

Get To Know Your Body...And Your New Health Plan

Take time to be Health Conscious



by B J Armstrong

among other ailments. First of all, a person should seek medical treatment for pain and inflammation. To help the doctor find answers and for you to ask questions. Ask about the most likely treatment alternatives, their risks and benefits. Follow through on your treatment(s) and return if they don't work or problems persist or get worse.

There are many things we can do for safer health care, but here are four things that you can do, tell your doctor what treatment you have had and the other doctors you have seen. Tell the doctor what medication and supplements you are taking. If you don't understand something, ask for a simpler method of explanation. Always make sure your name, correct address and age is on your medications, and write down all appointments (time and what for) where it is easily found (I prefer the calendar). Be thankful that some doctors office's call a day before the appointment. That is a blessing and a good reminder.

"There's not a problem, not a care, that life presents to you, that won't be easier to bear, with Faith to see you through."
- John Gilbert

President Obama signed the health bill on March 23rd to a skeptical public. Although Governor Bredesen was against the bill, he went along and voted for it. People need to get familiar with changes in the healthcare package. According to the President, people will embrace it, once they get familiar with it. A lot of changes won't take

place until 2014. Until then, we need to get familiar with the new healthcare (like it or not). I believe prevention and wellness will rest on the individual.

Make sure to keep all copies of your healthcare records and correspondences, especially certificates on coverage from previous employers, which are essential if you have a pre-

existing condition and change jobs.

Make sure to research the quality of care you will receive.

It is impossible to predict just what health problems you will have in the future, but you can get a glimpse and know just what to do to change it with the Diabetes PHD (personal health decisions), a free program from the American Diabetes website. It was developed by Dr. David Eddy, he uses age, weight, family history, cholesterol and other health information to calculate your risk for stroke, heart attack, and other conditions.

These calculations determine how much you could lower the risks by making specific changes such as losing pounds, not smoking and increasing activity. Chance plays a part in everyone's life, but knowledge, lifestyle, and some personal decisions can improve your chances.

Personal wellness is up to each individual. Dress for each season (from head to foot). Use a cap, scarf or umbrella on a rainy or windy day. Wear layered clothing on very cold days, and don't forget the gloves. When ever you step outside, use a good quality lotion to protect your skin, inexpensive petroleum jelly also works very well. Spring, summer, fall and winter, no matter what weather your skin can become dry, irritated, itchy and susceptible to infection.

When your body is free of toxins, your whole body can function at its best. The invaders are everywhere, in the air that we breathe, in food we eat, and in the water we drink. Toxins can create illness-causing inflammation and put us at risk for chronic diseases. Inflammation can be anywhere in the body and can lead to chronic pain and even serious diseases. This damage can come from trauma, bacterial or viral infection, stress, genetic disorder, plus a host of other sources. Certain lifestyles can contribute to inflammation: poor diet, being overweight, smoking, no exercise, depression, and poor oral hygiene. Scientists are now linking inflammation with a wide variety of conditions including all types of pain, heart disease, diabetes, cancer, Alzheimer's disease and gum disease. Although inflammation hasn't been pinpointed as the cause of these

conditions, it has been well documented by several health organizations as playing a part in them.

Even though inflammation is unavoidable, our bodies need it because its a natural defense. It tells us that something is wrong somewhere in our body. Our bodies use inflammation as an alert to emotional, mental and physical stress in our life. Toxic pollutants are present in our environment, where we live, work and play. Do you happen to be suffering from any of the following kinds of inflammation and their related health problems ?

- Muscle, joint and bone inflammation causing ongoing body pain.
- Respiratory inflammation causing allergies and asthmatic reactions.
- Arterial inflammation.
- Digestive tract inflammation.
- Widespread body cell inflammation causing overall tiredness.

Detoxification is the key to healthy living! Thanks to research, experts say that antioxidants help your body neutralize its inner toxins and reduce its inflammation. Treating inflammation and chronic pain can be frustrating for patients and doctors. Causes can be difficult to pin down, bone doctors find that depression often complicates matters. Drug treatments have all too common side effects, such as ulcers, liver damage, more depression, kidney damage and drowsiness

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