

Natural Path to Health: A Progressive New Year

By Dr. Carol McIntyre

I wish you all a happy Chinese New Year in 2016 ~ the year of the Monkey. This year will bring many different opportunities. It will be a year to be curious about new ventures. The Monkey has positive qualities of intelligence, confidence, optimism and fun. Monkey also has other more negative qualities of arrogance, vanity, selfishness and recklessness. Take all of these attributes in stride and be willing to take intelligent risks in order to obtain more fulfillments in your life.

Chinese New Year began on February 8th this year. This is considered the "Spring Festival" in China, one

of the most important. It is a time to cleanse your home and surroundings, ridding your space of dirt/bad luck and making room to invite in new good luck. Traditionally the color red is used to signify protection and good fortune. This year of the Monkey is a yang/metal year so be ready for a lot of energy to be circulating.

At the office there are things circulating too! I am creating a new space upstairs to include multiple detoxification tools such as the personal infrared sauna, infrared foot bath and inversion table. There will also be a space where people can relax and listen to meditation CDs. This space will be available to anyone during regular

business hours. There will be individual fees for each unit or a package fee for use of everything in the space. I plan to have the space ready for use by March 1st and to add some other physiotherapeutic modalities over the next few months.

By creating this new space I will also be creating space in the waiting area. Having the extra space in the waiting area will allow me to begin giving regular lectures which I have wanted to do for some time now. Please let me know your topics of interest! Topics I already plan to lecture on are thyroid, food sensitivity, inflammation and auto-immune disease. I would also love to have a night of sharing~ when individuals come together to offer things

they have been researching. We all have a wealth of knowledge to share.

Jeff Dolan, Reiki Master, will still be available by appointment at the office. He is working on expanding his practice by including animal Reiki and by doing house calls. I am very excited for him to be here in our community and offer his service in a more diverse way. Please contact him directly for scheduling at 971-275-6228.

Blessings to you all for a progressive new year! May the influence of the Monkey bring you fortune and opportunity of the very best stature. I look forward to seeing you soon. Thanks for joining me. Be well~

Living With ALS *continued from front page*

and her dependence on others to assist her intensify.

Recently Pam invited me to visit with her and help her raise awareness about those suffering from ALS. What I learned was that, even through all the changes and challenges that ALS presents, Pam and her family have remained positive, optimistic, and hopeful - positive that every day she will try her best, with a smile on her face; optimistic that she can handle the challenges each day will present; and hopeful that a cure may soon be found.

ALS, or amyotrophic lateral sclerosis, is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. According to the ALS Association A-myo-trophic comes from the Greek language. "A" means no. "Myo" refers to muscle, and "Trophic" means nourishment - "No muscle nourishment." When a muscle has no nourishment, it "atrophies" or wastes away. "Lateral" identifies the areas in a person's spinal cord where portions of the nerve cells that signal and control the muscles are located. As this area degenerates it leads to scarring or hardening ("sclerosis") in the region. ALS may affect anyone, anywhere, although it usually strikes people between the ages of 40 and 70. Approximately 30,000 Americans can have the disease at any given time.

Two years ago Kofstad first began to show symptoms when she slowly started losing the ability to move the toes on her left foot. Kofstad spent a year visiting doctors and having tests run, searching for an answer to what was causing her problems. She had six MRIs and sought medical advice from four different neurologists before she was finally

sent to local ALS specialist Dr. Kimberly Goslin, who diagnosed her with ALS. By that time she needed a cane or even a walker to move around. "They couldn't determine what it was because nothing showed up on

"There are so many things that are a struggle, but I have a system and I just slow down and try not to get frustrated. Because that's not going to help, all it does is take more energy if I get upset about it. I have all day... I'm in no hurry."

my MRIs," says Kofstad. "I was perfectly healthy, but I couldn't move my toes and my feet. I was tripping and falling all the time."

Recent years have brought a wealth of new sci-

entific understanding regarding the physiology of this disease. Although there is not yet a cure or treatment that halts or reverses ALS, scientists have made significant progress in learning more. But without additional breakthroughs, her doctors have told Kofstad she has two to five years to live.

Even with such an unfavorable prognosis Kofstad and her family have not given up hope and continue to try to live each day to its fullest, keeping a positive attitude and, amazingly, a wry sense of humor.

Kofstad and her family will share their story of living with ALS and help the The ALS Association fundraise for local care services and research on Saturday, March 12, 2016 at their "Spring Into Action ALS Dinner & Auction Gala" at the Portland Convention Center. Kofstad will have two tables of family

and friends join her at the event. A professional film crew spent several days with her recently in preparation for her big evening and the presentation. "The ALS Association does several events throughout the year to raise awareness, collect donations and to reach out," explains Kofstad. "They called me and asked if they could do my story. It's quite an honor to be asked and it's getting pretty exciting now. Being part of raising awareness makes me feel good."

During the year since she was diagnosed with ALS, Kofstad has seen her daily life become more challenging. She has difficulty breathing deeply and her speaking voice is becoming raspy and labored. As her symptoms have worsened she has progressed from

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Pam on vacation with her family in July, 2015.

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