

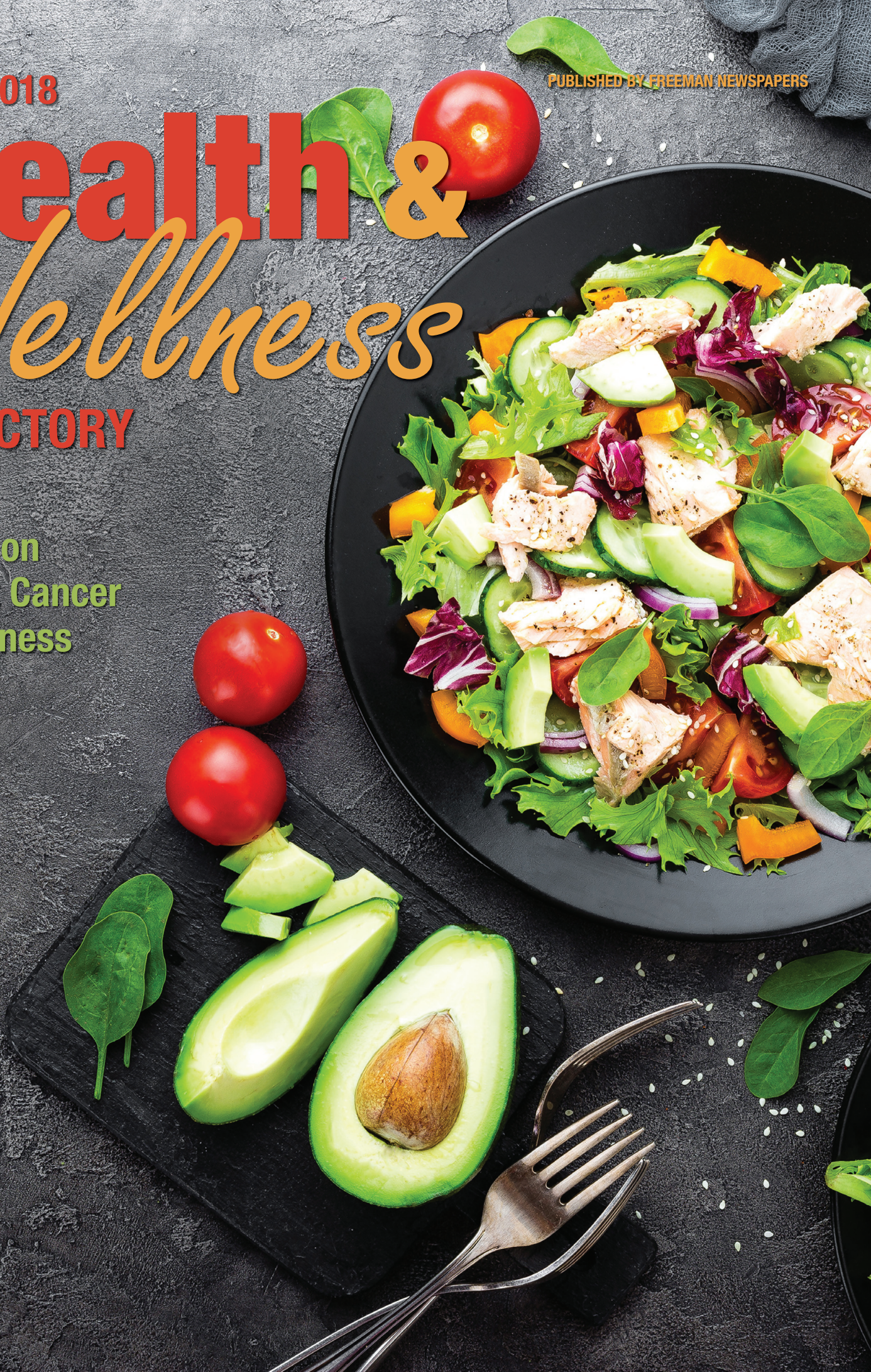
FALL 2018

PUBLISHED BY FREEMAN NEWSPAPERS

Health & Wellness

DIRECTORY

Focus on
Breast Cancer
Awareness



GRAND *Opening* CELEBRATION



Join us to celebrate the opening
of our New Berlin store



NEW BERLIN

3800 S. Moorland Road

Store: 262-505-5681 • Clinic: 262-505-5229

MENOMONEE FALLS

N82 W15485 Appleton Avenue

Store: 262-251-8543 • Clinic: 262-251-2929



Total Health

NUTRITION  CENTER

**30% OFF
ONE ITEM***

30% off any one item of your choice. Excludes nontaxable items, books, personal care items food items and sale items. Cannot be combined with any other offers. 30% off one item is limited to one (1) item per person.

Offer good through October 31, 2018

Total Health

NUTRITION  CENTER

**25% OFF
ONE ITEM***

25% off any one item of your choice. Excludes nontaxable items, books, personal care items food items and sale items. Cannot be combined with any other offers. 25% off one item is limited to one (1) item per person.

Offer good through October 31, 2018

Total Health

NUTRITION  CENTER

**20% OFF
ONE ITEM***

20% off any one item of your choice. Excludes nontaxable items, books, personal care items food items and sale items. Cannot be combined with any other offers. 20% off one item is limited to one (1) item per person.

Offer good through October 31, 2018

Total Health

NUTRITION  CENTER

**10% OFF
ONE ITEM***

10% off any one item items of your choice (including sale, food, and personal care).

Cannot be combined with other Grand Opening coupons.
Offer good through October 31, 2018

FREE OCTOBER SEMINARS

NEW BERLIN SEMINAR

WHAT YOU DON'T KNOW ABOUT CBD OIL

THURSDAY, OCTOBER 4 • 6-7:30PM

CBD is helpful for addressing pain, anxiety, insomnia, skin conditions and more, it's a promising way to address challenging health conditions.

Seating is limited call soon to reserve your spot.

Call 262-505-5366 to register for this seminar.

NEW BERLIN SEMINAR

THYROID, WEIGHT LOSS & AUTOIMMUNE CONDITIONS

THURSDAY, OCTOBER 11 • 6-7:30PM

Seating is limited call soon to reserve your spot.

Call 262-505-5366 to register for this seminar.

MENOMONEE FALLS SEMINAR

THYROID, WEIGHT LOSS & AUTOIMMUNE CONDITIONS

THURSDAY, OCTOBER 25 • 6-7:30PM

Please call 262-251-2929 to register for this seminar.

Visit www.totalhealthinc.com for more information.

Savings good at both New Berlin and Menomonee Fall locations

WE DO SKIN BEST!

Medical and Cosmetic Dermatology

Dr. Straka, Dr. Kleven, and Courtney Papp, PA-C

OUR ENTIRE TEAM BELIEVES IN PROVIDING TOP QUALITY, INDIVIDUALIZED CARE IN A COMFORTABLE, INVITING ENVIRONMENT.

WE OFFER CARE OF ALL SKIN CONDITIONS IN PATIENTS OF ALL AGES.

MEDICAL DERMATOLOGY

- ~Thorough and comprehensive skin cancer screenings
- ~Advanced treatment of psoriasis and all other skin diseases
- ~Treatment of allergic contact dermatitis and comprehensive allergen testing
- ~Comprehensive acne care
- ~All- inclusive dermatological surgery, including earlobe repair

COSMETIC DERMATOLOGY

- ~Comprehensive cosmetic evaluation to determine the most appropriate therapy to enhance one's natural beauty including Botox®, Dysport®, Juvaderm®, Restylane®, Advanced Cosmetic Lasers, Chemical peels, Sclerotherapy, and Microneedling



HIGHLANDER DERMATOLOGY

2607 N. GRANDVIEW BLVD.

WAUKESHA, WI 53022

(262)290-4540

HIGHLANDERDERMATOLOGY.COM

Holistic treatments to supplement traditional medicine after cancer diagnosis

By Catherine Jozwik
Special to The Freeman

WAUKESHA — Holistic practices, including a healthy organic diet, yoga, meditation and essential oils, can help supplement traditional medicines and procedures used to treat cancer.

Debra Muth, a Waukesha naturopathic doctor and women's health nurse practi-

tioner, stressed that these practices are meant to supplement, rather than replace, cancer treatments such as chemotherapy.

"Holistic treatments can work very nicely along with cancer treatments," she said.

After a patient has been given a cancer diagnosis, "the first step we take is nutritional," she said.

Muth recommends avoid-



Submitted photo

Essential oils are a natural way patients can supplement traditional cancer treatments.

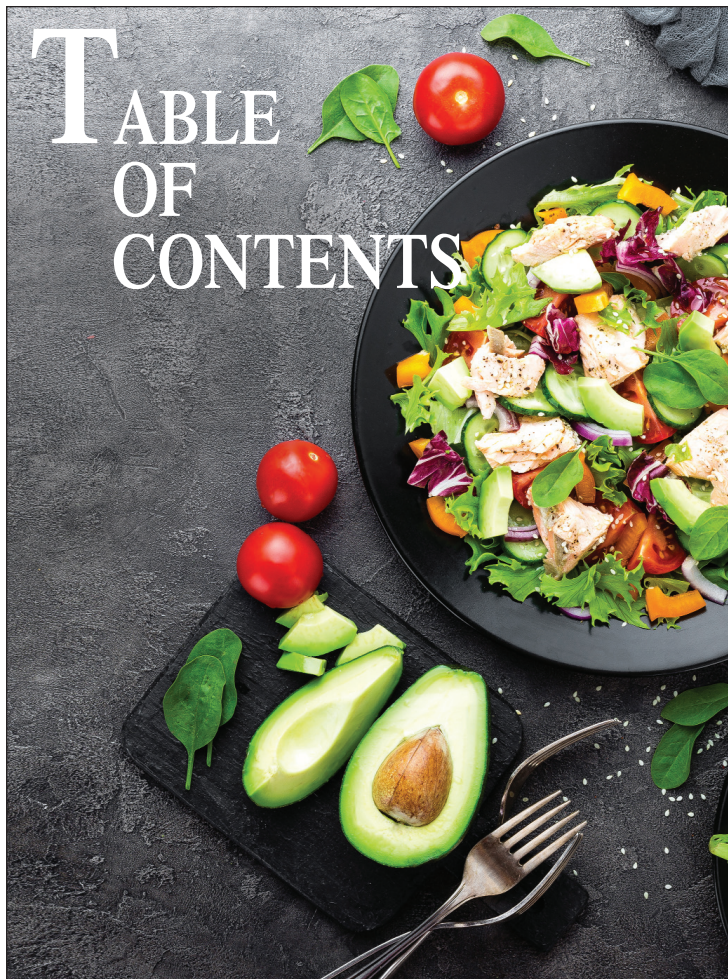


TABLE OF CONTENTS

- Cancer emotional supportpage 6
- Eating and energypage 14
- Holistic treatmentspage 4
- Farm-to-tablepage 10
- Kids' snackspage 8
- Moderationpage 7
- Opioids usepage 11
- Sinus carepage 5

ing foods containing white sugar, lots of salt, and chemical additives, as these can "feed" cancer. Stabilized blood sugar is also important when it comes to fighting the disease.

Eating fruits with a low glycemic index, such as berries and green apples, along with shiitake mushrooms, can be beneficial to one's health. Also, organic foods have more nutritional value, as fruits and veggies are grown in more nutritionally-enhanced soil, said the doctor.

Psychological well-being is also important. Studies have shown that people with a positive mindset have an easier time coping with the side effects of radiation and chemotherapy.

"The mind is also a very powerful tool for healing," she said.

Nicci Van Der Merwe, certified energy and sound practitioner and owner of Accendo Mind Body and Soul in Waukesha, feels that essential oils, such as frankincense, peppermint and ginger can help ease side effects of

chemotherapy and radiation, like fatigue and nausea. Although certain oils don't work for everyone, there are many others that offer benefits.

"If something doesn't work for you, there is definitely something else to try," said Van Der Merwe.

Meditation and breathing exercises can help cancer patients cope with fear and anxiety. Tips on how to employ guided meditations — the act of focusing on an image or sound — can be found on YouTube, in books, online, or through smartphone apps.

Also, engaging in repetitive activities (cleaning the house for example), and hobbies (knitting, sewing, coloring) can help cancer patients take their mind off worry.

Van Der Merwe said certain herb supplements, such as fish oil, which can act as a blood thinner, can be harmful to patients, and they should seek advice of a medical professional before use.

"Work with a knowledgeable practitioner," she said.

Experts offer tips for sinus care through the seasons

By Dave Fidlin

Special to The Freeman

WAUKESHA — Depending upon the person, a particular season can be especially brutal to the sinuses — especially when allergies enter the equation.

While spring and summer are known for bringing people outdoors, the realities of all things green coming into bloom can wreak havoc for persons sensitive or allergic to pollens and grasses.

Conversely, persons sensitive to dust and similar triggers can encounter challenges as activities migrate indoors in the fall and winter.

Jessica Southwood, an otolaryngologist with Froedtert and the Medical College of Wisconsin, said taking note of when and where sinus challenges occur is an important first step toward a conclusion.

“Be aware of the triggers,” Southwood said. “Is there a season that’s worse? Know the symptoms. Sometimes they’re obvious, and some-

times they’re subtle.”

According to experts with the Mayo Clinic, persons suffering from allergies can take a number of steps to reduce exposure to specific triggers. For persons especially sensitive to pollens and grasses, staying indoors on dry, windy days could be a good rule of thumb.

“The best time to go outside is after a good rain, which helps clear pollen from the air,” according to Mayo Clinic’s website. “Delegate lawn mowing, weed pulling and other gardening chores that stir up allergies.”

Another important tip, according to Mayo Clinic’s experts, is to remove clothing worn outdoors and take showers immediately upon entering a home to rinse pollen from skin and hair.

Additionally, Mayo Clinic’s experts say, “Don’t hang laundry outside (because) pollen can stick to sheets and towels. Wear a pollen mask if you do outside chores.”

For most persons, South-

wood said over-the-counter remedies are effective solutions.

“They are safe and very effective if used appropriately,” she said.

Today’s marketplace offers a range of over-the-counter medications, such as oral antihistamines, which can bring relief to persons battling chronic sneezing, itching, runny noses and watery eyes.

Other forms of over-the-counter treatments include decongestants, which provide temporary relief from nasal stuffiness, and nasal sprays, which have been proven to ease allergy symptoms without serious, disruptive side effects.

More recently, some over-the-counter medications offer a hybrid approach, such as a combination of antihistamine and decongestant, in an effort to tackle multiple issues at once.

Southwood said she frequently recommends sinus sufferers consider such meth-

ods as sprays and rinses, which she said have proven effective in removing blockages — including mucus and allergens — from a person’s nose.

“It does take some getting used to,” Southwood said. “But it is very helpful.”

As with medications, many of the sprays and rinses are available to consumers over-the-counter.

Mayo Clinic’s experts recommend solutions in the form of a squeeze bottle or neti pot.

“Use water that’s distilled, sterile, previously boiled and cooled or filtered using a filter with an absolute pore size of 1 micron or smaller to make up the saline irrigation solution,” Mayo Clinic’s website states.

It adds, “Be sure to rinse the irrigation device after each use with similarly distilled, sterile, previously boiled and cooled, or filtered water and leave open to air dry.”



PROHEALTH WEST WOOD HEALTH & FITNESS CENTER



FITNESS FLOOR

130 pieces of exercise equipment options suitable for all **abilities and levels**. Includes cardiovascular, strength stations, plate loaded strength stations, free weights, multi station training unit, treadmills, ellipticals, crosstrainers, arc trainers, rowers, step mills, upright and recumbent bikes, spin bikes, upper body ergometer and Nu-Steps.

KIDS CLUB

We would like to welcome you and your child/children to West Wood and assure you that **you have chosen a bright, safe, stimulating environment for your kids**.

GROUP STUDIOS

More than 100 classes offering a wide variety of choices for all skill levels. Members enjoy **free classes** in our **Group Fitness Studio** on the second floor. Light, bright and large, with all the group fitness equipment you need - bands, balls, BOSU's weights and more. The **Cycle Studio** is dedicated to our Keiser indoor cycles. Classes are abundant and with over 30 bikes. **No need for reservations**. Cycle is included in membership fees.

West Wood Health & Fitness Center is an extension of the health promotion and wellness activities currently provided by ProHealth Care. It represents ProHealth Care's commitment to not only providing high quality care for the sick, but helping the community improve its health and quality of life through disease prevention and health promotion.

**2900 Golf Rd
Pewaukee
262.650.8000**

**Rates as low as
\$58 per mo.**

Mon-Thurs: 4AM-10PM; Fri 4AM-9PM; Sat/Sun 6AM-7PM

AQUATICS CENTER

Group fitness classes, lap swimming, and **private swim lessons**. Kick boards, fins, flotation belts, barbells and even Professional instructors to help you learn new skills and refine old favorites.

THE SPA AT WEST WOOD

The Spa at West Wood is a soothing environment designed to renew both body and spirit. Our mission is to provide **high-quality**, nurturing treatments tailored to optimize your health and wellness. Experience our pampering and restorative health and beauty treatments. With a comprehensive menu of services designed to meet the diverse needs of both **men and women**. Spa services included **customized massages, skin care, body treatments, waxing and nail care**.

PROSHOP

Forgot your goggles, swim cap or ear buds? We have a variety of swim accessories available for purchase. We also have water bottles and ear buds. Or, you can relax in the comfy chairs and find out what's happening at West Wood and with ProHealth Care.

261662003

Benefits of emotional support networks for cancer patients

Important to take care of mental health, too

By Catherine Jozwik
Special to The Freeman

WAUKESHA — Receiving a cancer diagnosis is often a stressful, frightening experience. However, experts feel that having a strong emotional support network consisting of family, friends and peers can help boost psychological well-being in those with the disease.

Sheila Gissibl, a psychologist for Hope for a Better Tomorrow in Waukesha, recommends those diagnosed with cancer attend a support group.

"Being able to have someone sitting next to you who has been in your shoes is immensely beneficial," she said.

Some support groups are open to all ages; others are limited to children, teenagers, or those of a certain religious affiliation. Many focus on a specific type of cancer, such as leukemia.

One-on-one counselling can also be beneficial to patients, as it can help them develop coping skills and implement relaxation techniques, such as deep breathing and meditation, into their daily lives.

Although many cancer patients have time constraints with doctor's appointments and suffer physical difficulties, Gissibl feels that psychological well-being should be a priority as well.

"Even though it (a cancer diagnosis) can feel overwhelming, it's equally important to make time for your emotional health," she said.

According to www.medicorx.com, stress and anxiety, which often result from a cancer diagnosis, release hormones in the body that can increase blood sugar levels and raise blood pressure.

Gissibl added that new research from the University of Wisconsin Carbone Cancer Center illuminates that psy-



Photo courtesy of ProHealth Care

From left: John Kaufman, Hartland; Adriana Kanwischer, Dousman; Patti Cummings, Waukesha; Janis Leech, Waukesha; and Yvonne Gardner, South Milwaukee; were among the individuals who attended a recent support meeting with ProHealth Care oncology services counselors Geralyn Schwalenberg and Aaron Jonasen (both standing) at the UW Cancer Center at ProHealth Care in the City of Pewaukee.

chological treatments such as cognitive behavioral therapy and support from family and friends can help cancer patients heal faster.

Family and friends of those diagnosed with cancer can help by simply listening to what they have to say, said the Hope for a Better Tomorrow psychologist. She noted that people have a tendency to want to take the patient's pain away, which is not possible. But simply acknowledging how they feel — and being present with them — can help.

Also, it's good to "check in" periodically to see how the patient is feeling, both physically and emotionally, both

during and after cancer treatments and even remission, since the process can be traumatic and lead to "residual changes," said Gissibl.

Several organizations, among them Aurora Health Care, Columbia St. Mary's Hospital, ProHealth Care and Froedtert and the Medical College of Wisconsin, provide counselling services (also known as psycho-oncology), sometimes free, to cancer patients and their families. Those interested should contact the oncology department of the health care facility of their choice.

RETINA & VITREOUS CONSULTANTS OF WISCONSIN LTD



Jonathan M. Hershey, M.D.
Sharath C. Raja, M.D.
Nicholas H. Tosi, M.D.
Daniel D. Kim, M.D.

Practice limited to Medical & Surgical Treatment of the Retina & Vitreous

- Macular Degeneration • Diabetic Eye Disease • Macular Hole
- Retinal Detachment • Ocular Trauma • Vitreous Bleeding

Moreland Medical Center

1111 Delafield St., Suite 227 Waukesha, WI 53188
(262) 524-9323

Mayfair - North Tower
2600 N. Mayfair Rd., Ste. 901
Milwaukee, WI 53226
(414) 774-3484

St. Luke's Physician Office Bldg.
2801 W. Kinnickinnic River Pkwy., Ste. 350
Milwaukee, WI
(414) 649-4660

Seton Professional Building - Ozaukee
13133 N. Port Washington Rd., Ste. 120
Mequon, WI 53097
(262) 240-0457

Aurora Health Center - Kenosha
6815 118th Avenue
Kenosha, WI 53142
(262) 857-5650

For an Appointment Please Call
414-778-3455 • 1-800-837-3937
www.rvcow.com

261634001

Shoemaker & Gilson

Family Dentistry D.D.S.



262-542-0431

1600 Summit Ave. Suite B
Waukesha, WI 53188

www.waukeshafamilydentistry.com

There is no 'one size fits all' approach to eating in moderation

By Dave Fidlin
Special to The Freeman

WAUKESHA — Moderation: It's a word commonly used in conversations about food choices. But what exactly does it mean? And how should a person apply this concept in any given day, week and month?

Dietitians throughout the Waukesha area agree there is no across-the-board, hard-and-fast rule.

"It's not a one size, fits all," said Tatiana Castellino, a registered dietitian with ProHealth Waukesha Memorial Hospital. "It doesn't have a single definition. It's going to look different for different people."

But experts say there are concepts that everyone can use when deciding how much to eat of a certain type of food — whether it falls in the healthy or junk food category.

On Monday, for instance, it could be beneficial to plan

meals for the week ahead as a safeguard against over-indulging. If a birthday party is in the calendar over the weekend, eating lighter, healthier meals early in the week could bring balance to the equation.

"It really is all about the day and how you break it up," said Jen Jobke, a clinical dietitian with Froedtert and the Medical College of Wisconsin's Community Memorial Hospital in Menomonee Falls. "Sweet treats are OK once in a while, but it's all about variety."

Much like dieting in general, the mind-body connection has been cited by local experts as a way to address eating certain foods in moderation.

"Planning definitely helps with weight loss," said Alyssa Riesen, who also works as a clinical dietitian at Community Memorial Hospital. "Structure your meals so you are getting a good variety of nutrients."



Much like dieting in general, portion control also is a key cornerstone when it comes to moderation.

"Start paying attention to your hunger cues," said Liz Riesen, a clinical dietitian

at Ascension's Elmbrook Medical Office facility. "When you finish your meal, how do you feel? You shouldn't feel hungry, and you shouldn't feel

continued on page 9

We'll straighten out your kid!

REICHL ORTHODONTICS

We offer traditional braces and Invisalign

Dr. Reichl is a Board Certified Orthodontist

Waukesha • Hartland • Mukwonago

262-547-2827
reichlortho.com

Parents can model healthy eating

String cheese, nuts, fresh produce should be made available

By Catherine Jozwik
Special to The Freeman

WAUKESHA — Children may be drawn to brightly-colored fruit snacks and sugary cereals, but there are several ways parents can steer kids toward healthy snacks.

Mary Jo Hamman, supervisor for the Waukesha County Women, Infants and Children (WIC) program, recommends parents read labels of snack foods before purchase.

Foods with many additives, trans fats, and lots of salt and white sugar — cookies, certain fruit juices, hot dogs, snack cakes, potato chips, and even some granola bars — can cause obesity, diabetes, and other health problems.

These foods should be swapped for fresh produce and snacks like berries in yogurt and whole-grain cereals.

"The more processed a food is, the worse it is," said Hamman. "A good philosophy

is, the more natural the food is, the healthier it's going to be."

Ashleigh Spitz, a registered dietitian with the Children's Hospital of Wisconsin, said that because lots of classrooms are now peanut- and tree nut-free due to many children having food allergies, kids who are not allergic to nuts may find them a welcome snack. Also, greasy potato chips can be replaced with vegetable chips. Varieties include beet, carrot, and sugar snap peas, which can be found at area grocery stores such as Sendik's and Trader Joe's.

"Kids like salty, crunchy things," said Spitz. Sweet and salty treats — although unhealthy — should never be banned completely, however.

"That just makes food (treats of these sorts) more desirable to kids. My policy is that no food should ever be off-limits," said Spitz.

Hamman and Spitz agree that parents can make it easi-



Katherine Michalets/Freeman Staff

Parents should read labels of snack foods before purchase and model positive food choices through what they eat.

er for school-age children and teenagers to choose wholesome snacks by eating healthy themselves and making string cheese, nuts and fresh fruits and vegetables readily available at home. Parents should select snacks rather than allowing toddlers to choose themselves.

"Parents are really in control, as far as what (foods) come into the house," said Spitz.

Another way to help kids develop healthy snacking habits is to have them pick out produce of their choice while parents shop for gro-

ceries. Children can also help parents prepare snacks.

"Kids tend to eat what their parents eat. If parents are modeling healthy eating habits, kids will follow," said Hamman.

For more information on nutrition for children, parents can visit the United States Department of Agriculture (USDA) website, <https://www.choosemyplate.gov>, the Waukesha County WIC website, <https://www.waukeshacounty.gov/wic>, and the Center for Science in the Public Interest website, <https://cspinet.org>.

WHOLISTIC STEM CELL MEDICAL CLINICS

Announces New Clinic in New Berlin

GRAND OPENING OFFER

20-30% Savings

We offer a wide variety of Regenerative Medicine therapies to help alleviate your pain and get you on track for healing and recovery!

Our products do not just mask your pain and cause further joint damage. Are you suffering with **KNEE PAIN** or **SHOULDER PAIN**? Store foods on your counter tops because you cannot reach to get them in and out of your cupboards? Is your **KNEE PAIN** making it difficult to go up or down the stairs? Do you avoid activities that you used to enjoy? Are you searching for a drug free natural alternative with lasting effects? We use only the highest quality GMP Certified products for guaranteed Safety and Effectiveness!

STOP SUFFERING & CALL TODAY
262-785-5515



Dr. Jodi Wilke



Dr. Evans

**Complimentary
Consultation**

262-785-5515

15720 W. National Avenue, New Berlin

www.newberlinchiro.com

Open 5 Days a Week to Serve you Better

261888001

Moderation from page 7

full. You should feel satisfied."

Moderation commonly applies to junk food — or processed foods with little to no nutrients. Many of the local experts interviewed for this article agreed such items can be part of a healthy diet, so long as they are incorporated sparingly.

"Eating one cookie doesn't make you unhealthy, and eating one salad doesn't make you healthy," Alyssa Riesen said. "It's those repeat patterns that matter."

At the same time, Alyssa Riesen also cautions against cutting out entire food groups, which is a concept that permeates a number of fad diets.

"It's not healthy to cut out whole food groups at any one time," she said.

Castellino agrees, saying,

"Moderation and balance go hand-in-hand. Avoid the extremes of having too little or too much of something. That's how nutrition works — it's about the big picture and having balance."

Local dietitians offered up several practical suggestions to gauge how the concept of moderation could apply to a specific person's eating regimen.

Alyssa Riesen said the Academy of Nutrition and Dietetics' website, www.eatright.org, offers a bounty of expert articles on the moderation.

In an age of technology, Liz Riesen said she also encourages people to seek out apps and websites that can bring further clarity to the concept.

"There are a lot of great tools out there," she said.

MJC Memorial Craft Fair

FREE Admission

Friday, October 19th & Saturday, October 20th
10:00–6:00 PM & 10:00–4:00 PM

at Cornerstone Church

N6 W31449 Alberta Dr., Delafield (1 mile south of I-94 on Hwy 83)

Door Prize Drawings & Bake Sale

SILENT AUCTION

Over 100 Items, Gift Certificates, Packer & Brewers Memorabilia

Listing available at www.MichaelsHelpingHands.org



257181001

Michaels Helping Hands Foundation is dedicated to remembering and promoting the spirit and ideals of Michael Chaloupka by making a difference in the lives of adults with disabilities in Southeastern Wisconsin.

mjcfair@gmail.com
262-404-5763
Julie Chaloupka



Support For Your Health Needs

Meet your goals and stay well the *natural* way

Every Woman's One Daily 55+

A new chapter in nourishment. Expertly formulated to support healthy immune defenses with clinical-strength Astaxanthin, a rare plant-nutrient.* This complete multivitamin is uniquely fermented with probiotics and whole foods to activate healthy aging benefits.*



Every Woman's Multi 55+
 48 Count
\$46.46
 Reg. \$61.95

Bone Strength
 180 Slim Tablets
\$67.46
 Reg. \$89.95

- ✓ Immune, heart, digestive & energy support*
- ✓ Made with organic veggies & herbs
- ✓ Gentle even on an empty stomach

Bone Strength Take Care

Support strong bones for life with Bone Strength Take Care™.* This pioneering Calcium goes the next step with long-lasting Vitamin K2 that sends Calcium to bones—right where you need it.*



- ✓ Helps reduce osteoporosis risk†, and supports bone strength and bone density*
- ✓ Supports movement, joint flexibility, and joint function*

25% Off

Entire New Chapter Line

Coupon *Tobin's* Coupon

Present this coupon and receive an *additional*
\$4.00 Off

Instant Manufacturer Coupon*
 On Any New Chapter Product

*While supplies last. Not valid with any other sale, promotion, coupon or special offer. Not valid on previous purchases.

Tobin's

1260 Brown St., Oconomowoc
 262-567-6651 • Tobins.com
 M-F: 9am-7pm • Sat: 9am-5:30pm
 Sun: 10am-4pm

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. † Adequate calcium throughout life, as part of a well-balanced diet, may reduce the risk of osteoporosis.

The various benefits of farm-to-table

Few things are more satisfying than biting into a fresh tomato right from the garden or seasoning a meal with herbs picked from a windowsill greenhouse. Restaurants recognize the value of such experiences, and more and more are relying on locally sourced products in their kitchens.

The National Restaurant Association found that 41 percent of consumers surveyed admit that locally sourced ingredients influence their decisions when choosing where to dine.

This is not only a trend in local restaurants but home cooked meals as well.

The following are some of the key benefits of farm-to-table.

- **Peak freshness and ripeness:** Local produce ripens on the plant and can be harvested at the last possible minute before it turns up on a plate. This helps to ensure tastier foods because they are grown and harvested during their optimal growing season. Food

that has to travel further is often picked well before it is ready, requiring ripening on the way to stores or other vendors. This doesn't produce optimum flavor.

- **Accessibility to seasonal choices:** Farm-to-table eating provides a wide variety of in-season foods. This is a good time to try something new, as flavor is usually at it's best.

- **Supports neighboring farms:** Supporting farm-to-table not only benefits local restaurants, but it also directly supports neighboring farms, fisheries and other suppliers.

- **Learn about the community:** A person might live in an area and never know that a local vineyard is in the vicinity or that a producer of straight-from-the-hive honey is nearby. Exploring farm-to-table resources can open people's eyes to local businesses doing great work in and around their communities.

- **Better for the environment:** Food that needn't travel far before reaching diners' plates saves roughly 500 gal-



lons of diesel fuel to haul produce a distance of 1,500 miles. This conserves fossil fuels and prevents harmful emissions from entering the atmosphere.

- **Reduces factory farming:** According to O.info, the informational resource powered by Overstock.com, farm-to-table and local farming can reduce reliance on large, profit-driven corporations that may focus on maximum

production over animal health and welfare. Local farms may be more inclined to treat their animals well and institute sustainable practices.

The farm-to-table movement is not new, but it has gained momentum as consumers become increasingly concerned with natural food choices, true food flavors and environmental impacts on our planet.



Waukesha, Oconomowoc, Mukwonago, Delafield
Hartland, Brookfield, Sussex & Watertown
262.544.4411 | www.morelandobgyn.com



At Moreland OB-GYN we are proud to offer:

- Preventive Health Care
- Contraception Management
- Comprehensive Gynecology
- Surgical Gynecology
- Prenatal Care Including High Risk Obstetrics
- Infertility Services
- Certified Menopause Practitioners

Explaining and reducing opioid use

For many years, law enforcement agencies have tried to educate and inform the general public about a growing opioid epidemic. According to the Centers for Disease Control and Prevention, drug overdose killed nearly 64,000 Americans in 2016, and roughly two-thirds of those deaths involved a prescription or illicit opioid.

The opioid epidemic is not exclusive to the United States. In early 2018, Canada's Special Advisory Committee on the Epidemic of Opioid Overdoses released a statement acknowledging that the country's opioid epidemic had significantly worsened since 2016. In fact, the Public Health Agency of Canada noted that deaths from opioid-related overdoses between January and September of 2017 had increased by 45 percent from the same period just a year earlier.

What are opioids? The term "opioid" refers to a wide range of drugs, including illegal drugs such as heroin.

Whether an opioid is an illegal street drug or one prescribed by a doctor, the National Institute on Drug Abuse notes that all of these drugs are chemically related. Each opioid interacts with opioid receptors on nerve cells in the body and brain. Prescription opioids are often prescribed to relieve pain.

Why are opioids so often misused? According to the NIDA, opioids are effective at reducing pain. But while they are prescribed to treat pain, opioids also produce a feeling of euphoria. Opioid users, whether they're using heroin or a prescription opioid such as Vicodin, can easily become dependent on opioids because of that euphoric feeling they get when taking them. When this happens, users are likely to misuse opioids, taking them in larger quantities than prescribed or looking to illegal opioids such as heroin in search of that euphoric feeling.

What are some types of opioids? The CDC notes that



there are three common types of opioids: prescription opioids, fentanyl and heroin.

- Prescription opioids are prescribed by a doctor to treat moderate to severe pain. Some common types of prescription opioids are Vicodin (hydrocodone), OxyContin (oxycodone), morphine, and methadone.

- Fentanyl is a synthetic opioid that the CDC notes is considerably more powerful than other opioids. Fentanyl

is typically only prescribed to help patients dealing with severe pain, such as that caused by advanced cancers. However, illegally manufactured and distributed fentanyl is at the heart of the opioid epidemic. In fact, the CDC reports that death rates from overdoses involving synthetic opioids such as fentanyl doubled in 10 states from 2015 to 2016.

continued on next page

You have more than one choice for specialized orthopedic hand to shoulder care.



Hand Surgery Ltd.

"Leaders in Hand to Shoulder Care"

414-453-7418 www.handsurgeryltd.com

Convenient Compassionate Comprehensive

"It would be our privilege to care for you."



Norman Buebendorf, M.D.



Curtis Crimmins, M.D.



David Siverhus, M.D.



Mark Hodgson, M.D.



David Meister, M.D.

Brookfield • Glendale • Greenfield • Mayfair



L'BRI Pure n' Natural Skincare & Cosmetics is a locally owned company that Gina has worked with for 20 years.

Aloe based-Natural Ingredients-Affordable-American Made!

Call Gina for a personal consultation, a 10 day starter Kit or information on how you can earn extra income for your families budget!

414-750-4954
www.lbri.com/Gina



261944002

Opioids from page 11

• Unlike fentanyl and prescription opioids, heroin is illegal. Despite that, heroin usage has risen sharply in recent years across nearly all demographics in the United States.

Opioids pose a significant health problem throughout much of North America. More information is available at www.drugabuse.gov.

In spite of all the warnings about illegal drug usage of

prescription drugs, they are still getting in the hands of those who should not be using them. Everyone can help reduce this trend by locking up prescription drugs, getting off these types of medications as soon as possible and disposing of any remaining opioids through local legally organized collection centers. Contact your local police or hospital to find disposal locations in your community.

Confused by all the Medicare options???
My assistance is always complimentary!

health
markets

Health | Medicare | Small Group | Life | Supplemental



Mary Beth Heiter

Licensed Insurance Agent

P 262-505-6154

C 414-861-5354

F 262-754-6012

mheiter@HealthMarkets.com

www.healthmarkets.com/mheiter

261944001



LAKE COUNTRY
ACUPUNCTURE

DON'T LET PAIN SPOIL YOUR FUN!



David Fife

Diplomate in Acupuncture

- Acupuncture relieves pain and improves circulation
- Acupuncture elevates mood, reduces stress and promotes wellness
- Acupuncture is safe, effective and painless
- The W.H.O. recognizes its ability to treat over 50 different medical conditions
- **ACUPUNCTURE WORKS!**

CALL TODAY AND TAKE ADVANTAGE OF OUR FREE INTRODUCTORY TREATMENT PACKAGE!

262.337.9578

Ridgepoint Centre • Delafield
W307 N1497 Golf Road #104

www.lakecountryacu.com

261898001

Introducing the Drug Free, Non-Surgical, FDA Cleared, State of the Art MLS Laser Therapy. Whether you suffer from long-term pain or pain from a recent injury, you can get permanent relief from your pain. Call for your FREE consultation today!!!

Are you sick of your knee pain? Afraid of surgery?
ARE YOU READY TO BEAT THE PAIN???

GRANDVIEW
CHIROPRACTIC & LASER

-Safe -Drug Free -Fast Results
We have seen 80-90% success rate!

"It's nice to go somewhere and not feel like a number and be greeted by your name." - Duane B.

"I was a 10 out of 10 on the pain scale with my knee and a doubter of Laser Therapy. I can happily say I am no longer a doubter as my knee pain is significantly reduced I can now see being totally pain free thanks to MLS Therapy!!!" - Wendy

CALL NOW to set up a FREE consultation

(262) 542-2553

Visit Our Website! www.grandviewchiro.com
2430 N. Grandview Blvd., Waukesha, WI 53188

261798001

[illegible]

All services begin with a phone call.

abcbd Breast Cancer Support.org



The connection between eating and energy

The connection between energy and eating is significant. A healthy diet and approach to eating can vastly improve energy levels, while a poorly planned diet that lacks nutrition can contribute to feelings of fatigue and increase a person's risk for various ailments.

The Harvard Medical School notes that different kinds of foods are converted to energy at different rates. That's why some foods, such as candy, provide quick boosts of energy while foods such as whole grains tend to supply the body with energy reserves that it can draw on throughout the day.

It's not just what people eat but how they eat that can affect their energy levels. In addition to choosing the right foods, men and women can try the following strategies as they look to eat to boost their energy levels.

Avoiding the traditional three-meals-per-day approach may help improve energy levels, especially for people

who tend to eat sizable meals once, twice or even three times every day. According to the Cleveland Clinic, the metabolisms of people who do not eat regularly will slow down, as the body absorbs and stores more of the food it eats.

Those stores include cholesterol and fat, which can be unhealthy and contribute to weight gain. One huge misconception of those dieting is to reduce the number of meals. That is an incorrect approach. By eating much smaller healthier meals more frequently, one's metabolism speeds up and more calories are burned. The body recognizes more food is soon on the way and, as a result, it does not need to store as much cholesterol and fat as it does if meals are eaten less frequently.

The Harvard Medical School notes that, while the reasons are unclear, research has indicated that the circadian rhythms of people who eat big lunches indicate a more significant drop in afternoon



energy levels compared to those who eat smaller midday meals. Men and women who eat big lunches and find their energy levels waning later in the workday should try to eat smaller midday meals to boost energy.

The foods people eat are not the only components of their diet that can affect their energy levels. Caffeinated beverages can provide a temporary boost of energy as well. However, men and women

who drink coffee or other caffeinated beverages to boost their energy levels should avoid doing so in large amounts after 2 p.m. Caffeine can cause insomnia and insufficient sleep later in the evening dramatically affect energy levels.

Eating smaller, more frequent meals may compel some people to snack. The Academy of Nutrition and Dietetics notes that snacks are important as long as they're the right snacks. Avoid snacks that are just empty calories and replace them with foods that contain protein and fiber-rich natural carbohydrates. Such snacks as apples and fresh berries or protein sources like nuts can provide lasting energy. It's also important that men and women not snack to fill themselves up, but rather to quell any hunger pangs and get an energy boost between meals.

These simple changes in diet and habits can lead to more energy each and every day.



UNITED WE WIN.

LIVE UNITED

Connor loves competing with the swim team through United Way-funded Special Programs at YMCA at Pabst Farms. Your gift helps kids of all abilities stay healthy.

Donate today at UnitedWayGMWC.org



Ad sponsored by



More **choices**.
More **flexibility**.
More **freedom**.



Independent living and assisted living at Summit Woods has it all, whether you or a loved one are looking for the comfort and privacy of home, or a vibrant community with plenty of opportunities for fun.

- Spacious 1 and 2 bedroom apartments with full kitchens and private bathrooms
- Customized care plans in assisted living
- Dining services
- Linen, laundry and housekeeping services
- Dedicated Lifestyle Enrichment team

There's more waiting for you at Summit Woods. Call to schedule your personal tour today.

SUMMIT WOODS
A CAPRI SENIOR COMMUNITY

(262) 521-1388
2501 Summit Ave., Waukesha
capricommunities.com

DIRECTORY LISTINGS

ACUPUNCTURE

Lake Country Acupuncturepg 12
David Fife L.Ac.
Ridgepoint Centre
W307 N1497 Golf Road #104
Delafield, WI 53018
Phone 262-337-9578 Fax 262-337-9622
www.lakecountryacu.com

AGING / DISABILITY

Aging and Disability Resource Center of Waukesha County ADRCpg 16
Human Services Center
514 Riverview Avenue
Waukesha, WI 53188
262-548-7848 1-866-677-2372
www.waukeshaadrc.org

BREAST CANCER SUPPORT

ABCDpg 13
ABCD: After Breast Cancer Diagnosis
5775 N. Glenpark Road #201
Glendale, WI 53209
414-977-1780 800-977-4121
www.abcdbreastcancersupport.org

CHIROPRACTIC

Grandview Chiropractic Centerpg 12
2430 N. Grandview Blvd., Waukesha
262-542-2553
www.grandviewchiro.com

COMMUNITY SERVICES

United Way of Greater Milwaukee & Waukesha Countypg 14
Waukesha Office-1717 Paramount Drive
Waukesha, WI 53186
414-263-8100
www.unitedwaygmwc.org

CRAFT FAIR

MJC Memorial Craft Fairpg 9
October 19th 10-6
October 20th 10-4
FREE ADMISSION
at Cornerstone Church
N6 W31449 Alberta Drive, Delafield
Contact Julie Chaloupka
mjcfair@gmail.com

DENTISTRY

Shoemaker & Gilsonpg 6
Family Dentistry
1600 Summit Avenue, Suite B
Waukesha
262-542-0431
www.waukeshafamilydentistry.com

DERMATOLOGY

Highlander Dermatologypg 3
Bradley Straka, MD
Kristina A. Kleven, MD
2607 N. Grandview Blvd., Suite 125
Waukesha
262-290-4540
www.highlanderdermatology.com

EYE CARE

Retina & Vitreous Consultants of Wisconsinpg 6
Moreland Medical Center
1111 Delafield Street, Suite 227
Waukesha 53188
262-524-9323
2600 N. Mayfair Road, Suite 901
Milwaukee 53226
414-774-3484
www.rvcow.com

HEALTH & WELLNESS

ProHealth West Wood Health & Fitness Centerpg 5
2900 Golf Road
Pewaukee, WI 53072
262-650-8000
www.westwoodfitness.org
membership@phci.org

Tobin'spg 9
1260 Brown Street
Oconomowoc
262-567-6651
www.tobins.com

Total Health Nutrition Center & Natural Medicine Clinicpg 2
New Berlin
3800 S Moorland Road
New Berlin, WI 53151
Phone 262-505-5366
262-251-2929

Menomonee Falls
N82 W15485 Appleton Ave.
Menomonee Falls, WI 53051
Nutrition Center Phone 262-251-8543
Natural Clinic Phone 262-251-2929

www.totalhealthinc.com

HEALTH INSURANCE

Health Marketspg 12
Mary Beth Heiter, Licensed Insurance Agent
262-505-6154 414-861-5354
mheiter@HealthMarkets.com
www.healthmarkets.com/mheiter

OB-GYN

Moreland OB-GYNpg 10
Leading Women To Better Health
Waukesha, Oconomowoc, Mukwonago,
Delafield, Hartland, Brookfield, Sussex
& Watertown
262-544-4411
www.morelandobgyn.com

ORTHODONTICS

Reichl Orthodonticspg 7
2140 W. St. Paul Ave., Suite A
Waukesha, WI 53188
870 Rose Drive
Hartland, WI 53029
400 Bay View Rd., Suite K
Mukwonago, WI 53149
262-547-2827

ORTHOPEDIC

Hand Surgery Ltdpg 11
"Leaders in Hand to Shoulder Care"
414-453-7418
www.handsurgeryltd.com
Norman Buebendorf, MD
Curtis Crimmins, MD
David Siverhus, MD
Mark Hodgson, MD
David Meister, MD
Brookfield:
19475 W. North Avenue, Suite 302
Wauwatosa:
Mayfair Shopping Mall
2500 N. Mayfair Road, Suite 670
Glendale:
212 W. River Woods Parkway, Suite 230
Greenfield:
4448 W. Loomis Road, Suite 203

SENIOR LIVING

Heritage Placepg 15
17560 W. North Avenue
Brookfield
(262) 782-1948

Summit Woodspg 14
2501 Summit Avenue
Waukesha
(262) 521-1388

SKIN CARE & COSMETICS

L'BRI Pure n' Naturalpg 12
Gina - Independent Consultant
414-750-4954
www.lbri.com/Gina

STEM CELL THERAPY

Wholistic Stem Cell Medical Clinicpg 8
15720 W. National Ave
New Berlin, WI 53151
262-785-5515
Dr Jodi Wilke
Dr. Frea



More **options.**
More **service.**
More **friends.**

Whether you choose **independent living or assisted living at Heritage Place**, you'll get more. More time to spend with friends since we'll take care of indoor and outdoor maintenance, more comfort knowing our dedicated care team is here for you, and more enjoyment with our lifestyle programming.

- Spacious apartments with full kitchens
- Individualized care plans in assisted living
- Dining services
- Linen, laundry and housekeeping services
- Dedicated Lifestyle Enrichment team

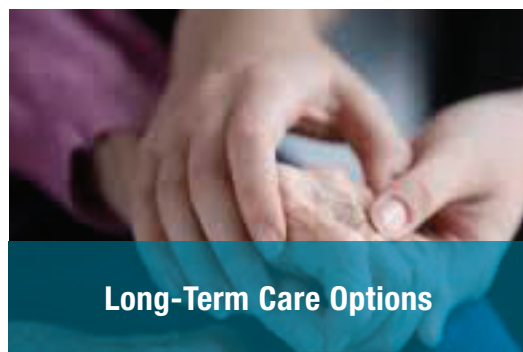
There's more waiting for you at Heritage Place.
Call to schedule your personal tour today.


HERITAGE PLACE
A CAPRI SENIOR COMMUNITY

(262) 782-1948
17560 W. North Ave., Brookfield
capricommunities.com



**Call or visit us for information
and assistance and services to remain
safely in your home:**



What we do:

The Aging and Disability Resource Center of Waukesha County (ADRC) is a single access point for publicly funded long term care in Waukesha County. The ADRC provides information, assistance, counseling and supportive services for older adults age 60 and above; caregivers; adults with physical or developmental disabilities; and adults with mental health or substance abuse concerns.

Help is available to:

- Maintain Independence in the Home and Community
- Assist Individuals with Future Housing and Personal Care Needs
- Connect Adults with Disabilities, Seniors and their Caregivers to Resources
- Locate Health and Housing Assistance
- Evaluate Eligibility for Financial Benefits
- Fulfill Role as a Caregiver

***Resources related
to seniors or
people with disabilities***



Human Services Center

514 Riverview Ave. • Waukesha, WI 53188

Local: (262) 548-7848 • 1-866-677-2372

Office Hours: 8:00 AM–4:30 PM Mon–Fri

www.waukeshacounty.gov/adrc