

# Natural Path to Health: Allergies?

By Dr. Carol McIntyre

'Tis the season for allergies, so I thought I would offer up some quick tips to help all of you allergy sufferers out there. There are many supportive substances locally that could help provide some relief. You can even find some things in your own back yard!

Nettles are a wonderful! You can find them all around this area growing near streams and rivers, in moist fields, and in the wilderness. They help inhibit the release of histamine and provide your body with vitamins and particularly minerals to boost your immune system. Always wear gloves and use scissors to cut the leaves/stems to avoid being "stung."

You can eat nettles or make them into a tea. If you want to eat them, it is best to collect them early in the Spring

growing season when they are young and tender. Steam them as you would any other dark green or sauté them with a bit of garlic. They are great with a slash of apple cider vinegar!

To make a tea, you can collect the leaves at anytime during the growing season. Allow the leaves/stems to dry completely. Use a tea ball or re-usable tea bag to steep the nettles. You should use about 1 Tbsp dried herb per each cup of water- steep for 3-5 min for a mild tea or longer for a more potent tea if you wish. Some people who are sensitive to the hairs of the nettle plant may wish to also strain the tea before drinking it. Add a bit of honey to sweeten it up and give added benefit....

Which leads me to the next beneficial allergy treatment- HONEY? I know I have sung my praises before about my love for bees and the wonderful

medicine they provide... but here I go again! Honey is a complete food in itself and for allergy sufferers it can stimulate your immune system specifically to counteract allergic reactions.

Honey will provide your immune system with minute doses of pollen that have been collected by the bees and turned into honey. When you purchase LOCAL honey you are exposing your body to the pollens that you are surrounded by everyday and that your immune system is reacting to. By supplying minute portions of the pollens, your immune system is able to moderate its response and ultimately the overall reaction to allergy exposure is decreased. It's similar to having a homeopathic dose or a vaccine in a way.

On another note- I would like to let everyone know that very soon I will be In-Network with Kaiser as

part of their Complementary Health Plan. This means that all people with Kaiser insurance can come see me for Naturopathic and Chinese medicine services including spinal manipulation. You can also request that your PCP at Kaiser refer you to me for treatment.

Last but not least, I would like to say farewell to Phil and his staff at the Vernonia Pharmacy. Phil has always been such a positive support for me and a wealth of knowledge! It is unfortunate that our political system is forcing the small business owners to close their doors. I do hope that someday he can find his way back to Vernonia, but for now I know he will provide excellent service from his Banks location. Many Blessings~

Please give the home remedies a try. Explore different options for your health. Thanks for joining me! Be well~

# Creature Comforts: Canine Water Safety Don't Just Pack It – Wear Your Doggy Lifejacket!

By Michal Smith

I haven't met too many Vernonians who don't have a dog (or two). And congratulations to the many new puppy owners this season!

If your dog loves to swim, his/her favorite time of year is coming. The weather's warming up, and that means heading to rivers and lakes for day trips and long weekends. But even dogs who take to water like furry fish can run into trouble at the water's edge. Keep your canines safe (if not dry!) this summer with just a little bit of prep

and prevention.

Make sure your dog knows how to get out quickly. Exit locations may seem obvious to us -dogs may not get it, and unsuccessful attempts to get out could tire them out, and possibly lead to drowning.

Know that your dog understands commands, and will obey them. Calling him away from bodies of water – or calling him back to you WHILE he's swimming, should he be heading into deep water or a faster-moving section of river – is important. If he refuses to listen to you, pack extra

squeak toys that might help get his attention back on you and safety.

Also, just like for humans, lifejackets are in the store for dogs of all sizes. They are lightweight, very comfortable and brightly hued for safety. Plus the adorability factor is off the charts! These are not a substitute for supervision of course, but they bring peace of mind to both owner and dog while enjoying the water. Bring your dog to Creatures Pet Store for a fitting! Open M-F 10-6, Sat 10-5. For more information call 503-429-PETS (7387).

# Time to Prepare for the Bear Creek Run

It's time, again, to don your runnin' shoes!

Believe it or not the Bear Creek Run in support of Vernonia Cares is just around the corner. We are busy preparing for a super fun time this year so please plan to join us on Saturday, August 11<sup>th</sup> at the Anderson Park Pavilion. The races will begin promptly at 9:00 AM. Be on the lookout for Bear Creek brochures located at many of our local businesses. You can fill out the form and send it in or sign up on

line at [www.signmeup.com/82872](http://www.signmeup.com/82872). Same day registration will be at 7:45 AM at Anderson Park.

We are still in need of sponsors so please consider sponsoring this event. Hopefully, most of our local businesses have already received their sponsorship letters. Your donation is tax deductible and goes to a great cause; Vernonia's own food bank! If you want your business name to appear on our advertisements and the back of our race T shirts you need to have your donation and company logo in no later than July 1<sup>st</sup>!

If you need more information, would like to become a sponsor or volunteer to help on race day please contact our race director, Kellie Murray, at 503-429-3021.

See you on August 11<sup>th</sup>!



**WAUNA FEDERAL CREDIT UNION**  
Trusted since 1967  
MADE IN OREGON!



**Our Summer Auto Financing is a Breeze!**

**Apply at your Vernonia Branch or at [waunafcu.org](http://waunafcu.org)**

**No Payments for 90 Days! Plus, .99%\* APR Introductory Rate!**

**Or, move your loan from elsewhere to us and earn an additional 1% Cash Rebate\*!**

800-773-3236 [waunafcu.org](http://waunafcu.org)

\*APR=Annual Percentage Rate and is subject to change. Rates & financing are offered based on applicant's credit worthiness and term of the loan. Special Terms: Auto, Truck, SUV, Van (Purchase new or used) — .99% APR is an introductory rate for the first 90 days of the loan term. After the introductory period, the standard rate of the loan term will apply. Borrower also qualifies for no payments during first 90 days of the loan. Auto, Truck, SUV, Van (refinanced from elsewhere to WFCU) — qualifying loans will receive .99% APR introductory rate for the first 90 days of the loan. After the introductory period, the standard rate of the loan term will apply. Borrower also qualifies for no payments during first 90 days of the loan. Rebate is equal to 1% of the actual amount of the loan refinanced to Wauna FCU (maximum Rebate: \$500; Wauna FCU will pay the title transfer fee up to \$77). Regular rates start at 2.99% APR with up to 84 months to repay. Loan payment example: a loan amount of \$20,000 at 2.99% APR for 72 months would require a monthly payment of \$304 until the loan is paid off. Notes: Other introductory rates may also be available. This special financing offer ends July 31, 2012. Financing offered to Wauna FCU members only. Contact: [waunafcu.org](http://waunafcu.org) for membership details.



**WAUNA FEDERAL CREDIT UNION**  
Trusted since 1967  
MADE IN OREGON!



291 a STREET  
CALL KIM

Happy Grooming Dog Salon  
429-0576

LOVABLE SERVICE AT A REASONABLE PRICE

- BATHING
- HAIRCUTS
- NAIL CLIPPING
- NAIL POLISHING
- SPECIALTY SHAMPOOS



**True Value**  
START RIGHT. START HERE. SM

**Get Your Garden Ready**

Lawn Care Supplies, Seeds  
Potting Soil, Garden Tools  
Organic Fertilizers

Order your units to be delivered

- Compost
- Fir Mulch
- Planting Mix

1 unit = 7.5 yards

Family owned & operated for over 40 years  
834 Bridge St., Vernonia (503) 429-6364