose an interesting flavor, such as roasted garlic balsamic vinaigrette.

- Give your baby a nutritional head start with organic baby foods.



File photo

The Yelm Food Co-op offers a variety of organic and natural foods.

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- Denice Lingle

"I am a 48 year old male that has been into some type of extreme sports most of my life, from motocross to river rescue to surfing. I have had several injuries along the way including torn muscles and ligaments. I have used massage therapy most of my adult life for healing purposes. I have tried Swedish, Russian, deep tissue, soma, rolling, and relaxation to name a few. Several months ago I was lucky to move to the Yelm area. I was searching for a local therapist and stumbled across Diana. She explained the cupping principals to me and I agreed to try it. The first session she worked on a ligament tear that I had been dealing with for at least 2 years. After she was done I immediately felt a relief to the area and actually could feel a difference in the way I walked. I can only say that everything that occurred from that session was opposite from what I had felt in the past. The muscles felt as if they had been released and my skin felt rejuvenated. I would recommend that anyone try the therapy with Diana. She is a confident caring person and displays a real professionalism."

- Don S

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Contest makes weight loss fun, educational

By Tyler Huey

Nisqually Valley News

Battling the weight-loss bulge can be simultaneously painful and gratifying. Devani Unbewust knows the ups and downs.

She lived it, overcame it and is working to help others win their individual battles.

Unbewust, a 49-year-old personal trainer at Anytime Fitness, devised a plan to help members lose weight in a fun, hard-working environment: a "Biggest Loser" program.

Unbewust said her idea came from the television show "Biggest Loser," where overweight contestants compete in a competition where contestants who lose the most weight win a cash prize — while becoming healthy and fit.

Unbewust's idea is on par with the six-week training programs Yelm's Reflexions Gym has been offering for nearly a decade. Their most recent program concluded in early-January. Reflexions co-owner Mindy Choate said a new program will start the second

week of February. Choate has been involved in challenges for more than seven years.

"It keeps people motivated," Choate said. "Competition and knowing other people are doing it is definitely an issue. They really appreciate that. It gives them a lot more accountability."

Though on a much smaller scale than the nationally televised program, and not as long-standing as other area fitness programs, Unbewust was surprised by the amount of support her local spin-off acquired.

"I had a sign-up sheet thinking there would be a maximum of 10 (contestants)," Unbewust said. "On the weigh-in day I had to put up signs saying I can't accept any more because I was doing this on my own."

The program, beginning Jan. 2 and running through Valentine's Day, has 27 participants.

Gym members paid to enter. The six-week competition offers nutritional guidance, a daily food diary, exercise programs and work-out schedules.



Photo by Tyler Huey

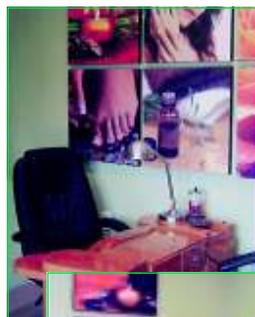
Anytime Fitness trainer Devani Unbewust, left, coaches "Biggest Loser" participant Charlene Mizner in performing proper push-ups.

Two free, one-hour exercise sessions are offered Saturdays at either 9 a.m. or 10 a.m.

The first 30 minutes are free-train-

ing, such as push-ups and crunches. The last half includes a cardiovascular

See **LOSS**, page 10



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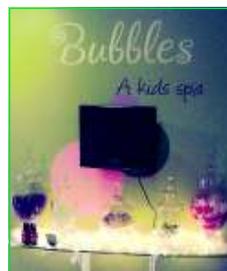
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Seniors find various fitness options

By Kelly Stonum

Nisqually Valley News

Senior citizens limited in mobility or just a little out of shape may wonder what type of exercise could help get them moving again without a great deal of discomfort or pain.

Fortunately, Yelm has some great opportunities for various levels of abilities.

The Yelm Adult Community Center is an affordable way to experiment with a variety of low-impact exercises three days a week.

General low-impact exercise classes are offered 10-11 a.m. Tuesdays and Thursdays for \$3 or \$5 a month.

The money goes toward keeping the center open, and the instructors are all volunteer.

"It can be a little bit of aerobics, pretty much anything," said senior center director Warren Williams.

On Fridays, from 10-11 p.m., the senior center offers Tai Chi classes by instructor Richard Stillwagon.

"They (seniors) can do it in a chair and they can do it standing up, it's tailored for strength building," said Williams.

Williams has seen the classes, and said the movements remind him of the movie "Karate Kid," when the student is out on the pier.

Williams would like to add a fourth low-impact exercise, chair yoga. Williams just needs to make arrangements with an instructor.



Photo provided

Cheryl Workman poses among some drum props.

Those interested in joining the classes can just show up. Williams is even willing to give first-timers a few free trial classes.

Rosemont Retirement and Assisted Living also offers a great low-impact exercise program.

Sit and Fit and Walk and Roll are two programs designed to get residents moving according to ability.

"Keep 'em moving, that's what we do," said activity director Pam Raczykowski.

"We have those that walk and those in their wheel chairs, and that's how they get their exercise. It gets them up

and out of their rooms."

The building offers exercise with traditional equipment for more independent residents. Soon, residents will have a Nintendo Wii to look forward to. The Wii fit games are known to be less intense than real sports.

"They're real excited about that," said Raczykowski.

An upcoming class at Rosemont will be open to the public, but designed for women.

Beginning 6:30 p.m. Thursday, Jan. 29, Cheryl "Mirage" Workman will teach six, one-hour sessions of belly dancing.

"For seniors, it's not stressful on their joints and the moves and steps move with the body's natural way of moving," Workman said.

"It's not like a lot of other dances where the moves are real concise and uncomfortable. One of the things I stress with seniors is, we can adapt the dance to meet their ability."

Workman encourages women of all age to participate, even if they have a pudgy belly.

The older the better too because with age comes more stories, and those stories can translate into interesting dances.

"Actually, when you're older you have more stories to tell in your dance," Workman said

"It's just a fun way to exercise, move and stay limber."

No "belly" costumes will be worn, unless someone wants to bring one.

The classes are \$36 and students will have the opportunity to join up until the third session.

Classes are held once a week at Rosemont and people can call Workman at 360-491-4795 to sign-up. Students who want to continue learning the "exotic" dance that developed out of a blend of Middle Eastern customs and tradition can sign up for advance classes in the future.

Workman has 10 years of experience with the class and was trained by a variety of instructors. She teaches belly dancing the way she learned, teaching the steps so students can create their own dances.



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Spinal adjustment beneficial for all

By Megan Hansen
Nisqually Valley News

The benefits of chiropractic therapy differ depending on a person's condition.

Spinal adjustments can help those suffering from an injury or a person whose back aches when they wake-up in the morning.

Benefits of seeing a chiropractor include relief from back and muscle pain to relieving headaches.

If someone is suffering from an injury, spinal adjustments can help heal patients more quickly and can be an alternative to medication or surgery.

However, people don't have to be in pain to benefit from a chiropractic appointment.

"It's good to get your spine checked to make sure all the joints are moving freely," said Dr. Erik Wells, of Living Well Chiropractic. "It becomes very therapeutic, it's a good relaxation type of treatment."

Many of his patients look forward to their regular adjustments and leave looking happy and relaxed, he said.

Wells recommends getting adjusted once a month. "Without regular checks, there's no way to tell something's wrong," Wells said. "I try to get adjusted at least once a month."

"But I do have some people who do less, some

do more."

Before Wells adjusts a patient, they spend several minutes on a table, which massages and helps relax the patient.

Massage therapy is also beneficial with spinal adjustments.

"Having muscles be relaxed from massage makes for an easier adjustment," Wells said. "It's one of the best things you can do."

Wells, who has been practicing since 2004, moved his practice to Yelm in 2006.

In the two years since he's been in town he's seen a dramatic increase in business.

Part of that increase has to do with his practice being new, but also because people's view on the treatment has changed.

"It's much more of an accepted profession opposed to 20 years ago," Wells said. "People are becoming a little more open to the chiropractic system."

Though some people are a bit fearful of the idea of having "their back cracked," Wells encourages people to give it a try.

"I would encourage people to seek out an appointment and have a consultation," Wells said. "See if they can quell that fear."

"Especially if you have any kind of back pain."



Photo by Megan Hansen

Dr. Erik Wells performs an adjustment at his Yelm practice. He recommends monthly adjustments.

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Protecting the immune system with spice

Our immune systems are smart. The immune system, when exposed to new flu and cold viruses, learns to recognize and react to seasonal strains of the invaders.

The system also remembers bugs it has seen before. But we're a mobile society — each year, world travel brings new strains of germs and virus home, forcing the immune system to deal with new invaders it has never seen.

This is why the Center for Disease Control makes yearly changes to the flu vaccine, hoping to predict which bugs will arrive in the U.S. on a seasonal basis.

A flu vaccine may help during cold and flu season, but there's no guarantee for full protection.

Extra efforts are needed to avoid seasonal germs — including a healthy diet, exercise and nutritional supplements.

Here are some suggestions for extra immune support during the 2008-09 flu season:

Diet can make a difference. "Prevention Magazine" recently published a list of immunity-boosting foods, including: lean beef in moderation for its zinc content; orange vegetables including sweet potatoes and carrots (for vitamins A and D); mushrooms such as shiitakes, which may help white blood cells act more

aggressively against foreign invaders and a cup of black or green tea daily which provides powerful anti-oxidant activity.

Also included in the list was yogurt containing active probiotic cultures, which help balance the immune system in the digestive tract.

According to ABC News, turmeric, a rich, flavorful spice, "has been used for centuries as part of Ayurvedic and traditional Chinese medicines, in addition to being used for cooking.

Turmeric is found in every yellow curry, and its golden color is the result of curcumin, a polyphenol with strong cold and flu-fighting properties.

Although the mechanism is unclear, a 2008 study published in Biochemical and Biophysical Research Communications found that curcumin prevents some immune cells from responding to stimulants and so has modulating and anti-inflammatory effects.

Other studies have also shown the immune-boosting properties of curcumin in turmeric, however these have not been confirmed in humans."

Turmeric is found naturally as the rhizome part of the turmeric plant and it looks very similar to ginger.

The powdered spice is made by

boiling, drying and grinding the root.

The powder has antiseptic qualities when applied topically and often is used on cuts, burns and bruises.

This spice is available as an encapsulated supplement at health food stores.

In addition to a healthy diet, a supplement brought to the U.S. from Russia is a favorite of many doctors.

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Spiritual wellness as important as fitness

FINDING REASON

By Pastor Jeff Adams



Physical exercise does have value, but getting your soul right has even more lasting results (1st Timothy 4:8).

Keeping fit is a great thing. Eating right, getting enough exercise and

rest, etc., is all very important. Having a healthy lifestyle certainly can curb stress and help a person work on his or her spiritual condition. However, working on one's spiritual condition does not come only as a direct result of being fit. Spiritual fitness and physical fitness can enhance each other, but neither necessitates the other. You actually have to work at both.

Know that I am a Christian preacher and my bias is clear. I totally and wholeheartedly believe in Christ

and the Bible. So, I believe there is no other way to spiritual wholeness except through Jesus (John 14:6). I don't believe in a lot of fluff. I am not one who discards words people say in order to smooth over things to make sure "we all agree." We don't all agree.

Religions in this world are varied. Some try to be all inclusive, but that is difficult when you embrace religious and non-religious groups that are intolerant of any other.

In other words, there are those spiritual groups even in our own community who are filled with bitter hatred toward all other religious and non-religious organizations.

They cry out, "Tolerate me," yet they don't tolerate those outside their group.

Know that I fully agree with the Bible's teaching to love others and to not be judgmental.

Our instructions are clear – that we are to love people to Christ, not judge them away from Him.

So, unlike other organizations, Christianity does not desire to harm

other people in other religious groups. We, who believe the Bible, want others to know the peace, hope, confidence and assurance we have.

There really is a spiritual wholeness available to those who really want it. I'm not talking about a whole lot of hokey, fake stuff. I mean very real, attainable spiritual fulfillment.

Certainly, flawed individuals exist, who have damaged the effectiveness of some churches over the years.

Every organization has people in it, and all people make mistakes. Don't judge the whole based on the mistakes of a few. Look at the overall effectiveness of the whole.

Some organizations, including some churches, promise healing and never really deliver. Religious organizations are quick to judge the individual who is not healed, accusing them of not being spiritual enough. Yet, even Jesus healed people who had no faith whatsoever (John 5:1-14).

To find spiritual wholeness, you may want to ask the leaders in an organization from where their authority comes.

Is it from some figure that can't be substantiated in any historical documents outside of their own religious writings? Is it from a corrupt or highly questionable person? Is it from claims of some individual just like you and me? Is someone making a ton of money off of their "spiritual guidance?"

The Bible has stood the test of time. Sure, many will set out to try to disprove or discredit it. Yet, the attempts prove futile.

No other ancient book has had more archaeological, historical, scientific and logical evidences to sub-

stantiate its claims. No other book has been more vehemently attacked than the Bible.

If you find a church or individual claiming authority, yet sidestepping or undermining the Bible, I suggest you look elsewhere for your spiritual guidance. My main authority is the God of the Christians. He has been so trustworthy and true. I highly recommend to you in your quest for spiritual wholeness, look closely at the Bible. You'll find great value in it.

Most importantly, though, you need Christ as your Lord and Savior. Many who are reading this were raised with a faith in Jesus, but somewhere along life's journey, stepped off the path of spiritual fulfillment. Some feel abandoned by God. Some have lived in a hopeless pit of despair, uncertain of his or her purpose or destiny.

Grab this visual: Jesus never left you. He has always been there, reaching out his hand to you. He still is.

If you want spiritual health... If you want your soul to be whole, reach back to Jesus. Your peace, hope and fulfillment is right at your fingertips. Reach back to Him, today. You'll be so glad you did.

If you do not know how to reach back to Jesus, contact a local church and ask someone there. Don't give up if you don't find what you need with the first few phone calls. If you truly want to get spiritually fit, be diligent about it.

You will be rewarded in the end.

■ Jeff Adams is pastor for *Paramount Christian Church in Yelm and Lacey. Yelm services are 5 p.m. Saturdays at the Coffey Place, 311 Yelm Ave. W.*

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Goodbye junkfood, hello smart food choices

Buying nutritious foods for yourself and your family can be difficult.

We are all familiar with the food pyramid, but once in the grocery store, the incredible amount of options is overwhelming.

Here are the top strategies for shopping smart at the grocery store:

■ **Plan, plan, plan.**

Planning is key for nutritious shopping. First, plan to eat before you go to the store.

When you're not hungry you'll be less enticed to buy snacks and other foods you really don't need. Second, make a shopping list of the meals you want to make throughout the week.

By thinking ahead, you can incorporate healthy foods and you'll avoid buying prepackaged, often high-fat and high-sodium dinners.

Finally, have a shopping budget. For example, allot \$200 to feed your family for the next two weeks. This will help you avoid going overboard with unnecessary treats.

■ **Shop the perimeter.**

The perimeter of the grocery store usually holds the most nutritious items like fresh produce and meat.

The majority of your budget should be allocated to foods located on the perimeter.

When shopping for fruits and vegetables, choose a variety of colors. Different colors equal different vitamins and minerals so a colorful selection is best.

When choosing meats, lean cuts and skinless poultry are healthier choices.

■ **Let your grocery store help you.**

Let's face it, nutrition labels can be

confusing.

Food Lion and Bloom grocery stores, located in the southeast and mid-Atlantic states, have implemented the Guiding Stars nutrition navigation program.

Developed by independent scientific experts, foods are assigned one-, two-, or three-star values based on their nutritional content, with three stars being the best.



Photo provided

Plan ahead before grocery shopping to ensure buying healthy options.

The system follows a specific algorithm and is the first of its kind in the United States.

■ **Know what to look for in processed foods.**

Although you might stock your cart with a lot of fresh produce, meats and dairy items, you will inevitably buy some type of processed foods.

This doesn't have to be a bad thing as long as you know what to look for.

For example, when buying cereal and pastas, look for whole-grain options.

Foods that are labeled 100 percent juice or 100 percent whole grains are better choices.

Chips and other snacks should not contain unhealthy trans fats, which you'll find listed in the nutrition label. Finally, a little indulgence is fine, but look at the serving size on your favorite treats.

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- Dentures that slip and click
- The "upside-down" smile when chewing

LOSS: Personal training inspiring contestants

Continued from page 2



Photo by Tyler Huey

Charlene Mizner does dumbbell curls as her work-out draws to a close.

regimen.

Exercising is only 20 percent of the battle, Unbewust said. Proper nutrition encompasses the other 80 percent.

Participants are weighed every two weeks. On the final week, the person who lost the most body percentage weight receives a cash prize. Second place gets a lesser amount.

"It's been incredible," Unbewust said. "They all love it. Most everyone — about two-thirds — are coming to the Saturday training. It keeps them accountable, on track, and they learn tons of different exercises."

With the program's popularity, losing weight in a game-like format seems to have its perks.

While Unbewust is pleasantly surprised by the turnout, she feels the contest aspect and support team add to its success.

"A lot of people don't have thoughts about exercising," Unbewust said. "It's really good to have a trainer for accountability. Some people don't have

the drive or ambition otherwise."

Roy resident Paulette Tuers said the program has helped her stay motivated on exercising and staying fit.

Tuers said Unbewust is an "awesome motivator" and the members have built a support group. After two weeks, Tuers lost 10 pounds.

Her optimal goal is to lose 30 pounds, but she considers the program a "kick-start in the right direction."

"I joined to hold myself accountable to eating better so I can achieve weight loss and get tips on how to get me there," Tuers said. "Devani has been where I am. There's an understanding of what we have to deal with and to keep it off."

Similar to Tuers, motivation is a common deterrent to exercising and eating properly.

Unbewust knows the feeling too, and if it wasn't for a life change she made five years ago, Yelm's Biggest Loser program may have never come to fruition.

At age 42, Unbewust had her fifth and final child.

Two years later she weighed more than 200 pounds.

"At 44, I realized I was old and a fat mom," Unbewust said. "I decided

I was done with the way I was going. I wanted to be able to go out with my children."

By cutting down on her portions, eating healthy and exercising, Unbewust lost 60 pounds in eight months.

"I hit it hard and I've kept it off," she said.

Unbewust moved to Yelm from Colorado one year ago.

Because of her success story, she wanted to help others reach their personal goals.

Unbewust earned her certified personal trainer license two years ago from the American Council on Exercise.

She has been training in Yelm since last March.

Charlene Mizner of McKenna is another loyal follower of Unbewust.

Like many other participants, Mizner needed a trainer and support-group to keep her motivated.

So far, so good, as she has lost four pounds in two weeks and plans to lose an additional 15 pounds.

"It's more the positive, uplifting attitude of Devani and the people in the program (compared to the cash prize)," Mizner said. "If she could lose 60 pounds, keep it off and look good and healthy — I need to lose 15 more pounds. If she can lose 60 I can lose 15."

While she trains the program's participants, Unbewust said, "I know what it was like to be on the other side (of attempting to lose weight)."

Whether it's competition, group support or professional help, there's no denying the program only grows in results — not an expanding waist line.

"It really changes the way people view weight-loss," Unbewust said.



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Monitoring cholesterol aids in diabetes prevention

Managing your cholesterol can help lower your risk for type two diabetes and heart disease.

But cholesterol, a type of fat in your blood, can be confusing.

■ Lower your bad cholesterol, low-density lipoprotein, that blocks your blood vessels.

■ Raise your good cholesterol, high-density lipoprotein (HDL), that helps remove deposits from your blood vessels.

■ Triglycerides raise your chances for a heart attack or stroke if your levels are too high.

Your doctor may also give you a "total" cholesterol number.

Your doctor can do a simple blood test to measure all your cholesterol numbers.

If your levels are off, you're not alone: about one in four American adults face the same challenge.

Here are five tips to help you manage your cholesterol:

■ **Eat Smart.** One simple way to lower your bad cholesterol is to eat fewer trans fats and high-cholesterol foods like egg yolks, fatty meats, butter and whole milk.

You can also help your body absorb less bad cholesterol by eating foods that contain soluble fiber, such as oatmeal, kidney beans, yams and apples.

■ **Stay Active.** You can raise your

good cholesterol and lower the bad at the same time with exercise.

To get this powerful benefit, exercise for 30 minutes a day, five days a week.

And don't worry about going to the gym — walking briskly is just as effective.

And you can head to the mall and walk there when the weather is bad.

Or do house work or work in the yard. The key is to get your heart pumping.

■ **Drop a Few Pounds.** Being overweight raises your bad cholesterol. At the same time, it lowers your good cholesterol.

But eating smart and staying active will help you lose weight and dropping just a few pounds can raise your HDL. Maintaining a healthy weight will help you keep your cholesterol in balance.

■ **Quit Smoking.** It's no surprise that smoking lowers your good cholesterol.

If you smoke, quitting can help your HDL jump as much as 10 percent. Nicotine replacement therapy can help.

Options include the nicotine patch, gum, lozenge, inhaler or nasal spray. Prescription medicines are another option.

Talk with your health care provider about which options are best for you.



Yelm Family Medicine, PLLC

202 Cullens St. NW – PO Box 760
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Yelm Family Medicine opened in 1979 and moved to the present facility in 1985 with plans to move into a medical building to be constructed on the corner of Hwy 510 and Tahoma Blvd early 2010. We provide a full spectrum of primary care for routine and urgent care. We offer evening and Saturday hours, as well as having on-site lab and x-ray.

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Ania's Quick Quiche

- 4 farm fresh Stiebrs Farms eggs
- 1 cup half and half
- 1/3 cup mayonnaise
- 1/3 cup onions, diced
- 8 oz. Swiss, cheddar, gruyère or goat cheese, grated or finely chopped
- 1 package frozen spinach, thawed
- salt, pepper, garlic powder to taste
- 1 pie shell

Preheat oven to 350 degrees. Whip first four ingredients until well incorporated. Add the remaining ingredients. Pour into pie shell. Bake 45 minutes to 1 hour or until top is golden.

Optional add-ins: Chopped chicken breast, roasted bell peppers, broccoli and other veggies, ham... or anything else you think would be delicious!!

Low carb option: Pour into greased glass bakeware without pie shell.

09-407925R