

PAGE 16

## **Digestive Health:** Crohn's Disease, **Ulcerative Colitis**

& Irritable Bowel **Syndrome** Part II

Two weeks ago I mentioned that your body is a self-healing and self-regulating organism; it is designed to heal itself and regulate its own internal functions. In the case of Crohn's disease, for an example, cells in the intestine die and are not necessarily replaced by new healthy cells. This is why the intestine eventually deteriorates and ulcerates. This can be life threatening.

One must also remember that your nervous system runs your whole body and all of its functions; your immune system, your heart, your healing ability, etc., even your digestive system. All these function under direct orders from your nervous system. It therefore stands to reason, that if there is an interference with the normal function of your nervous system, your body will not work the way it

should. A number of studies have actually shown that this is exactly the case with Crohn's, Ulcerative Colitis, and IBS; that these conditions are neurologically based. This means that the nervous system is no longer able to control the normal function of the intestinal area.

As a Chiropractor, I am mainly concerned with re-establishing the normal function of the nervous system so that the body is able to heal itself. It's that simple. People affected by these conditions have responded very well with chiropractic care. (And you thought chiropractic is just for back pain I bet)

As well as seeing a chiropractor, which I feel is crucial, there are a number of things you can do for your child or yourself on your own;

1. A **hot water bottle** placed on the stomach area will relieve much of the abdominal cramping.

2. Charcoal tablets will help absorb excess gas if your child is bloated. Do not use for a prolonged time though, as they also absorb most of the nutrients from the digestive tract.

3. Slippery elm will often relax the intestinal muscles and reduce cramping.

4. Multi-vitamin and Mineral complex that contains copper, manganese selenium and potassium is very important because Crohn's,

etc., are characterized by malabsorption.

5. Vitamins E is essential in the repair of epithelial tissue of the intestinal tract and acts as an anti-oxidant.

6. Vitamin A, approximately 50,000 IU per day unless you are pregnant. You may take this in capsule form, but I suggest raw carrots put though a juicer. The carrots should be peeled as the skin contains most of the chemicals and pesticides that can irritate your intestine.

7. Calcium and Magnesium, at least 2,000mg daily

8. Vitamin C, in very high doses combined with bioflavonoids is essential as it minimizes inflammation.

9. Garlic, is known for preventing free radicals from attacking the intestinal lining.

10. Vitamin B12 and Folic acid,

11. N-acetylglucosamine (NAG), protects intestinal lining from enzymes that could damage it. Drinking lots of fluids, herbal teas, cabbage juice, papaya seeds, avoiding stress, chocolate (boo), alcohol, Coke and Pepsi, are all essential.

The above will help you and your child deal with these conditions a little easier, but the number one recommendation I could make is to call us; we can help!



If you need additional information, please call me personally at 605-665-8228 and visit my website: www.plathwellness.com

**Plath Chiropractic & Wellness** 402 E. 3rd Street · Yankton, SD

# Varilek

#### From Page 1

however, been identified with causes supported by the Tea Party movement.

Varilek went on to criticize Noem's support of Rep. Paul Ryan's (R-Wis.) budget plan, which would privatize Medicare, and her support of federal subsidies for oil companies. The congresswoman has said that she believes cutting oil subsidies will raise fuel prices.

"(Those votes strike) people as not being focused on South Dakota interests or middle class working values," Varilek said. "They also don't approve of her role in so many of the games of chicken we've seen — the threats to shut down government. I think that also frustrates people, and it explains why Congress has a 9 percent approval rating.'

Varilek has no reservations about voicing his support of the Patient Protection and Affordable Care Act, legislation that Noem voted to repeal. Polls have shown that the nation is divided on whether the health care reform is good or bad.

"I acknowledge that (my support of it may) be a position that doesn't win me any votes," Varilek said. "But I have to call them like a see them. On health care reform, I do not claim that it is a perfect bill and will solve all of our problems. But I do claim, and it is true, that it is better than the status quo from before when we had a donut hole for prescription drugs for seniors. Now, we're going to close it. I think 2 1/2 million young people between 19-25 have health care, whereas before they did not. We're starting to see some improvement, I think, in the cost of health care. People with pre-existing conditions ... won't be able to be bounced off their insurance. "Those are real positive impacts that affect real South Dakotans," he continued. "Hopefully, that will start to seep into the public consciousness and public opinion will change. The reality is, I just think it was the right thing to do.' If elected, Varilek said economic issues will be among his top priorities. Until recently, he served as Sen. Tim Johnson's economic development director. Varilek criticized the wealth inequality in the nation and the impact it has had on the middle class "I think right now in this economy, those at the top are doing pretty well," he said. "But the rest of the country is not doing well, and the economy as a whole is not doing as well as we'd like. I think that tells us that it's not sufficient for just one element of society to succeed. If we're all going to succeed, I think we've got to grow the middle class again and make sure the average person has money in their pocket so they can go down and buy something at Royal Sports or wherever they want to shop. In order to address the deficit and debt, Varilek said a combination of bringing in more revenue and cutting expenses will be needed. He stated that he would like to close corporate tax loopholes, in particular. "I think too often the game is rigged in Washington to serve someone other than the regular working person," he said. "That's whose side I want to be on. I want to tip the balance back in that direction. I think those regular, middle class people deserve attention from their government just like anyone else. But they haven't had that attention. Varilek said he is looking forward to stops in Aberdeen, Webster, Watertown and elsewhere in the coming days. "This campaign is about trying to meet as many people face to face as possible," he stated.

#### **BY THOMAS J. SHEERAN** AND ANDREW WELSH-HUGGINS Associated Press

AKRON, Ohio — A self-styled chaplain suspected in a deadly scheme to rob people who replied to a Craigslist job ad has been charged with multiple counts of aggravated murder, kidnapping and robbery and could face the death penalty if convicted, according to an indictment announced Friday.

accuse him of killing three men and wounding a fourth in August, October and November.

Beasley, 52, of Akron, who has been jailed in Akron on unrelated prostitution and drug charges, has denied involvement in the Craigslist slavings. He was arrested in November after authorities linked him to the alleged plot.

Prosecutors would not speculate on a

motive but Attorney General Mike DeWine, who joined in announcing the charges, said investigators are looking at serial killings.

"Are there more bodies? We frankly do not know," DeWine said, appealing to people with any information about missing persons to come forward.

Also Friday, a judge determined that the case of a juvenile suspect mentored by Beasley will be moved out of the county where two slaying victims were found and another was shot but survived.

The decision to transfer the case of Brogan Rafferty to Summit County came after a hearing Friday afternoon, said Tonda Brown, Noble County Court Assignment Commissioner. She said the gag order in the case has also been lifted.

Messages were left with the Noble County prosecutor and Rafferty's attorney in Noble County. The Summit County Prosecutor's Office could not immediately comment, said spokeswoman April Wiesner.

Summit County Prosecutor Sherri Bevan Walsh said the case of Beasley, with the nature of the crimes and the multitude of charges, was made for the death penalty.

'This case we view as to be one of the worst of the worst when it comes to hor-rible murder cases," Walsh said.

The 28-count indictment against Beasley also included theft, weapons and identity theft charges. Beasley received the indictment Friday, and a decision will be made next week about his representation, said Rhonda Kotnik, an attorney who has been representing Beasley on the non-Craigslist charges.

An acquaintance of Beasley, 16-yearold Brogan Rafferty, of nearby of Stow, could face similar charges after being transferred to adult court late last year. His case is pending in Noble County

where two of the slayings happened. Authorities say the scheme targeted older and single out-of-work men with backgrounds that made it unlikely their disappearances would be noted right away.

The first victim, Ralph Geiger, 55, of Akron, was killed Aug. 9, the day after he left a homeless shelter saying he was taking a farm job. His body wasn't found until Nov. 25.

Geiger's brother, Mark Geiger, said Friday he's happy with the way prosecutors are handling the case. He said he's long wondered about other victims. He said he's not a death penalty advocate but wouldn't oppose it, although life in prison for Beasley would also satisfy him.

"As long as Beasley never has the opportunity to interact with the outside world again, that's what I feel would be appropriate," said Geiger, a telecommunications executive in Atlanta.



Adult In Ohio Craigslist Case Charged With Murder

The charges against Richard Beasley

# PERFORMIN HOSPITAL



ALLIANCE

Leading another healthy race to the top. Avera 💏 Sacred Heart Hospital

### 2011 Top Performing Hospital for providing reliable, efficient and safe care.

Avera Sacred Heart Hospital is among the 2011 Top Performing Hospitals in the Premier Healthcare Alliance's national QUEST® collaborative - one of only two hospitals in South Dakota to receive this distinction. This is the third year in a row that Avera Sacred Heart Hospital has achieved top performance.

QUEST supports hospitals in delivering the best care possible, as well as sharing collaborative solutions to improve health care nationwide and influence public policies. Together, the current 278 QUEST members share ideas, strategies and proven practices to reduce variation, an approach that has been shown to improve care quality, safety and cost.

Avera Sacred Heart Hospital looks forward to continuing to provide high-quality health care to your community.

www.premierinc.com