

DISASTER PREP

By DAVE ROBINSON
Special to the Siuslaw News

Get your medical kit

First-aid kits are cool! Like gadgets, I can't pass up a good one. Every time I see a display of first-aid kits I have to stop and look them over. I don't always buy, mind you, but I do check out the contents to see if this one is any more comprehensive than the one I just looked at.

Fact is, I have one in every vehicle I own, including a special "Outdoorsman kit" in the tool compartment of my ATV. I once ran across a real sale at an Eddie Bauer store and bought a very nice travel kit that was marked 75 percent off. The fact is, most first-aid kits contain the same things: A few Band-Aids, gauze bandages, some tape and maybe some pain killers or antacid tablets.

The problem I see is that if I happen upon an accident that truly requires some serious medical attention, a few Band-Aids and some little gauze patches aren't going to do much good. I don't suggest you carry a full-blown trauma kit with you everywhere you go, but what I do suggest is that you at least take a good look at what you have in your trunk and possibly upgrade it a notch or two.

Bigger, better bandages, maybe a triangle bandage or something you can use to fashion a splint. Better yet, get some training on how and when to use a splint or triangle bandage.

A generation ago, my wife and I went through EMT training (at least that's what they called it back then) and we volunteered on the local ambulance crew. Some of what we learned back then is now out of date.

Is it five chest compressions and three mouth-to-mouth breaths or is it 15 compressions and five breaths?

Fact is, neither are correct according to today's paramedics. The Red Cross website (www.redcross.org) now advocates a hands-only technique that does not use the mouth-to-mouth method at all.

(Whew, what a relief. If you've ever tried mouth-to-mouth you can agree with me it is no fun.) Go to a class and as you update your skills, you will update your confidence level as well.

I should add that full CPR training is available upon request, but learning the hands-only method can be done online by watching a video at the Red Cross website.

The kit you have in your car should look different from the kit you have at home. Your home kit should have more of a long-term feel to it. Extra over-the-counter medications like antibiotic ointment, hydrogen peroxide, some alcohol (no, not that kind) and some diarrhea medication.

Like most other kits, once you get started it will grow and you'll need to get a bigger box to hold it all (Experience talking here.) As you already know, I am an advocate of building your own kits. You'll save money, plus you will have quality components and not a lot of stuff you'll never use.

As always, your questions and comments are welcome at disasterprep.dave@gmail.com.

Dave Robinson is the postmaster in Bandon, Ore., and author of "Disaster Prep for the Rest of Us." He may be contacted at disasterprep.dave@gmail.com. Visit his website for more disaster preparedness tips, www.disasterprep-dave.blogspot.com.

Jewelry project offers focus, life skills

Rev. Kat Cunningham, of Circle 4 Oneness Center, will host a fun jewelry-making party aimed at raising funds to support women's life skill needs.

The "Build a Bracelet, Brighten a Life" program brings pay-it-forward funds to offer the "Compass for Oneness" decision-making training to the underserved women population.

The party starts with turning individual, heart-based passions into the symbology of color.

Discover what semi-pre-

scious minerals help to de-stress, support and promote focus with daily intention.

Find out when silver vs. gold metal should be worn and how an intention activates the stones.

Intentional jewelry is a quick reminder to stay connected to our daily choices.

Put together a ladies party with your group, or come on Saturday, Jan. 14, or Monday, Jan. 16, from 1 to 3 p.m.

Seating is limited and a donation is required.

For more information, call 310-895-3391.



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JOEL FUHRMAN, MD

Make a healthier version of your favorite food

Following a high-nutrient ("Nutritarian") diet also means avoiding or minimizing the disease-causing foods in your diet: sugars, oils, white flour, animal products. At first, you may feel a little lost in the kitchen without these familiar ingredients.

How do you make salad dressing without oil?

Creamy sauces without dairy?

Tasty burgers without meat? Brownies without sugar, eggs or butter?

Of course, as you begin to eat for optimal health, you will want to experiment and try new foods. However, it can be comforting to enjoy familiar flavors in a new and healthful way; you just have to learn how to replace disease-causing ingredients with healthful, whole food options.

Beans, nuts and mushrooms provide meaty texture and substance.

When you begin to reduce the amount of animal products in your diet, building meals out of plant foods will likely feel unfamiliar. You may be tempted to introduce store-bought, processed meat substitutes for meaty flavor and texture; however, these are generally high-sodium foods with little or no nutritional value.

Instead, choose plant foods like beans, lentils, eggplant and mushrooms, which provide the same hearty chewiness as meat.

Tempeh, which is made from

fermented whole soybeans and formed into blocks, also has a meaty texture and can be sliced and prepared similarly to meat.

Meats provide some of the savory "umami" flavor, which is produced by certain amino acids and can be replicated with foods like toasted nuts and seeds, mushrooms, nori (seaweed), unsulfured dried tomatoes or tomato paste, and spices such as nutritional yeast, caraway seeds, smoked paprika and cumin.

In addition to flavor and texture, meats are high in protein and fat, making them substantive and filling. The fiber, plant protein and healthy fats in beans and nuts are just as filling and satisfying in a more healthful package.

Use nuts, seeds and avocado to create creamy sauces and dressings. Fat is essential to human nutrition and imparts certain properties that make foods appealing to humans.

Fat contributes to flavor and aroma, provides foods with appetizing body and thickness, and enhances satiety.

In the Standard American Diet, low-nutrient, high-calorie foods such as butter, oils, cheese, dairy-based cream sauces and fatty meats serve these functions.

However, fats from healthful whole plant foods can provide the same taste properties and effectively satisfy our desire for fat. Use avocado, seeds (hemp seeds, sesame seeds) or

nuts (cashews, almonds, walnuts) in salad dressings, creamy sauces and soups instead of dairy-based creams or oils.

For a cheesy flavor, you can add nutritional yeast.

Use fruits and whole food fats in desserts.

Typical desserts are disease-causing, made with white sugar, white flour, butter, eggs, and oil.

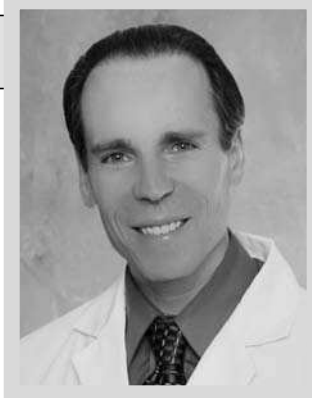
But many familiar sweets, like chocolate cupcakes and apple pie, can be easily transformed into healthful treats.

Dates, apples, bananas or raisins bring a delicious, natural sweetness while providing fiber to slow down the absorption of sugars into the blood.

Instead of oils, butter and shortening, Nutritarian desserts utilize whole food fats like raw nuts, seeds or avocado.

For a higher-nutrient alternative to store-bought whole wheat flour, coarsely grind up steel cut oats; you can also add beans to baked desserts in place of some of the flour to reduce glycemic effects and increase nutritional value.

Ground chia or flaxseeds whisked with water will create the moisture and binding usually achieved with eggs; plus, using whole fruit instead of white sugar adds additional moisture. By running bananas or other frozen fruit through a high-powered blender, you can create tasty sorbets and ice creams.



A useful tip: freeze very ripe bananas ahead of time so you have them when you need them to sweeten smoothies. Instead of eating chocolate, blend natural cocoa powder into smoothies and ice creams.

Of course on most days, it is best to have a dessert of fresh fruit, nature's sweet treat.

Nails and Esthetics by
Whitney King

Please let me introduce myself. I am Whitney (Williams) King. I am now at the Pink Parlor as an independent contractor in nails and esthetics. I was born and raised in Florence, so I am excited to build a business that allows me to give back to the community that I love. Please call to make an appointment for a facial, waxing, mani/pedi, or sculpted nails.

I look forward to having the opportunity to make you feel special!

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