

Community Health Fair returns with new events

The annual Community Health Fair is back and bigger than ever. This year's event will be held at the Florence Events Center April 7 to 9. Admission is free all three days, and each day offers something different. Each day at noon, the first 100 people to arrive will receive a free healthy lunch.

On Friday, April 7, from 1 to 5 p.m., attendees can interact with more than 30 exhibiting experts from across the spectrum of healthcare.

Also on Friday, the public can choose from two classes: a free adult certification class in CPR/First Aid/AED presented by Western Lane Ambulance or a free overview class on mental health first aid, taught by Jonathan Betlinski, M.D., of the Department of Psychiatry at Oregon Health

and Science University.

On Saturday, April 8, attendees can choose from a variety of seminars by experts from different areas of healthcare starting every half hour from 1 to 5 p.m.

Sunday will be the annual 5K fun walk and run. There will also be a day of activities for kids from 1 to 5 p.m. There will be a giant obstacle course for older kids and a bounce house for the younger ones.

There will also be other games, prizes and exhibits that include tips for living healthfully to 100.

The annual Community Health Fair is presented by the Florence Seventh-day Adventist Church and underwritten by the Korando Dental Group.

For more information contact Linda Lydick, 541-999-2052 or LindasVeggies@gmail.com.

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. 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.

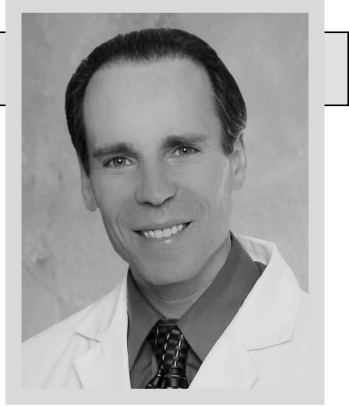
Oxidative stress, which can be lessened by these antioxidant-rich foods, is thought to contribute to skin inflammation in psoriasis. Furthermore, psoriasis symptoms have been shown to improve using dietary methods in several scientific studies.

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 news questions@drfuhrman.com.



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Projects from 1A

just trench patching, will spare a bit of extra money for the sidewalks and bike lanes,” Miller said.

He said the sidewalks along

Rhododendron Drive, between Highway 101 and Greenwood Street, will include Americans with Disabilities Act improvements.

The contractor will also be installing two six-foot bike

lanes along Rhododendron Drive, between Ninth and Hemlock streets.

“The water lines are all installed, except for some tie-ins and hydrant extensions that should be completed this week. This is weather

dependent, but we look to have things pretty well wrapped up by the end of March,” Miller said.

For more information about the City of Florence Public Works projects, visit www.ci.florence.or.us.

Middle-aged women drinking more, dying younger

Alcohol Justice and The Washington Post are researching why more white middle-aged women are becoming heavy drinkers. They report this trend to normalize heavy drinking coincides with a 15-year trend of increased advertising of alcohol products aimed at women, and why white middle-aged women are

GUEST VIEWPOINT

BY JENNY VELINTY
SIUSLAW AREA PARTNERSHIP TO PREVENT SUBSTANCE ABUSE

increasingly dying of alcohol poisoning and cancer.

Hospitalized intoxicated women increased by 40 percent over the last 15 years.

The Washington Post reported “The rate of alcohol-related deaths for white women ages 35 to 54 has more than doubled since 1999, accounting for 8 percent of deaths in this age group in 2015.”

Katherine M. Keyes, alcohol researcher at Columbia University, said “It is a looming health crisis.”

According to federal health officials, “researchers are increasingly convinced that even moderate drinking poses

health risks.”

Ads “normalizing” excessive alcohol drinking for women, appear to violate the alcohol industry’s code of ethics, according to a Washington Post analysis of alcohol marketing.

Rear Adm. Susan Blumenthal, a former U.S. assistant surgeon general and an expert on women’s health, said “We saw it first with tobacco, marketing it to women as their ‘right to smoke.’ Then we saw lung cancer deaths surpass deaths from breast cancer. Now it’s happening with alcohol, and it’s become an equal rights tragedy.”

Centers for Disease Control

and Prevention data show women who drink are more prone to suffer brain atrophy, heart disease and liver damage.

Professor Szabo at the University of Massachusetts Medical School said, “Even if a woman stops drinking, liver disease continues to progress in ways it does not in men, and women who drink have an increased risk of breast cancer.”

“There is no gender equity when it comes to the effects of alcohol on men versus women. Females are more susceptible to the unwanted biological effects of alcohol when they consume the same amount of alcohol as men and at the same frequency even when you adjust for weight.”

Robert D. Brewer of the Centers for Disease Control’s (CDC) alcohol research reported that “Many women in the U.S. don’t know the damage caused by alcohol or understand ‘excessive’ drinking is more than one drink a day.

“Women shouldn’t drink more than 1 ounce of distilled spirits, 12 ounces of beer or 5 ounces of wine in 24 hours. Four drinks, two-thirds of a bottle of wine, consumed within two hours is ‘binge’ drinking.”

Brewer went on to say that most people don’t understand what binge drinking looks like, and they don’t yet recognize how dangerous it is.

“Eating unhealthy foods, not exercising — people know what that can do to your health. But we are in a dangerous stage with binge drinking,” said Brewer.

Siuslaw Area Partnership to Prevent Substance Abuse, SAPPSSA, is a charitable education nonprofit that provides community outreach education in the Siuslaw Area.

Visit www.sappsa.org or email sappsa@oregonfast.net for more information.

Meetings are the second Monday of each month at 3:30 p.m. at Siuslaw Public Library.

Meetings are free and open to the public.

ARE YOU A THREE RIVERS CASINO RESORT COMMUNITY CASH WINNER?

THIS WEEK'S LUCKY WINNERS:

Tuesday 2/28	Ann Curry Bill Miller	Florence Florence	Clawsons Wheelhouse Safeway/Florence
Wednesday 3/1	Bear McDaniel Elke Dodd	Westlake Florence	Safeway/Florence Safeway/Florence
Thursday 3/2	Elaine Rosenbaum Mark Owens	Florence Florence	Grocery Outlet Three Rivers Casino Resort
Friday 3/3	Sue Rowe Brenda McDaniel	Florence Westlake	Three Rivers Casino Resort Beachcomber
Saturday 3/4	Linda McPhedran William Ahlquist	Florence Junction City	Traveler's Cove Three Rivers Casino Resort
Sunday 3/5	Sharon Price Elsie McKean	Florence Florence	Florence Liquor Agency Safeway/Florence
Monday 3/6	Linda Viera Pat Sullivan	Mapleton Florence	Grocery Outlet Three Rivers Casino Resort

Each winner receives \$50.00 in Community Cash!
Winners have 7 days from the date drawn to claim their prize.

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Pretty Princess is a very sweet girl once she gets to know you. It takes a little bit of extra time to get to know her and it is best to meet her out in the yard to play ball. Pretty Princess is afraid of new people looking at her in her kennel. She also get protective of her people.

No small children
No small animals

HOME VISIT IS REQUIRED.

Any dog in the home must come to the shelter to meet any potential adoptive dogs.



If you would like to meet Pretty Princess or any of her friends, please visit us at:

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