

HEALTH NEWS AND FEATURES

Cancer - Diabetes - Heart Disease Do we really need to take supplements?



by Carolyn Guilford
Certified Nutritionist

Last week at - Grocery Shopping 101- a client asked why I recommend taking nutritional supplements. Of course she had heard that supplements are unnecessary, a waste of money, and possibly harmful, but wanted my opinion.

In today's world, I always encourage my clients to take nutrients (after I take their history), I can advise the kind of nutrients they would most benefit from. Most persons don't know what vitamins and minerals they need.

We all need to take nutritional supplements, in general the reasons are many: the ways that food is grown and processed in this country, chemical pollutants, chemically altered seeds which are grown into food crops, depleted soils in which crops are grown, our lifestyle choices, and pesticides, are just the most obvious reasons. Lets look at each of these causes of nutrient depletion.

Many food processing

techniques are used to prolong the shelf life of foods. Just one is by irradiating food, killing essential nutrients, including water soluble vitamins and antioxidants. Also, processed foods contain refined sugar, extra salt, unhealthy fats, and chemical additives.

From factories all over this country millions of pounds of chemicals are dumped into our environment. Contaminating the air, water and the foods we eat. Many studies prove environmental pollution is a major cause of degenerative diseases. Therefore we need good quality supplements to guard against pollution.

Many clients tell me while we are shopping, that they've never heard of genetically modified (GM) foods. These are laboratory modified seeds and plants created for human consumption via new sophisticated technology. GM foods are created to improve crop growth and sales value, at great risk to our nutrition, health and overall immunity.

With current farming practices, chemically made fertilizers and pesticides have caused the soil used to grow produce to be nutrient bare. The essential nutrients are just not in the soil. So it stands to reason that if the nutrients are not in the soil, then the fruits and vegetables grown in the soil will also lack nutrients, and taste. (Have you heard some older person say "food

just doesn't taste like it used to?", I have. Don't be so quick to think it's just their taste buds. I've found that veggies grown at home taste so much better than those purchased at the supermarket. Another reason to grow your own favorite veggies.

I always suggest choosing fresh foods over canned, frozen, and boxed, because processed foods are not fresh, are not healthy and contain fewer nutrients. Processing removes needed fiber, enzymes, as well as certain other vital nutrients, which are needed for the body's metabolic and immune functions, ushering the way for chronic degenerative diseases.

Stress, which can sap our energy supplies and cause chronic diseases, and accelerate aging. Are you feeling depressed, tired, having trouble sleeping, or anxious for no apparent reason? Any or all of these symptoms might signal uncontrolled stress. The right supplements will work wonders to alleviate these detrimental effects of stress, and send you back to peak performance and the enjoyment of life.

Pesticides are used to control and destroy pests in crops, but are also poisonous to humans, resulting in many major health problems involving the immune system, nervous system and causes hormonal imbalances for women

See Supplements, page 18

Human Rabies Vaccine Shortage Prompts Chatham County Health Department to Urge Caution

A nationwide shortage of rabies vaccine has prompted the Chatham County Health Department to encourage all residents to take serious precautions against contracting rabies.

Only two companies in the United States provide a vaccine to combat the rabies virus. For various reasons, both facilities are currently producing a limited supply. The short supply combined with high demand has resulted in a vaccine shortage for humans.

"Becoming infected with the rabies virus is something that can absolutely be avoided," said Saroyi Morris, Director of Environmental Health for the Coastal Health District. "By taking the proper pre-

cautions to protect yourself and your pets, you can minimize the risk of contracting this potentially deadly disease."

Rabies can be transmitted through the bite, scratch, or saliva of an infected animal. The disease attacks the central nervous system and is often fatal. Rabies is carried by raccoons, bats, skunks, foxes, and other mammals. Because family pets may encounter wild animals carrying the disease, it is extremely important to get pets vaccinated annually.

"Getting your pet vaccinated is easy, inexpensive, and the best way to protect your pets from this disease," said Morris. "It's also the law."

The Chatham County

Health Department offers the following tips to help protect you and your family from rabies:

- Avoid wild or stray animals.
- Never adopt wild animals or bring them into your home and try to nurse them back to health. Call animal control or an animal rescue agency for help.
- Teach children to never handle unfamiliar animals, either wild or domestic, even if they appear friendly.
- Never handle, feed, or unintentionally attract wild animals with open garbage cans or by leaving pet food out overnight.

For more information on rabies, go to www.cdc.gov/rabies.

Free Lunch and Learn presented by the Alzheimer's Association

The Alzheimer's Association Invites you to attend an informational seminar on September 25, 2008 at 1:00pm at River's Edge Gracious Senior Living located at 6206 Waters Avenue.

Elder Law Attorney Bob Mason will be discussing Power of Attorney (POA), POA for Health

Care, the difference between Medicaid and Medicare and how Medicaid requirements have changed. Guardianship and Miller's Trust will also be discussed. Bob is a certified elder law attorney by the National Elder Law Foundation. He serves clients in N.C. and Savannah, GA. This seminar is open to caregivers, family

members and professionals in eldercare.

This seminar will start at 1:00pm and end at 3:00pm. It is a free seminar. Lunch will be provided and an RSVP by September 18th is required.

Please call the Alzheimer's Association at 1-800-272-3900 or 912-920-2231 to register.

Alzheimer's Association's Memory Walk® 2008 NEEDS YOU!

The Alzheimer's Association's, Savannah Memory Walk Festival will take place on Saturday, September 27 at Johnson Square in Savannah. People across Coastal Georgia are invited to participate in this year's event to raise awareness and funds for

Alzheimer's care, support and research programs. Come enjoy music by Bucky and Barry, great BBQ from Sticky Fingers, games, and a walk through historic downtown. Registration begins at 10 a.m. Walk begins at 11 a.m. This inspiring event calls on

volunteers of all ages to become Champions in the fight against Alzheimer's.

Start your team today or make a donation by visiting the Alzheimer's Association at www.georgiamemorywalk.org or call 912-920-2231 for more information.

The Savannah Tribune

"Georgia's Best Weekly"

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September 10, 2008

Dear Business Leader,

On Wednesday, October 1, 2008, *The Savannah Tribune* will publish a Special Edition highlighting **BREAST CANCER AWARENESS** and saluting **SMALL BUSINESSES**. This edition will provide an excellent advertising opportunity.

The Savannah Tribune, founded in 1875, is one of the oldest African-American-owned newspapers in America. We have pioneered in producing Special Editions highlighting issues, institutions and events of major significance to our citizens and community. The October 1st edition will be our first publication featuring two (2) important topics in (1) newspaper.

We hope that you will continue your support of our newspaper and help make this a successful and informative special edition. In the **Breast Cancer Awareness Section**, we will give information on the many services, special care facilities and support groups that are available in our community.

Our **Small Business Section** will salute the Small Business Community. We hope to feature several small businesses with articles about their goals, challenges, and accomplishments. Additionally, we will highlight the 2nd Annual Axis Savannah Conference on October 1, 2008.

We look forward to hearing from you as soon as possible. **The advertising deadline is Friday, September 26th.** Please do not hesitate to call 912-233-6128 or 912-658-2813, if you need additional information.

Sincerely,

Shirley B. James
Shirley B. James
Publisher

Tanya Milton
Tanya Milton
Advertising Director



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