



### **Digestive Health:** Crohn's Disease, **Ulcerative Colitis & Irritable Bowel** Syndrome

Part I

Believe it or not, your digestive system is essentially a long tube that starts at your mouth and ends at your other end. It has one purpose to extract nutrients and energy from the foods we eat. Your digestive organs - esophagus, stomach and intestines, etc., are simply modifications of that tube. This system is very efficient as long as it is functioning normally. Many children and adults, however, suffer from a malfunction of their

digestive system. In fact the three most common conditions affecting intestinal function that I see in my practice are; Irritable Bowel Syndrome (IBS), Ulcerative Colitis, and Crohn's Disease. Although not exactly the same, they all have a great deal in common and escalate in severity.

Crohn's Disease, the most serious, is a very chronic and long-term ulceration of the digestive tract. It usually extends though the wall of the intestine and involves all layers of your "digestive tube." Ulcerative Colitis, on the other hand, mainly involves only the internal layers called the "mucosa" and the "submucosa." IBS is even lesser on this scale. Patients affected by these conditions can suffer chronic diarrhea, rectal bleeding, abdominal cramping, severe pain, fever, fatigue, loss of appetite, loss of weight, malabsorption,

malnutrition, headaches, etc. It has been noted that Crohn's Disease and Ulcerative Colitis increase the risk of colon cancer by as much as 20 times. This can also be said for IBS to a certain degree. If left untreated, bowel function slowly deteriorates and can be lifethreatening. Definitely conditions that should be avoided at all cost!

The most common medical treatment for these conditions is anti-inflammatory and antispasmotic medication, surgery, diet, counseling, etc. While sometimes necessary, this type of approach does not really deal with the cause of these problems, mostly the symptoms.

As a chiropractor who deals mostly with children, I see these conditions in a different light. One needs to remember that we are dealing with human beings, not simply their

intestines. Our approach recognizes that difference.

Many people, for instance, are surprised to learn that the body is a self-healing and a selfregulating organism. In other words, it is designed to heal itself and regulate its own functions. You probably have not given this much thought, but you are on "auto-pilot." For an example; the cells in your digestive tract deteriorate continuously, and are replaced by brand new cells doing the same function. This is normal and is controlled by your internal "autopilot" — your own nervous system. See you in two weeks for PART II

If you need additional information, please call me personally at 605-665-8228.

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## Man Gets 70 Years For Shooting At Officer

RAPID CITY (AP) — A man who led police on a high-speed chase through Rapid City nearly a year ago has received a 70-year prison sentence for shooting at a responding police officer.

KOTA television reports that 42-year-old James Baker pleaded guilty to three counts of aggravated assault and one count of pos-session of a firearm during the commission of a felony as part of a plea deal with the state.

Defense attorney Tim Rensch says Baker was under the influence of meth and was attempting to commit suicide by cop by shooting at the officer.

Former police officer Michael Frybarger says he believes the plea deal was far less than Baker deserved for attempting to kill

Baker must serve at least 50 percent of his sentence before he's eligible for parole.

# Police Investigate Kidnapping, Find Body

EARLY, Iowa (AP) - A man arrested in western Iowa on charges of assault and kidnapping had been released from prison just two days earlier.

Sac County Sheriff Ken McClure said his office received a call about 8 a.m. Thursday after someone encountered a 21-year-old Storm Lake woman who claimed she had been kidnapped. After talking with the woman, officers searched the area and found 21year-old Kirk Riley Levin hiding in a barn.

Levin is in the Sac County Jail on charges of assault and kidnapping.

While investigating the kidnapping, officers found a woman's body at the rural Early farmhouse where Levin lived and are investigating how she died. McClure says her death is suspicious.

The Iowa Department of Corrections says Levin was released from prison on Tuesday after serving a sentence or burglary.

# S.D. Boy Pleads Bot Guilty In Fatal Shooting

PIERRE (AP) - A 16-year-old Pierre boy has pleaded not guilty to charges connected to the fatal shooting of a classmate.

Braiden McCahren is charged with first-degree murder in the Dec. 18 shooting of 16-year-old Dalton Williams. If convicted of that murder charge, he could be sentenced to up to life in prison.

McCahren also is charged with attempted first-degree murder and aggravated assault because he allegedly pointed a gun at a third 16-year-old boy who was also in the house. The attempted first-degree murder charge carries a maximum sentence of 25 years in prison, while aggravated assault carries a maximum sentence of 15 years.

McCahren is charged as an adult.

After a court hearing Friday, Hughes County State's Attorney Max Gors said he will oppose moving the case to juvenile court.

### No Injuries In Minor Explosion At S.D. Feed Mill

SIOUX FALLS (AP) - No injuries have been reported in an ex-

# **Pipeline Route Report Goes To Neb. Gov.**

LINCOLN, Neb. (AP) — A state evaluation of TransCanada's new route for the Keystone XL oil pipeline through Nebraska has been sent to Gov. Dave Heineman, who will have 30 days to review it before sharing his decision with the state and the U.S. State Department.

The more than 2,000 pages include no recommendations from the Department of Environmental Quality, which began accumulating comments in April, held four public informational meetings, conferred with the project developer and conducted a final public hearing in December.

The State Department has federal jurisdiction because the pipeline begins in Canada. Its recommendation will go to President Barack Obama, who has the final say.

TransCanada's pipeline is designed to carry tar sands oil from Alberta Province across Montana, South Dakota, Nebraska, Kansas, Oklahoma and Texas. The company also has proposed connecting it to the Bakken oil field in Montana and North Dakota.

A spokesman for the Nebraska Environmental Quality Department, Brian McManus, told the Lincoln Journal Star on Friday that

several people expected department director Mike Linder to add his recommendation.

"But, really, our role, our mission in this, has been to put together a thorough, objective report and present it to the governor," McManus said. "And we had not planned on including — the director had not planned on including — specific recommendations."

Environmentalists and other opponents have said the \$7 billion project could contaminate groundwater reserves and threaten ecologically sensitive areas in Nebraska and other states along its 1,700-mile path.

Heineman has supported the pipeline project but opposed TransCanada's original proposed route that crossed the environmentally sensitive Sandhills region. TransCanada altered the pipeline's path to avoid the Sandhills and a couple towns' water wells.

The completed review of the new route said there's potential for damage to groundwater if there were a spill, but said the effects would be local rather than regional.

The department's report noted that 57 special conditions would apply to the construction, operation and maintenance of the pipeline and recounted how TransCanada

"has integrated a number of measures intended to prevent or detect releases during pipeline operation.'

People and groups that favor the Keystone XL project have pointed to the nation's need for more oil and praised its potential economic impact.

The report said pipeline construction would result in \$418.1 million in economic benefits to Nebraska and support up to 4,560 new or existing jobs. The pipeline operation would generate 15 new jobs, the report said, and 50 more new jobs through secondary economic growth.

TransCanada first proposed the project in 2008. In January last year Obama rejected TransCanada's original application for a federal permit to build the pipeline. Since then, TransCanada has split the project into two pieces.

The company began construction in August on the southern section of the pipeline between Oklahoma and the Gulf Coast. The southern section of the pipeline didn't need presidential approval because it won't cross an international border.

# 2.25 Percent Pay **Increase Set For Most** Neb. State Employees

#### **BY MARGERY A. BECK** Associated Press

OMAHA, Neb. - About 10,000 state employees will see a 2.25 percent pay raise over each of the next two fiscal years, following a newly ratified union contract.

The contract for the majority of state employees covered under the Nebraska Association for Public Employees was ratified last month, said Bill Wood, chief negotiator for the state. Nebraska Department of Education employees. state college and university teachers and Nebraska State Patrol employees negotiate separately. The raises are an improvement from what the employees have seen over the last two years. Unionized state workers went without raises in the 2011-12 fiscal year to help cover a \$1 billion gap in the state's budget. This year, they received a 2 percent raise. Wood said the contract is a win for both employees and the state's budget. State legislative staff had estimated 2.5 percent raises over each of the next two years. Wood said the raises will add about \$16 million in state expenses over the next two years.

But the quarter-percent difference between the projected raises and the approved contract will mean a savings of more than \$900,000 for each of the next two years, he said.

Asked whether Nebraska had sought a smaller pay increase. Wood would say only that the raise is "a negotiated settlement that didn't go above





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plosion and fire at a feed mill in the southeastern South Dakota community of Corson.

The Minnehaha County Sheriff's Office tells the Argus Leader that the explosion Friday morning was minor and there was little damage to the building. Workers were safely evacuated, and the fire was put out.

CHS Inc. operates the feed mill and issued a statement saying the cause of the explosion wasn't immediately known.

## New Sentencing Hearing For Berget Requested

PIERRE (AP) — South Dakota Attorney General Marty Jackley has asked the 2nd Judicial Circuit to schedule a resentencing hearing for a man who helped kill a guard at the State Penitentiary in Sioux Falls.

The state Supreme Court this week overturned Rodney Berget's death sentence and ordered a new sentencing hearing. Justices said the circuit judge who sentenced Berget to die improperly considered a statement Berget made to a psychiatrist.

Jackley has filed a motion asking the circuit court to schedule a new sentencing hearing "at the earliest time convenient for the court and counsel."

The 50-year-old Berget and another inmate, Eric Robert, pleaded guilty to killing guard Ronald Johnson during a failed escape attempt in April 2011. Robert was executed last October. Berget appealed his death sentence.

comparability While employees' paychecks will rise, so will some of their health care costs. Employees' health insurance premiums for

those covered under the state's basic health care plan will not rise the first year under the new contract, but employees will be charged higher deductibles and out-of-pocket costs, Wood said.

Julie Dake Abel, executive director for the state employee union, said she thinks the contract is fair, given the struggling economy and battles over collective bargaining rights for public workers in other states.

"I think we're coming out of that struggle," she said. "We've gone through our time of not taking pay raises and ... (work) furloughs. So, I think that this contract was good for our employees."

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