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THE Wellness REPORT

Spring 2015

Gardening for All: Accessible Gardening

Gardening is therapeutic! It provides a multitude of benefits for the body and the mind. Sadly, those who might gain most from gardening, people with physical challenges (such as back and joint pain and mobility problems), often are the least likely to garden.

Accessible gardening takes the physical barriers out of gardening and reshapes gardening approaches to fit a person's abilities. Accessible gardening builds on what a gardener CAN do, not what they cannot do.

This presentation will start with an overview of accessible gardening by Jeanette Stehr-Green. Jeanette will talk about the health benefits of gardening and specific ways to make gardening easier for people with back, joint, or mobility problems. Judy English will focus on one particular form of accessible gardening: container gardening. Judy will explain the advantages to growing plants in containers and describe the desirable characteristics of containers used to grow plants. She will demonstrate how to plant a large container

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Let me introduce myself...

My name is **Kitty LaBarge** and am excited to be joining the team at Sequim Medical Associates. I bring over 25 years of experience in the healthcare industry, mainly in administration. I look forward to meeting you and assisting your needs whether it be at the front desk, in the billing department or the business office.



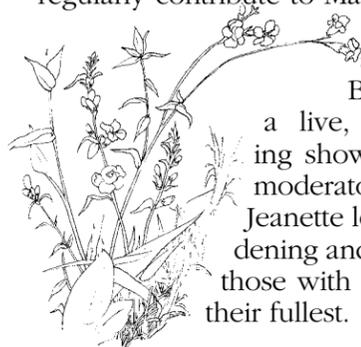
I was born in California and have lived all my life in Port Angeles. I love spending time with my two adult children, and in my spare time, I can be found with my husband Marty riding on our Harley's or traveling to our favorite beach in Mexico.

Gardening for All...continued from page 1

without injuring joints or muscles. Judy and Jeanette hope that after hearing this presentation, participants will be encouraged to continue (or start) gardening, even if they have physical challenges.

Judy English and Jeanette Stehr-Green are WSU-certified Clallam County Master Gardeners. Judy has been a Master Gardener since 2005; Jeanette has been a Master Gardener since 2003. Judy and Jeanette have provided many presentations to the public on gardening and regularly contribute to Master Gardener newspaper columns in the Sequim Gazette and Peninsula Daily News.

Both appear on "Garden Talk" a live, hour-long monthly gardening show on KONP Radio with host/moderator Todd Ortloff. Both Judy and Jeanette love teaching others about gardening and are passionate about helping those with physical challenges garden to their fullest.



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Accessible Gardening

Presenters:

Judy English & Jeanette Stehr-Green

WSU-Certified Clallam County Master Gardeners

March 19, 2015 1:30 – 2:30 pm

Olympic Medical Park

840 N 5th Ave, Sequim
Second Floor Conference Room



- Gardening is Therapeutic
- Taking physical barriers out of gardening
- Container Gardening Tips

**Please call Casey at
582-2850 to sign up.**

Family and friends welcome....

Vaccine Myths Debunked



In response to the article "10 Reasons not to Vaccinate" found on the ironically-named VacTruth.com website. Adapted from an interview with Paul Offit, MD, Director of the Vaccine Education Center and professor of Pediatrics, Infectious Diseases at Children's Hospital in Philadelphia.

Flu vaccine causes flu. This is not even remotely possible. The flu vaccine is simply 2 tiny proteins from the outer capsule of the virus that are isolated and purified. Your own immune system recognizes these proteins as foreign and mounts a response against them. That response could cause a low-grade fever or some achiness for a day or two. But, there is no viral organism that is capable of reproducing and causing an infection. If you get sick after flu vaccination, you had some type of virus already incubating inside of you. The problem is, we are causal-seeking organisms. When something happens, we try to link it with an event which may have occurred just prior, looking for a cause-and-effect relationship. We want to understand so that we can find something we can have some control over. But sometimes things happen coincidentally and some things happen randomly.

Vaccines do not work. H. influenza B causes ear and sinus infections, bronchitis, pneumonia, meningitis and bloodstream infections. We used to see 20-25,000 cases of Hib per year, but since vaccination, there are less than 50.

The Measles vaccine is 99% effective. This had been one of the great success stories of vaccination. Endemic Measles was eliminated from our country by 2000 due to vaccination efforts. Few, sporadic cases still occurred, but they all came from people traveling from other countries, and it was contained because of immunity in the general population. Now, thanks to the vocal but misguided anti-vaccination movement, we are seeing a resurgence of this disease which causes rash, fever, encephalitis and sometimes seizures or death. The Measles virus is highly infectious. For every 10 patients exposed to it, 9 will get sick.

Mumps can cause viral meningitis, deafness, sometimes infertility. There used to be millions of cases of Mumps per year. The vaccine, close to 90% effective, has drastically reduced the incidence of Mumps. Prior to the vaccine, about 200-300 people per year lost their hearing due to Mumps -now deafness from Mumps is almost never seen.

Previously, there were 8,000 deaths per year due to Pertussis, now there are fewer than 25.

Vaccines have never been proven safe or effective. The anti-Vaxers claim that proper placebo-controlled studies have never been done, but they have, and you can find them on PubMed and elsewhere. A single example is the Polio vaccine which was studied in a placebo-controlled trial of 1.8 million children. There used to be 1500 deaths and 50,000 cases of paralysis due to Polio every year. Not now.

The reason diseases have become less common is due to improved sanitation and living conditions. The Hib vaccine was introduced in the late 1980's, and there was no major change in hygiene or sanitation at that time, yet there was a dramatic reduction in the disease. The same argument can be made for the Rotovirus vaccine introduced in 2006. Also, many areas of India still lack good sanitation, but India has eradicated Polio since introducing that vaccine.

The first vaccine was a disaster. The original smallpox vaccination was done by taking the fluid from a blister

of one child and then injecting it into the skin of another. That technique could transmit other bacteria and viruses between patients, which occurred occasionally, but it was effective against smallpox. That was the late 1700s/early 1800s, and we've upgraded our techniques a bit since then! Smallpox infected about 500 million humans over time, and it is now eradicated from Earth.

Vaccines contain toxic poisons such as aluminum, mercury, formaldehyde, MSG. Some multi-dose influenza vaccines still contain thimerisol which is ethylmercury. Mercury is a neurotoxin at high levels. If you live on earth, you'll be exposed to mercury, cadmium, arsenic and other heavy metals. "It's the dose that makes the poison". Organic methylmercury is found in predatory fish and other dietary sources. It is more toxic, has a longer half-life, and crosses the blood-brain barrier more easily than ethylmercury. An individual gets far more mercury exposure from breast milk and infant formula than from a vaccine.

Every study comparing unvaccinated to vaccinated children, shows that unvaccinated children enjoy superior health. There is not a single study showing this to be true. Studies actually show the opposite. Highly vaccinated children are found to have generally better health than unvaccinated children.

Vaccines cause a host of chronic, incurable, and life threatening diseases. The question of a link to autism came about from Andrew Wakefield's case series of 8 children who developed autism within a month of MMR. This was not a study. He posed the question of whether this was just coincidence vs. cause-and-effect, but never tested the hypothesis. Studies have now been done which clearly show that there is no cause and effect relationship. More studies, involving hundreds of thousands of kids on 3 continents, showed absolutely no difference in neurodevelopmental outcome between vaccinated and unvaccinated children. So, the argument morphed as each speculation was disproved. First, the culprit was the MMR, then it was thimerosal, then it was too many too soon overwhelms the immune system. Each was studied and disproven. Autism occurs in prenatal development and has a genetic basis.

Guillain Barre is a disease of the peripheral nervous system which causes paralysis. It was questioned with the 1976 swine flu when 1 in 100,000 people developed GBS. It's not clearly caused by the vaccine as there may have been selection bias.

There is strong evidence linking vaccines to SIDS. Nope, not so. Sudden Infant Death Syndrome is a devastating respiratory control problem in the first couple months of life. It is understandable that we questioned whether vaccinations could be linked to this since many infants who died from SIDS had a common history of having had vaccination. But this is an answerable question, and there have been many studies that looked at this and there was no difference in the rates of SIDS amongst vaccinated and unvaccinated children. However, there was a dramatic decrease in SIDS when pediatricians mounted a campaign to have infants sleep on their backs.

More than 100 previously healthy women died from HPV. Again, not true, but where did this misinformation

continued next page

Vaccine Myths Debunked, continued

tion come from? If you get a vaccine and something bad happens, you can report it to the Vaccine Adverse Event Reporting System. It is important to collect this data because we can then research these events to look for possible adverse reactions from vaccines. The deaths that were reported by citizens to the VAERS were investigated. Every one turned out to be caused by something else, such as a motor vehicle accident or asthma attack, that occurred following vaccination. Hundreds of millions of vaccinations are given to people, and then Life still happens, so of course some of those people get sick, die, get a promotion or fall in love soon after. But the vaccination did not necessarily cause these events. The HPV vaccine was tested in 30,000 women prior to being offered to the public. Since then, it has been formally tested in over 1 million people. Fainting is the only side effect that was seen.

The only way to create natural, lifelong immunity is by natural exposure. While it is true that you will have a higher antibody response to natural infection than vaccination, you also have to pay the price of that infection. The Measles vaccine only gives people 1/3 the level of antibodies as the natural infection, but that is apparently good enough. We used to see 3-4 million cases of Measles per year, and by the year

2000, there were 0 cases which originated from the US. The natural disease is a "wild-type" virus - highly adaptive and not controlled.

Financial motives. Sure, it's easy to stir up mistrust and fear of Big Pharma. But vaccines are far from the most profitable areas of pharmaceutical industry. What is most profitable is something that people need to take on a daily basis, not just once or twice. But no company would make something without some profit. Companies are made of people who cannot buy supplies, run factories or feed their families if they lose money. Keep in mind that the people in these companies who do the research and do the safety testing are also parents, and they vaccinate their own children.

No liability of Pharma or doctors. The National Vaccine Injury Act was passed in 1986 because we are a litigious society and there was a flood of litigations for everything. We were on verge of losing all vaccines due to lawsuits that deterred companies from wanting to make them. Now, if there is an adverse event, you have to go through the Vaccine Injury Compensation Program which is actually quite lax. And if you are dissatisfied with the outcome, you can still sue the company.

Soft Tacos with Southwestern Vegetables

from Mayo Clinic/Healthy Heart Recipes

Dietitian's tip:

These meatless soft tacos are stuffed with sauteed vegetables and topped with smoky salsa. To make it a meal, serve with Spanish rice, a tossed green salad with red wine vinegar dressing and cantaloupe cubes.

Serves 4

Ingredients

- 1 tablespoon olive oil
- 1 medium red onion, chopped (about 1 cup)
- 1 cup diced yellow summer squash
- 1 cup diced green zucchini
- 3 large garlic cloves, minced
- 4 medium tomatoes, seeded and chopped
- 1 jalapeno chili, seeded and chopped
- 1 cup fresh corn kernels (cut from about 2 ears of corn) or 1 cup frozen corn
- 1 cup canned pinto or black beans, rinsed and drained
- 1/2 cup chopped fresh cilantro
- 8 corn tortillas
- 1/2 cup smoke-flavored salsa



Nutritional analysis per serving

- Serving size: 2 tacos
- Total carbohydrate 54 g
 - Dietary fiber 11 g
 - Sodium 170 mg
 - Saturated fat 1 g
 - Total fat 6 g
 - Trans fat 0 g
 - Cholesterol 0 mg
 - Protein 10 g
 - Monounsaturated fat 3 g
 - Calories 310

Directions: In a large saucepan, heat the olive oil over medium heat. Add the onion and cook until soft. Add the summer squash and zucchini, and continue cooking until tender, about 5 minutes. Stir in the garlic, tomatoes, jalapeno, corn kernels and beans. Cook until the vegetables are tender-crisp, about 5 minutes. Add the cilantro and remove from the heat. Heat a dry, large frying pan (without a nonstick surface) over medium heat. Add 1 tortilla to the hot pan and heat until softened — about 20 seconds per side. Repeat with the remaining tortillas. To serve, divide the tortillas among individual plates. Scoop an equal amount of the vegetable mixture onto each tortilla. Top each with 2 tablespoons of the salsa. Serve immediately.



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