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Observe constantly that all things take place by change, and accustom thyself to consider that the nature of the Universe loves nothing so much as to change the things which are, and to make new things like them.

—Marcus Aurelius \*\*\*

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius—and a lot of courage—to move in the opposite direction.

—E.F. Schumacker

**Health And Well-Being**

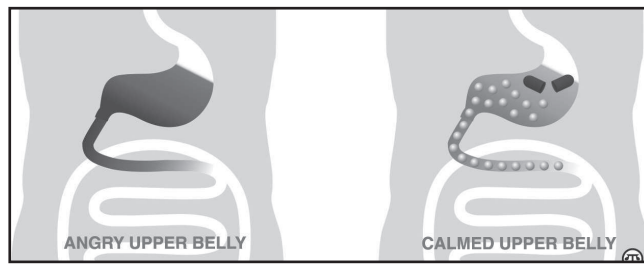
**Doctors, Patients Have New Non-Prescription Option For Recurring Indigestion**

(NAPSA)—Just about everyone gets indigestion from time to time, but if you experience it more than you think you should, you may be glad to know relief can be available.

**The Problem**

Some people begin to feel full early into eating their meal. This sensation of fullness can be accompanied by upper belly pain, nausea, bloating and belching. The idea of sitting down to a meal, only to experience these symptoms yet again, might make eating uncomfortable. Those who find this relatable may be among the one in six adults in the U.S. who suffer from functional dyspepsia (FD), which has been characterized as persistent or recurring indigestion with no known organic (or identifiable) cause.

FD is a common and often frustrating medical condition. When symptoms occur, digestion and absorption of food nutrients may be disrupted. FD is thought to be a disorder of sensation and movement in the organs of the upper digestive tract, where the normal downward pumping and squeezing are altered. This leads to the hallmark symptoms of upper abdominal



Site Specific Targeting technology can deliver individually triple-coated, targeted-release, solid-state microspheres of caraway oil and l-Menthol quickly and reliably where they are needed most in functional dyspepsia (FD)—the upper belly.

pain or discomfort, early fullness with a meal, nausea, belching and bloating.

Given the severity, frequency and persistence of the symptoms, it is easy to see how FD could account for workplace absences and decreased productivity for those managing the condition. An article in The New England Journal of Medicine estimates losses due to FD to be in excess of \$18 billion annually\*. Despite this, there have been few management options available to doctors for their patients.

**How Does Someone Know If It's Functional Dyspepsia?**

People who have experienced these symptoms for three months or longer should talk to

their doctor. Approximately 30 percent of adults suffer from general dyspepsia, such as heartburn, gastroesophageal reflux disease (GERD) or gas, and about half are estimated to have FD. A doctor can confirm the diagnosis and help decide on a personalized management plan.

**Do You Suffer From Functional Dyspepsia?**

- FD is characterized by:**
- Early fullness when eating
  - Upper belly pain or discomfort
  - Nausea
  - Bloating in the upper belly
  - Belching.
  - -These symptoms typically recur for three months or longer.

**Doctor's Opinion**

"Functional dyspepsia can have a profound impact on quality of life," explained Michael S. Epstein, M.D., F.A.C.G., A.G.A.F., a leading gastroenterologist and Chief Medical Advisor for IM HealthScience LLC, innovators of FDgard. "There is published, peer-reviewed clinical research on this disorder and there are published criteria to enable doctors to confidently diagnose functional dyspepsia. In some cases, gastroenterologists may perform certain tests to rule out an organic cause."

**A Non-prescription Solution**

There's now a non-prescription medical food that contains caraway oil and l-Menthol, a primary ingredient in peppermint oil, which has been specially formulated for the dietary management of FD. The combination of caraway oil and peppermint oil has been shown in several clinical studies to be effective in managing the symptoms of FD.

Called FDgard, it uses new, targeted delivery science through the precision of Site Specific Targeting (SST) technology innovated by IM Health-

Science. This technology delivers individually triple-coated, targeted-release microspheres of caraway oil and l-Menthol quickly and reliably where they are needed most, in the upper belly. It also provides fiber and protein as an added benefit for FD sufferers.

"Gastroenterologists who have heard of FDgard welcome its arrival and look forward to helping their FD patients with this new option," added Dr. Epstein. "A strong body of science supports this combination product."

**Find Out More**

The product should be taken as directed by a physician. The usual adult dose is two capsules, as needed, up to two times a day, not to exceed six capsules per day. While FDgard does not require a prescription, it must be used under medical supervision. It's available in the digestive aisle of most CVS/pharmacy and Walgreens stores. Learn more by visiting [www.FDgard.com](http://www.FDgard.com).

**PENDING!**

Private home on 1.64 AC of property up Canary Road. 3 bdrm, 3 bath home has open concept living area on upper floor. Master suite w/Jacuzzi tub. Multiple outbuildings - oversized detached shop & 1-car garage + carport.  
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**999 ♦ PUBLIC NOTICES**

**PUBLIC NOTICE**  
NOTICE IS HEREBY GIVEN that a Civil Service Commission Meeting will be held at Siuslaw Valley Fire District (2625 Highway 101 North, Florence, OR 97439) on Monday, October 31, 2016 at 3:00 pm. The agenda will include: Rule Amendment to Rule VII, Section-11 and Section-12, amending the language for preference points for veterans and SVFR members.  
Publication Dates: October 22 & 26, 2016

**999 ♦ PUBLIC NOTICES**



**Graphic Search**

Here is how it works...  
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

**Good Luck**

**JIM SIKORA found the Scorpio Graphic on page 12B (TR Hunter – Peak of Listing #2584 – 15 Fawn Ridge) He won a gift certificate to Big Dog Donuts & Deli.**

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Thursday by 3:00 PM



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