

# Natural Path to Health: Healthy Holidays

By Dr. Carol McIntyre

Staying well during the holidays can sometimes be a challenge. Everyone has their own secret formula to staying off a cold or flu, but I thought I would share a couple with you. It's always good to have a reminder...

Onions and garlic- eat up! The raw form of these immune enhancers and anti-microbes are best. A trick in the McIntyre family is to eat the heart of a raw onion when you feel the start of a cold coming on. Try it out and see what you think.

Vitamin C- A wonderful anti-viral and immune stimulator. Increasing your vit C intake through the winter months can help keep your immune system boosted up to avoid contracting

an illness. It's also very good for your collagen and will help you to maintain healthy skin through the drier months. Although oranges and other fruits are high in vit C, it is best to get your extra via a supplement of some kind to avoid the excess sugar (because the sugar weakens your immune system). Rose hips are also a great source and make a tasty tea.

Water- Staying hydrated is extremely important for overall health. If you do contract the common cold, an upper respiratory infection or sinus infection, staying hydrated will help to keep the mucous thin. This will make it easier to expectorate the phlegm and get the infection out of your system faster.

Natural Path Health Services is participating in the Holiday

Bucks program. Anyone purchasing supplements will get a card stamped and put in the box for the drawing. So swing in and stock up to take advantage of the program~ who knows~ maybe you'll win! That would be a nice holiday treat.

The office will be closed from Friday December 21st - Tuesday January 1st. We will re-open with normal business hours on Wednesday January 2nd. Kimberly and I will be working hard to install a new medical program that will help us to be more efficient in the office and more HIPPA compliant. The new system will also allow for established patients to do online scheduling and communicate with me through a closed system to ensure privacy and HIPPA compliance. I am very excited to be able to bring this system into the office and

take another step toward providing you more efficient health care.

A reminder too that Qigong will begin on Monday January 7th. Class will be from 7:30-8:30am. First class is free so come check it out. Drop in fee will be \$7 and monthly rate will be \$20 (a savings of \$8). I look forward to bringing the practice back and am excited to see who shows up. Qigong is very nourishing and can be done by anyone at any skill level so don't be afraid to try it out.

Enjoy your holidays. Eat lots of onions and garlic. Drink your rose hip tea and try not to over-indulge at the holiday dinner table! But of course, if that does happen, take a nice brisk walk instead of a nap and your body will thank you. Happy Holidays to you all~ Be Well.



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## Local Children's Author to Publish *continued from front page*

Rech says she has the whole series of stories written and is just waiting for an illustrator to catch up.

The main character in Rech's stories, Miss Della Webb, was a real woman that Rech knew when she was growing up in Montana. "She was a wonderful lady, that was her name, Miss Della Webb, who never married," explains Rech. "She was born around the turn of the century, around 1899. She worked at the county courthouse until she retired. She was just sort of a neat old gal and let me into her home, even though I was a little pest as a kid. If I saw she was home I would ring her bell until she answered the door. But she was always great about having me in and we would just talk and she always entertained my fantastical mind at that age. She was just a really good person."

Rech says she had always wanted to base a character on her old friend. "She was a strong woman who had morals. She always made me mind but she wasn't cruel. And she was smart. I wanted to put that into my character. In my stories she is kind, generous, intelligent and independent and

those were all qualities of her."

Rech also gives credit to her mother for instilling in her a love of reading and of stories. "She made a point of reading to me every single night," says Rech about her childhood. "And it really had a huge impact and I loved the stories." Rech says she has taken those childhood stories and "borrowed" tiny pieces for her books. "In my books you will see a little bit of The Little Red Hen, a little bit of The Three Little Pigs, a little bit of Ferdinand the Bull. Not that I took the stories but I was able to grow my characters around images I had in my head from my childhood. And it has really worked out well for me."

Rech says that in addition to her Miss Della Webb story books, she has also recently written a children's logging story in honor of her boyfriend who works in the woods and his new grandson. She says she may have an idea for a sequel to that story as well.

Rech says she really enjoys living in the Pacific Northwest. "I love the gardening, I love the flowers, and I actually like the rain," says Rech.

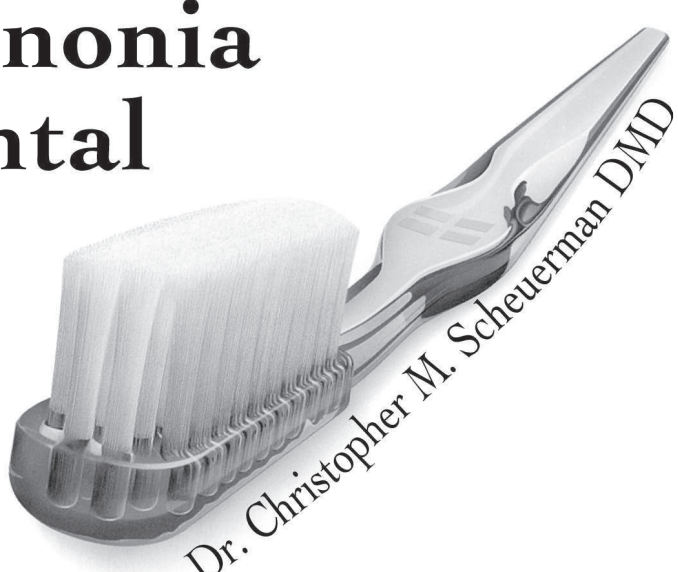
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