

Seniors, improve driving skills with AARP class

Even the most experienced drivers can benefit from brushing up on their driving skills. The American Association of Retired Persons (AARP) Smart Driver Course, hosted by Lane Community College (LCC) in Florence, is designed especially for drivers age 50 and older, but is open to all drivers. Learn the current rules of the road, defensive driving techniques and how to operate a vehicle more safely in today's increasingly challenging driving environment. Participants will also learn how to manage and accommo-

date common age-related changes in vision, hearing and reaction time. AARP membership is not required to take the course and there are no driving or graded tests in this small classroom course. Also, most drivers over 55 may save money on car insurance by taking this course, under Oregon Law ORS 742.490. Class fee is \$20 with a \$5 discount to current AARP members. The next classes are March 17 and April 21. Visit LCC or call 541-997-8444 to register.

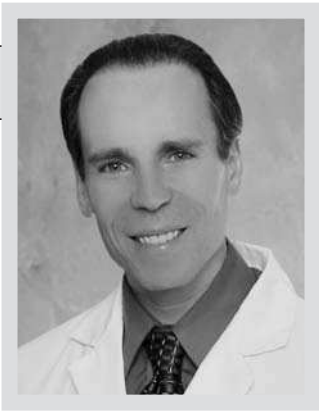
JOEL FUHRMAN, MD

Treating autoimmune conditions naturally

Autoimmune diseases affect 23.5 million Americans, and that number is rising. Autoimmune diseases are one of the top ten leading causes of death for women under the age of 64.1 In autoimmune diseases, the body undergoes an inappropriate immune response that causes excessive inflammation that becomes destructive to the body. Psoriasis is a chronic inflammatory skin condition-the most prevalent autoimmune disease in the U.S. affecting about 7.5 million Americans; and it is much more than a cosmetic concern. Depending on the severity of psoriasis, it can also cause skin cracking and bleeding, pain, and a significant disruption of quality of life. In addition, psoriasis is associated with increased cardiovascular risk. Even mild cases of psoriasis may increase the risk of heart attack by up to 29 percent. The chronic inflammation characteristic of psoriasis (and other autoimmune diseases such as rheumatoid arthritis and lupus) puts patients at risk. In addition to cardiovascular disease, psoriasis patients are also more likely to suffer from insulin resistance, depression, cancer, osteoporosis, and liver disease-also likely due to chronic inflammation. Nutritional intervention

should always be tried first, before powerful and potentially dangerous drugs are prescribed. Conventional treatments for autoimmune diseases suppress the immune system to halt the body's immune attack on itself. However, this makes the body more susceptible to infections and even cancers — one study found that autoimmune patients with the greatest exposure to immunosuppressive drugs had an almost 5-fold increase in cancer risk. The FDA has issued warnings on certain drugs used to treat autoimmune diseases because of increased cancer risk. Mild to moderate psoriasis can often be treated with topical medications only-these are safer than systemic medications, but still have significant side effects such as skin thinning, pigmentation changes, bruising easily, stretch marks, redness, and acne. They also may stop working over time. Nutrition is a powerful and safe tool for preventing and treating autoimmune diseases. Although there is a genetic component, autoimmune disease is also influenced by what we eat. For example, those with a high intake of green vegetables, carrots, tomatoes, and fresh fruits are less likely to develop psoriasis. Oxidative stress, which can

be lessened by these antioxidant-rich foods, is thought to contribute to skin inflammation in psoriasis. Furthermore, psoriasis symptoms have been shown to improve using dietary methods in several scientific studies. I have been recommending a high-nutrient (Nutritarian) diet combined with selected supplements and when needed, and episodic fasting to help the body to calm inflammation and remove cellular toxins. High nutrient plant foods supply substances that support immune system function, allowing the body to have proper defenses against infections and cancers. Supervised water fasting is another important component to autoimmune treatment-I have documented the contribution of fasting to remission of autoimmune disease in published case reports. The only side effects of nutritional treatment are positive ones-protective effects against heart disease, diabetes, and cancers. This health promoting protocol longevity as it normalizes immune function. Natural methods can help you calm the inflammation in your body and reduce or even eliminate your need for medications. I urge everyone with an autoimmune disease to try these natural methods before



resigning themselves to a life of dangerous medications and progressively worsening disease: 1) High-nutrient, vegetable-based diet rich in greens; 2) Fresh vegetable juices; 3) Fish oil or plant-based EPA and DHA supplements; 4) Probiotic supplement; 5) Avoidance of salt, wheat, and oils; 6) Assuring no micronutrient deficiencies are present. Using these methods, many of my patients who once suffered from autoimmune diseases have now recovered and are free of illness as well as the toxic side effects of the drugs. Some of people with these recoveries have written me, but I have never actually met them. All they did was read one of my books and follow the protocols detailed online. Dr. Fuhrman is a New York Times best-selling author and board certified family physician specializing in lifestyle and nutritional medicine. Visit his website at DrFuhrman.com, or submit questions and comments to newsquestions@drfuhrman.com.

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Local ABSE seeks donations of toys, games and books

The Adult Basic and Secondary Education (ABSE) classroom at Lane Community College (LCC) Florence Center needs donations of games, craft materials, books and puzzles appropriate for children ages 3-12. The ABSE department

offers Tuesday and Thursday evening classes at the Florence Center to help adults who are beginning English language learners to develop reading, writing, speaking and listening skills. The 5-hour per week class also offers child care on site at

no cost while the parents are in class. Childcare provider costs are paid through a contract with Siuslaw School District to help the district's parents better support their children's education and English skills. ABSE will accept donations at the main desk at LCC

Florence Center. Include your name and email address if you would like acknowledgement of your donation. Contact Leonora Kent at kentl@lanec.edu in Florence or call ABSE Florence at 541-463-4835 for more information.

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