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National Thyroid Awareness Month

The Real Reason Thyroid Disorders are Greatly Underdiagnosed—A Proper Diagnosis is Critical

By Justin Pearce, D.C.
Millpond Wellness Center

Twenty million Americans have thyroid conditions and unfortunately, many individuals are suffering from it undiagnosed. The doctors at Millpond see numerous patients with these disorders, and they always run comprehensive panels to garner a proper and precise diagnosis.

The thyroid is a tiny butterfly-shaped gland. The gland produces two primary hormones, T3 (triiodothyronine), and T4 (thyroxine); along with these two main hormones, the thyroid also makes four others that can cause issues if out of balance. There are many forms of thyroid disorders are, like Hashimoto’s disease, Grave’s Disease, and Hyper and Hypothyroidism, to name a few.

Hypothyroidism Symptoms:
• Tendency to be cold
• Dry itchy skin
• Swollen eyes
• Forgetfulness
• Lack of concentration
• Lack of appetite

Hyperthyroidism Symptoms:
• Overactive appetite
• Fatigue
• Anxiety
• Nausea
• Lack of concentrate
• Irregular heartbeat
• Sleep disturbances
• Dry/Brittle & hair breakage
• Itchy dry skin

Standard Testing is Problematic
Countless people are unknowingly suffering from thyroid conditions, because many thyroid issues go undiagnosed due to the lab results giving a false negative. Why? A standard test is taken from the blood, and any abnormality in hormone
levels are usually undetectable. For most patients, TSH (thyroid-stimulating hormone) levels do not rise or show prevalence in the bloodwork even when thyroid dysfunction is prevalent. Standard T3 and T4 testing are too limited, and an in-depth panel is necessary to diagnose the disorder in most cases.

**Traditional Medication Issues**
The problem that many patients encounter with low-functioning thyroid is that the prescribed medications only make the hormone T4, when the hormone T3 is the one that’s responsible for the majority of the imbalance. When patients are diagnosed and put on a medication, many times, their symptoms don’t get much better, and they still suffer due to the T3 dysfunction.

T3 is the most powerful thyroid hormone, and it controls the pituitary gland, metabolism, energy, protein creation, signaling to the brain’s neuron, and it also controls the body’s sensitivity to other hormones. It’s about four times more effectual than T4. When standard thyroid medications fail to alleviate conditions completely, alternative methods should be implemented.

**Inflammation**
There are always underlying issues when it comes to inflammation. The three primary factors are trauma, thoughts, and toxins. Stress, environmental pollution, sedentary lifestyles, and poor diet, cause inflammation and leads many people to become affected by illnesses. If the body is continually exposed to toxins and waste, cellular damage will occur. This can exacerbate issues such as neurodegenerative, cardiovascular, and peripheral and central nervous system disorders.

**Alternative Methods**
Microbiome dysfunction is the primary offender in all inflammatory disorders, including thyroid conditions. The physicians at Millpond Wellness Center custom tailor dietary recommendations, and also advocate specific supplementation and herbal therapies to improve cellular response, thyroid synthesis, and function. They also provide food sensitivity and allergy panels to make each patient’s nutrition plan specific to their needs. For example, if an individual is allergic to egg whites, eliminating them from their diet could do wonders for their systemic function and overall health.

Many medical professionals rely on their out of date training, which tells them to treat a patient’s symptoms. If you’re suffering from high cholesterol, brain fog, weight gain, arthritis, or anxiety, a traditional doctor will most likely put you on a drug or two to “mask” these conditions. The reason that 130 million people in the US have at least one chronic illness is due to the failure to find the root cause of a patient’s disorder(s). Doing in-depth testing, finding the reason(s), and treating the whole person is essential to reversing and minimizing any disorder or disease.

The physicians at Millpond Wellness Center have decades of experience in chiropractic care, as well as alternative medicine, holistic wellness, functional medicine, metabolic testing, and nutritional expertise.

**Millpond’s Synergistic Approach**
Combined methods are always optimal for inflammatory conditions. At Millpond Wellness Center, their motto is, “We don’t guess—we test.” There are a variety of approaches to healing medical conditions, such as chronic pain and injuries, and at Millpond Wellness Center, they find healthier alternatives to pharmaceutical medicine. If you’re ready to end your persistent suffering, contact their team today to schedule an appointment and start your healing process.

To schedule your appointment, please contact Millpond Wellness Center today.
No matter your age, moving is life-changing. There is a lot to think about, especially when you’re considering a move from a private residence into a community of care. The first question to be settled is the type of community that’s best for you. Because there are many different types of living/care arrangements available, it can get a little confusing.

**Independent Living**
Independent living is best suited to those who are able to manage quite well on their own but would like to be free from the burden of property ownership. Most independent living communities also offer social, recreational and educational activities to their residents. Onsite security and the knowledge that help is just a phone call away makes independent living ideal for today’s active, healthy seniors.

The independent living communities of Highgrove at Tate’s Creek and Ashtongrove are similar to a quaint gated community. Each cottage includes two bedrooms, two bathrooms, a garage and kitchen. The cottages are maintenance free and include utilities, phone, cable, and internet. Residents of the cottages may come to the assisted living community to participate in activities and utilize the amenities if they would like. Meals are also included in these specific communities.

**Assisted Living**
Although residents in assisted living communities may have some medical needs, the primary focus of assisted living is socialization. Research shows that seniors who stay active and social experience better health, a greater sense of well-being, and may recover from illness more quickly.

In addition to the social aspects, assisted living residents benefit from help with activities of daily living if they need it: bathing, dressing, grooming, personal hygiene, and meals. Transportation, shopping, laundry services and housekeeping services are provided which makes it easier for residents to maintain their independence. Residents may receive help with their medications, such as reminders, but staff do not administer medications.
At Highgrove and Ashtongrove, we recognize that each of our assisted living residents have unique needs and preferences. Our Wellness Director meets with each new resident and their families to assess these needs and preferences and design a personalized service plan. The community is resort-like with meals prepared by a professionally trained chef in a fine dining atmosphere.

Social activities include music, holiday celebrations, meals, summer cookouts, exercise programs, arts and crafts, bingo, card games, outings to local restaurants, museums and shows, and much more! On-site salon, chapel and a movie theater are just a few of the “little things” that make our communities special.

We offer studio, one- and two-bedroom apartments, allowing siblings, life-long friends, and couples to remain together as they age. All apartments include private baths with walk-in showers, kitchenettes, and large closets. Each resident has a pendant to use if they need any additional assistance. Both Highgrove and Ashtongrove have staff onsite 24 hours a day!

Personal Care

Personal care communities are similar to assisted living communities. The main difference between the two types of communities is that personal care has nursing staff onsite. Personal care is a higher level of care than assisted living, therefore they are able to provide nursing services such as wound care and direct administration of medications. Personal care communities have a Medical Director that oversees the residents’ care needs.

Memory Care

Highgrove and Ashtongrove’s memory care communities specialize in providing compassionate care to individuals with dementia, Alzheimer’s disease and related conditions. Memory care communities are typically secured environments with specialized programming. Memory care communities can be certified assisted living or a licensed personal care.

The Varietas program provides socialization, creative outlets, exercise, high-quality nutrition, and cognitive activities that help to reduce, or even prevent confusion, depression and anxiety that those with dementia can experience. The Varietas program incorporates behavior based ergonomic therapy which can often cut down the use of certain medications.

Our memory care facilities have state-of-the-art security systems, which allow residents to live independently while remaining within the comfort of a safe and secure environment.

Skilled Nursing Home

Skilled nursing can be short term and/or long term depending on the medical needs of a person. Skilled nursing is usually required following a hospitalization, surgery, or a significant change in health. In a short-term situation, a person is there for rehabilitation which focuses on helping the individual regain strength and stamina so they can return to their home, or in some cases, move into assisted living. In a long-term situation, a person receives skilled nursing care due to requiring full care with activities of daily living, full assistance with mobility, and daily nursing needs. Long-term care residents typically do not “step down” to independent or assisted living.

A Place for Those you Love

Now that you know a little more about the different types of care communities out there, Highgrove and Ashtongrove invite you to visit to find out more if you’re interested in Independent Living, Assisted Living, or Memory Care. We offer free, no-obligation personal tours, during which time we will answer all of your questions and help you in your decision making. If we can help you feel more secure in your decision and even more comfortable in your new home, it would be our honor. Please allow us to be a resource to you.

For More Information, or to Arrange a Tour, Please Call Today!

Ashtongrove is Opening in Spring 2020
Reserve Your Space Now!

Highgrove at Tates Creek
4251 Saron Drive
Lexington, KY 40515
859.245.0100 (Ask for Shay)
highgroveattatescreek.com

Ashtongrove Senior Living
115 Ashton Grove Path
Georgetown, KY 40324
502-777-2799 (Ask for Melissa)
ashtongroveseniorliving.com
It’s a new year, which we all universally associate with resolutions and a fresh start; are you going to be one of the few that stays the course to make real change? The biggest barriers to achieving our goals is negative thinking or giving up. It takes preparation and planning, but if you have the appropriate steps, support and drive, you can succeed.

Stage 1
The first step in making change is to realize that there is something in your life you don’t like. In this, the pre-contemplation stage, you don’t really have an intention to change. Rather, at this stage you gather information and input from those around you. You may do some research, or you may become aware that friends and family have been commenting more and more about a particular behavior you didn’t even recognize as problematic.

It is at this stage we begin to develop the motivation to change. This typically starts with gathering more information about the behavior to be changed. A smoker may recognize he’s coughing a lot more. A person dealing with a weight issue may recognize how uncomfortable they feel in social settings. Friends may comment on how much you’ve been drinking. You may realize your outward behaviors no longer square with your inner values.
Stage 2
At the contemplation stage, the internal debate about change begins. The individual begins to weigh the costs and benefits, both of making the change and of not making the change. There’s a lot of uncertainty and questioning. Writing it down and making comparisons can help you weigh things out. It’s also a good time to think about obstacles and ways to overcome them.

Stage 3
In the preparation stage, you’ve made the decision to change in the immediate future. There’s a timeline and a goal. You might “test the waters” to see if the desired change is possible and how difficult it might be. For example, a smoker may set a goal of making it through a day without a cigarette. The dieter may eliminate between-meal snacks for a day. These “trial runs” are building confidence and setting you up for the next stage.

Stage 4
In the action stage, you’re fully committed and actively working toward the goal. Progress may be slow, but it is steady. At this stage, your commitment can really be challenged. Friends and families may unwittingly sabotage your efforts. The best friend who urges you to just take a bite of a dessert; the brother who offers a cigarette even though he knows you’re trying to quit. Now is the time to use the strategies for the preparation stage. Surround yourself with others who are, or have, tackled the same change. Expect to relapse, but don’t allow it to be an excuse to return to former bad behaviors. Celebrate your accomplishments.

Stage 5
The final stage, maintenance, is achieved when the desired behavior is firmly in place, typically after about six months. You’re smoke free. You’ve achieved your goal weight. You wouldn’t dream of missing a workout. The risk of relapse is always there, but it lessens as time goes on. Remind yourself of how far you’ve come and continue to apply the lessons learned in the earlier stages.

Getting help
We Americans tend to think of ourselves as strong and resilient, able to rise to any challenge. As a result, there can be a stigma around those who seek help. But some changes can only be achieved with help.

The path to change is not one you have to travel alone. New Vista professionals provide individual, family and group counseling. We use evidence-based treatment to help clients achieve their fullest potential.

About New Vista
New Vista is a Community Mental Health Center providing clinical services to nearly 25,000 adults, children, and families in 17 Central Kentucky counties. New Vista is a mission-driven nonprofit working with the communities to develop innovative programs to respond rapidly to both individual and community needs.

If you or a loved one needs help with substance use services, please call our 24-Hour Helpline at 1.800.928.8000.
Millions of Americans Resolved to Better Their Finances in 2020

Were you one of them? Whether your resolution was to dig out from debt; save money; set something aside for retirement; establish a college account; or just become more financially savvy, the University of Kentucky Federal Credit Union has financial products and tips that can really make a difference.

Set SMART goals. Your goals should be specific, measurable, attainable, relevant, and timely. Generalized statements like “I want to save more money in 2020” won’t help. Set a goal to save a specific amount of money each pay period and a total amount over the year. Don’t set your goal so high that you can’t achieve it, but don’t set it so low that it’s not helpful. Put a timeframe around the goal. If you are saving for a specific purpose, tie the behavior to that purpose. For example, you might set the following goal: “I will set aside $20 per pay period in 2020 to fund a down payment on a new auto loan.”

You can apply the SMART principle to any goal you want to achieve – paying down debt, paying off your mortgage, setting aside money for retirement. Wherever possible, automate the process so you don’t have to think about it.

Create a budget. Your budget should be realistic, taking into account everywhere your money goes. But it should also cause you to make changes in your spending, especially if paying off debt or saving for the future are among your priorities, as they should be! There are many budgeting systems, programs and apps available to help you create and manage your budget, including a free online budgeting tool available to UKFCU members. You might also investigate apps like MINT, Every Dollar and Clarity Money. We have seen many customers achieve remarkable success by creating and sticking to a budget. You can too!

Cut expenses. An important part of the budgeting process is looking at where your money is going and setting priorities. You have undoubtedly heard about the wastefulness of the morning $5 latte.
But there are other ways to reduce financial waste, including your credit cards. When was the last time you really looked at your credit card statement interest rate? You might be shocked to learn that you are paying interest rates of 24, 25, or even 28 percent on some cards!

Open a new UKFCU Visa account in January with a transfer balance and you’ll earn 1 percent cash back on the balance transfer, subject to credit approval and disclosures. The UKFCU Visa card is available with very affordable rates; there is no annual fee; and members enjoy the CURewards program. The money you save in interest and fees can go far in helping you achieve your financial independence in 2020!*

Educate yourself. The financial world can be confusing, but it doesn’t have to be! UKFCU offers unbiased, reliable financial education through its Smart Money Center. UKFCU can help you learn how to save for, and buy, a home; use credit cards wisely; invest for the future; manage debt; understand your money personality; manage student loans; and even develop your career! It’s all available, free of charge, to everyone, in the UKFCU Smart Money Center online.

If you’re a podcast listener, consider subscribing to a personal finance podcast or two, such as So Money; Stacking Benjamins; The Fairer Cents; or Dave Ramsey. Search your podcast provider – Stitcher, Apple, Google Play – and check a few out.

Practice not spending. We live in a society in which spending money is a daily habit. But do you really need to spend money every day? Probably not. You can practice money mindfulness by designating a day or two a week as spending holidays. It can be challenging, but with a little planning and some discipline, you too can kick the spending-every-day habit and reap the rewards.

Need more help? The University of Kentucky Federal Credit Union is here for you! As a not-for-profit, member-owned financial institution, our mission is to help members achieve financial well-being by building financial partnerships member by member. Come in and see us! We would be happy to sit down with you and discuss your financial goals and the ways we can help you achieve them.

Visit UKFCU online at UKFCU.org; visit the UKFCU branch nearest you; or call (859) 264-4200 to learn more.

Disclaimer: *Offer available 01/01/20 – 12/31/20. Must be a UKFCU member. Balance transfer must be from a non-UKFCU credit card to receive funds. 1% of balance transfer will be deposited within 60 days into a Prime Share Savings Account, up to a $100 maximum. Annual Percentage Rate. Rates available subject to credit approval and subject to change without notice. Rates are effective as of 10/31/19. Other restrictions may apply. See a representative for more details.

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FEDERALLY INSURED BY NCUA
Would you buy a car without test driving it first? Would you buy a house without seeing it first? If the answer is no, then why would you buy a hearing aid without taking it for a “test drive”? If you are like most people for whom hearing aids have been recommended, you are reluctant to buy before you know how they perform. Besides the significant financial investment, there are so many choices, it can be quite overwhelming. How do you know what is best for you at the best price? At Kentucky Audiology & Tinnitus Services, we have several methods which help us determine the most appropriate make and model for your unique listening needs including a thorough case history and comprehensive hearing assessment as well as hearing handicap inventories to assess what situations you experience the most difficulty. Using these tools, we can typically choose the most appropriate technology for you. That being said, sometimes the patient needs to experience what a hearing aid sounds like in order to make the right decision for them. The most convincing and powerful tool is to experience amplification in your own environment and experience the benefits first hand. No matter what make or model you ultimately choose and no matter where you purchase hearing aids, there is always a 30-day trial period, so even if you don’t get to “test drive” your hearing aid prior to a purchase, if you are dissatisfied for any reason, they can be exchanged or returned. However, most people prefer to actually experience the improvement in hearing before they purchase with no cost or obligation.

A stumbling block in this process of demonstration hearing aids is that most manufacturers only provide demonstration hearing aids in the premium-level products. While this is very helpful, the patient is unable to experience the less expensive technology without proceeding with the purchase. I think it is safe to say, most of us feel more comfortable when making a large purchase, to be able to try the actual device in our own environment without any cost or obligation before making a decision. Being able to experience the different levels of technology in your own home may save the patient a substantial amount of money should they find a lower level of technology is just as beneficial as a more expensive one.

Unitron, a small Canadian-based, hearing aid manufacturer, has developed a program to address this issue called Flex-Trial. The Flex-Trial program allows the audiologist to program the demonstration hearing aids to any level of technology from economy to premium. There are 5 technology levels from which to select. Based on your history, your hearing handicap inventories and your unique hearing needs, the audiologist will make a recommendation on the technology level most appropriate for you and program the devices for you to take home. You can now try the hearing aid in all the situations in which you experience difficulty and make an informed decision about which level of technology is providing you with the benefit you need. Most people try one to two different levels of technology to determine which best suits their unique situation. Now they can proceed with the purchase of hearing aids with confidence in the ability of the hearing aid to significantly improve their lives. If you, a family member, friend or co-worker would like to experience better hearing with no cost or obligation, please contact the office for your “test drive” with a Flex-Trial. 859-554-5384

Dr. Rhoten is an audiologist with Kentucky Audiology & Tinnitus Services, PLLC, 1517 Nicholasville Road, Suite 202, Lexington, KY 40503 (859) 554-5384, or visit her online at www.kytinnitus.com
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WINTER FITNESS: SAFETY TIPS FOR EXERCISING OUTDOORS

Dressing in layers, protecting your hands and feet, and paying attention to the forecast can help you stay safe and warm while exercising outdoors in cold weather.

Frigid temperatures can discourage even the most motivated exercisers. Without motivation, it’s easy to pack away your workout gear for the winter. But you don’t have to let cold weather spell the end of your fitness routine. Try these tips for exercising during cold weather to stay fit, motivated and warm.

Stay safe during cold-weather exercise
Exercise is safe for almost everyone, even in cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud’s disease, check with your doctor first to review any special precautions you need based on your condition or your medications.

The following tips can help you stay safe — and warm — while exercising in the cold.

Check weather conditions and wind chill
Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you’ll be outside, are key factors in planning a safe cold-weather workout. Wind and cold together make up the wind chill, a common element in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even with warm clothing.

The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Any exposed skin is vulnerable to frostbite.

The risk of frostbite is less than 5 percent when the air temperature is above 5°F (minus 15°C), but the risk rises as the wind chill falls. At wind chill levels below minus 18°F, frostbite can occur on exposed skin in 30 minutes or less.

If the temperature dips below 0°F or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Consider putting off your workout if it’s raining or snowing unless you have waterproof gear.

Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Know the signs of frostbite and hypothermia
Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet. Early warning signs include numbness, loss of feeling or a stinging sensation.

Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — but don’t rub it since that can damage your skin. Seek emergency care if numbness doesn’t go away.

Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are also at greater risk.

Hypothermia signs and symptoms include intense shivering, slurred speech, loss of coordination and fatigue. Seek emergency help right away for possible hypothermia.

Dress in layers
Dressing too warmly is a big mistake when exercising in cold weather. Exercise generates a considerable amount of heat — enough to make you feel like it’s much warmer than it really is. The evaporation of sweat, however, pulls heat from your body and you feel chilled. The solution?

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin.

Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you’re lean, you may need more insulation than someone who is heavier.

Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Source: mayoclinic.org
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- Cramps, Bloating, Gas
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Explore the Antimicrobial Benefits of Halotherapy

Have you been looking for a complementary therapy option for your respiratory ailments, but you're not sure what is available? Do you currently experience asthma or allergy symptoms, sinus or ear infections, cold and flu symptoms, bronchitis, chronic cough, COPD, psoriasis, or eczema? Let us introduce you to Halotherapy at the Bluegrass Salt Room.

Halotherapy is a drug-free, safe, and all-natural breathing therapy to support the body's natural defense system. A halogenerator disperses a salt aerosol into the air, which simulates the salted microclimate of the ancient European salt caves. Throughout a 45-minute session the inhalation of the ionized air benefits the lungs, sinuses, and skin.

What to expect in the Dry Salt therapy room
Upon entering the Salt Room, you will find yourself surrounded by 15,000 pounds of beautiful pink Himalayan crystal salt that covers the walls and floor. As the lights dim, you can settle back in one of our zero gravity chairs and listen to the sweet sounds of serene background music as you relax.

Using the technology of a dry salt aerosol generator, an ultra-fine salt micro-particle is delivered into the Salt Room, replicating the therapeutic breathing environment found in European salt caves. The salt concentration levels during each session are monitored and adjusted based on the specific needs for the people inside the Salt Room. These controlled parameters provide an ideal breathing environment free of bacteria, dust, and allergens.

Dry salt therapy and breathing
With each relaxing breath, inhalation of the dry salt micro-particles found inside the Salt Room provides antibacterial, antiviral, and antifungal properties. Inhaling these particles also aids in thinning unnaturally thick and sticky mucus. The importance of sinus and respiratory health is rising with the increase of daily exposure to current environmental pollutants, allergens, airborne diseases, and toxins. These irritants may decrease lung volume and obstruct airways when they become trapped. Halotherapy aids in restoring the normal transport of mucous secretion and assists in reducing inflammation in the airway passages to clear and calm an agitated respiratory tract. A series of salt therapy sessions may lead to better lung function, fewer spasmodic attacks, and a strengthened immune system.

Dry salt therapy and skin
The dry salt micro-particles inside the Salt Room that are not inhaled fall onto the skin, which enhances microcirculation and alleviates the sensation of itching. The salt also provides pH normalization, stimulates reparative and regenerative processes, increases skin rigidity, and assists in cellular membrane activity. The anti-inflammatory property of the salt provides relief from swelling to reduce discomfort associated with lesions, scales, and inflamed tissues. Larger salt particles work to absorb any bacterial and foreign substances, while the smaller salt particles can reach beneath the skin’s surface and absorb moisture toward the skin. Salt therapy is commonly used for eczema, psoriasis, acne, rashes, and dry skin.

Far Infrared Sauna Therapy
When it comes to detoxification, there are plenty of methods available to choose from. If you are looking for a simple, enjoyable, and safe way to boost metabolism, cleanse the skin, as well as sooth, stimulate, and detoxify the body, then Far Infrared Sauna Therapy is for you. Using light to create heat, a Far Infrared Sauna gently warms the body and raises core body temperature to produce a therapeutic sweat. The sweating process helps the body eliminate heavy metals, toxins, and cleanses the pores of accumulated dirt and dry skin cells. An increase in blood flow and circulation supplies the body with the conditioning benefits of exercise. It also assists the body in killing bacteria, fungi, parasites, and viruses. Additionally, it supports the immune system, relaxes muscles, and relieves tension, which gives you the ability to unwind and de-stress.

For more information on how to incorporate the natural anti-inflammatory and anti-microbial properties of salt into your health routine this year, please call us at (859) 425-1111 or visit our website at Kentuckysaltroom.com.

The Bluegrass Salt Room is conveniently located in Brannon Crossing at 239. E. Brannon Road, Nicholasville. Call us at (859) 425-1111 or visit us on the web at www.kentuckysaltroom.com
Despite your best intentions, you might have found yourself overindulging during the holiday season. Do your jeans feel a little bit tighter all of a sudden? Weight gain is a normal side effect of the holidays but luckily there are some easy ways to shed off those extra pounds when the Halloween candy and Christmas parties have passed.

1. **Keep Eating**
You might be tempted to start skipping meals after a couple of months of seasonal overeating, but missing out on meals only makes you more likely to eat extra in the long run. Stick to three solid meals a day and some snacks to get your weight back to normal.

2. **Move Your Body**
As well as the traditional heavy eating that comes with the holiday season, we usually also find ourselves sitting around more as we spend time chatting with friends and watching Christmas movies with family. Get yourself back into a decent fitness routine and use exercise to get rid of those extra pounds.

3. **Cook at Home**
You’ve probably been eating out more often over the holidays, whether it’s at relatives’ houses or restaurants with friends. By cooking your meals at home after the festive period you can control your meals and portions to save money and help you lose weight at the same time.

4. **Eat Less Carbs**
Your body tends to cling to water weight following the holiday season because of all the extra salt and sugar you’ve been eating. Don’t cut out carbohydrates completely but try to go easy on breads and potatoes to avoid holding onto that water weight.

5. **Reach for Veggies**
There are natural appetite suppressants in vegetables so try filling up on veggies before you reach for fattier or more stodgy meals. The extra vegetables will help you avoid gaining extra weight while also filling you up with a healthy, low-calorie alternative.

6. **Use Smaller Plates**
For one month, serve your evening meal on a smaller plate. The simple switch from a standard 12-inch dinner plate to a slightly smaller serving plate will ensure that you serve yourself more reasonable portions and cut off the extra calories that you’ve been consuming over Christmas.

7. **Try Dry January**
After a heavy few weeks of work parties and nights out you could probably do with a month away from alcohol. Dry January involves cutting out alcohol for a full month and you’ll be amazed at the calories you save and the weight you lose with this simple plan in place.

8. **Tidy Your House**
You might find that your house is in a bit of a tip after hosting houseguests or dashing in and out to different social events all month. Getting your back into a good deep cleaning can actually burn masses of calories, so sort out your home and your body at the same time by scrubbing those floors and tossing out the trash.

These eight tips will have you back to your pre-holiday weight in no time so you can remember the season fondly without regretting all those little indulgences.
New Year, New You!
Happy New Year — Now, Fix Yourself.

By Lisa Webb, D.Psy, MPH and Kenith L. Robins, PhD

Most of us know that about 90% of New Year’s resolutions never actually get resolved. And it’s clear why: We all have habits that we fall back on; that’s why they’re habits. But there’s no reason why you can’t keep some resolutions to point you in the direction of what you want your life, body, relationship, career or almost anything else to “look like.”

1. **Figure out what you want to change.**
   It is pretty difficult to accomplish something without having a direction. For instance, if you want to drive someplace south, you would not get on the freeway going north-bound! Whatever you hope for this year — to lose weight, to feel better, to exercise more, to spend less money — you’re much more likely to make improvements than someone who hasn’t made a formal resolution to change.

2. **Set a single clear goal.**
   Instead of resolving to “lose weight” or “eat healthier,” set a specific goal — say, lose a pound a week. And limit yourself to one big resolution at a time. If you’re trying to quit smoking or save money, don’t bother counting how many calories you consume or burn up. We only have so much willpower—and at times it can be tough to keep one goal in mind and one resolution in focus!

3. **Break it into manageable bites.**
   You also did not get wherever you are overnight. In most situations, weight does not suddenly appear—it happens gradually. Also, so it is with making life changes. It is unrealistic to say you are going to “lose ____ pounds by ____,” without a plan to point you in the right direction.

   And what about exercise? Chronic pain patients we work with complain that they cannot exercise. While that is true, not being active most times leads to more pain and stiffness. We have a specialized movement coach that has a proven history in helping people increase their motion. Even though our patients don’t often run marathons, they report feeling less “mind fog” and able to focus better if they have even some gentle movement every day.

4. **Set yourself up — to succeed.**
   One study published in the Journal of Personality and Social Psychology, tracked people’s reactions to temptations throughout the day. The study, led by Wilhelm Hofmann of the University of Chicago, showed that the people with the best self-control are the ones who use their willpower less often. Instead of fending off one urge after another, these people set up their lives to minimize temptations. They play offense, not defense, using their willpower in advance so that they avoid crises, conserve their energy and outsource as much self-control as they can.

   These strategies are particularly important if you’re trying to lose weight, which is the most typical New Year’s resolution as well as the most difficult. The more you starve your body, the less glucose there will be in your bloodstream, and that means less willpower. Because of this vicious cycle, even people with great self-control in the rest of their lives can have a terrible time resisting the jelly doughnut!

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Your Secret Weapon for the New Year

By Alex Anderson

In August of 1996, I was having breakfast with a pastor that I admired. He did not come from a privileged family, but his life was full of good things. He was very blessed in every way. He had started his church a year and a half earlier, and it was flourishing. He had a beautiful, healthy family. His finances were abundant. He was a VFR pilot and flew a twin engine Cessna to speaking engagements. There were many other things to admire about him as a person and as a Bible teacher.

As we talked that morning, I could not help myself, so I had to ask him how he had become so blessed. I had never met anyone, especially in ministry, quite as successful at such young age.

Here is what he shared.

He said that when he was a struggling student in school to become a minister, the president of the school had personally mentored him...then he stopped in the middle of his story, looked at me and said something that completely surprised me. “But the real key to my success is something the president gave me. That one thing changed everything in my life. And since you asked I’ll give it to you if you’ll follow me to my office.” I eagerly finished my coffee, got into my car and hurried to his office. I don’t believe in magic but I do believe that God wants to bless our lives. What my friend gave me has caused my life to be blessed in every sense of the word, and so I want to give it to you as Your Secret Weapon for the New Year.

My friend called it, “His Daily Agreement with God.” It's not fancy and not even grammatically correct, but the effects are powerful and have changed the lives of many people I have shared it with since then. It's a prayer that when used with even a little bit of faith touches the heart of God and He responds to it. You read it out loud twice (morning and evening) a day to God. Due to the limits of space... here is an excerpt (it's about three pages long). I renamed it.

My Daily Agreement with God’s Will for My Life

Father in heaven, thank you that you are establishing me in Christ Jesus. According to Philo­men 1:6 - “that the confession of my faith may become effectual by my acknowledging every good thing which is in me in Christ Jesus.

20 This is the best year of my life and today will be the greatest day of my life so far. During this year I will grow abundantly in every area of my life: Spiritually, Mentally, Physically, Emotionally, Socially, and Financially.

I know my Heavenly Father's voice and will hear no other. I am in His perfect will for my life. I am diligent to do my Father's will and speak only that which is pleasing to Him. I am a yielded vessel.

You, Holy Spirit, are my friend and you give me the power to overcome the evil tendencies of my flesh so that I can submit to the Lordship of Jesus Christ in spirit and indeed.

No matter what the circumstance I have the mind of Christ and operate in His wisdom and ability and the peace of God keeps my heart and mind through Christ Jesus. I ask and receive grace daily to walk in holiness.

I don’t have cares. I have cast them all on the Lord. Peace, righteousness, security, and triumph over opposition are my heritage from the Lord Jesus. In the middle of all my thoughts is your comfort that cheers me up and makes me full of joy and happiness. I am always a happy person. I rely on the Greater One who indwells me to equip me for the job God has called me to do.

Jesus has redeemed me from the curse of the law. Heavenly Father you are continually delivering me from the hands of my adversary.

Because I am always living with you as the Highest of all my thoughts, I will live in your favor. When I am in trouble I can call on You and You will give me Your immediate attention and come to my aid with honor and deliver me with dignity. My Father in Heaven blesses me to be a blessing.

I have the righteousness of Christ, and when God the Father looks at me He sees Jesus. Father God will never leave nor forsake me. This gives me the power to keep myself calm in the face of temptation and of adversity.

Bless me indeed. I ask that your hand would be with me. Deliver me from evil, both temptation, and harm. Lord, Help me to be a second mile Christian. Help me to remember that I am not my flesh, because of the beautiful Lord Jesus Christ who is in me Who is my hope of Glory...

Let me know what God does this year as you pray this prayer. For me, it's been quite amazing!

To your spiritual health,
Alex E. Anderson
Senior Associate Pastor at Bayside Community Church

P.S. HAPPY NEW!! If you want the complete copy of My Daily Agreement with God’s Will for My Life, I would be glad to email it to you. Just go to alexanderson.org
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