

HEALTH AND COMMUNITY NEWS

Whole Nutrition for Whole Health

The goal of this column and the goal of the Health Restoration 101 programs are to help to maximize your chances of living a longer, healthier life. And now, the book has been published, *Health Restoration 101: Creating a healthy lifestyle. Call to get your copy today. We've truly created - A New Formula For Health Success!*

by Carolyn Guilford, CNC

Health Restoration 101 is a new formula for health success. Just some of the programs we've created, teach clients the skills in which to reverse heart disease, manage diabetes without medicines and how to not let cancer and the treatments for cancer take your life. It's all about nutrition and how to eat the foods which can save your life.

When I give a talk the question about juices always come up. I believe in juicing as a way to get in the necessary servings of fresh fruits and veggies each day, but as a rule I try to avoid naming or endorsing any products. Juice, soups and smoothies using the whole fruit or vegetable, including the valuable fiber with all the vitamins, minerals and the phytonutrients, is the best way to fight disease.

Research shows that phytonutrients, and the newly identified glyconutrients, can



Carolyn Guilford

significantly reduce free radicals which cause damage in the body, thereby end the disease causing process. That is why eating daily the 9-13 servings of fresh fruits and vegetables and eating good whole grains -without chemicals added- is the one most important thing you can do to protect, or regain your health.

Examples:

Oranges help prevent clogged arteries by relaxing the arteries, which can also lower blood pressure. However, getting the pulp, fiber, phytonutrients and the pith is an important part of that process. All of which is missing from most juices.

Apples are loaded with pectin and soluble fiber that soaks up excess cholesterol in the intestines, before it enters the blood to cause trouble in the arteries. When pectin leaves the body, it takes unwanted fat and cholesterol with it. If you are buying commercial juices or juicing at home, most of the apples' detoxifying and nourishing pulp is removed and thrown away. What is left is the high sugar liquid which is absorbed into the bloodstream too quickly and drives up the blood sugar levels.

Research at Northwestern University has shown that middle-aged men who ate at least one carrot a day had a

37 per cent lower risk of death from cancer than men who did not. Another study at Rutgers University indicates that carrots and other foods rich in beta-carotene may significantly reduce the risk of heart disease. If you drink the entire carrot you get the beta-carotene and alpha-carotene, the super antioxidants. Whole food juice gives you six times the fiber, which makes the juice more satisfying, and counteracts the high concentration of natural sugars in the carrots and other fruits, which prevents the rise in blood sugar levels.

A whole food, with all the natural components is where the miracle of nutrition is. Not in it's separated and rearranged parts. They were made together and still work best together as an un-tampered-with whole. No amount of pills and powders can take the place of the foods that nature provides.

So now you know. If you want to make juice, make a whole food juice, and get on the sure road to health. I think that better than a juicer, is the Vita-Mix. As always, if you want more information, please call me or visit my website.

Remember, Health is Wealth. But also, Health is a Choice. Your Choice. If you would like to purchase a copy of the book, attend a workshop or class, or comment on any health issue we've covered in this column, please call or write:

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Obama Vows No Cuts to Medicare Benefits

Patricia Barry,
AARP Bulletin Today

President Obama again took his appeal for health care reform directly to the American people Tuesday, this time at a telephone town hall meeting at AARP's Washington headquarters where he answered questions from older men and women concerned about how proposed changes to the current health system would affect them.

"Nobody's trying to change what does work in the system," Obama told the estimated 180,000 listeners. "We are trying to change what doesn't work in the system."

In the face of growing public skepticism and congressional delay, the president used his 75-minute town hall to address the concerns of callers from across the country and to answer recurring questions—including the bizarre charge that every five years government bureaucrats would visit all older Americans to counsel them on ending their lives early. Will care be rationed? Is America heading toward socialized medicine and a system like Canada's? Will Medicare benefits be cut?

"Nobody is talking about cutting Medicare benefits. I just want to make that absolutely clear," he said emphatically.



Barack Obama

Seated on a stool in front of the small studio audience, Obama appeared relaxed and confident, sometimes using kitchen table analogies to explain knotty health care proposals and to untangle some of the myths now widely circulating on the Internet. Introducing Obama, AARP CEO A. Barry Rand said: "There's a lot of misinformation about health care reform—even on what AARP stands for, and what AARP supports. This town hall is part of our ongoing effort to debunk myths and provide accurate information."

He added: "I want to make it clear that AARP has not endorsed any particular bill or any of the bills being debated in Congress today. We continue to work with members of Congress on both sides of the aisle and with the administration to achieve what is right

for health care reform."

AARP president Jennie Chin Hansen also cited confusion expressed in questions that have come from thousands of members who have participated in previous AARP town halls. "Like, will the government tell my doctor how to practice medicine?"

Obama said he understands that overhauling the health care system is not easy. "I know there are folks who will oppose any kind of reform because they profit from the way the system is right now. They'll run all sorts of ads that will make people scared."

But, he added, this has all happened before. "Back when President Kennedy and then President Johnson were trying to pass Medicare, opponents claimed it was socialized medicine," he said. "When you look at the Medicare debate, it is almost exactly the same as the debate we're having right now. Everybody who was in favor of the status quo was trying to scare the American people saying that government is going to take over your health care, you won't be able to choose your own doctor, they're going to ration care." Obama added: "You know what? Medicare has been extraordinarily popular. It has worked. It has made people a lot healthier, given them security. And we can do the same this time."

Governor Gives Extraordinary Service Award to Health Agencies

Governor Sonny Perdue announced recently that employees of Georgia's health and human services agencies have been awarded

the "Governor's Award for Extraordinary Service to Georgians" in recognition of their outstanding work during the reorganization of the Department of Behavioral Health and Developmental Disabilities, the Department of Human Services, and the Department of Community Health.

"This is only the second time we have given out this recognition and I hope it stands as a real testament to those who worked hard for the benefit of Georgia's most vulnerable citizens," said Governor Perdue. "Thanks to the work of over 200 state employees the reorganization of Georgia's health and human service agencies has

been completed successfully less than five months after it began with no disruption in services to constituents."

The employees not only completed the transition without a break in customer service, they also helped move thousands of staff members physically and administratively to new agencies and new functions and maintained support for partner vendors without disruption, all while continuing to do their regular jobs.

"If you compare this to the corporate world, what we have accomplished is a simultaneous divestiture, merger, startup, and reorganization involving a company with 20,000 employees - in less than five months. That is unheard of," said Jim Lientz, Chief Operating Officer for the State of Georgia.

The health and human services reorganization was initiated by Governor Sonny Perdue and approved by the Georgia General Assembly in its 2009 session as a way to bring greater focus to the state's behavioral health services and to better align the state's programs promoting public health.

At the same time, DHR's Division of Public Health and Office of Regulatory Services, representing a total of 1,240 employees, were divested and transferred to the Department of Community Health.

The remaining functions of DHR, including Family and Children Services, Aging, and Child Support Services, were reorganized to form the new Department of Human Services.

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