

Southcoast Wellness Van announces July schedule for community screenings and vaccinations

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The Southcoast Wellness Van upholds Southcoast Health's mission to promote the optimal health and well-being of individuals in the communities it serves. Southcoast Health focuses its attention on increasing access to services and caring for the entire population through wellness initiatives and disease management that are designed to limit – and preferably prevent – the patient's need for acute care.

The Southcoast Wellness Van travels across the region bringing health screenings into the communities of Southeastern Massachusetts. Free mobile health services available by the staff include:

- Cancer screenings and education.
- Blood pressure screening.
- Cholesterol screening
- Teen resource information
- Glucose (diabetes) screenings.
- Nutritional information and education.
- Health education services.
- Medical physician referral.
- Vaccinations.

Please note that screenings sponsored by the Southcoast Wellness Van are sometimes held at community locations and not always on the van. Look for signs when arriving at a location if you do not see the van outside.

For more information and to schedule free screenings, please call Susan Oliveira, RN, at 508-973-8740 or email oliveiras@southcoast.org. You can also check the schedule online at www.southcoast.org or subscribe to daily notices on Twitter, Facebook and RSS feeds.

NEW BEDFORD

Tuesday, July 5

Bay Village/ Boa Vista Housing
134 South Second St., New Bedford
Health Screenings & Vaccines
12 p.m. to 6 p.m.

NEW BEDFORD

Wednesday, July 6

Stop & Shop
1001 Kings Highway, New Bedford
Health Screenings & Vaccines
9 a.m. to 3 p.m.

SOMERSET

Thursday, July 7

Stop & Shop
887 Grand Army Highway, Somerset
Health Screenings & Vaccines
9 a.m. to 3 p.m.

WAREHAM

Friday, July 8

Wareham Depot
125 Minot Ave., Wareham
Health Screenings & Vaccines
12 p.m. to 3 p.m.

FALL RIVER

Saturday, July 9

Rise in Christ Church
227 Morgan Street, Fall River

Health Screenings & Vaccines

11 a.m. to 3 p.m.

NEW BEDFORD

Sunday, July 10

Boys And Girls Club of New Bedford

166 Jenny Street, New Bedford

Health Screenings & Vaccines

11 a.m. to 3 p.m.

FALL RIVER

Wednesday, July 13

Benny Costa Plaza

506 Amity St., Fall River

Health Screenings & Vaccines

10 a.m. to 2 p.m.

FALL RIVER

Thursday, July 14

Maple Gardens

Aetna St., Fall River

Health Screenings & Vaccines

10 a.m. to 2 p.m.

NEW BEDFORD

Friday, July 15

Temple Landing

370 Middle Street, New Bedford

Health Screenings

10 a.m. to 4 p.m.

FALL RIVER

Monday, July 18

Heritage Heights

100 Green St, Fall River

Health Screenings & Vaccines

10 a.m. to 2 p.m.

NEW BEDFORD

Tuesday, July 19

Brickenwood

Harvard St, New Bedford

Health Screenings & Vaccines

10 a.m. to 3 p.m.

FALL RIVER

Wednesday, July 20

Pleasant View

Herman St., Fall River

Health Screenings & Vaccines

10 a.m. to 2 p.m.

NEW BEDFORD

Thursday, July 21

Presidential Heights

Community Room Filmore Street, New Bedford

Health Screenings & Vaccines

11 a.m. to 5 p.m.

FALL RIVER

Friday, July 22

Sunset Hill Housing

151 Charles St., Fall River

Health Screenings & Vaccines

10 a.m. to 2 p.m.

NEW BEDFORD

Saturday, July 23

Verdean Gardens

68 South Street, New Bedford

Health Screenings & Vaccines

11 a.m. to 5 p.m.

WAREHAM

Tuesday, July 26

Cranberry Manor

2222 Cranberry Highway, Wareham
Health Screenings & Vaccines
12 p.m. to 3 p.m.

FALL RIVER

Thursday, July 28
Father Diaferio Village
249 Johnson St., Fall River
Health Screenings & Vaccines
10 a.m. to 2 p.m.

ONSET

Friday, July 29
Onset Pier
184 Onset Ave., Onset
Health Screenings & Vaccines
10 a.m. to 3 p.m.

The South Coast's Most Popular Yoga & Summer Bootcamp Return to Cushman Park ~ Free to the Public

Outdoor fitness is thriving at Cushman Park, Fairhaven, Massachusetts this summer! The South Coast community can keep fit and stay healthy with free exercise classes taught by two of the top fitness instructors in the area. Twenty free classes in all –Yoga in the Park with Kripalu Certified Yoga Instructor, Jeff Costa and Summer Bootcamp with Certified Functional Trainer, Wayne Goulart are held through the summer in Cushman Park on Green Street.

Yoga in the Park will take place starting June 21, 2016 and continues for 10 weeks through August 23 every Tuesday from 8:30 a.m. to 9:30 a.m. This is a gentle yoga series for all levels, designed to introduce newcomers to the basics of stretching and mindfulness and challenge yoga enthusiasts with a focus on compassion for the body. Summer Bootcamp, begins June 23 and continues each Thursday from 8:30 a.m. to 9:30 a.m. through August 25. The Bootcamp class consists of various exercises that build functional strength and core stability with circuits utilizing light dumbbells and body weight exercises.

Yoga in Cushman Park's instructor, Jeff Costa, E-RYT 200 is a Yoga Alliance Nationally Certified Instructor and a graduate of the Kripalu School of Yoga and Health. Jeff is the Fitness Director at Carabiner's Climbing and Fitness in New Bedford. With over 25 years experience in the fitness industry and a BA in Liberal Arts from Boston University, the strength of Jeff's teaching lies in his attention to detail and his compassionate approach to students' needs. Jeff's authentic voice and classical approach to alignment create a class environment which engenders happiness, personal power, and peace of mind.

Summer Bootcamp instructor Wayne Goulart's career in health and wellness began as a hobby when he started lifting weights with his brother in the basement of his family home. That hobby grew into a lifestyle and eventually a passion. Wayne is a certified personal trainer (A.F.P.A.) and has been working for ten years as lead trainer at the New Bedford YMCA. A certified group exercise instructor, Wayne's specialty is functional training and his clients are from all walks of life, ages and fitness levels.

Attendees to the classes should bring a mat for Yoga and a mat plus set of weights for Bootcamp. Classes take place weather permitting – cancellations are posted on the FaceBook page: HYPERLINK “<http://www.facebook.com/fitnessincushmanpark>” www.facebook.com/fitnessincushmanpark .

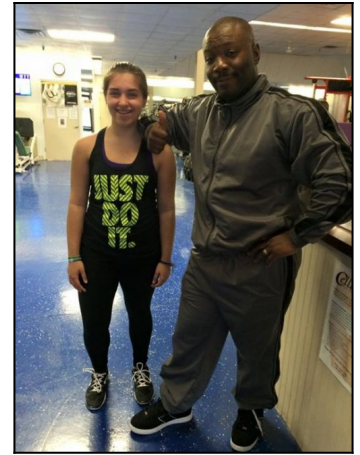
Fitness in Cushman Park is once again presented free to the public, for the 5th year in a row, because of generous support from community contributions. Last summer's classes were a resounding success with over one hundred fifty fitness enthusiasts attending sessions.

For more information about the fitness program or to sponsor Fitness in Cushman Park call 508-287-2482. Submitted by Susan Grace 508-993-1999

Body Works Fitness Center – the South Coast's number one all-women fitness, health and nutrition center

Are you a woman who wants to live an active lifestyle, but don't like the co-op gym atmosphere? While, most guys are not creepy, it only takes that one creep to make membership at a fitness center an awkward or uncomfortable one. You want to wear what's comfortable and often gym gear is light and minimal – without someone gawking or undressing you with their eyes. If you put on some weight after a pregnancy and not happy with your appearance, you don't want to be placed under a microscope.

Going beyond that, even removing the concern of that rare creep, you want a quality fitness center, one that caters to common female goals and objectives. One that specializes in the lifestyle, understands and sympathizes with women's health and fitness needs and has a number of classes and programs that are what most women prefer.



*Arnold Noël's
Body Works
Fitness Center is
an all-women
facility where
nutrition,
exercise, health,
fitness,
nutrition and
inspiration
combine.*

Body Work Fitness Center on King's Highway offers all these services and more. They are the quintessential women's fitness center, offering a variety of classes, professional instruction, in a friendly environment. Owner and C.E.O. Arnold Noël found his inspiration for starting an all-women fitness center after working as a therapist at Taunton hospital and seeing patients undergo serious depression after weight gain. Most of those who were undergoing therapy were women.

It wasn't uncommon for the weight gain to be a slippery slope and transform into obesity or even drug or alcohol abuse. Depression and weight fluctuations go hand in hand and often feed one another. Looking to drug or alcohol is a temporary fix, with long term effects. Arnold saw the effects of this first-hand and it motivated him to write a book called Mindset

Bodywork, published in 2005, and which can be purchased from Amazon. This book and its response inspired him to open the Body Works Fitness Center.

Arnold is more than qualified for such an endeavor, holding a Master's Degree in Psychology and finishing his doctorate in Law at Boston University. He currently holds the title of Master Trainer, holds a myriad of certificates – some from the American College of Sports Medicine – multiple Black Belts and Sashes in Judo, Aikido, and Kung-Fu. In addition to an amateur career as a kickboxer, he is certified to teach Pilates, Thai Yoga, and as a nutrition coach. His nutrition program was further developed by a software company and has had stellar success treating or alleviating symptoms of major illnesses like diabetes, high cholesterol, hypertension, cancer and many others.

Of course, Noël isn't alone. He has equally passionate people staffed at the center. One of those, Dr. Peggy W. Fellouris runs the facility. Before coming to Body Work Fitness, had a successful career as a Therapist and wrote three bestselling books, "3 Boys and a Boat." "Dancing in the Rain." and "The Man in the Black Cashmere Coat."



A heated pool means year-round swimming exercise and aqua-based classes.

They have both cherry-picked a staff of knowledgeable, friendly individuals. Every person that works at the facility

is the cream of the crop in terms of personal training, nutrition, and professionalism. Their diversity allows for a like-minded variety of courses, e.g. cross training, CrossFit, metabolic testing, supplements, boot camps, Synergy, Curving Diva, counseling, facials, massage, personal training, group exercise, group pool, kickboxing, MMA, aqua exercise, Pilates, Zumba and more.

All these programs and services make Body Works Fitness one of the premier facilities on the South Coast having something for everyone. No need to have two or three memberships as different locations to meet your health and/or fitness needs – it's all right there under one roof at Body Works Fitness. The programs and services can even be had under your "roof" since everyone gets the Body Works app FREE whether on the Apple store or Android Marketplace. Here is the link to the Android Body Works App.

This means if need to adjust your diet, lose a little or a lot of weight, challenge yourself physically and mentally, you will find a home and the app means that Body Works programs are accessible 24 hours a day – your needs don't depend on a fitness centers hours of operations!

One of the rather fascinating services that Body Works offers is for those who have stubborn fat. Are you one of those that can't lose weight in spite of a strict diet and exercise regimen? When you join Body Works they utilize DNA test to see if there is a biological reason for this stubbornness. Knowing the reason means they can effectively isolate why you are not losing the weight and help you focus on your goals and objectives more efficiently.

Weight loss is an area that Arnold finds particularly rewarding. "Being able to aid another human and help them better their life is pretty powerful. Helping people change their negative lifestyles is incredibly satisfying and something I find very rewarding." explained Arnold. "I will

help you rise to your weight loss challenge and get you starting to enjoy the new you. A new beginning starts first in your mind. Mindset is the key for your body to work, and we can help you get the body you desire.”



Body Works understands that every body is different and customizes all the diet, nutrition, and exercises programs.

He further explained that without motivation many people fail. He feels that having life coaching as an aspect of a health & fitness program as a way to inspire and motivate, is an integral aspect of any exercise program. He feels this is far more effective than simply signing up for a gym. How many people do you know -perhaps you've done this yourself- that got a membership at a gym, but only went a few times and still paying? This is because signing up isn't enough – you need inspiration and motivation. In fact, you need to start with it.

Once you are fired up, you can access the knowledge base at Body Work, attack a variety of classes until you find the one or the combination of ones that you like. With their help, you will have a cutting-edge fitness plan designed just for you.

If group class is not your thing, or you have a tight schedule, you'll want to meet one of Body Works' trainers who will let you access all the programs and services on YOUR schedule. They will, of course, design a personalized workout

plan, and push you. Whether you are part of group or personal fitness programs, you get the same attention.

Want to know more beyond the classes and staff? Body Works Fitness has a heated pool, sauna, full exercise room, Nautilus machines, Celluderm, and free weights.

Having an all-women facility means you work out in a place without feeling ogled, allowing you to stay focused on your goals and objectives. Money an issue? Worried about the cost of a Body Works membership? All of Body Works services and programs are very affordable, and they even offer some great package deals where you can enjoy some substantial savings.

Body Works has a complete schedule that can be accessed online here. The website is incredibly informative and kept up to date, but the best way to see what Body Works offers is to check the facility out. Stop in, tour the facility, meet the staff, maybe even bump into Arnold. Need a little extra incentive? Right now Body Works is offerins a special: purchase the metabolism test and a 12 week nutrition plan and receive a 6 month membership FREE. That would also make a GREAT gift!

If you do decide to become a member of Body Works, we would love to see your progress. Take some before pictures so we can see how effective Body Works is!

Body Works Fitness Center

500 King's Highway

New Bedford, Massachusetts

Phone: (508) 901-9211

EMail:

Mon-Fri: 5:00am-9:00pm

Sat & Sun: 8:00am-5:00pm

Facebook: facebook.com/bodyworkswomenscenter

Website: bodyworkswomenscenter.com/

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Polarized vs. Non-Polarized Sunglass Lenses

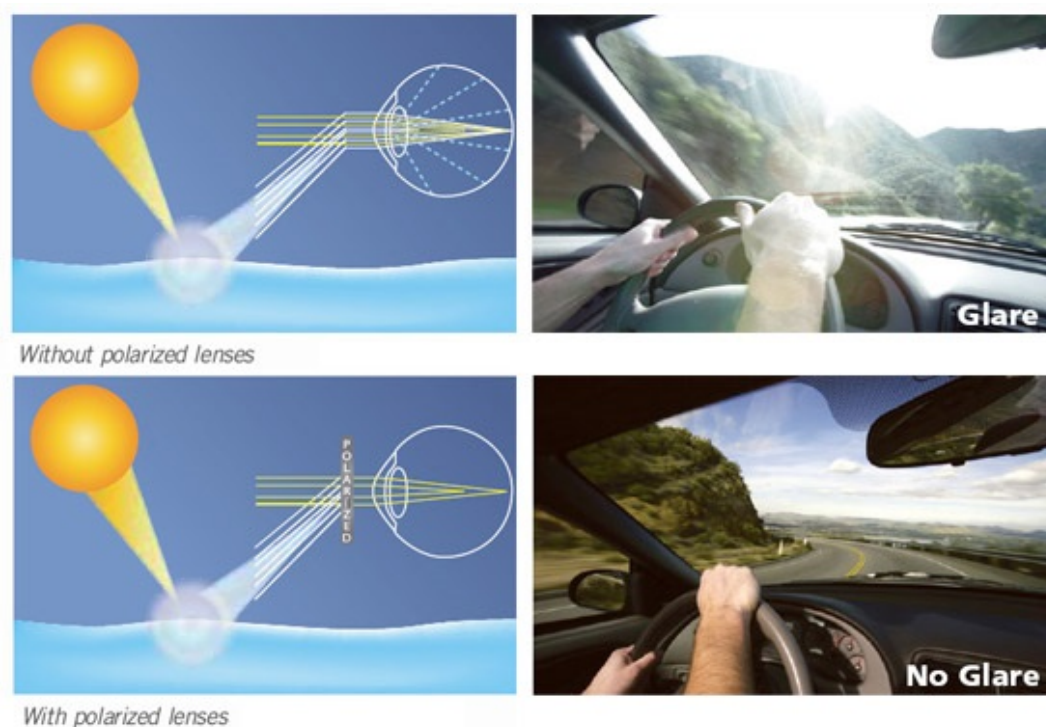


By Dr. Irene
Lee

1.) What are the health benefits of wearing polarized vs. non polarized lenses?

There are health benefits of wearing sunglasses, regardless of whether they are polarized or nonpolarized. Sunglasses are meant to filter harmful UV rays and reflected light, making vision more comfortable and improving contrast. In addition, protection from UV rays is important since extended exposure to the sun's UV rays has been linked to eye conditions such as cataracts, macular degeneration, and certain eye growths (pingueculae and pterygia). Polarized lenses significantly help with glare that is caused by reflected rays off of

horizontal surfaces such as snow, sand, water, and some flat roads. Thus, polarized lenses make it even more comfortable to see when boating, skiing, flying, or driving. A standard, non-polarizing sunglass lens only reduces the brightness of reflected glare sources by uniformly reducing the brightnesses of all objects in the field of view by the same amount.



Retrieved from: <http://www.lenspicks.com>

2) Are people's eyes more sensitive to sunlight depending on their age or eye color?

Yes. As we age, we often develop cataracts, which is a condition when the lens of the eye opacifies and scatters light. If the cataract scatters enough light, it can intensify the the effects of sunlight within the eye, thereby increase one's sensitivity to sunlight. Eye color also affects our ability to tolerate sunlight. People with light-colored eyes have less pigment in their eyes to absorb light rays and thus effectively have more light entering the eye.

Thus people with blue or green eyes tend to be more sensitive to sunlight than their peers with brown or black eyes.

3) Can you “sunburn” your eyes?

Yes. A few hours of exposure to high levels of UV rays can cause damage to the anterior eye, specifically the cornea and conjunctiva. This is called photokeratitis, which is more commonly referred to as “snow blindness”. Symptoms typically appear 6-12 hours after exposure and include eye pain, light sensitivity, tearing, foreign body sensation, or feeling like one cannot open their eyes. These symptoms usually disappear within 48 hours and permanent damage is rare.

**Dr. James Freitas – a pioneer
with almost 30 years
experience in improving bad
backs in greater New Bedford**



*Freitas Chiropractic – 27 years of service to
greater New Bedford.*

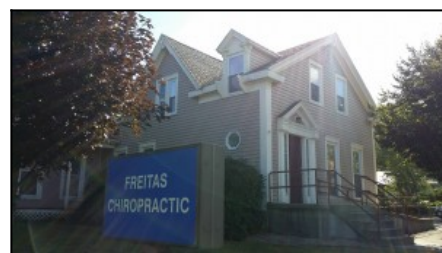
Chiropractic has been around for almost 5,000 years – being mentioned in ancient Chinese documents as early as 2,700

B.C.E. The 5th century B.C.E. Greek physician Socrates who published many texts on spinal manipulation, declared “Get knowledge of the spine, for this is the requisite for many diseases.”

The modern version of Chiropractic began in 1895 with Iowan Daniel David, an expert in anatomy and physiology who practiced medicine and called it “The science of healing without drugs.” He had enough practical success applying his chiropractic method that he founded the Palmer School of Chiropractic in 1897.

What is Chiropractic?

What exactly is Chiropractic and what does a Chiropractor do? Are they doctors? Are they accredited? Is it quackery or placebo? Once a person goes to a Chiropractor, do they have to keep going back for life?



Located at 33 State Road right next door to Shaw's Supermarket.

In a nutshell, Chiropractic is the largest form of alternative medicine that focuses on mechanical or joint disorders that lead to dysfunction, pain, and/or discomfort. Like any profession, including doctors, there are differences in method and philosophy among chiropractors. Many utilize one or more methods like manual joint and spine manipulations, soft tissue massage, diet and lifestyle recommendations, and exercise. All agree that your spine and health are related in a very fundamental way, connected by the central nervous system.

Today all 50 states legally recognize Chiropractic and

millions report relief and positive benefits. At any given time, approximately 10% of America is utilizing chiropractic care. Chiropractic is gaining wider respect around the globe and many medical professionals are realizing that Chiropractic can aid, supplement or compliment what they are doing. There is no reason for it to be one or the other. In fact, both can work together with the primary and end goal being the patient's well-being and health.

Accreditation, schooling and practice

To receive a degree in Chiropractic one must complete four to five years at an accredited chiropractic college and pass the national board exam and all exams required by the state in which the individual wishes to practice. In addition to learning basic medical sciences, including anatomy with human dissection, physiology, and biochemistry, they must also be schooled in clinical sciences and related health subjects. They are then considered a D.C. or doctor of chiropractic.



Earning his Doctor of Chiropractic in 1987, Dr. James Freitas continued his learning through further schooling and conferences. He is the pioneer of Spinal

Stabilization Therapy.

An Acushnet native, Dr. James M. Freitas has a chiropractic office on 33 State Road in Dartmouth. He earned his chiropractic degree in 1987 from Palmer College of Chiropractic in Davenport, Iowa. In 2000 he attended the Spine Research Institute of San Diego, graduating in 2002 with an Advanced Certification in Whiplash and Brain Injury Traumatology.

He then spent the next decade and a half attending numerous conferences, staying on top of important issues and advances. In the last 4 years Dr. Freitas has dedicated his time into the study of diet and human health.

In 2001 after viewing a “motion x-ray” he dedicated the next 10 years to the study of how the muscular system of spine is responsible for accurate movement and stabilization of the neck and lower back.

All of this experience culminated in Dr. Freitas pioneering two rehabilitation techniques, one that uses the natural movements of the neck through what is known as spinal coupling and another in the area of the lower back called “lumbar spinal bracing” utilizing a technique that involves strengthening the spine along with all the abdominal muscles, with one exercise movement using resistance bands.

Spinal Stabilization Therapy and the myth of the “pinched nerve”

These exercises have been shown to offer substantial relief for patients with neck pain, arm pain and headaches. These exercises can be seen in the video section of his website. Together they are coined, “Spinal Stabilization Therapy.” When asked to explain it, Dr. Freitas said “It involves specific movements that will activate muscles that lie closest to the spine. These muscles control the most finite movements of each vertebra. These muscles move our spinal joints as accurately

as the muscles that move our eyes. If these muscles are not working properly due to weakness, a person will always experience some sort of pain. Recently Dr. Freitas wrote an article on how insulin resistance effects these muscles and why pain would be produced. The spine has to move as accurately as your eyes to be pain free. Unless the treating chiropractor and or physical therapist truly understands this it is unlikely that they will be able to provide one with the most beneficial care."

He also stated that most cases of lower back and neck pain attributed to a "pinched nerve" are actually not a pinched nerve. He often sees patients who have been treated by other chiropractors and/or primary care physicians who have been diagnosed with a "pinched nerve." On careful neurological examination it is determined in most cases that no nerve is pinched/compressed. "If a nerve is truly pinched/compressed it dies rapidly over a 10 to 14 day period and whatever muscle it leads to atrophies/shrinks in size. If your muscles are not wasting away or uncontrolled muscle twitching known as "fasciculation" is not present, you do not have a pinched nerve" in most cases. Truly pinched nerves require immediate surgical decompression. This is not the case in most people.



Do you suffer from back pain do to an accident, injury or other reason?

Often this pinched nerve is something else altogether and it requires attending to or it will persist. Recently a patient

came to Dr. Freitas with throbbing pain in the right leg and weakness in the right foot. "Initially I thought it was actually a genuine pinched nerve," Dr. Freitas explained. "Upon examination and review of her medical records from her primary care physician, I saw that she had been on cholesterol medication for 5 years and that her current cholesterol level was very low. One thing that cholesterol does is repair nerves. Scientific research shows that cholesterol lowering medications can cause nerve damage if taken for greater than 2 years.

I sent her back to her primary care physician with this information and she was taken off her cholesterol medication. Two weeks later, this patient came into my office stating that the pain was greatly reduced and in about 4 weeks the leg pain was gone. After 27 years of providing chiropractic treatment I never stop reading and as such it was easy for me to identify this individual's problem."

Misconceptions about Chiropractic; Advice for Bad Back Sufferers

We've all heard the almost mythical anecdote that once you go to a chiropractor for a course of treatment you will need to see a chiropractor for life. He feels that if a chiropractor tells you that you need to be seen on a weekly basis for life, it is to benefit that chiropractor's bank account and not your health. "If a chiropractor is treating someone and tells them that they need to be seen every week for life, DIVORCE yourself from that chiropractor." he advises.

As a bad back sufferer myself, and one that has to mitigate everyday activities, lest I get a flare-up and be virtually disabled for a week or more, I was curious about his exercises and advice for myself and fellow back pain sufferers. Dr. Freitas, leapt at the chance to fire up his computer, explain to me how my spine was engineered and what was causing my pain. He then walked me through 20 repetitions of his lumbar spinal bracing exercise. While I was not in the middle of a flare-up, when I stood up, the mobility in my lower back and

waist, made me realize I hadn't noticed how stiff and immobile it was. A pleasant surprise. He gave me the information, then had me apply it.

When asked to offer some advice that we can apply straight away, he was more than happy. "For maintaining a healthy spine, the first thing is to eat healthy. Greatly reduce the amount of sugar/carbohydrates and grains. Since glucose is stored primarily in muscles and excess sugar/carbohydrates cause insulin resistance, the muscles that stabilize spinal movement are greatly affected. This results in a loss of ability of these muscles to move spinal joints accurately. Next is some exercise. Daily exercise, even if for only 20 minutes – it will be helpful."

Dr. Freitas is a rather approachable and friendly individual, who is an open book. His thirst for knowledge and passion for what he does is evident with the simplest of interactions. His warmth, hard work, family values and eagerness to help others is something he feels his parents, Antonio and Norma Freitas, infected him with. They encouraged me to seek my personal best. Though they have both passed on, they have left an indelible mark, evident by the fact that he mentioned them numerous times in our interview. Dr. Freitas has enough confidence in what he does that he offers your first two visits for FREE. If you don't begin to feel improvement, it costs you nothing.

If you would like to see further testimonials, there are a number of videos on Dr. Freitas' website. While not active on social media, he is easily accessible by phone and visit. His office has a parking lot, and ample street parking.

Freitas Chiropractic

33 State Road

Dartmouth, MA 02745

Phone: (508) 996-4138

E-Mail: freitaschiro@hotmail.com

Facebook: facebook.com/pages/Freitas-Chiropractic/138553812913578

Website: freitaschiro.com/Home.php

Appearance of Dandelions Marks the Start of a New Foraging Season



Dandelions have been used for medicinal purposes for thousands of years.

by Emily Neal

A familiar weed has recently made its first appearance in my yard: the dandelion. Although they can be a nuisance, dandelions aren't all bad- they are edible and may have medicinal value as well. Dandelions are highly nutritious, delicious, and easy to find. Eating dandelion salad in the spring brings back fond memories for me, and I am excited to try it this year, and maybe some new recipes as well.

Dandelions (scientific name: *Taraxacum officinale*) are one of the first wild edible perennials to show up in spring. They have familiar toothy yellow single flowers and tufty white seed balls and are part of the sunflower family. They are one of the most common and easily recognizable weeds and can grow just about anywhere- roadsides, driveways, meadows, and gardens, as well as wooded areas. Dandelions are one of the first plants to colonize newly disturbed soil, and can be a persistent pest to homeowners due to their abundance and resilience.

- All of the parts of the dandelion plant can be eaten:
- The roots can be roasted, ground and brewed like coffee.
- The young leaves (before flowers appear) can be eaten in a salad or as a cooked green.
- The mature leaves can be dried and made into tea.
- The flower buds can be boiled or pickled.
- The flowers can be made into fritters, or used as a salad garnish.
- The crown (the white part just below leaves and above the root) can be eaten as a cooked vegetable or made into fritters.

Dandelions have been used for medicinal purposes for thousands of years. The plant is known to be an excellent source of Vitamin A, as well as Vitamin C, Vitamin B1, iron, protein, antioxidants, and calcium. Tea from dandelion roots has been used as a laxative, a diuretic, and as a blood cleanser. It also can be used as a liver tonic and may be able to help rejuvenate a damaged liver. Other parts of the plant have been

used to bring down a fever, stimulate lactation in nursing mothers, and decrease congestion. The antioxidants found in the plant may help to prevent cancer. Dandelion sap may be used directly on skin irritations, as it has antimicrobial, anti fungal, and insecticidal properties. Dandelion may be used to help regulate blood sugar levels, treat anemia, jaundice, high blood pressure, and acne, among other medicinal uses. Many health food stores carry dandelion tea and supplements meant to treat some of these conditions. The effectiveness of dandelion for any medicinal use has not been approved by the FDA.



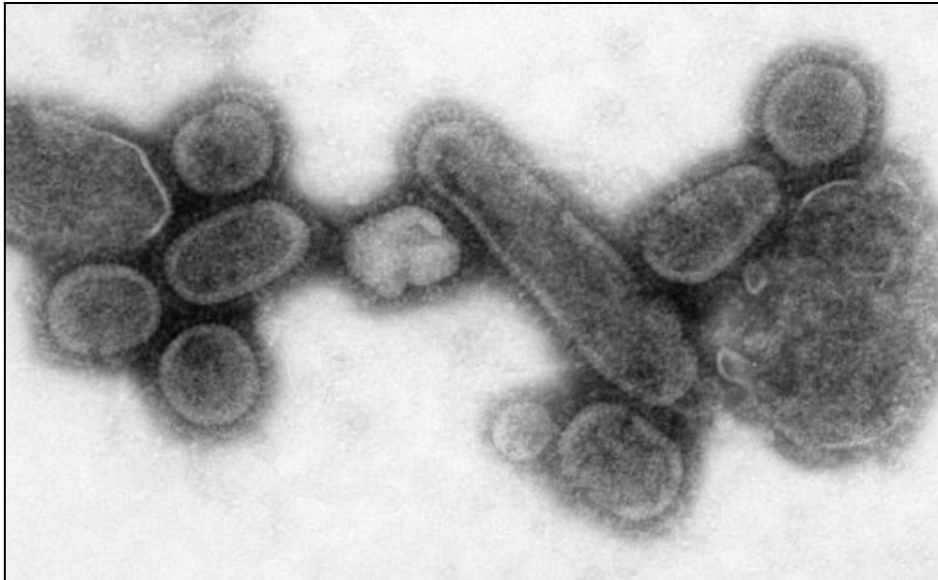
I remember loving this salad that my grandmother prepared every April.

Despite potential health benefits, dandelions have worn out their welcome by invading people's lawns. Many people choose to use pesticides on their lawn, but while these chemicals are effective, they can also be very dangerous. Exposure to pesticides poses a health risk to children, dogs, and other household pets. Many of these chemicals used can be passed on through breast milk, and have been linked to cancer, leukemia, and miscarriage. Also, pesticide runoff can contaminate groundwater and local streams and rivers, having negative effects on local wildlife. Eating dandelions is an excellent way to get them off our lawns without introducing harmful chemicals to our environment. When harvesting with intent to eradicate, be sure to dig up the large tap root, which will continue to regenerate dandelion leaves and flowers unless it

is pulled.

I am interested in trying all of the parts of the dandelion that are edible. So far I only have experience eating young dandelion leaves. I usually have them fresh tossed with oil and vinegar and a bit of salt. This way of eating them is reminiscent of the way my Italian grandmother made dandelion salad when I was young. Although dandelions have a distinct bitter flavor, I remember loving this salad that she prepared every April. In fact, it was a Marathon Day tradition for my family. We would go watch the race (near the eight-mile marker) and then head back to my grandmother's to watch the finish on television. We always had dandelion greens with chicken soup for lunch as we watched. Now my grandmother is 94. She no longer lives at home and does not pick dandelions. I've stopped going to the Boston Marathon since the experience has changed so much in recent years, and I won't be going this year, either. I will, however, make some more dandelion salad and continue that part of the tradition- possibly this time with some dandelion crown fritters as well.

**Understanding this season's
lack of efficacy against Type
A influenza**



A negative stained transmission electron micrograph (TEM) of the 1918 influenza virions 18 hours after infection. (CDC/ Dr. Terrence Tumpey/Cynthia Goldsmith)

Influenza, or the flu, is a contagious respiratory infection caused by a variety of flu viruses. Each year thousands are hospitalized or die from the virus and vaccination is the attempt to lessen the symptoms or prevent catching the virus in the first place. The particulars of the three types of viruses – type A, B & C – go beyond the scope of this article, but suffice it to say that type A & B are the most serious and therefore of greater concern. Generally each vaccine is made to protect people against three flu types – two “A” strains and one “B” strain.

The typical influenza vaccine is between 40-65% effective in reducing the severity of the virus or preventing it altogether. Making headlines all across the world is the news that this season’s influenza vaccine was far less effective than it is typically. In America, estimates are that the vaccine was somewhere around 25% effective and in some parts of Europe, an abysmal 3% effective. This season, influenza has reach almost all 50 states. How is this possible? Why did this happen?

Each February, the World Health Organization culls its international data received from reference laboratories on circulating influenza strains and forecasts what they believe will be the following Winter's most common and likely culprits. The reason this is done so far in advance – just shy of a year – is due to the amount of time that it takes to manufacture the vaccine, package and then ship it to waiting pharmacies and medical practitioners. The reason that each year one must get another vaccination is because the strains of the flu virus mutate and replace the older strains.

This year's vaccine was effective against the Type B strain, but performed poorly against the Type A strain. Between the time that the WHO forecasted the strains they felt would be this season's perpetrators and the time that people began to have the vaccine administered, the Type A strain had mutated – rendering the current vaccine less potent. This mutated strain was not included in this season's vaccines and thus reach epidemic levels across 47 states.

The suggested solution for the immediate future is to make sure that the vaccine includes all types of Type A influenza and the development of better forecasting methods. In the U.S., federal agencies are seeking to develop a safe, universal vaccine – one that would encompass “broad protection against subsequent exposures.” By targeting the less-changing stem of the virus as opposed to the “branches” or mutations, forecasting as a method wouldn't need to be relied on as heavily. In addition, the universal vaccine would last almost a decade.

This universal vaccine has been in an animal testing phase since 2010, but is expected to reach human trials soon. Some professional predict its availability in 5-7 years.

The current flu vaccine does offer some protection, and of course, some protection is better than no protection at all. It goes without saying, that restricting interaction with

infected individuals, washing one's hands frequently, and cleaning and disinfecting surfaces will go far in lessening your chances of contracting that virus. Covering one's nose and mouth and/or calling in sick will help prevent the spread of influenza.

ClubFit's 25,000 sq. ft facility offers affordable access, friendly atmosphere, and large variety of programs



Training at ClubFit is known to induce weight loss, improved health & fitness levels and smiles!

ClubFit at the Dartmouth Mall is packed with superstars. I'm not only talking about the coaching line-up, but the friendly and considerate clientele. As a person that used to frequent a "hardcore" gym chain, I started to believe that going to the gym meant you had to deal with a whole variety of meatheads. Those that soak machines and walk away without wiping down, those that protein fart crop-dust with great delight, or bark, scam, cry or let out some other bloodcurdling, distractedly odd noise while lifting.

But that was the 80s and 90s. Those types of gyms have virtually died out everywhere, except in major metropolitan areas. They been replaced, by the less elitist, better atmosphere having fitness center. These are places where you can pick things up and put them down, but you also have a one-stop destination where you can get your yoga, Zumba, cycling, body sculpting, spin class, kickboxing, etc. "on." Best of all they are no longer populated with "meatheads," but have become female and family friendly. In fact, there are 2 Women Only areas (one with a cardio theater) and ClubFit welcomes all health and fitness enthusiasts from the age of 12 on up. There's even a day care for the little ones, so you have no excuses!



*Karyn Clements
incredibly popular
yoga classes come in
the traditional, hip
hop and heated kind.*

Anyone who has ever read even a cursory amount of material on health and fitness, knows that changing things up and

approaching your fitness regimen with spontaneity is one of the most efficient methods for growth and improvement. And anyone who has ever tried any of the umpteen ways to get in shape, knows that things can get boring FAST. Variety is not only great for health, muscle and cardiovascular gains, but it keeps one's interest. Getting bored of spin class? Try the Body Sculpting class. Feel that learning how to throw a punch and kick wouldn't hurt when it comes to defending yourself? Take some kickboxing for a few months. Have an injury and need to slow down, but don't want to take a step back and gain weight again? There's yoga. Whatever it is that you are looking for – weight management, health, fitness, etc. – it's there.

You can see a full list of classes [here](#).

That's the brilliance of the fitness center concept and what ClubFit has in spades. The variety is astounding – so large in fact, that they need a whopping 25,000 sq.ft. to contain it. You will never find yourself bored and you can always find new challenges. Of course, there are many fitness centers that utilize this method, so what separates one from the other? Why should a person come to ClubFit as opposed to many of the other fitness centers and gyms?

The coaches, staff and the clientele. ClubFit has a world class, accredited coaches and some of the friendliest staff in any business on the South Coast. No one likes to feel unwelcome and often when we are just starting out with a fitness routine, we beat ourselves up: we look in the mirror and see every extra pound of fat. Every wimpy muscle. Every sagging spot. So, the last thing we want with our deflated pride is to be made to feel unwelcome and discouraged. We need a little encouragement and a little morale boost – something you get in abundance from ClubFit's coaches and staff from the moment you walk in the door.



ClubFit has all the amenities, machines, weights, and classes you can handle. You'll never have to wait for a machine!

I discuss passion in many of these spotlight articles. In fact, I bring it up often. This isn't a default position and lip service. Passion moves people and keeps them moving. A business run by passionate individuals is contagious and they want to infect everyone. So they either reach out to us to share their message or when we are visiting these places, we mention sharing their story and they eagerly leap at the opportunity.

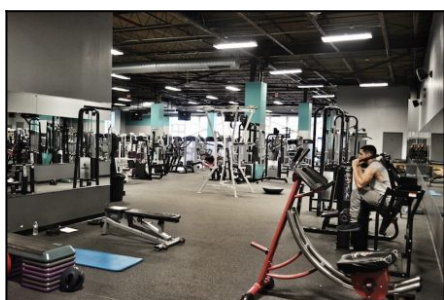
ClubFit is filled with coaches who as passionate about the program they are hosting and the students in their classes. You'll be asked a lot of questions about your objectives and goals. You'll be evaluated (FREE). There is a two way discussion – you are not talked at, you are conversed with. You'll be inspired and motivated. Meeting goals has to start with those two things. Everything else is built upon them.

Once you are involved, your are motivated, your interest kept, and your questions answered there's no stopping you from plowing through your goals. It's easy to commit with coaches like Hani Friedman ([Circuit Training for Women](#)), Derrel Hollins ([Kickboxing](#)), and Karyn Clements ([Yoga](#)).

If group classes aren't your cup of tea, you are welcome to

use the center's machines, treadmills, bikes, and ellipticals on your own or with your favorite training partner. If you are comfortable yet using any of these, or need an extra kick in the pants, you can have personal training.

When you add the juice bar, sauna and steam room you get a well-rounded facility with all the amenities you could ask for. You can even rent a room and have a Zumba birthday party, corporate outing, private Yoga, Zumba or boot camp.



The family friendly ClubFit takes up a massive 25,000 sq.ft. at the Dartmouth Mall.

The website is not just for eye candy, but is very practical. There is a ticker feed that lets you know that day's classes, a color coded calendar with the week's schedule, a blog, and of course, a place to contact them. One of the fun elements that the site has is the photo gallery section and the funnest one is the [Sunz Out Gunz Out](#) selfie gallery where enthusiasts can flex their "guns" and show off the product of their hard work.

The folks at ClubFit are so confident that they have something special, that they offer a 7 day pass which can be printed out [here](#). Most places I've been to will give you a day pass or allow a current member to hand you a guest pass. A week pass is generous. They know that after a week of experiencing ClubFit, you'll be hooked.

If you are looking for an affordable, fun, immaculately kept

gym with an energetic, motivating coaching staff, and friendly staff look no further than ClubFit. With membership starting at \$10 down and \$10 a month, you have nothing to lose but weight and baggage!

ClubFit Fitness Center

200 N Dartmouth Mall

North Dartmouth, MA 02747

Phone: (508) 992-0094

Email: info@clubfitdartmouth.com

HOURS OF OPERATION

Monday-Thursday: 5:00am-11:00pm

Friday: 5:00am-10:00pm

Saturday: 6:00am-8:00pm

Sunday: 6:00am-6:00pm

DAY CARE HOURS:

Monday- Thursday: 8:30am-11:00am, 4:00pm-8:30pm

Friday: 8:30am-11:00am,, 5:00pm-8:00pm

Saturday: 8:30am-Noon

Facebook: facebook.com/escape.tofitness

Website: clubfitdartmouth.com/

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Review: Faunce Corner Nutrition's Balanced Protein Diet

Besides death and taxes, there is one other certainty in life; a new fad diet will come along every few years. Who has heard this one? "No need to exercise and you eat all you want. Just take this pill before you go to bed and watch the pounds disappear!"



There are low-carb diets like the Atkins Diet, low calorie diets, high protein diets, vegan diets and too many others to mention. No diet seems to fit all people. The key is to find the plan that is best for you.

Getting ready to jump back into my mixed martial arts training this month, I thought it would be a good idea to try a new diet that could help me drop a few pounds and get me eating healthy again. This Fall/Winter I've been walking around at 180, but like to train/fight at 155 – 160. After a few visits to Faunce Corner Nutrition late last year, I decided to try their Balanced Diet Plan, which is billed as "A Self-Managed Diet Plan."



Time to get back to 160lbs!

I have a few simple rules when it comes to health. First, your diet is the most important factor when it comes to weight loss or maintaining your ideal weight. Exercise is important, but what you eat and how much you eat is the single most important factor for attaining an ideal, healthy body weight. Second, your diet success is about education, willpower and a lifestyle choice. Most people do not know what they are putting in their body and usually make choices based on taste rather than health. A Snickers bar is tastier than a head of broccoli. Third, it's important to exercise regularly for optimal health, but let's focus on the diet part.

I learned at an early age that caloric intake is the single most important factor for reaching and maintaining an ideal weight. The basic rule while dieting is to add a zero at the end of your ideal body weight. Trying to get to 130 pounds? You can eat 1,300 calories a day plus what you burn through exercise. Burn 500 calories at the gym and you get to add another 500 calories to your intake (two Snickers bars!). The key is to find your ideal body weight based on your height, age and of course advice from your doctor.

WebMD provides a **useful chart** on caloric intake and recommends males 18 and over take in 2,200 – 3,000 calories depending on your activity level and age. According to the CDC, the average American male weighs 195.5 pounds, so that makes sense that an average, active male would eat about 2,200 to 3,000 calories.

Now that you are armed with this information let's examine The Balanced Protein Diet that I recently tried and that is available at Faunce Corner Nutrition at 350 Faunce Corner Road in Dartmouth. It's a diet that focuses on caloric intake, increased metabolism, high protein and low carbohydrates with a structured plan to help you achieve weight loss success.

There is a **1,000 calorie, 2 week quick start plan** and two follow-on plans based on 1,500 or 1,800 calories (or 1,200 calories for women). Based on my earlier points, these are for men trying to achieve 150 or 180 pounds (or 120 pounds for women) without working out. My suggestion is to start a plan, but also start or continue to work out for best results.

I started the 1,500 calorie plan two weeks ago. I stopped by to pick up my two weeks of supplements and nutrition bars. With the help of the staff, here's what I grabbed:

- Mix Bars
- Peanut Butter Bars
- Aloha Mango Smoothie
- Cream of Broccoli Soup
- Tomato Soup
- Creamy Mint Hot Chocolate
- Pudding and Shake Mix – Chocolate
- Pudding and Shake Mix – Strawberry



Each serving has 15 grams of protein (except the creamy mint hot chocolate that has 12 grams) and was low in carbs (4-8 grams with none having more than 4 grams of sugar). This 2-week supply provided me 6 meals (3 meals and 3 snacks) a day. The meals/snacks were a mix of Balance Protein Diet items (supplements and nutrition bars) and grocery items (starches, fruit, veggies and optional items). The 6 smaller meals a day are meant to boost your metabolism.

The first week was easy to follow the diet plan because I was immediately buried into my home by the blizzard. No temptations of Mirasol's coffees and muffins, or the restaurant foods that I love so much. The second week was tougher as I was liberated from my home and got back into my daily routine of working in coffee shops, traveling and eating out. But the great thing about the Balanced Protein Diet is that you can modify what you eat based on the available items you've selected for the day. On the road a lot? Take your nutrition bars with you. Just stick to your plan as best as possible. This plan takes more planning and effort than the "just take a pill before you go to bed" diet, but you'll see results in a natural way and you'll start making a healthier

lifestyle change.

The food in the 2-week plan was surprisingly tasty with my favorite items being the mixed bars and the pudding/shake mixes. I already use my blender daily to make healthy smoothies, so the shakes worked well with me.

Jumping into a new diet is never easy, especially as you get older. It's tough to transition from 10, 20, 30 or 40 years of eating one way and then changing your eating habits overnight. The Balanced Protein Diet was not a tough transition for me because the staff at Faunce Corner Nutrition are more than helpful, the food items provided are tasty and the materials provided make the diet easy to follow.

The Balanced Protein Diet **website** is a great way to get started, but you really should visit the folks at Faunce Corner Nutrition. They will provide you a wealth of information and help you pick out your items. Even if you are already at your ideal body weight, stop by and check out the every day items they offer like fish oils, protein shakes and more.

The results? At the end of my 2 weeks I lost 6 pounds (from 182 to 176lbs). I wasn't terribly overweight to start and I didn't have a lot of time to exercise with the snow storm and long work hours. I'm certain if I had worked out four times a week and skipped a few of the muffins my favorite coffee shops, I would have jumped down to 170lbs. But I know from past experience the first two weeks were the hardest and it's all downhill from here!

Faunce Corner Nutrition

350 Faunce Corner Road

North Dartmouth, MA 02747

Phone: (508) 998-2155

Email: customerservice@fitness-connection.com

Mon-Thursday – 9:00 am to 6:00 pm

Friday – 9:00 am to 5:00 pm

Saturday – 10:00 am to 3:00 pm

Facebook: facebook.com/pages/Faunce-Corner-Nutrition

<http://www.balancedproteindiet.com/>

Artificial Light From Screens Adversely Affects Health – How to Put a Stop to It



Blue light is the most intense form of artificial lighting – having the most powerful biological effects.

Did you know that artificial light, particularly that from blue lights, can have a detrimental affect on your sleep schedule and subsequently your health? In a day and age where we are attached to our communication devices, like smart-phones, laptops and tablets, we spend more and more time under artificial light – disrupting our biological clock (circadian rhythm) and sleep cycles.

Exposure to this artificial light, even dim amounts, has been linked to a suppression in *melatonin*, a crucial hormone that not only serves as an anti-oxidant, but is responsible for our night-day cycle. Many people try to make up for this suppression by supplementation – taking *melatonin* in pill form, in spite of the fact that their bodies produce the hormone naturally. The worst offender in the artificial light category is that of blue light which is commonly emitted from our smartphones, televisions and computer screens.



Blue light is the most intense form of artificial lighting – having the most powerful biological effects.

Sleep deprivation has been directly linked to a variety of ailments including obesity, immune system suppression,

increased blood sugar (leading to Type 2 Diabetes), heart disease, obesity and more.

It's important to understand that artificial light, including blue light emitted from our devices, is not necessarily a health hazard or bad for us. It is the use of this artificial light during night-time hours that leads to adverse health effects. We interrupt our body's natural process of producing *melatonin* to help initiate natural, healthy, drowsiness that leads to restful sleep. Our bodies begin this process of melatonin production a few hours before our last exposure to blue light.

It is entirely unrealistic and impractical to expect people to discontinue using televisions, phones and computers when the sun goes down. Our livelihoods depend on these devices and entertainment has its own therapeutic benefits. We don't need to set aside our devices (although that wouldn't hurt on occasion) or implement a drastic lifestyle change. Here are some valuable tips to help get out of your own way and let your body return to its natural biological cycle. You'll get a more restful night of sleep, improve your health, and live a longer life.

- Wear amber-lensed, blue-blocking glasses.
- Consider switching to red light- the color frequency that is the least intense in terms of affecting *melatonin* production.
- Many smartphone, televisions and computers have a night-time settings. Make the switch.
- Try an app that can remove blue light – For Desktop, Mac, iPhone/iPad and for Android Devices.
- Avoid Digital Screens for one hour before going to bed.

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Saturday: 8:30 AM to Noon (Dartmouth Only)

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