

Nutrition expert offers free discussion on boosting energy

By T. Lee Brown
Correspondent

What are the top reasons that people seek out natural health practitioners? According to Kim Hapke, ND, one big motivator is energy level. People want to feel more energetic. A naturopath based in Sisters, Hapke invites the public to join in a free, informative discussion on the subject, July 28 at Sisters Farmers Market.

When people say they are fatigued or have low energy, “They are basically saying, I don’t feel as good as I used to. I don’t have the capacity to do what I used to do, or I feel bad after I do this activity,” Hapke told *The Nugget*. “It’s different for everybody.”

What seems like “low energy” can be based on low mood or depression—or it can come from not getting enough iron or vitamin B-12. Many other factors play into the sensation of being tired and not feeling good. “I’m looking at people’s diets, recent stressors, what people have gone through over the years,” Hapke explained.

Hapke’s discussion will cover several energy-making processes in the body, factors involved in low energy, and lifestyle and nutritional

support for the different energy pathways in the body.

Hapke sees many patients who want to address their energy levels. Time-of-life changes for women, stressful life events for people of any gender, and everyday fatigue are common in her private practice, Meaningful Medicine.

“We can address that through nutrition, herbal support, and sleep,” she said.

In her talk, Hapke plans to focus on “energy sappers.” Nutritional deficiencies are common; so are food sensitivities. “Fatigue can be a common symptom that a particular food isn’t working very well for your body,” she said. Adrenal, mitochondrial, and neurological fatigue are

frequently addressed in her practice.

Hapke sees many patients who are looking for new options. “People are coming in saying, ‘I would like to avoid going on medication for my rising blood sugar,’ or it’s their blood pressure, mood, energy, sleep,” she said.

In Central Oregon, said Hapke, “a lot of people are here for a healthy, outdoor lifestyle, so if they can address something naturally, they want to. I’m getting people who are pretty savvy.”

She has noticed an emergence of metabolic-related issues like PCOS (Polycystic Ovary Syndrome), blood sugar levels, and “anything related to the rise in Type 2 Diabetes.” Men’s and

women’s fertility issues are increasing in her practice and nationally.

“I’ll see mothers who are at year three, their babies are sleeping—they’ve come through a long period of sleep deprivation and adrenal fatigue,” she said.

Gluten is another rising factor. “People are curious to know how gluten might be affecting them,” Hapke said. “Non-celiac gluten sensitivity is getting better researched, there’s more things to learn about it, and patients are interested in how that’s affecting their health.”

Hapke delves into new research. She is excited about the new understanding of conditions like Chronic Fatigue Syndrome and fibromyalgia

as “partially mitochondrial issues... Doctors start to look for answers to support people’s health in different ways.”

In addition to her private practice, Hapke works as a consultant and teacher, with extensive education in therapy as well. An adjunct faculty at the National College of Natural Medicine, she assists students in their personal development “so they are better able to facilitate sensitive doctor/patient relationships.”

One of her clients is local nutritional supplement company Metabolic Maintenance, a sponsor of Sisters Farmers Market. In its research and development arm, Hapke consults on researching new

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HARDTAILS BAR & GRILL
LIVE MUSIC!
9pm • SAT, JULY 27
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A Tribute to FLEETWOOD MAC
bendticket.com for tickets or purchase at Hardtails
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SUMMER MUSIC
7 PM in the backyard
at *Angelina's*
121 W. Main Ave., Sisters | 7 pm | Beer | Wine | Food
August 2 Dennis McGregor & The Spoilers
August 10 Halden Wofford & The High*Beams
August 23 Cuppa Joe
August 30 Brent Alan & His Funky Friends
\$5 cover. Supervised children welcome.

SISTERS-AREA Entertainment & Events

<p>JUL 24 WED</p> <p>Food Cart Garden at Eurosports Trivia Night 6:30 to 7:30 p.m. Sign up by 6:15 p.m. For additional information call Eurosports at 541-549-2471.</p> <p>Hardtails Bar & Grill Karaoke Night! 9 p.m. Every Wednesday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.</p> <p>Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersaloon.net.</p>	<p>JUL 25 THUR</p> <p>Cork Cellars Tasty Thursday Hosted Wine Tasting 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.</p> <p>The Suttle Lodge & Boathouse Wine Tasting 5 to 7 p.m. Free and open to everyone 21+. For additional info call 541-638-7001 or go to thesuttlelodge.com.</p> <p>Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersaloon.net.</p>	<p>JUL 26 FRI</p> <p>Downtown Sisters 4th Friday Art Stroll 4 to 7 p.m. Galleries and shops feature live entertainment and refreshments, every fourth Friday of the month! For additional information go to sistersartsassociation.org.</p> <p>Raven Makes Gallery Native American Art Show Opening Reception 4 to 7 p.m. Three artists! For more info go to ravenmakesgallery.com or call 541-719-1182.</p> <p>Food Cart Garden at Eurosports Live Music with Bitter Creek Band 5 to 7 p.m. Dogs, children & adults all welcome! For information call Eurosports at 541-549-2471.</p> <p>The Suttle Lodge & Boathouse Live Music with Jenny Don't and The Spurs 6 to 8 p.m. Big Lawn Music series with food & beverages for purchase. For additional info call 541-638-7001 or go to thesuttlelodge.com.</p> <p>Hardtails Bar & Grill DJK9 Rawkstar Karaoke Night! 9 p.m. Every Friday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.</p>	<p>JUL 27 SAT</p> <p>Sisters Saloon Live Music with Thomas T & The Blue Chips 7 to 10 p.m. For additional information call 541-549-7427 or go to sistersaloon.net.</p> <p>Hardtails Bar & Grill Live Music with Gold Dust 9 p.m. Tribute to Fleetwood Mac. For additional information call 541-549-6114 or go to hardtailsoregon.com.</p> <p>Cork Cellars Live Music with Jazz Folks 6:30 to 8:30 p.m. No cover! For information call 541-549-2675 or go online to corkcellarswinebistro.com.</p> <p>Creekside Park Crafts Festival & Antiques in the Park 10 a.m. to 5 p.m. Featuring a variety of arts, crafts, antiques, collectables, food and live entertainment! For more information go online to centraloregonshows.com.</p>	<p>JUL 28 SUN</p> <p>Creekside Park Crafts Festival & Antiques in the Park 10 a.m. to 4 p.m. Featuring a variety of arts, crafts, antiques, collectables, food and live entertainment! For more information go online to centraloregonshows.com.</p> <p>Fir Street Park Sisters Farmers Market 11 a.m. to 2 p.m. Every Sunday: fresh local produce, lunch, live music, & yoga. Call 503-997-0301 or go to sistersfarmersmarket.com.</p> <p>Sisters Saloon Open Mic Night 8 to 11 p.m. For additional information call 541-549-7427 or go to sistersaloon.net.</p>	<p>JUL 29 MON</p> <p>Hardtails Bar & Grill Open Mic & Jam Night 7 p.m. Every Monday, no cover! For information call 541-549-6114 or go to hardtailsoregon.com.</p>	<p>JUL 30 TUES</p> <p>Sisters Saloon Trivia Night 6:30 to 7:30 p.m. Sign-up is at 6:15 p.m. Free, every Tuesday! For additional information call 541-549-7427 or go to sistersaloon.net.</p>	<p>JUL 31 WED</p> <p>Hardtails Bar & Grill Karaoke Night! 9 p.m. Every Wednesday, no cover! For additional information call 541-549-6114 or go to hardtailsoregon.com.</p> <p>Food Cart Garden at Eurosports Trivia Night 6:30 to 7:30 p.m. Sign up by 6:15 p.m. For additional information call Eurosports at 541-549-2471.</p> <p>Sisters Saloon Poker Night 7 p.m. Every Wednesday! \$20. For information call 541-549-7427 or go to sistersaloon.net.</p>	<p>AUG 1 THUR</p> <p>Fir Street Park Live Music with Town Mountain 6:30 p.m. Sisters Folk Festival Free Summer Concert Series. Bring a chair or blanket. Information: 541-549-4979.</p> <p>Cork Cellars Tasty Thursday Hosted Wine Tasting 5 to 7 p.m. For additional information call 541-549-2675 or go online to corkcellarswinebistro.com.</p> <p>The Suttle Lodge & Boathouse Wine Tasting 5 to 7 p.m. Free and open to everyone 21+. For additional info call 541-638-7001 or go to thesuttlelodge.com.</p> <p>Sisters Saloon Karaoke Night 9 p.m. to midnight. Every Thursday, no cover! For additional information call 541-549-7427 or go to sistersaloon.net.</p>	<p>AUG 2 FRI</p> <p>The Suttle Lodge & Boathouse Live Music with Austin Miller & Kelli Schaefer 6 to 8 p.m. Big Lawn Music series with food & beverages for purchase. For additional info call 541-638-7001 or go to thesuttlelodge.com.</p> <p>Angelina's Live Music with Dennis McGregor and the Spoilers 7 p.m. Summer music in the backyard. \$5 cover. For additional information call 541-549-9122.</p> <p>Food Cart Garden at Eurosports Live Music with Paul Eddy Duo 5 to 7 p.m. Dogs, children & adults all welcome! For information call Eurosports at 541-549-2471.</p>
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