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Local, independent stores = more choice, knowledgeable staff, personal service.

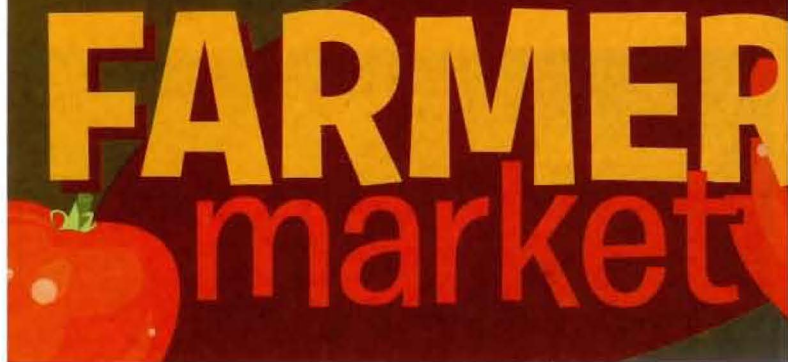


**THINK LOCAL.
BUY LOCAL. BE LOCAL.**

FOR MORE INFO PLEASE VISIT:
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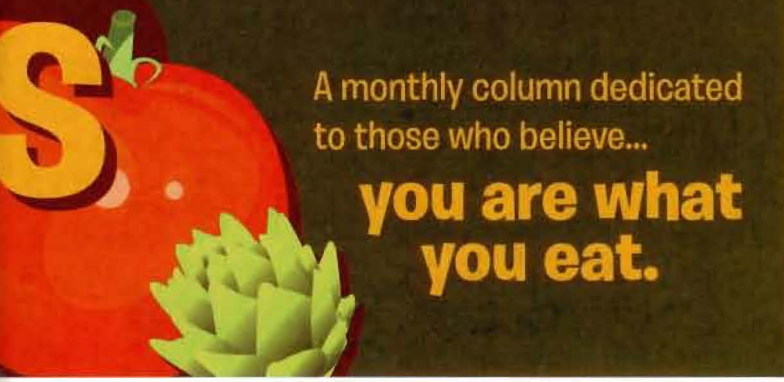
A research study with a pharmaceutical company evaluating the safety and effects of an investigational drug for Type 2 Diabetes is being conducted.

- Type 2 Diabetes
- 18-80 years of age
- Currently treated with metformin

If eligible, you may receive at no cost, these items:

- Office study visits
- Study-related laboratory tests
- Study-related physical exams
- Diet and diabetes counseling
- Study medication

To learn more about the diabetes research study, please call Dr. Neil Farris at 859-977-4005



A monthly column dedicated to those who believe...
you are what you eat.

ure's Only fect Food



By Jan Ross,
Staff Writer

"The only reason for being a bee that I know of is making honey...and the only reason for making honey is so I can eat it!"
-Winnie the Pooh

The other day, in the midst of my transition into a person who eats healthily, I fixed a cup of tea and put a dollop of honey in it. I felt a great deal of personal satisfaction as that amber blob dripped into my cup. Not only had I purchased the honey locally, I enjoyed the clean, sweet taste and knew that I was probably choosing one of the healthiest sweeteners possible. But surely there were more benefits to eating this natural sweetener?

To find out more first-person information about honey, I went directly to a source and contacted Abigail Keam, a full-time beekeeper. The only vision I had of a full-time beekeeper consisted of someone decked out in bee-keeping gear, including some sort of body suit, helmet and net. Needless to say, with her tousled blonde hair, engaging blue eyes and animated story-telling skills, Abigail did not fit my stereotype. Although she assured me that she does, indeed, don all that gear occasionally.

Born in Kentucky, with an Appalachian grandmother who taught her how to make soap (a skill that came in very handy in her business), Abigail became interested in honey bees in 1996 and began keeping them as a hobby. In 1999, when she developed full-blown asthma, she decided to go into bee-keeping full-time. Intrigued with the capability of honey in health and wellness and responding to her customer's requests for healthy products, she branched out into balms and soaps, using her honey and all natural ingredients. Honey contains natural antioxidants which help destroy those nasty free radicals that cause diseases and aging and they also supply nutri-

ents for the growth of new tissue. So, in addition to eating honey, now you can find honey in some skin care products to moisturize and rejuvenate your skin!

Other manufacturers had used honey in all sorts of beauty products because of its down-home wholesome image but there are other reasons Abigail chose to create products using her fresh and natural honey. Honey is a humectant, which means that it attracts and retains moisture. This makes it the perfect ingredient for balms and lotions. It is also an anti-irritant and antimicrobial, so it is a safe and healthy ingredient for those with allergy problems.

To my surprise, I learned that the dollop of golden honey I had dripped into my tea was also an excellent home remedy for colds and sore throats. A simple spoonful of honey by itself or a spoonful in a steaming cup of tea can relieve those sore throat symptoms right away. What a delicious alternative to medicine! In a study by the Penn State College of Medicine, it was discovered that a small dose of buckwheat honey given to a child before bedtime provided more relief for nighttime coughing and sleep problems than over the counter cough medicine. Honey, however, should never be given to infants under one year of age because, even though honey is a natural, healthy food, the undeveloped immune systems of infants may not be able to process it.

I also found that it might benefit me to take a tablespoon full of honey before I go to my next Pilates class. A natural source of carbohydrates which gives our bodies strength and energy, the glucose in honey is absorbed quickly, which gives us an energy boost and keeps our blood sugar constant. Carbohydrates eaten before exercise help maintain blood glucose levels and prevent fatigue and, since honey is a natural source of carbohydrates with

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April 17th through October 30th
Tuesday 3:00pm - 6:30pm
Saturday 9:00am - 2:00pm

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ALLERGIES continued from Page 10

There may be more help on the way. "For the future, there may be something called sublingual drops where instead of allergy shots you can get the allergen extract as a liquid drop that you place under your tongue. It is a way for people to have allergy immunotherapy without having shots," explains Warriar. This has not yet been FDA-approved.

If your allergies persist, do not be afraid to get evaluated. "We want you to have a good quality of life and that is something we can help most people with," expresses Warriar.

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we wouldn't think it would be appropriate for these to be used on a regular basis," said Baird. "It should be the exception and normally it should be done in the gymnasium or on the playground."

Kentucky law already allows 30 minutes of recess to be included as part of the instructional day for elementary students. Baird noted though that not all schools currently have 30 minutes of activity in their schedule, as some may have 25 or some different amount. This comes about through a master schedule each school's site based council makes and the fact that though students are mandated to be in school six hours, some schools have students in class for six and a half hours or six hours and twenty minutes because of transportation or other scheduling. This allows for extra recess, while other schools may have a tighter schedule.

"It gets a little complicated including everything in a day and it might come down to a situation where scheduling of 25 minutes of recess a day is the best a school can do," said Baird, "and in those cases we see that as a good faith effort to have 30 minutes of recess."

As for collecting the BMI data, Baird said, they see no problem with making that information available to the Cabinet for Health and Families.

Though there is debate over this particular bill, both Baird and Wuchner noted, there have been significant improvements in schools in the last several years regarding health and wellness.

In 2006, Senate Bill 172 passed changing the choices in vending machines healthier. Baird also said that many schools are getting rid of fried foods.

"There is a conscious effort in schools to work on health and wellness," said Baird.

At press time, Health Kids act 2010 had not been voted on.

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equal amounts of fructose and glucose, it is the perfect pre-exercise food.

There are 30 different flavors of honey available in Kentucky and they are all determined by the type of nectar the bees can locate. From honeysuckle to clover to buckwheat, the clever little insects create that delicious, versatile and viscous liquid. And the best place to locate some of those delicious, fresh and healthy varieties is at your local farmer's market, where Abigail Keam has a booth. The Lexington Farmer's Market opens at Cheapside in a brand-new pavilion on Saturday, April 10th.

Sample all the honey flavors and let me know which is your favorite. You can email or send me a letter in care of the magazine. I look forward to hearing from you!

Jan Ross is a freelance writer who recently discovered the importance of a healthy, whole food diet and exercise regimen. Doing away with white flour and white sugar; introducing organic fruits and vegetables; switching to whole-grains; and participating in various exercise classes, including ballet and Yoga, is a life-changing experience which she will share in this monthly column. Comments, suggestions and ideas for the column are greatly appreciated. You can contact her at jan@samplerepubs.com.

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does not have five to nine fruits and vegetables a day and most people take the elevator and not the stairs," says Fonfa.

You still may be wondering what integrative medicine is all about. "We need to integrate what nature gives us, what common sense talks about and what studies show to be good," emphasizes Fonfa. At the conference, you will get to meet like-minded people who care about their wellbeing. "Having community is the most important thing people can do. Loneliness is a killer," says Fonfa.

The Midway Foundation for Integrative Medicine was established to promote awareness and application of successful integrative health concepts in Kentucky and beyond. They believe that optimal care is achieved through re-establishing mind-body-spirit quality of life outcomes as the primary objective of the healthcare system. They plan to return spirituality to healthcare and inspire medical students to adopt integrative concepts. Learn more at <http://www.themidwayfoundation.org>.

Conference participants will receive a reusable giveaway bag with some sample products. Organic food choices will be available for a light lunch included in the \$25 entry fee. To register, call the Midway Center for Integrative Medicine at (859)-846-4445 or online at www.annieappleseedproject.org. You are guaranteed to leave feeling better. "Instead of saying 'poor me, I have cancer,' you are wasting your whole day worrying about your future. You should be saying the sun came up, my grandchildren are here, I read a book, the weather is beautiful, I took a walk, I had a great carrot and I ate the apple of my dreams. Enjoy that to the fullest because it is part of the health and wellbeing of everybody," expresses Fonfa. © 2010 Jamie Lober

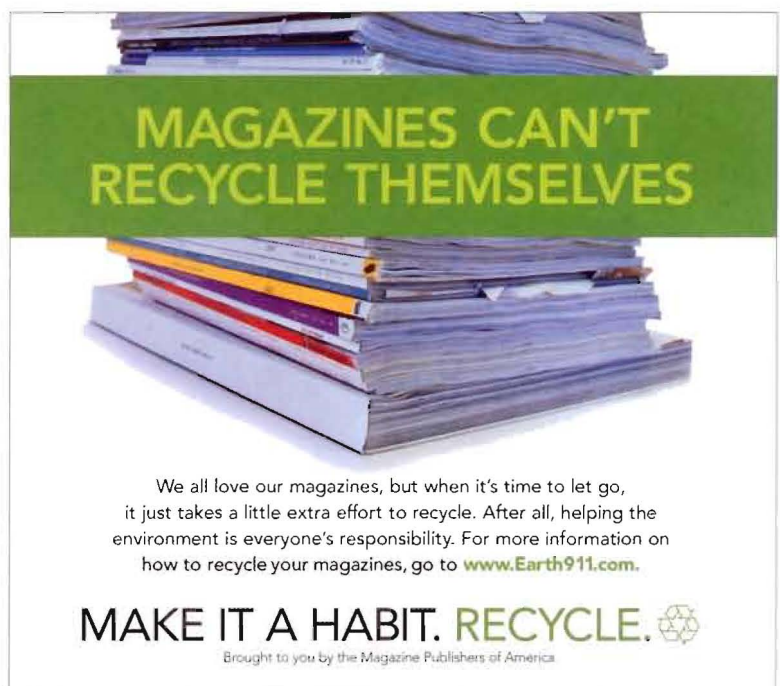
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reducing blood pressure. Thus going barefoot is recommended to prevent deep vein thrombosis.

• **Increases biomechanical performance:** Wearing shoes that have arch supports prevent the arches from functioning properly and heels cause chaos to posture as they compromise energy storage and change the shape of the spine which cause back problems and neck problems.


So try training barefoot to experience the difference and reap the benefits. As always if I can be of any assistance to you, please feel free to contact me at 859-221-4479 or supernat_us@yahoo.com.

Yours in Health, *Willie B. Ray*



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