

JOEL FUHRMAN, MD

## Preventing Parkinson's disease

Each year, about 60,000 Americans are diagnosed with Parkinson's disease (PD), which is second only to Alzheimer's as the most common neurodegenerative condition.

Alzheimer's disease primarily affects memory, and PD primarily affects movement.

There is a devastating loss of independence as slow and impaired physical movement interferes with daily activities. Fortunately, risk for PD is primarily environmental and can be greatly reduced with excellent nutrition and lifestyle habits.

Limit pesticide exposure: A large number of epidemiological studies have concluded that pesticide exposure is a major risk factor for PD. To limit your exposure, buy organic produce when possible, avoid household insecticide products, do not drink well water, and minimize your consumption of dairy, meat and fish (since agricultural pesticides

accumulate in the fatty tissues of animals).

**Supplement with DHA and Vitamin D:**

Maintaining adequate levels of the omega-3 fatty acid DHA in the brain is an important measure for preventing neurodegeneration in later life.

In my experience with patients, I have observed a significant, severe deficiency of DHA in elderly vegan males, and a number of these elderly vegan males developed Parkinson's disease.

Plus, studies in animals clearly show that supplementation of DHA can alter brain DHA concentrations and produce protective effects in the brain that can reduce the risk of PD.

Vitamin D deficiency and osteoporosis are prevalent in patients with PD. Researchers have not yet studied whether vitamin D deficiency is a contributor to or a consequence of PD, but vitamin D adequacy has many vital functions in the

human body, and careful attention should be paid to maintaining sufficient vitamin D levels.

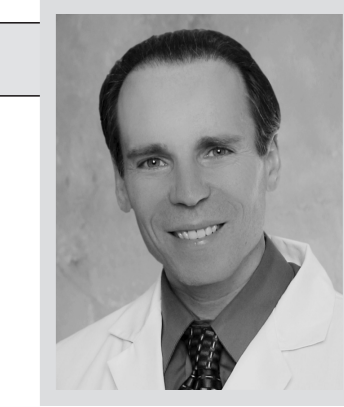
**Base your diet on high-nutrient plant foods:**

In a recent large prospective study, subjects whose diets included the greatest amounts of fruits, vegetables, legumes, nuts and whole grains had a 22 percent decreased risk of PD over the 16-year follow-up period.

Natural plant foods provide countless beneficial phytochemicals that work together to support the health of the entire body, including the brain. Plus, oxidative damage plays a significant role in the progression of PD, so eating plenty of high antioxidant, nutrient-dense foods like berries and leafy greens is another important preventive measure.

**Minimize animal foods:**

In addition to pesticide exposure, animal products are also a concern because indi-



viduals with high intakes of total fat, total calories, saturated fat, cholesterol and iron have been found to be at increased risk of PD.

Dairy consumption in particular is associated PD - men who eat large amounts of dairy products have an 80 percent increase in risk of PD.

To protect your brain, keep meat and dairy consumption to a minimum.

**Exercise:** Physical activity has favorable effects on the brain, and high levels of physical activity are associated with a significant reduction in risk for PD.

*Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine.*

## 'Power of the Heart' to be screened in Yachats

**YACHATS** — A screening of the groundbreaking film "The Power of the Heart" will take place Monday, May 18, at 6:30 p.m., in The Yachats Commons.

Woven into the film are interviews with some of this era's greatest teachers, including Maya Angelou, Deepak Chopra, Marianne Williamson, Jane Goodall and more.

Following the screening will be an exclusive Q and A with author and film co-producer Baptist de Pape, and Dr. Dean Shrock.

The film has been released in conjunction with the book

of the same name, which has been translated into 20 languages and distributed in 70 countries.

In the book, Dr. Shrock, who is a Yachats resident, discusses his work and research that joy, heartfelt communication and feeling loved and cared for can improve the quality of life and the lifespan of people with cancer.

The film is written and directed by Drew Heroit, director of "The Secret."

There is a suggested donation of \$10.

For more information, call Dean Shrock at 541-547-3887.

## Shorewood names Hefty as Artist of the Month

Bob Hefty is the Artist of the Month during May at Shorewood Retirement Residences, 1451 Spruce St.

Hefty's work is in the non-objective category, with many shapes and colors but no recognizable images. He does not try to imitate the work of other artists; his artwork is inspired by his imagination and arbitrary decisions. He enjoys the creative experience and never

really knows how a painting will end up until it is finished.

Meet the artist Friday, May 22, at 10 a.m., at Shorewood Retirement Residences.

His art works will be displayed both in the dining room and along the first floor walls around the lobby area.

Shorewood features art each month from a different local artist and a time to meet the artist.

## Toastmasters' open house workshops continue

The Toastmasters club in Florence, Siuslaw Tale Spinners, will hold the second in its series of free community workshops on Saturday, May 9, from 1 to 3:30 p.m., at the Siuslaw Public Library.

The workshop, "Set Powerful Goals That Motivate You," will be held as part of the Talespinners' open house program.

Many people set goals at the beginning of the year; to get in shape, lose weight or attain some state of accomplishment at work, in the community or in their personal lives.

Often, however, our goals fail us and we fail them.

Why? Tom Cox of Cox Business Consulting will share methods to set and track goals so we might never have to fear missing a goal again.

The community is invited to

attend the Siuslaw Tale Spinners open house and workshop and learn how to "Set Powerful Goals That Motivate You."

For more information, contact club president Anne Machalek at 541-902-8008.

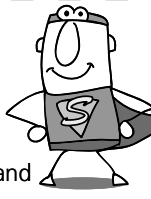
Toastmasters is a nonprofit educational organization that teaches public speaking and leadership skills through a worldwide network of meeting locations.



COURTESY PHOTO  
Tom Cox

Spruce Point Assisted Living presents:

## SAFETY FIRST



Join us as we host a lecture series to increase safety awareness on fall prevention, common home injuries and provide solutions to keep you and your loved one safe.

### Surviving the Heat

THURSDAY, MAY 21, 2015, 2:00 PM

### Falls Are Preventable

THURSDAY, JUNE 25, 2015, 2:00 PM

All Participants will be entered into a raffle for a \$25 Gift Card. To RSVP and to find out about our Move In Specials call (541) 997-6111 or visit us today!

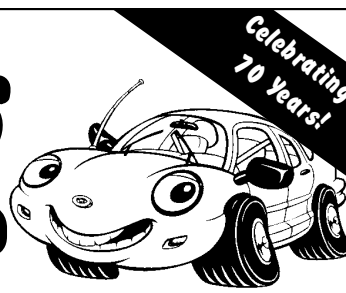
Spruce Point Assisted Living  
375 9th Street, Florence, Oregon 97439

Managed by  
Prestige Senior Living, LLC.

## Hoberg's

Complete Auto Repair

www.hobergsautorepair.com



345 Hwy. 101 • P.O. Box 357  
Florence, OR 97439-0012  
541-997-2413

**Kevin McMullen**  
3rd Generation Owner  
hobergsautorepair@gmail.com

Serving Your Auto Needs Since 1945



## The Chicken Coop ON MAPLE

### Shop Early for Mother's Day!

We have homemade soaps, lotions, scarves, jewelry, candles, handbags and much more!

129 Maple Street, Old Town Florence  
541-991-7739

## Buying or Selling? I can help.



1601-593 Rhododendron Dr - Spacious Fleetwood with two suites on opposite ends. Granite kitchen with island, pantry, formal dining, wood burning fireplace, living and family rooms, enclosed patio and craft room. Oversized garage plus full length carport on corner lot. \$133,000. #2412-15208117



**Desiree Johnson**  
Principal Broker  
541 999-5223



1749 Highway 101 • 541-997-1200

## STUDIO Florence .com

Dance • Yoga • Health

### We Love Beginners

Effective May 17<sup>th</sup>, 2015

### Schedule of Classes\*

Monday	Pilates 10:00-11:00 am Adult Ballet 11:30-1:00pm (6/15) Bollywood 5:30-6:30 pm
Tuesday	Hot Yoga 8:30-10:00 am Hot Yoga 6:00-7:30 pm
Wednesday	Zumba 6:00-7:00 pm
Thursday	Hot Yoga 8:30-10:00 am Zumba 6:00-7:00 pm
Friday	Pilates 10:00-11:00 am Bollywood 4:30-5:30 pm
Saturday	Hot Yoga 10:30-Noon Workshops TBA
Sunday	Workshops TBA

\*Subject to change without notice

### We Love Beginners

Visit Our Website

www.Studioflorence.com

Studio Located at 1845 Hwy 126/Quince St.

Telephone: 541-902-3082

Facebook page: studioflorence.com

manager@studioflorence.com



## LOCALLY OWNED LOCALLY OPERATED

By

**TINA ALTO, Broker**

TinaAlto9@gmail.com

**BILL FLEENOR, Broker**

bill@williamfleenor.com

*The only real difference between real estate agencies is the people you work with; both Bill and Tina have a proven track record of trust, confidentiality and loyalty.*

*We are here to serve your buying and selling needs - please give us a try; you won't be disappointed.*

## Hybrid Florence

Office Located at 1845 Hwy 126/Quince St.

Telephone: 541-902-3082

www.hybridflorence.com

broker@hybridflorence.com

## VOICE YOUR OPINION!

Write a Letter to the Editor today. Email:

EDITOR@THESIUSLAWNEWS.COM



Compartiendo Alimentos (Food Share) de Florence es una despensa de alimentos que sirve a personas necesitadas con cajas de comida de emergencia en el área del Oeste del Condado de Lane. Nosotros distribuimos un suministro de 3 a 5 días de alimentos para nuestros clientes, sin costo alguno, hasta 16 veces al año, y estamos disponibles para todas las personas que califiquen por bajos ingresos. Nuestra misión es aliviar el hambre en el Oeste del Condado de Lane y creemos que nadie debe sentir hambre, sin importar su raza o grupo étnico. Compartiendo Alimentos (Food Share) recientemente recibió dos becas específicamente para ayudar a nuestra comunidad Latina, así que por favor visite nuestra despensa y disfrute de nuestra "Área de Comida Internacional", que ahora provee harina de maíz, o masa, tortillas de maíz, salsa mole, hojas de maíz para tamales, salsa para enchiladas, jalapeños, y mucho más. Nos encontramos en 2190 Spruce Street, Florence, Oregón, en el mismo estacionamiento que la Iglesia New Life Lutheran. ¡Gracias!