

YOU CAN CHOOSE WHERE TO SPEND YOUR MONEY!

Why Local?

Invest in our community by supporting the businesses that have roots here. Local businesses are what make Lexington unique and give distinctive character to our neighborhoods.

Where we choose to eat, shop and hang out makes a BIG difference!

When you shop local, more money stays in the Lexington economy!

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

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

FOR MORE INFO PLEASE VISIT:
WWW.LOCALFIRSTLEXINGTON.COM



We won't turn you purple.

Be part of ground-breaking medical research.

Help to improve the quality of life for many people. Qualified participants may receive payment for time and travel.

Visit our website www.kentuckymedicalresearch.com and click on "Questionnaire" or contact us at (859) 225.5672 for a free telephone screening. Find out if you are eligible to take part in any of our studies.

Seeking volunteers for these current/future research studies:

- Diabetes or High Blood Sugar • High Cholesterol
- Insomnia (trouble sleeping) • COPD (chronic obstructive pulmonary disease)
- Irritable Bowel Syndrome • Breast Pain • Seasonal Allergies
- Overactive Bladder Syndrome (urine leakage or frequency) • Asthma
- Smoking Cessation • Hypertension (high blood pressure) • Memory Problems
- Alzheimer's Disease • Osteoarthritis • GERD (gastroesophageal reflux disease)
- Migraine Headache • Gout • Post-Herpetic Neuralgia (pain after shingles attack)
- Painful Diabetic Peripheral Neuropathy (nerve damage from diabetes)

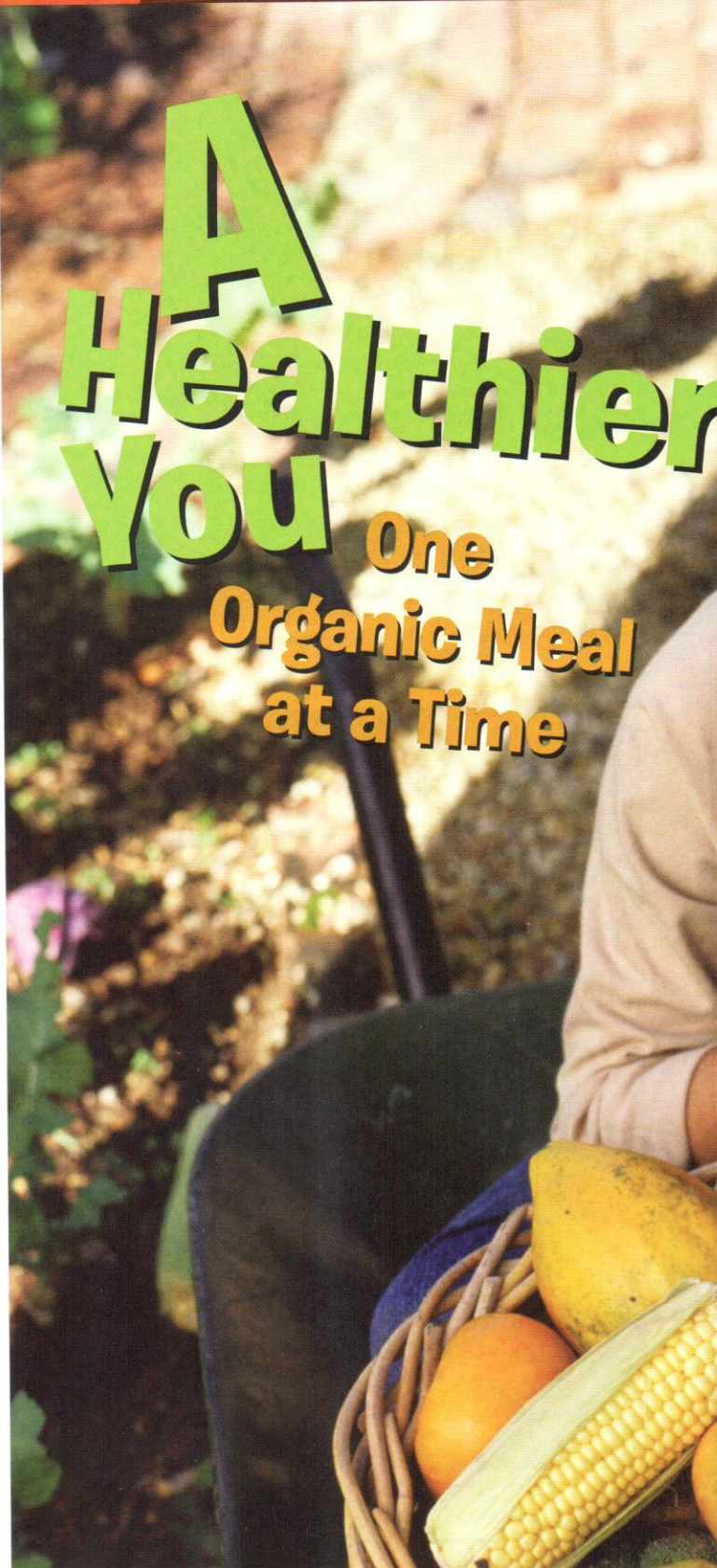
**KENTUCKY MEDICAL
RESEARCH CENTER**

354 Waller Avenue, Lexington, KY 40504

FARMER market

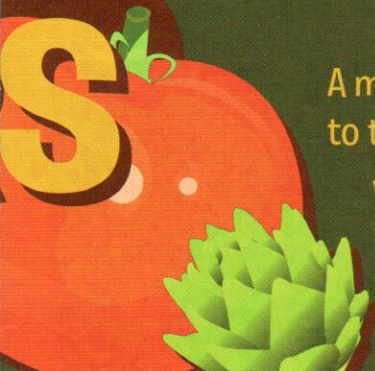
A Healthier You

One
Organic Meal
at a Time



A monthly column dedicated
to those who believe...

**you are what
you eat.**



By Jan Ross,
Staff Writer

Last summer, when I retired after 20 years as a Library Media Specialist in an elementary school, I decided that it was finally time: Time to lose weight, get in shape and get healthy. I joined Weight Watchers®, started yoga and Pilates classes and began to research what comprised a truly healthy diet. I vaguely knew that you should eat lots of fruits and vegetables and less red meat, but that was about the extent of my knowledge. I knew the basics of the Food Pyramid but had never been very careful about making sure I ate a balanced diet. I thought organic foods were a silly and unnecessary expense and knew nothing about free-range meat and eggs. I did shop at the Farmer's Market but that was mainly because we liked fresh tomatoes and corn. I never tried anything else.

All this changed when I began doing a little research (we librarians/former librarians never do anything without research) and read Michael Pollan's book "In Defense of Food." As I read it, I had to keep getting up to check my cupboard because I honestly couldn't believe some of his claims. Yogurt not good for you? Why, that's one of the healthiest things I eat! I had a refrigerator full. But when I checked, he was right. The list of ingredients almost ran off the yogurt container. It was made up of mostly artificial ingredients. The bread in my kitchen was not even technically bread? What? I always bought wheat bread! But when I went and checked, sure enough, there was a very, very long list of ingredients, most of which I couldn't even pronounce. The litany of doom went on and on.

One of his suggestions really resonated with me and made a difference in the way I shop at the grocery. He said that you should really only buy food on the outside aisles of the store. Don't even go into those middle aisles. You know, the ones with all the processed foods

which are not, by most definitions, actually food. Stick with produce, meat and dairy. And even better? Buy organic fruits and vegetables. With all the pesticides and fertilizers that are used on our produce today, you are much better off buying clean, healthy organic products. And even one step better is to buy your produce locally at a Farmer's Market. By cutting out the middle man, you are purchasing farm-fresh produce that is not only much better for you, but tastes a hundred times better.

I was sold on organic and locally grown produce but it was not until I stumbled on the movie "Food, Inc." that I became an advocate for healthier choices in my meat and dairy products as well. I had never even heard the term "factory farm" and had no idea that almost all the meat we purchase in grocery stores is no longer raised on family farms but on huge farms owned by corporations where animals are kept in dark, dank barns and stuffed with antibiotics and hormones. Not only is this meat unhealthy, this way of "farming" creates a life for these animals that is so cruel, it can't be imagined.

Recently, I was in Hawaii where many of the restaurants have a "farm to table" concept. They work with local farmers to purchase products fresh from the farm to prepare and serve – and is the food ever good! I always thought I didn't care for pineapple until I tried fresh pineapple in Hawaii. There was an incredible difference between what I had eaten and the farm fresh pineapple I was served there.

Some restaurants in the Central Kentucky area also advocate this philosophy, but not enough of them. If we want changes like this, we will have to advocate for them. And how ridiculous is it that we can't find local produce at hardly any of the grocery stores? They are shipping produce from hundreds of miles away when farmers are produc-

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Located at 3450 Richmond Rd.
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STUDY continued from Page 6

It is important to understand how clinical research studies work. They are divided into four phases. "Phase one is on several hundred people. Phase two is a few thousand people. Phase three is a few thousand more. Phase four is an after-market research study where the medication is already on the market but they are testing people's opinions about something such as whether the label on the medication was easy to read," explains BonDurant. When the drug hits the market, it means it is proven safe and effective. Do not be quick to rule out potential gains of this study. "A lot of people still have the impression that clinical trials are for guinea pigs but it is really not. The goal needs to be that you are doing this to possibly help people in the future," expresses BonDurant. ©2010 Jamie Lober

TESTOSTERONE continued from Page 7

Today several options for testosterone replacement therapy exist. Many physicians believe that natural testosterone replacements are generally safer than and just as effective as synthetic testosterone. Natural testosterone replacement is available as custom compounded creams, gels, capsules, tablets, lozenges, suppositories, injections, and implanted pellets.

No matter what form of replacement is administered, it is important for you and your preventive-aging doctor to tailor the treatment to your specific needs. In women, this can be a complicated task because testosterone replacement frequently involves other hormones as well.

HEAD continued from Page 10

medication and add another low dose of a second to see if the combination can prevent the headache," tells Gurwell.

If you are concerned, you should get evaluated. "We take a good history, figure out what age the patient started having the headache, where the pain is located, any associated symptoms, frequency, time of day and any known triggers like stress, foods, alcohol, caffeine. We do a head to toe neurological exam to make sure we do not see any symptoms that indicate something severe," describes Gurwell.

The future of headache research is bright. "We are doing a study that is looking at the presence of patent foramen ovale which is a little hole in your heart. We are looking at closure of that in patients who have headaches to see if it could prevent headaches in the long-run. In patients who have migraine with aura and migraine with neurological symptoms, we are finding many have the patent foramen ovale," shares Gurwell.

It is speculated that genetics may play a role. "It is important to understand the underlying causes and mechanisms so we can begin to develop targeted treatments to stop, prevent and maybe even cure headaches," feels Cathy Glaser, president of Migraine Research Foundation. There are many other areas of investigation. "We look at brain excitability, chronic migraines, genetic risk factors, effect of calcitonin gene-related peptide receptors which are brain chemicals and mechanisms in the brain and how estrogen levels regulate sensitization," names Glaser.

There are finally specialists around the country as well. "There is a new certification in headache medicine that has only been around a couple of years," says Glaser. We can only hope that with access to more information on headaches that physicians will have fewer patients to treat. "We basically have a public health problem with headaches being so disabling and chronic," expresses Glaser. ©2010 Jamie Lober

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ing some of the same products – and much better tasting – just a few miles away. Changes like this will have to be made with our wallets – go to the Farmer's Market and buy your food, as much of it as you possibly can. Serve it to your families and your friends and talk about how much healthier it is; how much more delicious it tastes.

Maybe if we all work together on this healthy eating project, we can actually make some changes!

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@samplerpubs.com.

FOOD continued from Page 26

substantial role in every disease process in nearly every person? Important questions.

Access to IgG food testing in central Kentucky at this time is very limited. Accuracy of the tests is still evolving. IgE and IgG antibody testing is offered at the Midway Center for Integrative Medicine.

The Midway Foundation Cancer Conference was a big success. Watch for our November conference on reversing heart, brain, and other disorders. We strive to attract the best practitioners in the country.

SPRUCE continued from Page 28

boxed, or even already cooked; but convenience is not necessarily healthy. And like many of my clients, you may feel there is not enough time. My suggestion is to cook several meals on your day off and pop them in the freezer, so you can still have the convenience of frozen food without the blandness and questionable texture.

If you have any questions or I can be of any assistance, please feel free to contact me at 859-221-4479 or supernat_us@yahoo.com.

Yours in Health, *Willie B. Ray*

DRUGS continued from Page 30

pharmacies.

In the state of Kentucky, pharmacies are required to dispense generic unless the patient desires brand or the prescriber denotes brand name on the prescription.

Generic drugs generally are safe and cost-effective alternatives to brand name products. Communication with your doctor and pharmacist is the key to optimal care.

SYNTHETIC continued from Page 31

- Board Certification in Emergency Medicine (served in US Army four years where he obtained rank of Major)
- Chief of Lexington Army Depot Health Clinic
- General Medical Officer at Fort Knox, KY assigned to Emergency Department, ENT and General Medicine Clinic
- Has over 35,000+ hours of Emergency Medicine experience and served as Emergency Department Director at three different hospitals
- Licensed in Tennessee, Kentucky, Ohio and Louisiana
- Dr. Roberts is also a published researcher

Zachariah Betts assisted with the research and development of this article. Zac is the Managing Director of Abundant Living Medical in Lexington, KY.

Abundant Living Medical can be reached at 859-263-4900 or www.AbundantLivingMedical.com

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abuse; it's what can we do at the front end to prevent that child abuse from ever happening," Dean said. "It's really important to understand child abuse spans all socioeconomic backgrounds, all ethnic backgrounds, all levels of education, and unfortunately the kiddos who most often missed are the ones that look just like you and I. That's usually what happens."

Check out Safe Kids Fayette County's new Website!

www.safekidsfayettecounty.com

Learn more about

- Programs offered to organizations in the community
- Free car-seat fitting stations
- Fact sheets and safety tips
- News updates
- Links to other important safety information, including product recalls

Interested in volunteering or becoming a Safe Kids coalition member?

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