

# HEALTH AND *Wellness* 2014

## *January* WINTER WAISTLINES



A SPECIAL PUBLICATION OF THE HOOD RIVER NEWS AND THE DALLES CHRONICLE



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# For change, work with your brain



**By KIRBY NEUMANN-REA**  
Hood River News  
Dr. Shelley Smith won't cut you any slack on your New Year's Resolution.

"There is a good chance you will mess up," said Smith, a physician who has taken the things she knows about the brain from her work with chronic pain patients, and expanded it to helping people develop strategies for changing habits to good ones, and reinforcing healthy behavior.

To quote the old Ringo Starr song, "It don't come easy," but developing good habits can happen via an understanding that we have ways of working with our own brain to choose and enhance positive habits.

"It's essentially changing bad habits to healthy ones," Smith said. She turns to a sports analogy: Say you are a basketball player and your free throws aren't falling. You would analyze what it is in your technique that is not working, and try to make a change.

"Habits have structure; they have building blocks," she said.

**LEARN MORE**  
Smith will teach her "Successful Habit Change" at Providence Hood River Memorial Hospital, where she works, 7 p.m. on Jan. 23. (The class has been postponed one week from an earlier announcement.) Contact [communityed.org](http://communityed.org) to sign up for the class (cost is \$25).

The key is to look at the whole process and make a strategy. Each individual's strategy is going to be different for creating healthy habits.

In her class, Smith asks participants to fill out a work sheet and identify one habit to change, and ideas for how to do so.

"That way, you can come up with an approach," she said.

Smith explained that habits are understandable, and change is do-able. Attendees will learn ways to create successful change by learning how habits are formed.

"The more one recognizes the triggers and rewards that hold these routines in place, the better one can be prepared to change them.

"The future may be hidden in your daily routine," she said.

"Ninety percent of our behavior is based on habits. What we eat, whether we exercise, how we organize our day, our home and our finances — all have great impact on our health and our lives."

Shelley Smith, aka Michelle, is trained in the Interactive Guided Imagery technique, which uses powerful connections between the mind and body to create a sense of calm. She has worked with chronic pain patients for the past year and a half, following 15 years in occupational medicine with Providence Health System.

Smith's expertise on habits and how to change or mold them stems from the increased recent understanding among medical professionals

have about how the brain functions.

"The brain runs the whole pain system of the body," she said.

"The brain has the tendency to do the same things over and over, which can be helpful," she said, pointing to how it helps us in functions such as driving.

The brain also controls our willpower and the body's ability to monitor and inhibit certain behaviors.

But it happens that without warning, our willpower is exhausted and "you find yourself in front of the fridge when you had not intended to."

"Knowing that's what's coming, and what are you going to do about it; that's the preparation and strategy."

Which brings us to that hard part, the messing up.

"Failure is part of life," Smith said. "The question is, what will you do if you fail?"

You can give up or treat it as an opportunity for learning.

The medical term for it is "Development of growth orientation," Smith said.

To return to the sports analogy: "You do a post-game review and ask, 'What else can I do?'"

Also, when you try to make a new habit, it's not going to go completely smoothly, according to Smith.

That's why it is important to choose to make one change at a time, and focus on it.

When failure happens, "put a little distance from the failure so you can look at it objectively."

Avoid self-blame, Smith said.

"How do you talk with yourself? What do you do to not give up at that point?"

It's important to remember that experiencing a successful strategy can lend itself to employing it again.

"We encourage people to take on one habit at a time, and then you know what has worked for you," she said.

Nutrition, smoking cessation and increased exercise are among the top habit-

changes people look at this time of year. What can work for chronic pain patients — regular relaxation techniques — is not a bad start for anyone wanting to focus on successful habit change.

"It's helpful to get into the habit of doing one of these," she said.

For those with chronic pain that inhibits their mobility and energy to go out and socialize, Smith encourages doing at least one thing you have always enjoyed, each

week or every few days. Something that puts you in contact with other people.

"The brain needs those things, such as conversation and hobbies," Smith said.

• *Smith also gives a class in "Understanding Pain" every third Tuesday at Providence Hood River Memorial Hospital, from 1 to 2:45 p.m.*

*The class is free, but participants are asked to register by phone at 503-574-6595 or [providence.org/classes](http://providence.org/classes).*



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# Spotlight on acupuncture

**By CAROLA STEPPER, LAc**  
Owner, Cascade Acupuncture Center  
Many of our clients tell us they hesitated for a long time before trying acupuncture. Some were concerned about the needles. They are surprised to find out that the sterile, one-time-use needles are so small that five of them can fit inside one blood draw needle. The needle insertion can occasionally cause slight discomfort but it typically vanishes within seconds.

Once the needles are inserted, clients rest comfortably for 30-50 minutes on a massage table or a recliner chair. The needles increase the circulation in the areas that need healing and generate an endorphin release. This can be so relaxing that some clients fall asleep!

The needle removal is usually painless; occasionally there is a drop of blood, maybe a small bruise. These are the most common possible side effects.

Other clients are hesitant because they have never tried an alternative medicine before. Part of our team focus is to educate clients about their care options available in our clinic; provide other health and self-care suggestions, as well as referring them to see their primary care provider for diagnostic or other treatment options, which our clinic does not provide. The goal is to provide a holistic approach to help clients obtain their best health, physically and emotionally.

There are different styles of acupuncture, just like there are different styles of massage. In our clinics in Hood River, The Dalles and Stevenson we work as a team and use a style of acupuncture that is often immediately productive; clients leave the clinics in much less pain than

when they entered it. Our style involves only placing needles in the lower legs and forearms. This may seem counterintuitive if your pain is in the neck or lower back. However, one could compare this to turning on a light switch which sends an electrical signal to a light on the ceiling. It's not necessary and often more effective to treat the pain away from the actual location of the pain.

Licensed acupuncturists have more than 3,300 hours of training during a four-year program and graduate with a master's degree in acupuncture and Oriental medicine. Currently most students carry a student loan debt of over \$100,000 upon graduation.

Acupuncture is a physical modality, like physical therapy; the treatments build on each other. The best results are obtained by clients who commit to a treatment plan over the course of several weeks or even months.

Some people want miracles during their first acupuncture treatment, often after many years of possibly not living the best lifestyle habits to reach their current imbalanced state of health. This is not realistic. While most clients experience results during their first treatment it is important to understand that acupuncture is a process and the body needs its own time to heal.

In addition to the acupuncture treatments, healing can be helped with the right amount of rest and activity, stress reduction, good sleep and nutrition, exercise and possibly additional modalities.

There are studies published that support the effectiveness of acupuncture for the following conditions: infertility, insomnia, gastritis, weight loss, depression, shoulder pain,

support during chemotherapy, migraines, fibromyalgia, asthma, carpal tunnel, osteoarthritis and allergic rhinitis. We have helped thousands of clients in the Columbia Gorge with these conditions as well as the following: stress, anxiety, fatigue, low back, upper back, neck, hip, knee, ankle, elbow and wrist pain, allergies, digestive problems, painful menses, sports, auto accident and work injuries.

Many of our clients have insurance which covers acupuncture treatments. We provide a complimentary insurance verification and also offer a sliding fee scale for clients who do not have insurance. Our office staff and billing specialists keep track of treatments used, communicate finances upfront and coordinate needed MD or insurance authorizations.

In addition to acupuncture we offer customized Chinese herbal prescriptions and allergy elimination, a gentle and very successful way to eliminate a client's food or environmental allergies, using Applied Kinesiology techniques. Our licensed massage therapists offer medical massage, addressing specific health concerns as well as a nurturing massage. Many of our clients use more than one of our offered modalities to reach their optimal level of health.

In January we are doing our twice-per-year food drive, where anybody can receive a free acupuncture treatment focused on stress if they make an appointment and bring 10 items for the local food banks.



## 'HAHRC BEATS': At the pool or on the trails, keep your waistline in check!

**By LORI STIRN**  
Director, HR Valley Parks and Recreation District  
Happy New Year!

As you begin your New Year's resolution here are a few easy and low-cost ways to reduce that "winter waistline."

**Make trips to the Hood River Aquatic Center part of your routine.** Entrance to the Aquatic Center is \$3.50 or less for in-district residents. There are \$1 swims every Friday night from 6:30-8 p.m. and every Sunday between 2 and 4 p.m.

You and your family can burn a lot of calories and have fun at the same time. An easy swim can burn around 500 calories an hour, while swimming hard for an hour can burn more than 700 calories.

**Enjoy the parks and trails in our area.** One heavily used trail in town is the Westside Community Trail, which runs from Sherman Street up to May Street and continues up

Rocky Road to Westside Elementary School. Another popular trail is Segment 3 of the Indian Creek Trail, which runs from the high school, and extends past in both directions toward Brookside Road and to Barrett Park.

**Check out the Hood River Valley Parks and Recreation District website** at hoodriverparksandrec.org to get more details for pool hours and trail maps.

As adults it is our responsibility to teach our kids healthy choices. Kids will be inspired to continue being physically active as they get older if they take part in activities with their role models, like swimming and hiking.

Community Education and the Hood River Valley Parks and Recreation District are partnering with Healthy Active Hood River County to hold a fundraiser to help children in need stay active and healthy. Money raised will

provide recreational scholarships and a summer swim bus for Upper Valley children.

On Jan. 25, we are coordinating the first-ever Hood River Dive-In Movie at the Hood River Aquatic Center from 5:30-8:30 p.m.

We are showing the family animated film "Finding Nemo," and the event will be open to all ages. Cash or check donations will be accepted at the door.

Start being more physically active in 2014 and keep your winter waistline in check!

•  
*Healthy Active Hood River County (HAHRC) is our community healthy living coalition. We promote wellness through increased physical activity, healthy eating, tobacco use prevention and policy and environmental change. Join us at our next meeting Jan 28, 11:30 a.m. to 1 p.m. at Providence Hood River Memorial Hospital.*

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# It’s all in the bag: cooking salmon *en papillote*



**By SARA MOULTON**  
Associated Press

Fish *en papillote* is the elegant-sounding name of a staple recipe of classic French cuisine. Translated into English, it becomes the much less elegant-sounding “fish in a bag.” By any name, however, this method of baking fish is a smash.

Typically, the fish is combined with vegetables and herbs, some butter or oil, and often some wine. All of this is wrapped up in a piece of kitchen parchment and baked. The parchment keeps the flavor and moisture trapped inside during cooking, allowing the juices from the fish and the other ingredients to mingle and become a wonderful sauce.

And because the parchment is stick-resistant, the recipe requires very little fat. The small amount of oil in this recipe is there for taste and texture only.

In this recipe, the relatively few ingredients I’ve added to the salmon are in the service of the sauce. But let’s say you wanted to make a whole meal

in a bag, sort of like a high-toned TV dinner. In that case, you could add some substantial vegetables, for example sauteed mushrooms, steamed cooked potato cubes, blanched broccoli or carrots.

If you do add vegetables, they’ll need to be pre-cooked. The denser vegetables such as carrots and broccoli simply won’t have time to get tender during the 10 to 12 minutes of cooking needed by the salmon. Similarly, if wetter veggies such as mushrooms and spinach aren’t pre-cooked, they’ll release too much liquid in the packet and water down the sauce.

The only tricky part about cooking *en papillote* is that you can’t see when the fish is done. If you slice open the bag, you risk losing some of the delicious sauce that’s coming together. My solution is to start with the basic rule of baking fish: In a 400°F oven, give it 10 minutes of cooking time for every inch of thickness.

When I’m ready to test whether the fish is done, I stick a very sharp thin knife right

through the parchment and down through the fish. No or little resistance? The fish is done. Significant resistance? Bake it for a few more minutes. And by the way, this test works well regardless of how you cook the fish.

Kitchen parchment or even pre-made parchment paper bags is widely available in the foil and plastic wrap aisle. And by the way, it’s also great for lining baking sheets when making cookies.

I experimented with a pre-made bag while testing this recipe and discovered that it worked perfectly well. You just layer all the ingredients in the bag, fold the bottom under to seal the package, and bake away.

The beauty of this dish, besides its deliciousness, is that it requires very little preparation and cooks in no time at all. Check for sustainably raised farmed salmon, fresh or frozen.

*Sara Moulton is the author of three cookbooks, including “Sara Moulton’s Everyday Family Dinners.”*

## SALMON BAKED IN A BAG WITH CITRUS, OLIVES AND CHILIES

Start to finish: 35 minutes  
Servings: 4

### Ingredients

- 1 small orange
- 1 lemon
- Four skinless 6-ounce center cut salmon fillet pieces
- 1/4 cup chopped fresh rosemary
- Kosher salt
- 2 tablespoons extra-virgin olive oil
- 1/3 cup pitted and chopped olives, preferably oil-cured
- 1/2 serrano chili, thinly sliced crosswise

### Directions

- Heat the oven to 400° F.
- Cut the orange and lemon in half crosswise. Thinly slice 1/2 of the orange and 1/2 of the lemon into thin slices. Juice the remaining halves of both fruits.
- Set a 24-inch-long sheet of kitchen parchment on a baking sheet. Fold the sheet in half across the short side, then open the folded parchment (like a book), leaving one half of it on the baking sheet. Arrange about half of the orange and lemon slices in a single layer in the center of the parchment on the baking sheet.
- Sprinkle half the rosemary over the citrus slices. Set the salmon over the rosemary, then sprinkle with salt, the citrus juices and oil. Top each piece of salmon with a quarter of the remaining rosemary and citrus slices.
- Fold the second half of the parchment over the fish, then crimp and fold the edges together to create a sealed packet. Bake on the sheet pan on the oven’s middle shelf for 10 to 12 minutes, or until just cooked through (stick a paring knife through the parchment and salmon; it should move easily through the fish if done).
- Cut open the parchment, discard the citrus slices from the top of the salmon, then place each piece on a serving plate. Spoon some of the olives, chilies, rosemary and juices over each piece.

### Nutrition

Nutrition information per serving: 440 calories; 260 calories from fat (59 percent of total calories); 29 g fat (5 g saturated; 0 g trans fats); 100 mg cholesterol; 9 g carbohydrate; 2 g fiber; 5 g sugar; 35 g protein; 490 mg sodium.

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# For wellness, employer pulls its weight



**By NEITA CECIL**  
The Dalles Chronicle

Columbia Basin Care Facility hit it out of the park when it set up its wellness program in October, drawing an astonishing 45 percent participation rate when it invited employees to join a gym.

The facility's insurance agent said the industry standard for participation was just 20 percent, said Geoff Gerding, assistant executive director for the care facility.

The nonprofit facility's board of directors agreed to pony up some money to subsidize an already discounted group rate at The Dalles Fitness and Court Club, making the gym membership affordable for all of the facility's 90 or so employees.

Gretchen Hansen, manager at the court club, lauded Columbia Basin for giving employees the incentive to join. "I

just think it's important that they put some of their money where their mouth is because I see so many companies that want to do a program, but they don't do anything."

Not so with Columbia Basin. Gerding, for his part, lauded Hansen for working with the facility to create an affordable gym rate.

But before that point was reached, a committee was formed, representing all shifts and all departments of the facility, to ensure the wellness program actually fits the needs of its range of staff.

Not only is a deeply discounted gym membership offered, but the facility rewards those employees who go to the gym the most, Gerding said. The club keeps a tally of who attends and reports it to the facility monthly. The top three attendees get things like \$100, \$50 and \$35 gift cards, respectively.

The Oct. 1 launch of the wellness program at the facility was closely followed by the Nov. 3 launch of a Zumba program at the fitness club. Hansen noted that a variety of Zumba classes were offered in different places around town, but all had fairly small attendance.

"Zumba's supposed to be a giant party," Hansen said, so she convinced all the Zumba instructors in town to teach at her club only, which boosted class sizes. "We added 12 classes a week, it was a huge chunk. In January we're starting aqua Zumba as well as sen-teo, which is a chair Zumba." A kids Zumba is coming next.

The facility is also starting its own Biggest Loser weight loss contest. Weigh-in was Monday, Jan. 6, and by mid-morning that day, 30 people had already signed up.

Gerding has signed up too. "I

think it's important to eat my own lunch. If I'm talking it, I need to be out there doing it as well." He also joined the club.

Some of the 30 haven't joined the club yet, and "we're hoping with this competition we can get them in there working out," Gerding said.

It's just adding another element of diet and nutrition to the wellness program, Gerding said. "Exercise is one thing, but you've got to eat right to make the gains where you want them," he said.

A monthly speaker is planned — next week's speaker is a nutritionist — and future topics will touch on the psychological side of wellness, such as stress reduction.

A smoking cessation class is being discussed, as is doing a 5K run.

"We're making lifestyle changes and we want people to cope with them positively,"

he said.

The facility itself has already made one change: It stopped having doughnuts and cookies at all-staff meetings, and now offers fruit instead.

The committee overseeing the program has also decided it will have a co-ed softball team this spring, and is considering offering hikes in the spring too. The objective is to offer as many different activity options for people as possible.

The facility started the wellness program in part due to the rapid increase in the cost of healthcare. The facility maybe can't expect to see a drop in its costs, but it may be able to hold them at bay, Gerding said.

"One thing that was in our control to curb these costs was to develop a wellness program," he said.

Also, companies with wellness programs have been

shown to have better productivity, lower absenteeism and fewer injuries — which is of particular concern at care facilities, where jobs are very physical.

Productivity at a care facility translates into quality of care, Gerding said. "We already have very high quality of care, but quality of care can never be stagnant; you're always striving to do better."

It's too early to tell if the wellness program will lower absenteeism and injuries, or boost quality of care, Gerding said. He expects a clearer picture with about a year's worth of data.

Doing a wellness program right is time-consuming, Gerding said. "We want to make sure what we're doing is working, so there's lots of time spent on seeing things through."

# Listening to your body

**By JONATHAN MALETZ, MA, LMHC**

When it is time to begin a weight-loss program, there are two ways you can go. You can work with your body, or you can work against it.

The most common dieting mistake is to go on a "crash diet." It's called a crash diet because you starve yourself until your body crashes! Our bodies are designed for self-preservation. So if you starve yourself, your body thinks you are starving. Go figure. And if you are starving, every fat cell suddenly becomes your best friend. Your base metabolic rate (the speed that you burn calories when resting) slows way down and so does your rate of weight loss.

Unfortunately, this shift into "starvation mode" kicks in much faster than it ends. So, when you quit your crash diet, your body will be primed to regain all the pounds that you lost and then some. Doctors refer to this as "dieting oneself into obesity."

What does it mean, then, to work with your body? It begins with listening to your body. A common problem with popular weight-loss programs is that they tend to use a "one size fits all" approach. Controlling appetite may be crucial for one person and a non-issue for another. Anxious eating may be the root cause for some and not for

others. "Listening to your body" means taking a good look at where your calories are coming from and why.

Let's talk about two common causes of weight-gain, depression and anxiety. The Winter Blues are fairly common in the Pacific Northwest. Symptoms can include inactivity along with increased eating. Talk about a combination for weight gain! Your doctor or counselor will have some helpful ideas for addressing the Winter Blues. Other steps you can take include looking into trying some natural supplements like vitamin D or St. John's wort.

Like depression, anxiety can affect our waistlines. Many people turn to comfort foods when feeling stressed. Unfortunately, for most people, comfort food doesn't mean carrots and celery; it means pasta and brownies. Multiple studies have found treatment with B vitamins to be helpful with reducing stress and anxiety. Nutritional supplements like GABA, L-Theanine and magnesium can also be calming for the body and mind.

If controlling appetite is

your biggest struggle, there are two popular aids to consider. Some people find that eating fiber products, like chia seeds, can help give one a sense of fullness during the day. Others use natural herbal extracts, like Garcinia Cambogia to curb appetite. Both of these approaches have been championed by Dr. Mehmet Oz and have successfully helped many to lose weight. In looking at appetite suppressants, the main ingredient to avoid is caffeine. Caffeine is a stimulant that can increase anxiety levels, which is exactly what you want to avoid while dieting!

While regular exercise is helpful for weight-loss and for good health in general, many people hear the word "exercise" and think of hot, sweaty gyms. Simply put, exercise is anything that gets you moving. My personal favorite is going for a 10-20-minute walk once or twice a day. Not only does going for walks help with muscle tone and burning calories, but studies have shown that simply being outdoors can improve one's sense of wellbeing.

If you add a walking partner to the equation, it gets even better. And, if you take your walks after meals, it helps your body to process the sugars that you just ate. The key is to find an activity that you enjoy and make it a habit. Ex-

ercise isn't just for weight-loss. It is a healthy habit for life.

Is there one diet that is the best? Yes, the one that is right for you! Everyone's physiology is unique. One person thrives on a high-protein approach while another focuses on eliminating fats from their

diet. Some count calories while others focus on portion size and eating large salads. This takes us back to listening to our bodies. What approach has worked best for you in the past? That's probably the right one for you.

In the end, it really comes down to developing a sustain-

able, enjoyable, and healthy lifestyle. Set modest goals for weight-loss. Listen to your body. Keep moving.

•

*Jonathan Maletz is a licensed mental health counselor. He and his wife, Ruth, own Daniel's Health & Nutrition, on the Heights in Hood River.*



Jonathan Maletz

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# Beginning an anti-inflammatory diet

**By NIKOL ANGEL CLARK**  
It is hard to eat right every time your stomach growls and your health can suffer as a consequence. Adapting to a healthy diet is critical to well-being. By diet I mean a well-balanced, sustainable eating pattern, not a short-term weight loss program. Healthful dietary recommendations often rely on common sense; one should eat a colorful variety of fresh fruits and vegetables and fewer processed or fast foods. This article will provide a brief overview of foods and eating habits that complement a regular exercise program, a schedule of preventative healthcare, and promote reduction in overall inflammation in the body.



Nikol Angel Clark

Many people are suffering from complications of inflammation. Inflammation is the body's normal response to trauma and internal damage and can be classified as acute (immediate) or chronic (long-term). Chronic inflammation is indicative of a non-improving condition. Chronic inflammatory disorders include arthritis, dermatitis, irritable bowel syndrome, high cholesterol, and tumors. Common dietary patterns in our country, our comfort foods unfortunately, often contribute to inflammatory conditions.

- Adopting an anti-inflammatory eating pattern that compliments proper medical treatment and lifestyle modifications can provide varying levels of relief from these conditions.
- Eat more whole grains such as brown rice, quinoa, amaranth and millet instead of processed wheat flour (especially breads and pastas). Substitute spaghetti squash, ground cauliflower, or shredded zucchini in place of your grain. Make lasagna with slabs of eggplant or squash instead of noodles. Use butter lettuce and romaine for sandwich wraps.
  - Use raw, organic honey, maple syrup, or applesauce to sweeten food. Cut out refined sugar from the diet, and be especially careful of high-fructose corn syrup and artificial sweeteners. Choose poached apples or pears for dessert. Start to love dark chocolate with 70 percent cacao or higher.
  - Choose almond, coconut or hemp milk. Avoid cow and soy milk. Use coconut cream instead of dairy cream. Use plain Greek yogurt to replace sour cream.
  - Opt for goat and sheep cheeses. Eliminate all cow cheese which is full of unwanted saturated fat and difficult for the body to digest, creating an inflammatory response.
  - Go for the good fats. Use extra-virgin olive oil as your main cooking oil. Strictly avoid margarine, vegetable

- shortening, palm kernel oil or any kind of partially hydrogenated oils and any products listing them as ingredients.
- Eat more Omega-3 fatty acids obtained from avocados and nuts, especially walnuts, cashews, almonds. Also eat salmon (preferably fresh or frozen wild), omega-3 fortified eggs, hemp seeds, and flaxseeds (freshly ground is choice).
  - Daily beverage choices are critical. Drink lots of water! It's easy, do it. Eliminating carbonated and highly caffeinated or acidic beverages is also very important. Drink tea instead of coffee! Replace sodas with healthy juices such as pineapple and apple juices. Squeeze fresh lemon juice into your water glass for a light flavor.
  - Another habit to implement into your anti-inflammatory regime is to try a tablespoon of apple cider vinegar every morning and evening. Dilute the vinegar with an equal part of honey and mix with half a cup of warm water.
- Still, I will not say that the only dietary solution to inflammation is to cut out all those delicious foods that we know are not good for us. Exclusion will not create a sustainable eating pattern. I for one cannot subsist on brown rice and a sprig of raw kale! Making a majority of healthy food choices is more important than complete avoidance of inflammatory foods. These choices get easier once you

see how good you feel after a period of eating well. So, go ahead and eat that burger, fries, and milkshake. Love it! But before you dig in realize that this is not how you should normally eat, this is a mere lapse in your healthy eating lifestyle. More often, we need to opt out on the double gut-bomb burger and instead choose to eat moderate portions of meat (3 to 5 ounces), lose the cheese, and wrap that juicy patty in crisp romaine instead of a bun. Choose the side

salad instead of fries and ditch the soda for a refreshing tall glass of lemon water. Make these kinds of choices more often, and you will be able to feel a difference! Hold the awareness that your food directly impacts your health, often contributing to chronic inflammation. You can be motivated to eat wisely and not out of compulsion. Being conscious of diet is foundational in a healthy lifestyle. Please consult your healthcare provider before making any

significant dietary changes and adopting a new health plan.

*Nikol Angel Clark is a state licensed and nationally certified acupuncturist and herbalist. She has been practicing East Asian Medicine for over 10 years. She currently sees patients at the Water's Edge Clinic in The Dalles, and in private practice as Nikol Angel LAC at Laughing Mountain in Hood River.*

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