

HEALTH NEWS AND FEATURES

Clearing that Mental Fog



by Carolyn Guilford, Certified Nutritionist

More and more I hear folk talking about brain fog. Persons in Chemotherapy the most, but also persons of all ages. Trouble recalling names and dates, newly learned materials, details of events and information from along ago.

This brain fog affects persons in every age range, from teenagers -difficulty learning, working professionals, retirees, as well as the elderly. We call it 'brain failure.'

Our overall quality of life is linked to cognitive function. Academic performance, career success, self esteem and confidence, and the enjoyment of life, all comes from peak brain health. And peak brain health comes from regular physical exercise, regular mental exercise and the right nutrition.

We know that exercise strengthens the heart and is needed for good circulation, which sends vital nutrients, glucose and oxygen to all the cells of the body. And it sends these vital nutrients to the brain as well.

The brain also needs the mental exercise. Learning new skills, languages, or challenging the brain with reading, games, puzzles even as we age, keeps the brain sharp. It's a 'use it or lose it' organ like any other, and is at risk of growing dull.

A healthy diet. The same nutrients we rely on to keep the body healthy and strong are also needed to keep brain cells strong and active.

One of the main reasons for poor cognitive function in this age is the farming practices which depletes the soil in which the foods are grown, causing produce to be very low in the very nutrients vital to life and health. But, also the processing, the adding of chemicals and preservatives, and pesticides, all of which are toxic to the brain.

This is a very good case for buying organically grown produce, and for growing your own. Other neuro-toxins include smoking, chronic stress, chronic diseases: high cholesterol, diabetes, and high blood pressure, and the medications for these diseases, and the drinking of alcohol.

Foggy thinking and faulty memory is really an early warning sign of brain decline to come, in the form of dementia or Alzheimer's disease in the future.

With the right care, the brain, as with the body, is perfectly designed to last our full lifetimes of one hundred and twenty (120) years.

So how do we care for this brain and this body for a

good life? **Avoid the things that are bad:**

Sugar, fatty meats, cream, lard, shortening, hydrogenated fats, doughnuts, fried chicken, candy bars, commercially prepared cookies, breads and muffins, and french fries. Junk foods and processed foods. Alcohol, caffeine, artificial sweeteners, and sodas.

And embrace the good: Baked and broiled fish, leafy greens, berries, all the colors of veggies, nuts and seeds, whole-grain fibers, and organically grown meats and produce, as much as possible.

Aerobic exercise enhances circulation to the brain also, carrying vital nutrients and oxygen to the cells for energy and peak performance.

Mental stimulation with mind teasers helps multiply and extend branching neurons, helping keep them flexible and supple, all of which empowers the brain to learn more, recall quickly, accurately and to remain sharp.

A study call 'ACTIVE', published in December 2006, *Journal of American Medical Association* showed that mental exercise can help fight cognitive decline in older adults and also may "help maintain thinking skills needed for everyday tasks.

For more information, call Carolyn Guilford at (912) 236-8987 or email: www.healthrestoration101.com or write: P. O. Box 2814, Savannah, GA 31402

Community Health Fair

The Tatemville Community Improvement Association, Inc., in conjunction with St. Peter's A.M.E. Church, will be sponsoring a Health Fair on Saturday, September 13, 2008 from 8:00 a.m. until

3:00p.m. Activities will include a 5k walk that starts from the Tatemville Community Center and ends at St. Peter's A.M.E. Church., blood pressure checks and health information booths, activities for

the children, voter registration and a picnic.

The association received a Family Assistance Grant from the City of Savannah and is sponsoring this activity with part of that grant.

Road to Wellness Health and Information Fair

The Savannah-Dixon Park Neighborhood Improvement Association will host a Road to Wellness Health and Information Fair on Saturday, September 13, 2008, at Dixon Park located on the corner of E. Broad and Henry Street. This program aims to bring residents to get to raise awareness about health issues impacting their

community as well to give them a host of health information that can be used to keep them healthy as well as their family members.

From 10a-2pm participants can enjoy a Free Cookout and take advantage of FREE Health Screenings and Health Information.

• FREE \$ 25.00 Gas Card Raffle

- FREE Giveaways (First Aid Kits, Flashlights, Pedometers, etc)
- FREE Blood pressure Screening
- FREE Moon Bounce for Kids, Face Painting, and a host of other activities

For more information, W. John Mitchell at 912-272-7543 or Tyrone Daughtry at 912-651-3685.

"Celebration of Hope" to Raise Funds for Backus Children's Hospital

The third annual "Celebration of Hope" wine-tasting and auction will be held on Saturday, September 20, from 7 p.m. to 10 p.m., at the Hilton Savannah DeSoto's Harborview Room. Funds raised at the event will benefit families with children in the hematology/oncology program at the George & Marie Backus Children's Hospital at Memorial University Medical Center.

More than 75 specialty wines will be available for tasting. There will also be live and silent auctions with a variety of fine items up for bid.

Celebration of Hope is

the opening event for the Savannah Jazz Festival and will feature a jazz performance by the renowned Ben Tucker Trio. Tickets are \$75 per person. To purchase tickets or for more information please call 912-350-8194 or visit kidshope.memorial-health.com.

Backus Children's Hospital works with the Curtis and Elizabeth Anderson Cancer Institute at Memorial University Medical Center to provide the region's only pediatric and adolescent hematology/oncology program.

Memorial University Medical Center (MUMC) is

a two-state healthcare organization serving a 35-county area in southeast Georgia and southern South Carolina. The system includes its flagship hospital, a 530-bed tertiary medical center; Memorial primary and specialty care physician networks; a major medical education program; business and industry services; and NurseOne, a 24-hour call center. Memorial University Medical Center has been named a Distinguished Hospital by J.D. Power and Associates four years in a row for providing an outstanding patient experience. Visit our Web site at www.memorialhealth.com.

Getting the Word Out About Prostate Cancer

Chatham County Health Department to Hold Educational Sessions

Gone are the days when cancer was a taboo subject talked about behind closed doors in hushed tones. Today, thanks to awareness campaigns, more and more people are finding out about different cancers and how they can be prevented, detected, and treated. Certain kinds of cancers are still hard for some people to discuss.

Case and point: Prostate cancer.

According to the Centers for Disease Control, prostate cancer is the most common cancer (after skin cancer) affecting men in the United States. In fact, one in six men will be diagnosed with prostate cancer in his lifetime.

Talking openly about a cancer that can affect part of a man's reproductive system is not easy. The Chatham County Health Department

wants to change that by getting the word out about prostate cancer.

"September is Prostate Cancer Awareness Month and we want residents in the Coastal Health District, including Chatham County, to start talking about this disease to promote awareness of it," said Coastal Health District Health Promotion and

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