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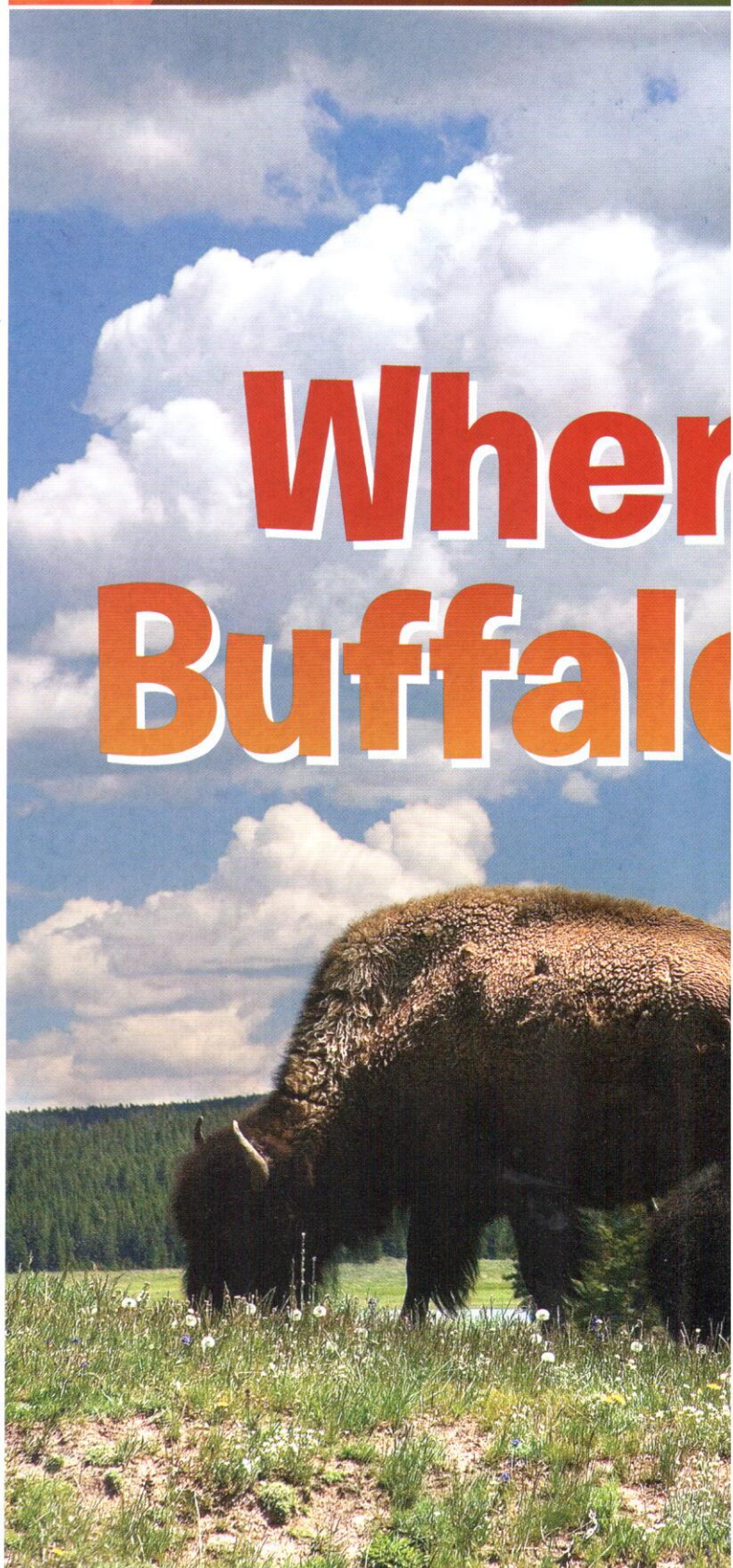
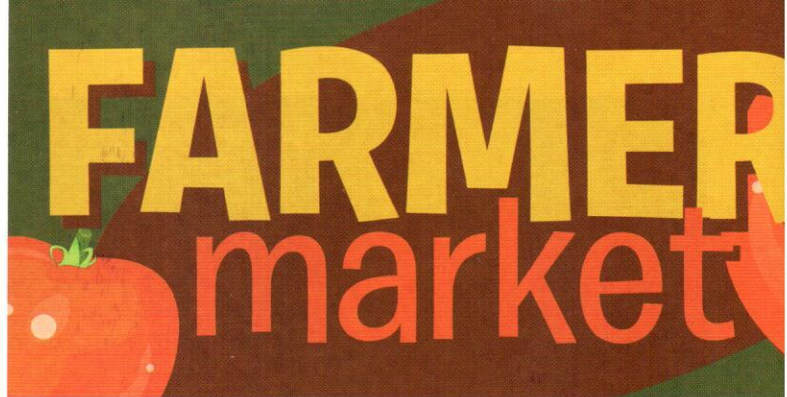
A research study with a pharmaceutical company evaluating the safety and effects of an investigational drug for Type 2 Diabetes is being conducted.

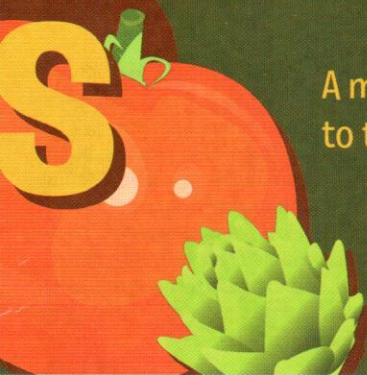
- Type 2 Diabetes
- 18-80 years of age
- Currently treated with metformin

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.

e the Roam



By Jan Ross,
Staff Writer

The first time I ate buffalo meat, more commonly called bison, (although both names are correct) was at a local area restaurant in Lexington. Friends had assured us we would love the tender, juicy bison burgers. Not being a fan of any sort of meat except the most traditional, I had serious reservations. But my husband and I gamely ordered bison burgers and when they were placed on our table, juicy and fragrant, we (with no small degree of trepidation) took a bite. And exchanged a look of amazement with each other. Bison. Was. DELICIOUS. With a rather sweet and rich flavor, it was the juiciest burger I have ever had. Since then, we have had bison many times at area restaurants and have even purchased it to prepare at home.

If you have ever seen a movie featuring the American West, then you have seen buffalo. For hundreds of years, until Europeans came along and decimated the herds, thousands of buffalo roamed the plains and provided sustenance of all kinds to the Native Americans. Hunted almost to extinction in the 1800s, bison have made a comeback with the help of man, their former deadly enemies. The largest herd of buffalo is allowed to roam free in Yellowstone Park but many farmers have begun keeping them as well and selling their meat, including farmers in Kentucky.

In 1996 Steve Wilson and his wife, Laura Lee Brown, purchased Woodland Farm in Oldham County, Kentucky. They wanted to return to farm living and had done research about ways to preserve farmland and maintain a profitable working farm. They were intrigued with bison's low-fat, healthy meat and appreciated the idea of restoring one of American's native species. They began with 25 buffalo calves from Custer State Park in South Dakota. Their herd soon grew

and the Kentucky Bison Company was born. They don't use steroids, stimulants or antibiotics and raise their bison as naturally as possible. Their bison have won several agricultural honors and awards in Kentucky and other states.

They raise all their own bison, process it in Memphis, Indiana and sell it on their website (<http://www.kybisonco.com/>) as well as at their sales office in Louisville. You can also find bison at several stores in Central Kentucky, including Critchfield Meats and farmer's markets in Louisville. If you don't feel like preparing it yourself, you can also find bison at many restaurants, including Azure in Lexington, Loew's Vanderbilt Hotel in Nashville and all the locations of Buckhead.

Bison is one of the healthiest meats you can eat. I knew vaguely that bison was considered healthier than beef but didn't realize that it is actually much leaner with less than 1/4 of the fat of beef, and has far fewer calories and cholesterol. It has even less calories than grilled chicken! The American Heart Association even recommends bison for a heart healthy diet due to its low fat and cholesterol content. It is also higher in protein, vitamins and minerals. Because it is so lean, it does not need to be cooked as long as beef and should be cooked at a low temperature and turned often. It has the most flavor when it is cooked to medium or medium/rare with an internal temperature of about 120 degrees.

So, even if you have some reservations like me, give bison a chance. I think you will be pleasantly surprised!

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,

BUFFALO Continued on Page 38



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SLEEP continued from Page 6

is dangerous. Avoid caffeine for eight hours before your planned bedtime. Your body doesn't store caffeine, but it takes many hours to eliminate the stimulant and its effects. And although often believed to be a sedative, alcohol actually disrupts sleep.

SKIN continued from Page 10

blueberries. There is a big move towards black cumin acai berry. Cutting back on sugars and increasing whole grains can help too," shares Patel. There are good fats and bad fats. "Increasing items that are high in omega-3 like salmon, walnuts and flaxseed can help," says Patel. The final thing you can do is stay hydrated. "I recommend at least eight cups of water. Keeping a water bottle inside your bag really helps," finds Patel.

Some people turn to treatments. "Peels will reduce or eliminate precancerous lesions while rejuvenating your skin," believes Patel. He notes that laser resurfacing can also be used as a means of prevention. Massage offers its own benefits. "It increases the circulation of blood passively through the body, quickens the body's recovery rate and helps energize you," says Cindy Hutchinson, massage therapist at Lexington Professional Massage. All massages are not the same so it is important to be vocal about your needs. "Sometimes you want a soothing, relaxing massage if you are under stress or a deeper, more therapeutic massage if you have injured muscles or areas that are giving you trouble," exemplifies Hutchinson. Water remains essential. "Drink a lot of water before and after the massage because it will mobilize toxins through the body and you want to have a hydrated system so your body can eliminate the toxins and you will feel a lot better," says Hutchinson.

Doctors are hopeful that there will soon be advances in skin health as they are trying to understand how to make skin tan without the need for UV radiation. "We are trying to develop safe methods that do not require the potential mutation-causing UV damage so people can get a tan and feel good without increasing their risk of getting cancer and other skin problems. We are still working in mouse models but hopefully it will work," expresses D'Orazio. © 2010 Jamie Lober

MIMIC continued from Page 15

Only when the precise location of these muscular trigger points has been determined can appropriate therapeutic care be administered. Simply put, even appropriate care administered in the wrong location is totally ineffective. Therefore, in our office, it is paramount that we correctly identify the specific trigger points associated with the patient, referred pain pattern. In 25 years, we have developed a successful protocol to achieve this goal. We utilize a combination of ischemic muscular compression, longitudinal muscular stripping, neuromuscular torque, therapeutic stretch, percussion, cryotherapy, electrical muscular stimulation, micro current, magnetic therapy, and therapeutic exercise.

With the precise application of these powerful therapeutic agents at the source of the pain (trigger points) this sinister mimic is eliminated.

BUFFALO continued from Page 19

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.

WEIGHT continued from Page 20

to weight loss and do not have the time to go in depth with education. Even dieticians cannot look for metabolic and biochemical things and adjust medications. Seeing a Bariatrician encompasses the whole gamut of that," expresses Swindler. You do not have to be obese to gather some lifesaving information. "Anyone who has thought about weight loss or thinks they want to make some type of change, whether nutritionally or getting the scale down, would be worth making a call to Medical Bariatrics of Lexington,"

The benefits of seeking some guidance are immense. "Losing weight is not just about looking better, it is about feeling better. It is an investment in the future," concludes Swindler. It even equates to decreased healthcare expenses in the long-term. "I have one of the best jobs in the world because I see patients get excited about weight loss. Their confidence goes up, they go out and socialize more and they are overall much happier with themselves and life in general. It makes a big difference," finds Swindler. © 2010 Jamie Lober

CANCER continued from Page 26

physical impairment in elderly can also, more often than not, improve.

Attend our May 8 Midway Foundation conference to expand your awareness of the diverse ways to treat and prevent cancer. If there is interest, a winter conference can bring to town the most successful doctor at reversing coronary heart disease. We can also address challenging brain disorders, digestive disease, and more. Visit www.themidwayfoundation.org – a bridge to the future!

FACIAL continued from Page 27

With today's active population, nonsurgical facial rejuvenation is ever increasing in popularity as we seek to maintain a youthful appearance with minimal downtime. Botox® Cosmetic or Dysport can reduce active wrinkles while fillers plump lines and folds that are present at rest. They are often used in conjunction with each other and with various laser and light-based treatments which treat sunspots and redness for more even skin tone. *Please see our ad on the back page.*

DIFFERENCES continued from Page 32

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