



Denture Services, Inc

5% Discount on Replacement Dentures and Partial
William Foster, LD
(541) 997-6054
 524 Laurel Street - Florence
(coupon required)

Ixtapa

Family Mexican Restaurant
Buy One get \$5 OFF second dinner
Regular price only
"Best Mexican food for miles"
 - Trip Advisor Review
 1015 Hwy. 101
 (541) 997-4499
 Expires 03-31-16

J. Johnson Tree Service

Call Josh Johnson for a no cost estimate.
541-999-7989
 CCB#155790

KATHLEEN & NINA'S RESTAURANT

Buy any regular priced meal and receive second meal of equal or lesser value at 50% OFF w/coupon.

(Not valid for specials)
 Open Daily 6am- 3pm
 541-997-7004 • 3611 Hwy 101
 (One offer per coupon. Expires March 31, 2016)

KRAB KETTLE

Fresh Fish and Seafood in the case, Krab Kettle brand tuna.
 Enjoy a complimentary cup of chowder with purchase of \$25 or more.
 One per coupon/Expires March 31, 2016
541-997-8996
 280 Hwy. 101 • Florence

ORYGON HOME CENTER

FREE IN-HOME JOB ESTIMATE
 1130 Quince Street
 Florence, OR 97439
 Expires 03-31-16
541-997-1745

POTTER'S

Tire & Automotive
Free Tire and safety inspection
 4515 Hwy. 101 N.
 Florence, OR 97439
 Call 541-997-5049
 Expires 03-31-16
Some restrictions apply.

Shawn Fleming Construction

Call for **NO COST ESTIMATE**
 Light Commercial Residential
 Licensed • Bonded
 20+ Years Experience
Call 541-999-8727
 CCB#127088

Siuslaw News



www.shoppelocal.biz

JOEL FUHRMAN, MD

High salt intake linked to headaches

Headaches, including migraines, are a common health issue affecting approximately one-fifth of all Americans.

Several dietary factors are known to trigger headaches, including alcohol, caffeine, chocolate, cheese, nuts, citrus fruits, processed meats, artificial sweeteners and fatty foods.

However, salt is rarely mentioned as a potential trigger, and there has been little or no research on sodium intake and headaches published until recently.

Salt intake in our modern food environment is unnaturally high; the average daily sodium intake worldwide is 3,950 mg (3,600 mg in the U.S.), far above the American Heart Association's guideline of 1,500 mg/day, and the World Health Organization guideline of 2,000 mg/day.

It has been estimated that 15 percent of all deaths from cardiovascular disease are due to excess salt intake. Processed foods, fast foods and restaurant foods are notoriously high in salt, and increasingly, these sources are where people's meals come from. In addition to cardiovascular disease, high-salt diets are implicated in bone loss, stomach cancer, autoimmune disease and possibly headaches, too.

Researchers analyzed data on headaches from the DASH-Sodium trial (Dietary Approaches to Stop Hypertension), which tested the effects of two different dietary patterns, each with three levels of sodium, on blood pressure. The control diet was a typical American diet, and the experimental diet was the DASH diet.

The DASH diet limits fats, red meat and sweets, is focused on vegetables, fruits and low-fat dairy, and also includes whole grains, poultry, fish and nuts. Within each diet, there were three different levels of sodium: 1150 mg/day (low), 2300 mg/day (intermediate), 3450 mg/day (high).

Overall, the risk of headache in participants assigned to the DASH diet was not any lower than that of those on the control diet. However, when low, intermediate and high sodium intake within each diet were compared, low sodium intake was associated with a reduced risk of headaches. Compared to the control diet with high sodium, the DASH diet with low sodium was associated with a 36 percent reduction in headaches.

Is it because a high-salt diet could elevate blood pressure?

The researchers aren't sure. It is unclear whether elevated blood pressure provokes headaches; reports on the relationship between blood pressure and headaches are inconsistent. Regardless, this study suggests that reducing dietary salt is an important part of a dietary plan to fend off headaches and provides another reason to limit added salt in the diet.

Whether or not you have frequent headaches, sodium in excess is harmful. By primarily relying on the sodium present in natural foods and preparing most meals in the home, we can avoid most sources of added salt and take in adequate but not dangerously high levels of

sodium. Increased levels of cellular toxins and heightened cellular inflammation are the chief causes of headache syndromes in general.

A diet rich in phytonutrients and antioxidants is the key to resolution. I have utilized an eating plan for headache sufferers with remarkable success; described in my book Eat For Health. For people who have frequent headaches, the solution is almost always dietary.

This anti-headache diet starts with my basic nutritional dietary principles and additionally eliminates some healthful, yet potential trigger foods, such as nuts and avocados, which may be added back in at a later time.

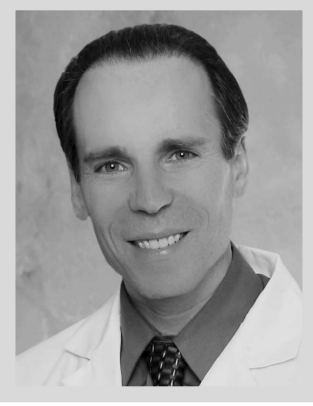
A huge nutritional

improvement over the DASH diet, a nutritarian diet is naturally low in sodium, and rich in green vegetables and other plant foods that enhance the body's natural detoxification mechanisms and promote superior health.

It is not merely elimination of trigger foods that is effective, it is that the person becomes healthier and improves their detoxification capabilities and remove cellular waste as they follow such a healthful diet.

If you have regular headaches, you can banish them forever and earn back great health that will also offer you protection against later life stroke, heart disease and cancer simultaneously.

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.

Walk-in group acupuncture Wednesdays

Wellspring Clinic offers walk-in acupuncture treatment each Wednesday. Cost is by donation.

Come to 1845 Highway 126 suite H anytime between noon and 3 p.m., and leave feeling better.

The peaceful group setting is a healing space offering acupuncture of the ears or "ear beads" if preferred. Attendees receive their treatment in a chair and rest for 15 to 20 minutes.

Many health benefits, including pain relief and better sleep, are reported by attendees.

BUD'S UPHOLSTERY
 Boat Tops & Cars

- Complete Auto & Boat Interiors
- Canvas Work

10 am-6 pm Mon-Sat.
 Be ready for Summer. We're booking appointments now!
 4981 Hwy. 101, Complex B
541-997-4856
 Over 41 yrs Experience

QUALITY

Petersen

AUTO DETAIL

EST. 2014

541-999-6078

OPEN 7 DAYS A WEEK

FACEBOOK.COM/PETERSENAUTODETAIL

IDA CERTIFIED DETAILER

Buying or Selling? I can help.

Tim Sapp
 Owner / Principal Broker
541 999-8230

TR HUNTER REAL ESTATE
 541-997-1200

1749 Highway 101 • 541-997-1200

Garage Doors
 sales • installation • repair

We sell and install all types of garage doors, as well as garage door openers.
 aluminum • steel • wood • fiberglass • vinyl

Give us a call today for a free estimate.
 We promise fast, friendly service and great rates!

MIKE BARRETT'S GARAGE DOORS
 Florence • 541-991-0367
 CCB# 79598

flyOTH 1100 Airport Lane, North Bend, OR
 541.756.8531 • flyoth.com

New Seasonal Air Service
 Roundtrip from the Southwest Oregon Regional Airport to **DENVER** (Sundays & Wednesdays)

SEA-PORT DAILY FLIGHTS Portland seaportair.com
 UNITED EXPRESS DAILY FLIGHTS to San Francisco united.com

Spring has Sprung at Silver Sand Dollar
 Sterling Silver Jewelry at a fraction of the price that other stores charge

- Engraving • Sterling Silver Jewelry
- Cremation "Urn" Pendants
- Collectible Hand Carved Eggs
- Gallery Pieces
- Turquoise Jewelry
- Glass Art • Earrings • Pendants
- Gift items and MORE ON SALE!

On-Site Parking

Silver Sand Dollar
 Gallery Jewelry and Gifts

1499 Bay Street (Old Port Building)
541-997-0111
 Closed Sunday and Monday

Toni's Canine Castle

Let us cater to your pets!
 Daily • Weekly • Monthly and "play dates"

Open 7am - 7 pm Monday - Saturday • Sunday 8am - 6pm
24-Hour Caregiver on Site - Licensed and Insured
 4370 Hwy. 101 North • In the Florence RV Complex (next to Bi-Mart)
541-590-2466 - Shot Records Required

Eugene Foot and Ankle Health Center

Podiatric Physicians & Surgeons

From routine checkups to treatments for surgery, Eugene Foot and Ankle Health Center is equipped to handle all your podiatric needs.

Achilles Tendon	Crush Injuries	Heel Spurs
Ankle Instability	Diabetic Foot	Ingrown Toenails
Ankle Sprains	Comprehensive Rearfoot and Reconstructive Surgery	Injuries
Arthritic Foot & Ankle Care	Flat Feet	Neuromas
Athletes Foot	Fungus Toenails	Plantar Fasciitis
Bunions	Foot and Ankle Fractures.	Sports Medicine
Calluses	Hammertoes	Trauma
Corns		Warts

To help you understand your options, we've included descriptions of some of our leading services on our website.
 www.eugenefootandankle.com

FLORENCE 4480 HIGHWAY 101 BUILDING G MON/TUES (541) 997-2319
 EUGENE 1680 CHAMBERS ST. (541) 683-3351

Florence RV & AUTOMOTIVE Specialists

CONSIGNMENTS

Let us Sell

Your Rv, Auto, Boat, Cycle, ATV For You For Free \$\$\$

We Have The Highway Frontage - We Advertise - We Provide Professional Sales Representatives and Best Of All It Doesn't Cost You Anything.

Florence RV Consignment
4390 Highway 101 North, Florence
541-991-2001 or 541-902-0741

GROCERY OUTLET
 bargain market

2066 Highway 101, Florence
541-997-0343

Produce • Dairy & Deli
 Health & Beauty
 Frozen Foods • Fresh Meat
 Housewares • Beer & Wine
 Organic & Natural Foods and much more!
We have ample RV parking!

Woody Woodbury
 Independent Owner/Operator
 Florence Grocery Outlet

Deadlines for press releases are Mondays and Thursdays by noon. Email them to: PRESSRELEASES@THESIUSLAWNEWS.COM.