

PLEASE TAKE ONE

# Health & Wellness MAGAZINE

Vol. 18 • Issue 9 • June 2021

## YOU & YOUR **PET** HEALTH

STAYING FIT  
AND WELL  
WITH YOUR  
FOUR-LEGGED  
FRIEND





# “With Today’s Breakthroughs, You Too Can ELIMINATE Type 2 Diabetes, Obesity, Hypertension, IBS, Fatigue & MUCH More!”

BEFORE TRUE HEALTH SOLUTIONS



AFTER TRUE HEALTH SOLUTIONS



Rick Flannery, was taking 17 medications a day. He was taking 8 Oral meds and 4 Insulin Injections daily for Type 2 Diabetes. He had Hypertension, High Cholesterol, Sleep Apnea, and Obesity, weighing over 246 lbs.

Rick's A1c was 9.2. NOW 6.7 and OFF all meds for Type 2 Diabetes, Hypertension and Cholesterol. He's eliminated 16 drugs a day (costing thousands a year) and he's lost over 83 pounds!

**Q: Rick, why did you go to Dr. Miller?**

**A:** “My Type 2 Diabetes was terrible and my health was getting worse. I had High Blood Pressure and I really needed to lose weight, but couldn't. I heard of Dr. Miller and the results he gets.”

**Q: You've been seeing other medical doctors for your Type 2 Diabetes and Hypertension, what about Dr. Miller was different?**

**A:** “Dr. Miller made it clear, something was not working correctly in my body. He said his approach is to uncover and reveal exactly what that is. Dr. Miller really takes the time to listen and looked at my whole health history. He makes it clear that Type 2 Diabetes, Hypertension and Obesity are being caused by something. My other doctors just didn't take the time to do this, they just gave me more and more medications. I knew these were just masking symptoms and not fixing anything. Dr. Miller makes complete sense.”

**Q: What does Dr. Miller do to find out what's not working correctly inside your body?**

**A:** “Dr. Miller doesn't mess around. He has an Amazing blood panel lab through Lab Corp. He then does a 'Functional Medicine' Computer Assessment. It is very impressive to see.”

**Q: Rick, what did Dr. Miller recommend for you to eliminate your Type 2 Diabetes, Obesity and Hypertension?**

**A:** “Dr. Miller just lays it all out so clear. He started off by seeing me every week to ensure I would eliminate the Diabetes, He has amazing printed instructions on life-style improvements to eliminate all poor health and then stay healthy.”

**Q: What are the results of your treatment from Dr. Miller?**

**A:** “My results are great! My A1c went from 9.2 to 6.7, after 15 years on medications. I've eliminated all my drugs for Type 2 Diabetes, Hypertension or Cholesterol and I've now lost 83 pounds! I highly recommend Dr. Miller. I got my health and life back!”

“Dr. Miller worked with my other doctors and I walked away from Diabetes, Hypertension, Obesity, Fatigue and I got my LIFE back!”



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FROM TANYA J. TYLER

# EDITOR



Dear Friends,

This is my puppy boy, Winston. He was a surprise Christmas present nine years ago. When my son called me and told me to come over and get my gift, I was very excited – I thought it was the collection of Neil

Diamond CDs I had asked for. Winston has turned out to be a great companion. He loves taking walks and going to the dog park so I can hit tennis balls for him to chase. He comes

to work with me every day and is our unofficial greeter and guardian. Pets do so much to enhance our lives. They delight us with their antics and entice us to play and relax. We hope there's a special friend – furred or winged or hooved or even scaled – that makes your day and contributes to your Health & Wellness.

Here's to your health,  
— Tanya

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# EXERCISING WITH YOUR DOG

## HAVE FUN BUT STAY SAFE

Regular exercise is essential for humans to stay healthy and fit. And the same goes for dogs. Exercise is just one of your dog's basic needs.

By Health & Wellness Staff

### How Much Exercise Do Dogs Need?

In general, most dogs should get one to two hours of exercise daily. That seems like a lot, but your dog may need more or less depending on its age, breed and tolerance. Talk to your vet before you begin.

If you're starting a new exercise program for your dog, start slowly and let your dog build up its endurance and tolerance. Just as it takes time for you to get in shape, the same is true for your dog. Watch for signs of exhaustion such as heavy panting, wheezing, lameness, disorientation and slowing or stopping to lie down during activities. Avoid outdoor activities on very hot days. If it's hot for you, it's hot for the dog. Be sure your dog has access to fresh,

cool water at all times. Stop or reduce the exercise if your dog seems tired, achy or disinterested. He can't tell you verbally, "Hey, I'm tired or dizzy or not feeling good," so go easy as he builds endurance. Contact your vet if you notice any signs of illness during or after exercise.

### What Kind of Exercise Is Best for My Dog?

There are many activities you can do with your dog while exercising at the same time. Some activities provide more exercise for your dog than for you, but they are still a fun way to bond. Good old playing fetch with a ball or disc and a visit to the dog park are great, but here are some popular exercises you and your dog can do together:

### Walking

Walking is the classic form of exercise we tend to give our dogs. But that's okay: Most dogs love to walk! Get a Garmin or a FitBit so you can track your own workout with theirs. In addition to getting some exercise, a walk is a great way for your dog to explore the world with her nose. Don't rush it. Let her take time to sniff around during the walk. Try to take a different route every so often so your dog will get to see and smell new things.

### Running

Running with your dog is very popular and is a great form of exercise for some dogs. But not all dogs can tolerate this type of exercise. Other dogs can't get enough of it. Talk to your vet and research your

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## Exercise is just one of your dog's basic needs.



breed to see how they will do with running. When you first begin running with your dog, start slowly and work your way up to higher speeds and longer distances. Avoid running in hot temperatures, especially on hot asphalt as it can burn your dog's paws. Put your hand down on the blacktop and if it's really warm or hot to you, it's hot for the dog as well. Check your dog regularly to monitor his exercise tolerance and take breaks as needed. Bring plenty of water along.

### Cycling

We strongly recommend against cycling with your dog. There is a risk you or your dog or both of you will get hurt. Not every dog is built to run alongside a bike. Just imagine the first time your dog sees a cat or a squirrel and yanks hard to chase after it: Down you go!

### Hiking

If you love nature and you love dogs, then hiking with your dog might be perfect for you. Hiking gives your dog a chance to explore the world on a deeper level than a simple walk. When you first begin hiking with your dog, start with short hikes on cool days. Avoid difficult trails with a lot of rough terrain until your dog gets used to easy to moderate hikes and will be more sure-footed. Again, bring plenty of water along. Your dog might even take her own backpack; just make sure it's well-balanced and not too heavy.

### Swimming

Contrary to popular belief, not all dogs know how to swim. And some can swim, but don't like to. If you have a water dog, you know it. Let that dog swim! You can incorporate a game of fetch with swimming to make it even more fun.

### Safety First

Check with your vet before starting any type of exercise regimen for your dog.

When exercising with your dog, let them set the pace. Take breaks and always bring water for them and a small bowl, such as a small collapsible bowl. Let them get water and rest. Avoid exercising in hot temperatures, especially with dogs that have shorter muzzles (such as bulldogs or pugs). Keep your senior dogs home when it's very hot. Dogs with health conditions need to get an OK from a vet.

No matter what type of dog you have, watch for signs of exhaustion, illness or injury. When in doubt, stop exercising and head home.

Also, be aware of your surroundings when exercising with your dog. The presence of other dogs or people may create a dangerous distraction, especially if your dog is off leash or not used to these experiences.

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# FELINE LEUKEMIA VIRUS

## COMMON AILMENT POSES THREATS TO CAT POPULATION

The good news is the prevalence of feline leukemia has decreased significantly in the past 25 years.

By Jean Jeffers, RN

Feline leukemia virus, or FeLV, is a common ailment that affects 2 percent to 3 percent of all cats in the United States – as many as seven out of every 20 cats. FeLV is a leading cause of death in cats, second only to trauma.

The good news is the prevalence of FeLV has decreased significantly in the past 25 years because of the development of an effective vaccine and more accurate testing procedures.

Infected cats spread the virus to well cats. The virus is present in saliva, nasal secretions, urine, feces and the milk of infected mother cats. Cats are sometimes infected by bite wounds or by preening another cat. Outdoors cats are at high risk for acquiring this disease.

A cat's immune system plays a role in this infection. FeLV often evades and may even destroy the immune system, leading to death within three years after infection. FeLV affects cats in various ways. It is the most common cause of cancer in cats. It may cause some blood disorders and could lead to immune deficiency, hindering a cat's ability to protect itself from other cats.

The progression of the illness may begin with the cat seeming normal. Later there may be repeating cycles of illness/health. Signs of FeLV may include loss of appetite, progressive weight loss, poor coat condition, enlarged lymph nodes, fever, pale gums and gum inflammation, persistent diarrhea and seizures.

An assay test will confirm the presence of the disease. FeLV can act up at any time so it is imperative to retest your cat every so often for it.

After the first stage of the illness passes, it moves to the bone marrow. The virus will attack the platelets and white blood cells and release the disease throughout the body. Then the virus reaches the epithelial cells (top layer of cells). This is by far the riskiest time for the virus transmission.

Treatment is possible with anti-viral medication, but be aware the therapies have severe side effects and may not be helpful. Your cat may need a blood transfusion for severe anemia. However, it is possible for cats with FeLV to live normal lives over prolonged periods.

The only sure way to protect cats from this disease is to prevent them from being exposed to FeLV in the first place. Keeping cats indoors is recommended.

**References:** Cornell University College of Veterinary Medicine

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**READ OUR PATIENT SUCCESS STORY IN THIS ISSUE, PAGE 2**



# TOP 5

## REASONS PETS ARE GOOD FOR YOUR HEALTH



By Health & Wellness Staff

Our dogs and cats and birds and other animal companions are good for our health. Here are the top five reasons this is so:

### 1 They make you get out and about.

If you own a dog, you know you have to take it for daily walks. Therefore, dog owners get more physical activity than people without dogs. Older people are more likely to take regular walks with a dog than they are with a human, according to one study. A dog is a great way to help you meet new people.

### 2 They are good listeners.

You've probably seen your dog tilt its head to the side when you're talking to it, as if it's really paying attention to every word you say. Dogs love to hear their owners' voices. Cats feign indifference, but they're still a good sounding board when you need to vent. And your pet will never spill your secrets.

### 3 They are tuned in to you.

For animal companions, their pet parent's presence is their main desire. They love their food and toys, but having the attention and love of their person is what they really want. That's why they stick close to you and follow you around, their eyes fixed on you. It's really kind of flattering, isn't it?

### 4 They can help you relax and reduce your stress levels.

This has been proven scientifically. Cortisol is a hormone activated by stress, and studies have found being around animals can decrease cortisol levels. That's why so many people during the COVID-19 pandemic went out and got a pet. Just patting a dog or cat and feeling the latter purr has been shown to reduce blood pressure levels. A study of hospitalized heart patients found dogs decreased the patients' blood pressure by about 10 percent in the left side of their hearts.

### 5 They love you no matter what. Animals don't judge.

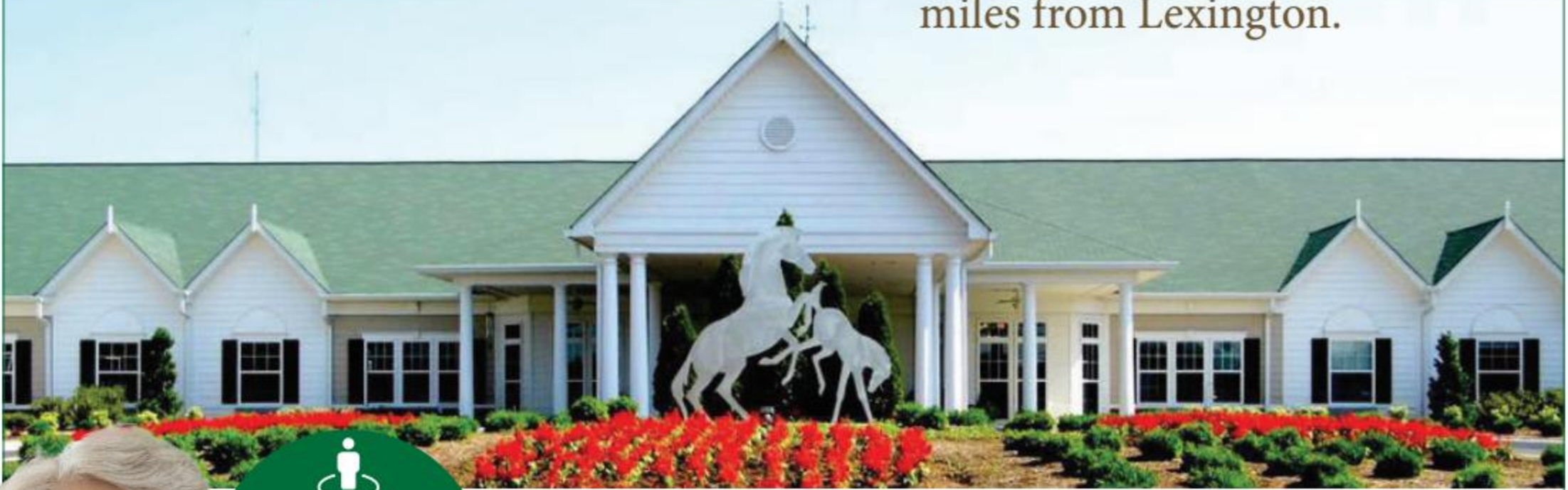
They are loyal and loving. Be sure to reciprocate for that love and loyalty by taking good care of your pets and making sure all their needs are met. You take care of them and they'll take care of you. It's a win-win situation all around.

A dog is a great way to help you meet new people.



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# NEVER DIET AGAIN!

## MAKE SMALL, SIMPLE CHANGES FOR LONG-LASTING RESULTS

At Body Structure, our overall nutritional philosophy is to make small, yet simple lifestyle modifications that lead to permanent, long-term results. We want to provide individuals with the knowledge and tools they need to make these changes.

By Julianna Hauser, BS., PN1, NSCA-CPT

There are no quick fixes, diets or magic pills that will get you to this place. Diets can bring about temporary change, but their long-term success rate is often low. Body Structure's goal is to help our clients see the value in making small, sustainable changes that will build upon one another to get them the results they are seeking.

When many people think about improving their nutrition, what comes to mind is often a complicated task that is overwhelming and hard to stick to. Behavior change is difficult. Diets tend to complicate an already busy life with many rules regarding what you can or can't eat. They may also require cooking skills or nutritional knowledge that take time to acquire. Piling on new skills, education and habits on top of current stresses is a recipe for disaster.

### Diets are overwhelming.

In addition to learning a new set of rules and cooking skills, social circumstances often don't line up with what the diet requires. They may also ask family and friends to make adjustments based on the dieter's needs. A parent may have to expend twice the energy to make the family meal, along with their own diet-specific meal. Time and energy is finite and the amount required to sustain a restrictive diet for a long period will run out.

We know diets are hard to stick to and often result in the familiar rebound effect, where the dieter ends up in the same position as – or worse than – when they started. The diet may be going well, until other extenuating life circumstances come up and everything falls apart. Over time, the diet becomes harder to maintain. Being told what to do becomes old and tiresome and the dieter decides they would

rather enjoy life. So they fall back into the habits and lifestyle they were so tired of to begin with.

### It doesn't have to be that way.

Nutritional changes that become lifelong habits and bring about lasting change should be: 1) simple, 2) small and 3) consistent. Simple changes make sense to the person implementing the changes. They know why they're doing it. These changes can be measured easily. Each change is a stepping stone that, along with other small changes, will lay the foundation for the healthy, long-term results the individual is seeking.

When incorporating a new habit into your life, think small. Then think smaller than that to establish the initial goal. You want to establish a pattern of success instead of a pattern of defeat. Many people try to attack the problem all at once, then crash and burn. This is common. The continual building of small habit changes after a year or several years won't look like much in the midst of the process, but will look like a complete life overhaul down the road.

In order to be consistent, you must be reminded of your goal. Post that goal somewhere to see it often and be reminded of why you're doing this. It helps to have accountability, whether that's through a trainer or friend. Use a calendar to mark off when the habit was completed and when it wasn't. At the end of the month, you'll be able to see how consistent you were. A visual representation of what actually happened might tell a different story from the picture in your head.

At the end of the day, we all want to look good, feel good and live well into old age. If that's not how life looks right now, that's okay. Lifelong habits won't be formed in a week or in 30 days. They will be formed, however, by a continual commitment to small habits that contribute to long-term results.

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# THE INEVITABLE TRANSFER OF WEALTH

## AND HOW TO AVOID IT



By Mikel D. McKinley, *Attorney*

Over the next 20-plus years, there is going to be a massive transfer of wealth. For most people, this is an unavoidable transfer. Politically speaking, no one will be happy about it. Even the staunchest Socialists will lament this transfer. By definition, this transfer will not hurt the poor, but it also won't help them either. In fact, the poor in this country will not see a single cent of the transferred wealth. Joe Biden will not be to blame. Donald Trump will not be to blame. Russian collusion, Chinese hacking, Black Lives Matter and the Proud Boys will likewise not be to blame.

The culprit of this massive transfer of wealth can only be laid at the feet of an aging population and the exorbitant (and growing by the day) cost of long-term care. Depending on where you find your statistics, there are between 10,000 and 12,000 people who turn 65 years old every day. Another interesting statistic is that 60 percent to 70 percent of those lucky Americans who reach the age of 65 will need some form of long-term care before they die. That brings me to my original statement: Over the next 20 years, there is going to be a massive transfer of wealth. The wealth will not be transferred to Gen Xers from the Baby Boomers (even though over 59 percent of Boomers still support their adult children<sup>1</sup>). The wealth will be transferred to assisted living communities and nursing homes.

If you have read any of my previous articles, you will know that I am a huge advocate for assisted living communities. They are a great solution for maintaining a good quality of life as we get older and start to lose our physical and mental abilities. However, they can be quite expensive. As expensive as they are, they don't hold a candle to nursing homes. Nursing homes can be two to three times more

expensive than an assisted living community. No matter how nice they are, if you find yourself in a nursing home, your quality of life will not be something to be envied.

As we approach age 80 years, we have a 50-percent chance of going to a nursing home before we die. The average stay in a nursing home is approximately 2.5 years. The average cost of a nursing home is approximately \$85,000 per year. Doing the math, we each have a 50-percent chance of spending \$212,500 on nursing home care before we die. For a married couple, there is a 75-percent chance of spending \$212,500.

If it doesn't concern you to spend \$212,000 on nursing home care, how about twice that? I have clients who have spent over \$1 million on nursing home care (before they called me, of course). If you could be sure of the average cost, you might not be concerned. The problem lies with the extreme. The only limit on how much money you might have to spend on full-skilled nursing care is the size of your balance sheet. If you are worth \$2 million, that's how much money your family might have to spend.

In reality, not everyone who ends up in a nursing home will have to go broke there. There are basically three ways you won't go broke in a nursing home. First, have so much money there is no way you could possibly spend it all on nursing home care; second, hurry up and die before your money runs out; and third, hire an experienced Elder Law Attorney to help you preserve your assets for your family.

Very few people are in a position for the first strategy to be an option. Therefore, if your choices were between the second and third strategy, which would you choose?

### Source

<sup>1</sup> <https://www.fool.com/retirement/2017/07/29/9-baby-boomer-statistics-that-will-blow-you-away.aspx>

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## **THE POWER OF A THUMBS UP**

Six-year-old Elliott Crittenden was not expected to live after the collision.

In May of 2019, Elliott, his dad, and his little sister were in a horrific car accident. Elliott suffered a severe traumatic brain injury, numerous skull fractures, a fractured cervical vertebra, and a broken femur. He was immediately rushed to Makenna David Pediatric Emergency Department where he underwent surgery—but his injuries were so extensive that his survival was in serious question. But he defied the odds. Two weeks after the surgery, Elliott was strong enough to begin the initial stages of physical therapy and his long road to recovery.

Today, at nearly eight years old, he's kind, caring, and silly—and proof of *The Power of Advanced Medicine*.



Read Elliott's story at [proof.ukhealthcare.com](https://proof.ukhealthcare.com) ▶



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# MINDFULNESS FOR SENIORS

*“It’s also helpful to realize that this very body that we have,  
that’s sitting right here right now ... with its aches and its pleasures ...  
is exactly what we need to be fully human, fully awake, fully alive.”*

– Pema Chodron

You and I have two primary modes of mental activity: the *doing* mode and the *being* mode. Despite our name of *human beings*, we spend the majority of our time in the doing mode rather than the being mode.

**Your doing mode.** The doing mode is highly prized in our culture, schooling, work and career. It demonstrates your mastery and command of detail, data, thinking, intellect and your goal-oriented ability to get things done. We depend heavily on the doing mode to take care of all our daily affairs at home and work, keep up the house and yard, keep ourselves cleaned and groomed, balance the

checkbook, buy groceries, prepare meals, drive cars, remember our medication and appointments, keep up with the news and care for the needs of pets, friends and family – the endless to-do list of our lives. As we age, we tend to become less dominated by the driven nature of so much doing. We tend to naturally settle down and shift more toward our being mode.

**Your being mode.** This is your natural internal resource that complements your doing mode. Your being mode is not about achievement, competition or goal-oriented activity. It is less about approval from others. It is more about contentment, letting things

just be and acceptance of things just as they are. This does not mean complacency. We can still fight for social causes and work to make our world more compassionate; we just aren’t as driven, not as angry, not as resentful – and not in such a hurry. Your being mode is less demanding of yourself and other people and is more about taking things easy, relaxing with no agenda and smelling the flowers along life’s highway. We tend to shift toward this *c’est la vie* (that’s life) philosophy as we age.

Mindfulness practice helps you naturally integrate these two complementary modes of doing and being.

**What is mindfulness?** At its most basic level, mindfulness is paying attention – whether we are engaged with our goal-oriented doing mode or our reflective, accepting being mode. Mindfulness is about being fully in the present moment – this moment – the only time you ever truly have to live your life. We spend so much time replaying, regretting or longing for the past or anticipating and worrying about the future. Mindfulness invites us to dwell fully in the eternal now, moment to moment. It is about being here, in this place, even though our mind may be far away in some other place.

In mindfulness practice, we use

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the body and the breath as the two main objects for training our mind to pay attention, moment to moment, in the here and now.

**Mindfulness of the body.**

Mindfulness of the body is the foundation of mindfulness practice. Even though your mind may be somewhere else, your body is always here. Even though your mind may be in the past or future, your body is always in this present moment. So we practice the Body Scan meditation to cultivate skillful awareness of the tactile sensations in the physical body, training the mind to pay attention in the here and now, bringing attention back to the sensations in the body when we notice our attention has wandered.

**Mindfulness of the breath.** A natural extension of mindfulness of the body is mindfulness of the breath. Just as you pay attention to the physical sensations in the body in the Body Scan, you pay attention to the physical sensations of breathing in *Sitting Practice – Awareness of Breathing*. You train in the development of steady attention on the tactile, physical sensations of the breath: feeling the breath at the nostrils, the back of the throat, the chest and the abdomen and again gently bringing the attention back to the breath when you notice it has wandered. Remember – *the normal mind will wander*.

**What about thinking?** The cerebral cortex of the human brain is both a blessing and a curse. Our thoughts can be extremely helpful and useful. They can also be unhelpful, harmful – even destructive. As we train in mindfulness, we become increasingly skillful at bringing a non-judgmental curiosity, openness and acceptance to our thoughts.

Without intentionally creating thoughts, we allow them to come and we allow them to go. As we practice mindfulness of the body or the breath, we notice when our attention has wandered off to thoughts and we gently escort the attention back to the physical sensations in the body and the breath. Thoughts are not a barrier to mindfulness or your being mode, but they do require compassionate, skillful management.

**What can mindfulness do for me?** Research on mindfulness has accelerated over the past 40 years. People with anxiety, depression and chronic pain often report benefits from dedicated and intensive mindfulness training. Sometimes this is because the anxiety, depression and chronic pain actually improve. But, interestingly, many people report an overall improvement in quality of life despite continued anxiety, depression and chronic pain. They often report better sleep, fewer symptoms of other stress-related chronic conditions – physical, mental and emotional. They often feel happier, calmer and more relaxed, energetic, tolerant, forgiving and kinder to themselves and others.

**What about seniors?** Formal mindfulness practice can be done at any age, in a chair, a recliner, lying down and walking. Eyes can be open or closed. Regular formal mindfulness practice creates the foundation for living your entire life more mindfully, even meditatively. Over time, you perform ordinary daily activities more mindfully: washing the dishes, bathing, taking out the trash, shopping, cooking, eating, driving,

being with family and friends, talking on the phone, typing on the keyboard – all become opportunities for the informal practice of intentional awareness and mindful living.

Research also suggests regular mindfulness practice improves mood and overall health, reduces doctor visits and health care costs, decreases loneliness, slows the progression of dementia and even increases longevity.

Since some medication can be reduced with regular mindfulness practice, always discuss your interest in mindfulness with your medical provider.

**Resource**

- I have recorded several guided mindfulness practices you can access at the Mind Body Studio website: [www.mindbodystudio.org/?page\\_id=1594](http://www.mindbodystudio.org/?page_id=1594)



**About the Author:**

Dr. John Patterson is past president of the Kentucky

Academy of Family Physicians and is certified in family medicine, mind body medicine, integrative holistic medicine, mindfulness-based stress reduction, physician coaching and yoga therapy. He is on the faculty of the University of Kentucky College of Medicine, Saybrook College of Integrative Medicine and Health Sciences (Pasadena, CA) and the Center for Mind Body Medicine (Washington, D.C.). He operates the Mind Body Studio in Lexington, where he offers classes, consultations and coaching to manage stress-related conditions and prevent burnout. He can be reached through his website at [www.mindbodystudio.org](http://www.mindbodystudio.org).

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# CHOOSING A VET FOR YOUR FAMILY PET

## IT'S AS BIG A DECISION AS CHOOSING YOUR OWN PHYSICIAN

*By Health & Wellness Staff*

It's an important decision – finding a veterinarian to care for your family pet. It is as big a decision as deciding on a physician for the humans in the household.

One of the best ways to start your vet search is by asking friends and family members about their vets. If someone has had the same vet for a long time and

is pleased with their care

and service, that

is a good sign.

You can

ask them

why they chose that particular care provider and why they stay with them. Ask them about the vet's personality – how he or she gets along with different animals. I knew I was going to like my dog's new vet when he came into the examination room at our first visit and sat right down on the floor to play with him. Ask your friends about the vet's office: Is it clean and friendly and inviting? Do the receptionist and other

employees treat their animal patients gently? You don't want to work with anyone who handles animals roughly or is afraid of them. If your friend's pet has had surgery, ask them how the procedure went and how the vet handled it. Did the vet ask their questions satisfactorily and explain what the procedure was and why it was necessary? Did he explain possible side effects of the anesthesia used in the operation? Was he available for after care?

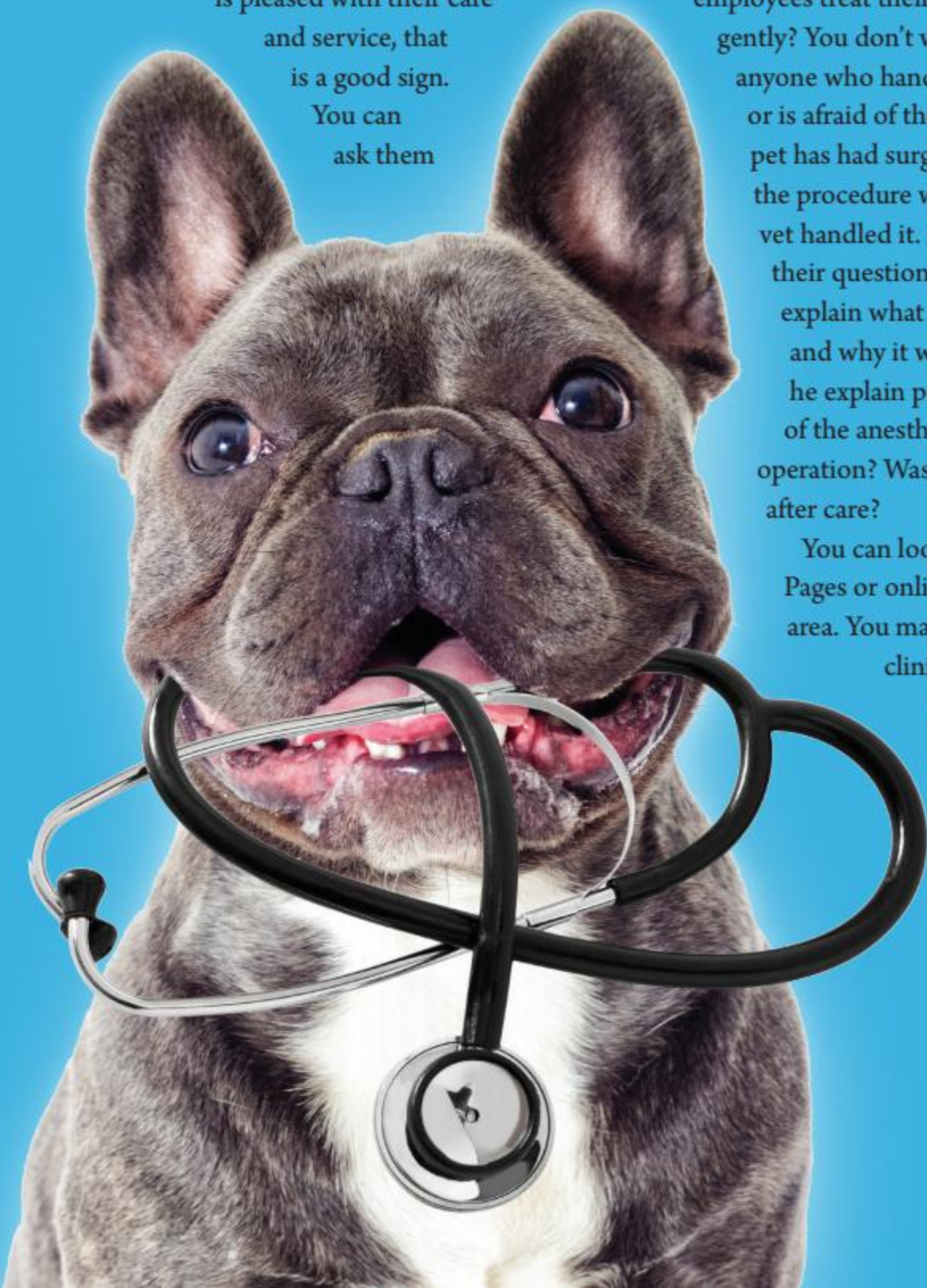
You can look in the Yellow Pages or online for a vet in your area. You may want to visit a clinic site alone before taking your pet in as a patient. Sit in the waiting room and chat with other

clients who come in. Ask them how long they've been bringing their animal to this particular clinic and find out what keeps them coming back. Your pet may have more contact with the support staff than with the veterinarian, so everyone you meet should make you feel confident about their abilities and their dedication to their clients, both animal and human. Animal health technologists or veterinary technicians have a college diploma that allows them to work under the supervision of a veterinarian. They can carry out almost all types of animal care except diagnosing, prescribing drugs or performing surgery. So you want to make sure they handle their patients well. And of course, you will want to know about prices for various procedures.

Ask for a tour of the areas where animals are treated or kept. Are these areas clean and free of foul odors? Do the animals have comfortable bedding? Look at the size of the cages, and don't be alarmed if there are a number of small cages. A small cage can prevent an injured animal from thrashing around and hurting itself.

Ask about emergency services – is there an after-hour call line? Ask about senior pet care or end-of-life issues. Some vets will come to your home to help you say goodbye to a beloved animal friend. And if she cries along with you – you know you have found the best vet around.

Ask for a tour of the areas where animals are treated or kept.





# THERAPY DOGS

## OFFER COMFORT AND HOPE

By Dr. LaToya Lee  
Family Practice Associates of Lexington

For a wide variety of people – children with autism, veterans coping with PTSD, older people in nursing homes, people undergoing cancer treatment, people suffering from anxiety or depression – therapy dogs bring comfort and hope.

According to the Alliance of Therapy Dogs ([www.therapydogs.com](http://www.therapydogs.com)), dogs are one of the best therapy animals. They have an instinct for relating to humans. In their uncanny canine way, they can sense when a person is in distress and offer silent, loving support.

There are differences between an emotional support dog, a service dog, a psychiatric service dog and a therapy dog. An emotional support animal is any animal (not just dogs) that alleviates symptoms of mental or emotional stress just with their therapeutic presence. These animals are not trained to perform any tasks. Service dogs, however, are specially trained to perform specific tasks to help a person with a disability, such as a guide dog for the blind. A psychiatric service dog can help people who suffer from anxiety by anticipating an anxiety attack and providing tactile stimulation and a sense of calm to help them feel less overwhelmed by emotions.

Therapy dogs go with their owners to volunteer in settings such as schools, hospitals and nursing homes. The best therapy dogs are calm and patient. They actually seem to enjoy their work and look forward to visiting different venues. A growing number of funeral homes have therapy dogs “on staff” to help people, particularly children, deal with their grief.

Seniors in nursing homes especially seem to benefit from visits with therapy dogs. Sometimes life’s heartaches and the aging process zap a person’s energy and motivation. Loneliness is another challenge seniors often face. Alzheimer’s disease takes a grim toll as well. But studies have shown the presence of a lively, loving four-legged friend often snaps people out of their doldrums, motivating them to get up and get moving. Petting and cuddling a dog can release dopamine and oxytocin, the endorphins that make people feel happier. A visit from a therapy dog can trigger a happy memory for an Alzheimer’s patient of a canine companion from their childhood.

Children with autism take to therapy dogs quite well. Autism assistance dogs are trained to carry out specific activities for their owners, depending on where the patient falls on the spectrum. People with autism-related disorders often have poor communication and social interaction skills. The primary

role of an autism therapy dog is to serve as an anchor of consistency and calmness. Studies show autistic children have fewer emotional outbursts when they’re in the company of dogs. Some children with autism have difficulty receiving and giving physical affection, such as touches, hugs and kisses. But they often find it easier to make such contact with their dogs, and this may help them learn to better interact with people,

Therapy dogs should be certified by an American Kennel Club (AKC)-recognized therapy dog organization. Your primary care provider can help you find a therapy dog if you would like a visit.

### About the Author

Latoya Lee is an Advanced Practice Registered Nurse, ANCC Board Certified as a Family Psychiatric Mental Health Nurse Practitioner. She earned her Bachelor of Nursing degree in 2010 and her doctoral degree in 2017 from the University of Kentucky College of Nursing and a Bachelor of Arts in Psychology from the University of Louisville in 2006. She practiced nursing for several years in a neurological/neurosurgical ICU at UK. She is a member of the American Nurses Association and American Psychiatric Nurse Association. Dr. Lee provides medication management for ADHD, mood disorders, depression and bipolar, psychosis, personality disorder, addiction, OCD, anxiety, anger management and trauma/PTSD.

## ABOUT FAMILY PRACTICE ASSOCIATES OF LEXINGTON



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# EVENTS

## JUNE 2021

### Daily

#### Centered: FREE First Yoga Class

Ready to relax, create, connect, heal, move and learn? Begin your journey to a happier, healthier life. Centered offers a variety of in-person and virtual classes as well as workshops and continuing education trainings on a schedule of unique and recurring events. All are taught by experienced instructors of their movement or healing styles of choice. Classes are available by membership, package, or individual purchase, as well as sometimes donation. Enjoy your first yoga class for free! Visit [centeredlex.org](http://centeredlex.org) to find a class.

### June 5

#### Mutt Strut

Guess what's back? One of Lexington Humane Society's largest, annual fundraising events. This year's Mutt Strut will be held in-person at Keeneland on Saturday, June 5th, from 8am-10am and we know your dogs are more than ready to strut their stuff! Visit [www.lhsmuttstrut.com](http://www.lhsmuttstrut.com) for details.

### June 5

#### North Lime Donut Dash 3K

Come "Run for Donuts" as we raise funds for the Central Kentucky Riding For Hope in this fun event on National Donut Day! 3K Run/Walk 8am-10am (Registration ends June 4 at 11:59pm). \$25. Virtual participation also available \$25. Visit [www.healthandwellnessmagazine.com](http://www.healthandwellnessmagazine.com) and click "Race Running Calendar" for details.

### June 12

#### Behind the Scenes: Elmwood Stock Farm

Take a guided tour with farmer Mac Stone for a look at the crops and livestock on this organic family farm outside Georgetown, Kentucky. The Behind the Scenes Farm Tours are designed to educate adults and children alike about how food gets from the farm to your plate. This two-hour tour will touch on many of the regenerative-agriculture techniques employed at Elmwood Stock Farm, including greenhouse production systems, pastured poultry and pigs, grass-fed cattle and sheep, vegetable growing, soil building, ecologically sustainable agriculture, and beneficial insects, to name a few. Visit [elmwoodstockfarm.com/farmtours](http://elmwoodstockfarm.com/farmtours).

### June 12

#### Run for the Nun 5K

Join us for the 31st Annual Run For The Nun 5K & Kids 1 Mile Fun Run/Walk which this year will be an in-person event on Saturday, June 12, 2021 at 8:00am. We will also offer a virtual option for those who can't join us in person. Enjoy the scenic 5K course and a commemorative race T-shirt. Do you have what it takes to outrun "The Nun?" Visit [www.healthandwellnessmagazine.com](http://www.healthandwellnessmagazine.com) and click "Race Running Calendar" for details.

### June 19

#### Wild Hearts Fun Run: Superhero 5K & 10K

Join us for our 5K Run/Walk & 10K Run at 8:00 am at Keeneland Race Course (Barn 2 Area). Scenic course, commemorative race shirts, chip timing, free race photos and more. Superhero themed race – we LOVE costumes! (Prizes awarded). Our race supports Kerrington's Heart. We provide hope, help and healing to CHD families. Visit [www.healthandwellnessmagazine.com](http://www.healthandwellnessmagazine.com) and click "Race Running Calendar" for details.



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June 19 – 27

**The Hundred Acre 5K**

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June 20

**Racing Louisville FC vs NC Courage**

Watch Kentucky professional women's soccer club (NWSL) take on North Carolina Courage. 7:30pm at Lynn Family Stadium, Louisville, KY. For tickets and information, visit [www.racingloufc.com](http://www.racingloufc.com).

June 26

**Louisville City Soccer vs. Indy Eleven**

Watch Kentucky professional men's soccer club (USL Championship) take on Indy Eleven. 7:30pm at Lynn Family Stadium, Louisville, KY. For tickets and information, visit [www.loucity.com](http://www.loucity.com).



Saturdays

**Lexington Farmer's Market**

Every Saturday (April – October, 8am-2pm) downtown Lexington, Tandy Centennial Park (formerly Cheapside Park) & Pavilion. Browse herbs and spices, honey, beeswax, candles, body care products, organic products, eggs, meats and fresh, seasonal produce. [lexingtonfarmersmarket.com](http://lexingtonfarmersmarket.com).



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# FOOD bites

## Food Insecurity Hit Five-Year High

The number of people facing acute food insecurity hit a five-year high in 2020 in countries beset by food crises, according to an annual report from the Global Network Against Food Crises. Conflict, economic shocks, COVID-19-related restrictions and extreme weather pushed at least 155 million people across 55 countries and territories into acute food insecurity in 2020. At least 28 million people were deemed to be one step away from starvation. Countries in Africa remained disproportionately affected by acute food insecurity. “The COVID-19 pandemic has revealed the fragility of the global food system and the need for more equitable, sustainable and resilient systems to nutritiously and consistently feed 8.5 billion people by 2030,” the report said. “If current trends are not reversed, food crises will increase in frequency and severity.” Acute food insecurity occurs when a person’s inability to consume adequate food puts their lives or livelihoods in immediate danger.

**Source:** United Nations World Food Programme ([www.wfp.org](http://www.wfp.org))

## Food Waste is a Growing Concern

A United Nations report estimates 17 percent of the food produced globally each year is wasted. That amounts to 1.03 billion tons of food. Food waste and obesity are major problems in developed countries. They are both caused by an overabundance of food, but strategies to reduce one can inadvertently increase the other. Food waste refers to the loss of edible food that is not consumed for various reasons. It occurs at all levels of the supply chain, from farm to transportation, processing, retail and food service. Most of the

waste (61 percent) happens in households. Food waste has become a growing concern because of the environmental toll of production, including the land required to raise crops and animals, and the greenhouse gas emissions produced along the way. Experts say improved waste tracking is the key to finding ways to ease the problem, such as programs to divert inedible scraps to use as animal feed.

**Source:** The Independent ([www.independent.co.uk](http://www.independent.co.uk))

## Can a Pink Drink Improve Exercise Performance?

A new study led by the Centre for Nutraceuticals at the University of Westminster shows pink drinks can help you run faster and farther, compared to clear drinks. The researchers found a pink drink can increase exercise performance by 4.4 percent and can also increase a feel-good effect that can make exercise seem easier. The study, published in the journal *Frontiers in Nutrition*, is the first investigation to assess the effect of drink color on exercise performance and provides the potential to open a new avenue of future research in the field of sports drinks and exercise. During the study, participants were asked to run on a treadmill for 30 minutes at a self-selected speed. Throughout the exercise, they rinsed their mouths with either a pink or clear artificially sweetened drink that was low in calories. Both drinks were exactly the same. The results show that the participants ran an average 212 meters farther with the pink drink while their mean speed during the exercise test also increased by 4.4 percent. The pink drink participants found running more enjoyable. The role of color in gastronomy has received widespread interest.

**Source:** Science Daily ([www.sciencedaily.com](http://www.sciencedaily.com))





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# STARTING AN AQUARIUM

## BUILDING THE BASICS FOR A TANKFUL OF

# *Tranquility*

*By Health & Wellness Staff*

.....  
An aquarium stocked with colorful fish, appropriate plants and interesting decorations has been proven to be a great way to calm ruffled spirits. Just sitting there watching the fish and contemplating their watery world can help you de-stress and relax. Here are some tips for starting an aquarium and taking care of your finny friends:

- For beginning fish enthusiasts, a 20-gallon aquarium is ideal. For larger, heavier aquariums, you may want to buy a cabinet especially designed for them. For smaller aquariums (30 gallons or less), any sturdy, reinforced furniture with a flat surface will suffice. You can also buy a stand to support the aquarium.

- Mindfully choose where to place the tank. You don't want to put it in direct sunlight because that will make algae grow in it. Be sure there is an electrical outlet close by so you can plug in lights, filters, heaters, etc. But remember – electricity and water don't mix.

- You'll need gravel for the floor of the tank. You can also use creek stones or coarse sand. Wash the gravel or stones before placing it in the tank. Do NOT use soap, just clean, clear water. Place the gravel or stones in a bucket and fill it with water. Wash the gravel by moving your hands in a circular motion in the bucket. After a few minutes, remove the dirty water in the bucket while keeping the gravel at the bottom. Repeat this process four to five times until the waste water is visibly clearer.

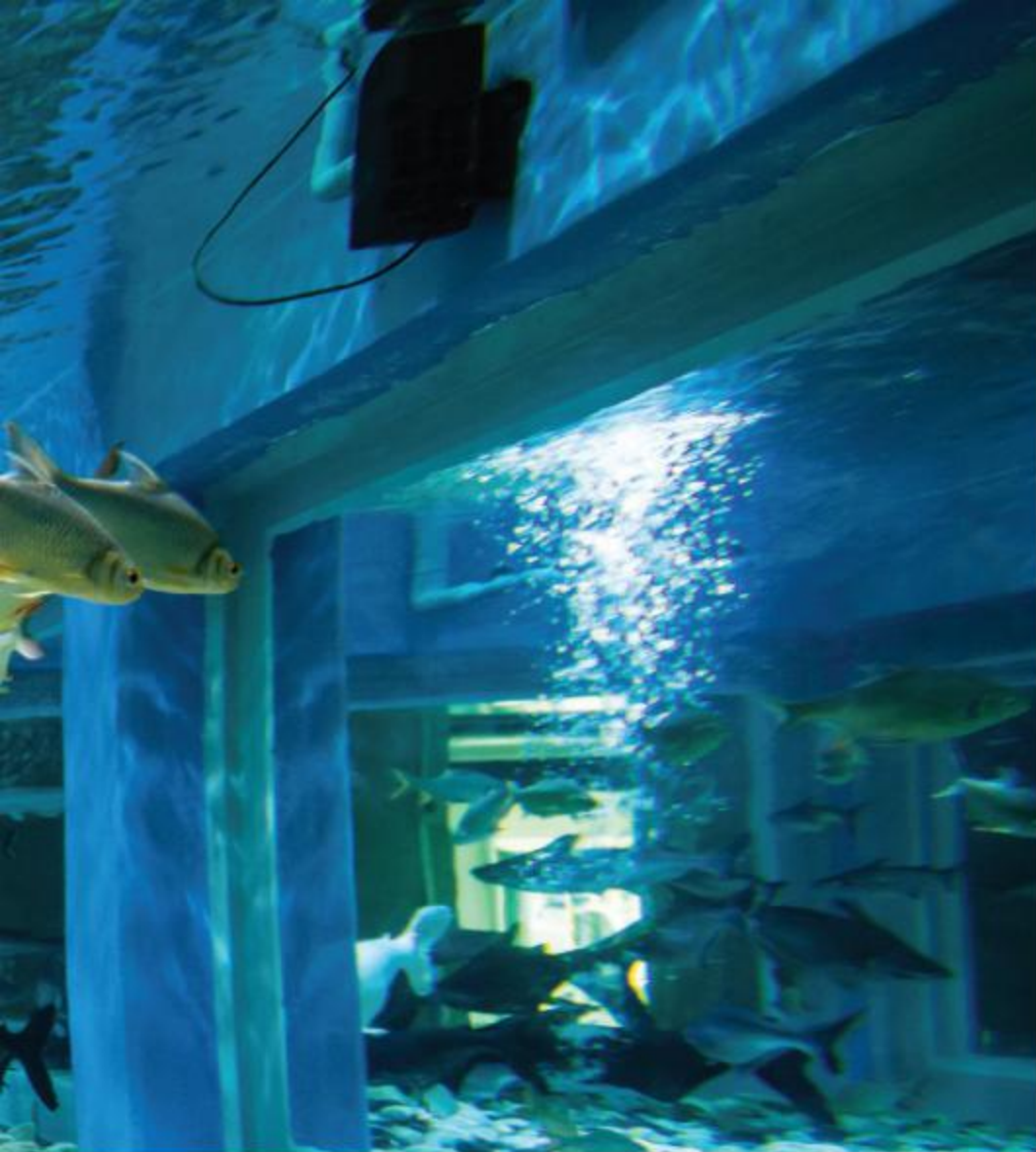
- A filter is one of the most important pieces of aquarium equipment. It is essential for keeping the water clean and clear. It will need to turn over about three to five times the aquarium's water volume every hour. Ask the salesperson at the pet store to help you choose the right filter for your particular set-up.

- A heater will help keep the water at an optimum temperature for the type of fish you choose. It will also be handy if you decide to keep tropical fish later as your expertise with this hobby advances. A vacuum will help you keep your tank clean of feces and debris.

- Use a water de-chlorinator after filling the tank and every time you do a water change. Test the water after every change.

- Choose an appropriate light for the





aquarium. Place it on or above the tank and set a timer so that it's on for no more than eight hours a day.

- There are plenty of decorative options for your aquarium, from plants to fake sunken ships and castles and "logs" that your fish can hide in. Don't clutter up the tank with too many decorations. Do some online research to see what live plants you can put in your tank. These can be food sources for your fish and some also help keep the tank clean.

- What kind of fish will you add? If you want a community tank, research which fish will go well together and what water conditions each needs. Be sure they all have similar temperaments and need the same water chemistry, temperature and diet.

**Sources:**

- Aquarium Info ([www.aquariuminfo.org](http://www.aquariuminfo.org))
- Petsmart ([www.petsmart.com](http://www.petsmart.com))
- Tetra Fish ([www.tetra-fish.com](http://www.tetra-fish.com))

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# TRAVELING WITH YOUR PET

## GET READY TO HIT THE ROAD WITH FIDO

*By Health & Wellness Staff*  
.....

It looks like this summer we'll finally be able to travel again! And of course you don't want to leave your four-legged family members behind. Here are some tips for traveling with your pet:

Be sure you have a collar and a tag with contact information on the animal just in case your pet gets lost. Ideally, microchipping your pet will ease that worry. Carry photos of your pet with you – again, just in case you have to advertise she's lost or identify her if she's found.

Make an appointment with your pet's veterinarian for a checkup before you leave to make sure your pet's vaccinations are up

to date. Get a health certificate from your veterinarian dated within 10 days of your departure. This is also a good time to ask your vet for recommendations for ways to keep your pet calm while traveling.

**Bring your pet's familiar bowls, bed, blankets and toys with you.**

More people are flying with their pets these days. Check the airline's rules and regulations for flying with animals. You will probably need to have a cage that can fit on board. In the airport, always keep the animal in control by using a leash.

You may want to buy a USDA-approved crate if you're driving and want to make sure the animal doesn't interfere or get too agitated. The crate should be large enough for your pet to stand, sit and turn around in comfortably.

Line it with shredded paper or towels in case of accidents or motion sickness.

Bring your pet's bowls, bed, blankets and toys with you so he has something familiar in a new place such as a hotel or other accommodations. You will also want to bring his regular food and medications. Use bottled water because drinking water from a place the pet isn't used to could cause stomach issues.

Never leave your animal alone in a parked vehicle (even when you're not on vacation). On a hot day, even with the windows open, a parked car can become a furnace very quickly, and heatstroke can develop. In cold weather, a car can act as a refrigerator, holding in the cold and causing the animal to freeze to death.



# BE ON THE LOOK OUT



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## NATURE'S BEAUTY

# OLLALIEBERRY

This 'king of berries' is  
berry berry tasty



By Tanya Tyler,  
*Editor Health & Wellness*

However you spell it – ollaliberry, ollalieberri, ollalaberry, ollaliberry, ollalaberry or ollaliberry (pronounced oh-la-leh-berry) – this blackberry hybrid is a tasty addition to pies, jams and more.

The ollaliberry was developed by George Waldo, who worked with the U.S. Department of Agriculture Agricultural Research Service in collaboration with Oregon State University, in 1949. The ollaliberry was a selection that came from a cross between the black loganberry, which was developed by horticulturalist James Logan in California in 1881 by accident, and the youngberry, which was developed by Byrnes M. Young, a businessman who lived in Louisiana. According to Logan, his black

loganberry itself was a cross between an eastern blackberry and a western dewberry. Youngberry in turn was developed from a cross of a western dewberry and a red raspberry. The crossbreeding resulted in a fruit that is two-thirds blackberry and one-third red raspberry. Physically, ollaliberies have the characteristics of a blackberry, but they are larger, longer and somewhat sweeter. They balance the sweet and tart flavors of cassis, blackberry and plum with a tender and juicy consistency. Their complex parentage contributes to this depth of flavor that has inspired some people to call the ollaliberry the king of blackberries. Ollaliberies have a glossy onyx sheen with ruby highlights. The juice that squirts out of overripe ollaliberies is a vibrant fuchsia-purple. How about that, it's colorful and tasty both!

"Ollali" comes from a Pacific Northwestern Native American (Chinook) word for berry.

Thus, when translated, ollaliberry literally means berry berry. They may have originated in Oregon, but they grow best in the more temperate coastal regions of Northern and Central California. Ollaliberry is a perennial deciduous thorny plant, but its branches are biennial, bearing fruit after two years. Every year new branches grow and bear fruit after two years of growth. Ollaliberies have a very short growing season, which means they are only available for a few weeks in late spring or early summer. They should be used immediately after purchase since they are highly perishable. You can find them mainly at farmers markets, but there are quite a few places online where you can place an order if you are intrigued enough to give ollaliberry a try.

Like most berries, ollaliberies are low in calories. They are a good source of vitamins A and C, iron, potassium, phosphorous,





Olallieberry literally means berry berry.

magnesium and dietary fiber. Berries are loaded with antioxidants that help keep free radicals under control and olallieberries are no exception. Olallieberries contain high amounts of calcium that will strengthen bones and maintain bone health. They also have a component called polyphenolic, which can help strengthen memory and appears to clean up the toxins in the brain that can cause Alzheimer's disease.

Olallieberries can be substituted for other blackberry varieties in recipes, such as the marionberry or boysenberry. They are delicious in pies, preserves, jams, muffins, shortcakes and tarts, as well as smoothies. They are good complements to dishes featuring poultry, pork and wild game. Dark red olallieberries can be used to make wine.

**Sources:**

- Grow Plants ([www.growplants.org](http://www.growplants.org))
- Linns Fruit Bin ([www.Linnsfruitbin.com](http://www.Linnsfruitbin.com))
- Specialty Produce ([www.specialtyproduce.com](http://www.specialtyproduce.com))

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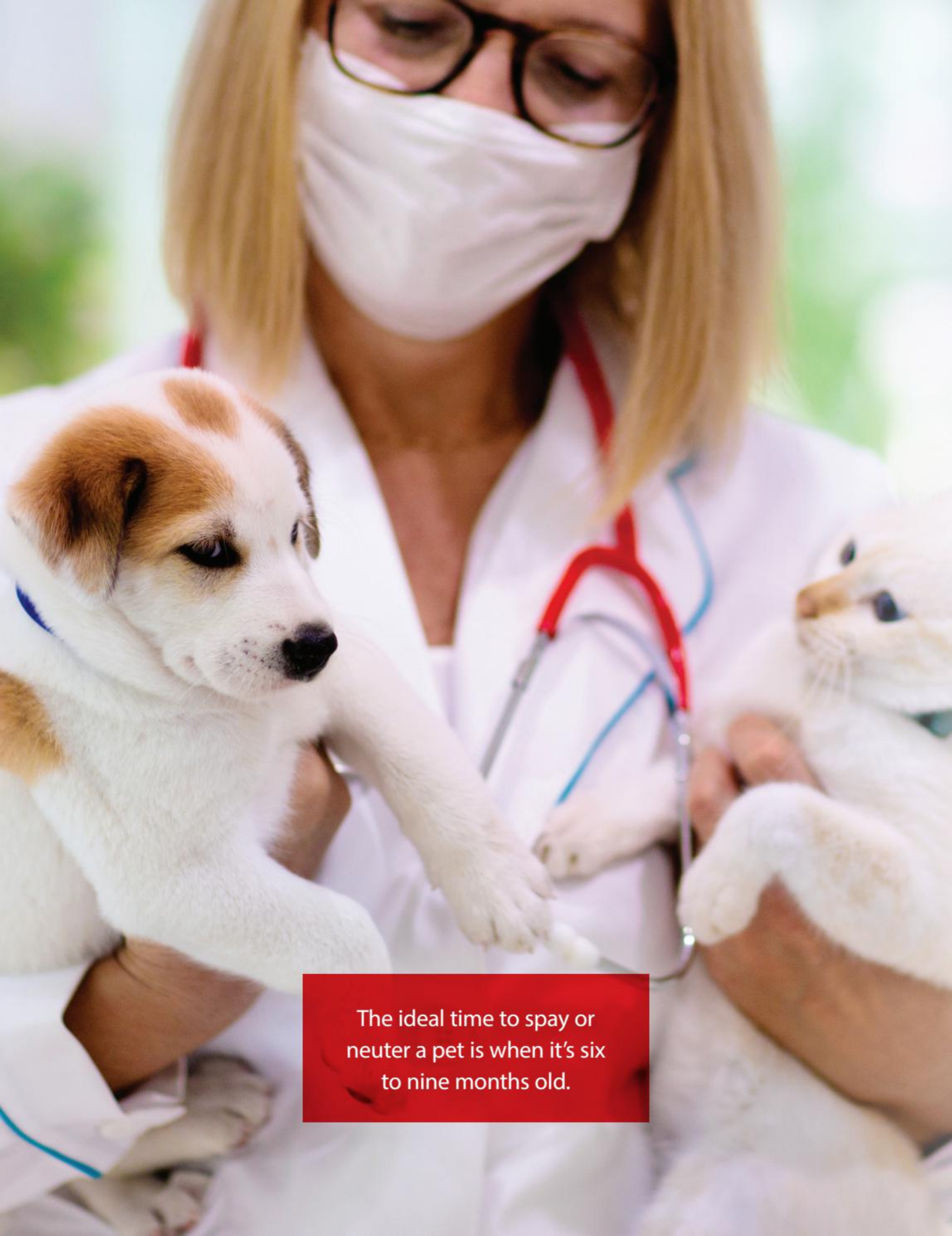
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The ideal time to spay or neuter a pet is when it's six to nine months old.



# SPAYING & NEUTERING

## KEEPS PETS HEALTHY

*It's a good way to control the pet homelessness crisis*

By Health & Wellness Staff

At the end of every taping of "The Price is Right," host Bob Barker would remind viewers to "help control the pet population. Have your pet spayed or neutered."

Spaying or neutering your cat or dog is an essential element in the fight against pet homelessness. With fewer litters being born, fewer animals will end up in shelters and possibly euthanized because there aren't enough homes to go around.

Contrary to some detractors, spaying and neutering doesn't harm cats and dogs at all. In fact, the procedure has a number of health and behavioral benefits. Your female pet will live a longer, healthier life because spaying helps prevent uterine infections and breast tumors, which are malignant or cancerous in about 50 percent of dogs and 90 percent of cats. Spaying your pet before her first heat offers the best protection from these diseases. There is no reason to wait to spay your female pet after she has a litter. Neutering your male pet prevents testicular cancer and some prostate problems. Behaviorally, a spayed female pet won't go into heat, thus eliminating annoying behaviors such as yowling and urinating in undesirable places around the house. A neutered male dog will be less likely to wander away from home, whereas an intact male will do just about anything to find a mate and come up with creative ways to escape the house. When he is neutered, your cat will be better behaved and won't be prone to marking his territory by spraying in different places inside and outside. Neutering may also alleviate some aggression problems.

The effects of spaying or neutering depend on your pet's individual personality, physiology and history. It will not make your pet gain weight. With a healthy diet and lots of exercise (things you as the owner control), he will stay in shape and maintain a healthy weight.

The ideal time to spay or neuter a pet is when it's six to nine months old. Dogs can be neutered as adults as well, although there's a slightly higher risk of post-operative complications in older dogs. For cats, it is considered generally safe for kittens as young as eight weeks old to be

spayed or neutered. It is possible to spay a female cat when she is in heat. Talk to your veterinarian to determine the best time to spay or neuter your pet. After the procedure, keep your pet in a quiet place indoors away from other animals so it can recover. Don't let it run or jump for two weeks following surgery and don't bathe it for at least 10 days post surgery. Try to keep your pet from licking the incision site. This can cause an infection. The infamous cone-shaped collar will come in handy. Check the incision site daily to assure it is healing properly. If you notice any redness, swelling or discharge, contact your vet.

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