

## School board members retire



PHOTO BY JACK DAVIS/SIUSLAW NEWS

Siuslaw School District paid tribute to three board members who chose not to run for another term during the June 10 board meeting. Deena Mitchell served eight years, Chad Clements served four years and Michelle Rose (not pictured) served five years.

JOEL FUHRMAN, MD

## What women should know about heart disease

In recent years, the impact of heart disease on women has gained increasing attention. Though it is often thought to affect men disproportionately, heart disease kills more women than men. Heart disease is responsible for 1-in-3 deaths of American women each year, killing more women than all cancers combined.

The standard American diet, full of white flour, sugars, oils and animal products, promotes heart disease; as a result, taking medications for elevated cholesterol and blood pressure has become nearly ubiquitous, and common for heart attacks and strokes to occur.

Health authorities often advise women to know the symptoms that may be characteristic of a heart attack, and they make lenient, ineffective dietary recommendations about reducing fat intake. This does not work, only a Nutritarian diet, rich in protective plant foods can reverse this epidemic and protect your life.

Women can take control of their cardiovascular health; they can become so healthy that a heart attack is almost impossible. A growing body of scientific literature shows that

heart disease is easily and almost completely preventable (and reversible) by following an eating style rich in plant produce and dramatically lower in processed foods and animal products.

My 25 years in clinical practice is a testament to these principles. I have treated advanced heart disease for nearly a quarter century, and all my early adapters are still thriving into their 80s and 90s without experiencing heart disease again or requiring medications anymore for hypertension or high cholesterol.

When you learn how to take care your heart with superior nutrition, you automatically take steps that will help to prevent diabetes, cancer, osteoporosis and other diseases, and maintain youthful energy, positive emotional outlook and enthusiasm for life.

It protects your brain, not just your heart.

The most important strategy for taking care of your heart is to eat your G-BOMBS daily: greens, beans, onions, mushrooms, berries and seeds.

Natural plant foods have numerous cardioprotective effects. For example, greens

turn on the body's natural detoxification mechanisms and protect blood vessels against inflammatory processes that lead to atherosclerotic plaque buildup.

Higher consumption of fiber-rich vegetables, fruits and beans helps to keep blood pressure in the favorable range. Beans, nuts and seeds have unique cholesterol-lowering capabilities. Berries and the flavonoids they contain have a blood pressure-lowering effect, plus berries and pomegranate have potent antioxidant and anti-inflammatory effects that protect against the development of heart disease.

Getting frequent exercise and maintaining a healthy weight are of course also important, as is minimizing added salt, alcohol and caffeine.

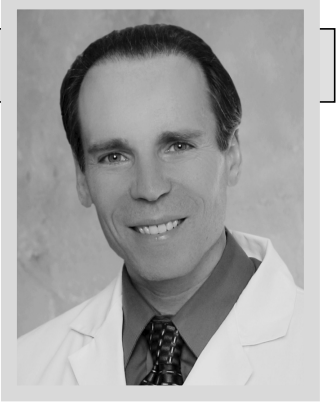
Radical fat exclusion or a completely vegan diet is not the foundational principle here.

The foundational principle is micronutrient adequacy and nutritional excellence.

An extremely low-fat diet is not the optimal method to address this issue, since including nuts and seeds in the diet contributes to cardiovascular health in several different ways including cholesterol-lowering, arterial function, blood glucose lowering, and weight maintenance.

Furthermore, the combination of delicious dressings and dips made from nuts and seeds with overall healthful diet and lifestyle habits, not only leads to more favorable outcomes, but also was demonstrated to add almost a decade of lifespan in the most thorough study investigating this issue.

Another important message I have for women: Don't be fooled by high-protein weight loss schemes that emphasize



animal products and/or limit fresh fruit.

High-protein diets can generate ketosis, which predisposes one to electrolyte imbalances and cardiac arrhythmias that could lead to sudden cardiac death. High-protein, low-carbohydrate diets are associated with increased risk of cardiovascular disease and premature death.

Animal protein also elevates IGF-1, which is associated with increased risk of several cancers, especially breast cancer as well as cardiovascular disease.

You can lose weight without compromising your health; the most effective eating style for weight loss is also the healthiest way to eat for protection from cancer and cardiovascular disease.

When you use lifestyle interventions instead of drugs to reduce blood pressure, cholesterol and other risk factors, you achieve much greater results because a high-nutrient diet doesn't merely lower blood pressure and cholesterol, it floods the cells and tissues with beneficial phytochemicals and allows the body's self-healing mechanisms to work at their full capacity to restore health.

My book Eat for Health guides you easily through the transition toward a health-promoting Nutritarian diet and can help you achieve a healthy weight and a substantial reduction in heart disease risk.

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

### Who's who of... Health · Mind · Body

## Crystal's Nails

Crystal is located in the Business Center on 12th St. It has a very quiet and relaxing atmosphere. She offers a variety of nail services and enjoys making her clients happy. She appreciates your business and can't wait for many more years with you. Crystal also looks forward to meeting new clients.



541-999-0889

## The Pink Parlor

Melissa Bishop completed Beauty College in 2006 and has been in the beauty field ever since. She is the owner of The Pink Parlor Salon. Melissa specializes in color and enjoys working with her clients to give them beautiful color as well as cuts. Melissa also offers manicures and pedicures, waxing and facials. The Pink Parlor shares space with Kylie from Oregon Coast Tatoo. Melissa encourages you to stop in and visit her at the Pink Parlor.



**The Pink Parlor**  
1379 Rhododendron Drive, Suite A  
Florence • 541-999-5678

## Western Lane Ambulance District Ambulance Runs May 25-31

Date	Time	Area	Type
05/25/2015	20:08:00	Hwy. 126	Medical
05/25/2015	20:48:00	9th Street	Medical
05/26/2015	00:11:00	9th Street	Transfer
05/26/2015	03:02:00	Munsel Creek Loop	Medical
05/26/2015	11:07:00	Munsel Lake Road	Medical
05/26/2015	14:16:00	1st Street	Medical
05/26/2015	17:06:00	Polder Street	Medical
05/27/2015	08:50:00	21st Street	Medical
05/27/2015	14:23:00	Munsel Creek Loop	Medical
05/27/2015	20:25:00	Siano Loop	Medical
05/28/2015	06:04:00	19th Street	Medical
05/28/2015	09:45:00	Sherwood Loop	Medical
05/28/2015	12:22:00	9th Street	Medical
05/28/2015	17:30:00	9th Street	Transfer
05/28/2015	20:50:00	9th Street	Transfer
05/29/2015	07:26:00	Ocean View Drive	Medical
05/29/2015	07:56:00	9th Street	Medical
05/29/2015	14:12:00	Silcoos Station Road	Medical
05/29/2015	19:44:00	Alder Avenue	Medical
05/30/2015	06:22:00	30th Street	Medical
05/30/2015	11:30:00	Lake Street	Medical
05/30/2015	14:46:00	Oak Street	Medical
05/30/2015	15:50:00	9th Street	Medical
05/30/2015	16:42:00	10th Street	Medical
05/31/2015	04:45:00	Tamarack Street	Medical
05/31/2015	08:26:00	9th Street	Medical
05/31/2015	10:52:00	Hwy 126	Medical
05/31/2015	12:00:00	North on the Sand Dunes	Medical
05/31/2015	12:15:00	9th Street	Transfer
05/31/2015	13:57:00	Brownings Corners Road	Medical
05/31/2015	14:45:00	9th Street	Transfer
05/31/2015	20:16:00	Oak Street	Medical
05/31/2015	22:50:00	9th Street	Transfer

# WORD ON THE STREET

HAVE A QUESTION WE SHOULD ASK?  
EMAIL: EDITOR@THESIUSLAWNEWS.COM

What is the best part of summer break?



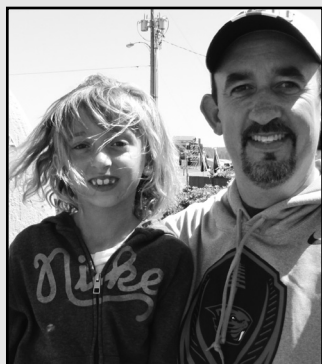
"I'll be coaching my son's little league team. In July I will take some time off and head up to Washington to see some family and catch a Mariners game at Safeco Field."

—SIUSLAW HIGH SCHOOL ASSISTANT PRINCIPAL CORKY FRANKLIN, 45 FLORENCE



"Going to see my grandma in Swiss Home. I'm also going to Portland with my other grandma to the Oregon Zoo and we get to play with chinchillas."

—IRENA COOPER, 9 FLORENCE




"We get to go places. This year we're going to Hawaii. We're going to swim and go to the beach."

—ADDISON MCNEILL, 8 WITH DAD AARON MCNEILL FLORENCE




"I'm going to spend a lot of time with family and do as much camping and traveling through Oregon with my family as we can."

—SIUSLAW ELEMENTARY PRINCIPAL MIKE HARKLERODE, 41 FLORENCE



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1647 12th St. Florence, OR 97439


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# 2015

Congratulations

## Makenzie York



Siuslaw Middle School  
Born: February 8, 2001  
Parents: Charlie & Wendy York  
Grandparents: Val & Linda Hammer Roger & Jan York



**VOICE YOUR OPINION!**  
**Write a Letter to the Editor:**  
EDITOR@THESIUSLAWNEWS.COM