

Advantages To Sprouting Seeds

BY LORETTA SORENSON
P&D Correspondent

If alfalfa is the word that comes to mind when you think about sprouting seeds, you're out of the loop. Today's health food gurus promote sprouting seeds that include broccoli, cabbage, radish, peas, beans, wheat and much more.

Some health-conscious consumers are sprouting nuts, too, or at least soaking them and drying them again before eating them. Sprouting grains to use in baking is also a growing practice.

So why all the hype? It's all about increasing nutrition in our food and making

it easier to digest at the same time.

If you're like me, you didn't know that seeds are nutrition powerhouses. However, our bodies can't access those nutrients until they go through a transformation.

All grains and seeds are covered with a protective layer of phytic acid contained in the seed bran. It helps them survive until they're embedded in soil and begin taking root.

Phytic acid can inhibit some absorption of calcium, magnesium, iron, copper and zinc. Grinding seeds and grains and eating them before they go through the sprouting process can result in inhibition of these same nutrients in our digestive

tract. Nutritionists have known this for years, but health food experts are now starting to spread the word.

When seed is sprouted, all its nutrients increase and natural inhibitors protecting it are greatly reduced if not eliminated. All the plant proteins, oils, starches and vitamins become available for human digestion.

Things like broccoli sprouts can have up to 50 times more of the cancer-preventing phytochemical sulforaphane. Raw sprouts also have tons of enzymes, which are seriously lacking in the modern American diet.

So how can we take advantage of this new food trend?

Alzheimer's Group To Hold Event Thursday

The Alzheimer's Association South Dakota Chapter invites Yankton area residents to attend an Evening of Education and Inspiration on Thursday, May 8, at the Avera Sacred Heart Hospital Pavilion, 501 Summit Street, in Yankton at 7 p.m.

Alzheimer's Association 2013 National Early-Stage Advisory Group member Ellen McVay, along with her husband, Dr. Michael McVay, will discuss "Our Journey Through Alzheimer's," which details the couple's experience living with Alzheimer's disease.

More than 5 million Americans are living with Alzheimer's disease, including an estimated 16,000 South

Dakota residents. The Alzheimer's Association Evening of Education and Inspiration will help promote awareness about this devastating disease and ways people can find support when facing Alzheimer's.

Since her Alzheimer's diagnosis in 2010 at the age of 61, Ellen has taken advantage of the available resources from the Alzheimer's Association and joined ALZconnected®, a social networking community designed for people living with Alzheimer's and their caregivers. As a member of the Alzheimer's Association 2013 National Early-Stage Advisory Group, Ellen is interested in spreading Alzheimer's aware-

ness and helping to educate physicians about supporting patients from diagnosis and beyond. Ellen has made the decision "to be happy" and aims to connect with others who are living with Alzheimer's and encourage them to, "take one day at a time." "It's important for South Dakotans living with Alzheimer's and their families to know they are not alone. There are people who understand what they are going through, and help is available. There is much they can do to cope with the changes ahead," says Leslie Morrow, state executive director.

The Alzheimer's Association South Dakota Chapter

helps provide care and support services to South Dakota residents, fund Alzheimer's research and advocate for Alzheimer's-related legislative issues.

For more information about the Evening of Education and Inspiration, contact Leslie Morrow at 605.339.4543 or lmorrow@alz.org.

The following day, May 9, a golf tournament to benefit the Alzheimer's Association South Dakota Chapter will start at noon at the Hillcrest Golf & Country Club, 2206 Mulberry Street, in Yankton. For more information about the golf tournament, contact Craig Ellerbroek at 605.376.0554.

Oz And Roizen

The Importance Of Post-Partum Weight Loss

BY MICHAEL ROIZEN, M.D.,
AND MEHMET OZ, M.D.
King Features Syndicate, Inc.

It took Reese Witherspoon eight weeks; Uma Thurman did it in six weeks; and Heidi Klum hit the Victoria's Secret runway only five weeks after delivering her fourth child. So, losing weight after a pregnancy isn't so tough, right?

Well, maybe ... if you have several trainers, a personal chef and unlimited resources. For most of you, it may be a tad more challenging. And it's reasonable to take up to a year.

It is important, however, to lose the weight within 12 months after delivery. If you don't, you can develop what's called a cardiometabolic profile (elevated blood pressure, insulin resistance, lower good HDL cholesterol and elevated triglycerides). That increases your risk for prediabetes, Type 2 diabetes, heart disease, stroke, cancer and memory problems.

The best way to avoid getting stuck with post-partum weight gain: Avoid putting on excess weight during your pregnancy. But no matter how much you gain, here's a great meal plan to help you lose the weight and feel more energetic.

—Start your day with a post-pregnancy smoothie containing fruit, grains and seeds; it delivers omega-3, calcium, magnesium, protein and fiber - and tastes great.

—Eat every four hours. Snack on apples, yogurt popicles, whole-grain cereal, walnuts and almonds.

—Reduce your dinner portions. Serve your meal on a salad, not a dinner plate. And dish up 1/3 protein, 1/3 100 percent whole grain and 1/3 veggie/fruit.

For more helpful suggestions (and a great smoothie recipe), go to www.doctoroz.com and search for "lose the baby weight."

PREVENTIVE CARE; USE YOUR ACA

We've quoted Ben Franklin before, but his words are still as true as ever: "An ounce of prevention is worth a pound of cure." And taking advantage of the Affordable Care Act's free, preventive medicine coverage as an adjunct to your smart lifestyle choices of no Food Felons (they're trans and saturated fats, added sugar and syrups, and any grain that isn't 100 percent whole), no tobacco and no smoking anything, walking at least 30 extra minutes daily (heading for 10,000 steps a day) and de-stressing with mindful meditation — can head off or reverse a lot of health problems. For example, if guys with elevated LDL cholesterol (but no symptoms) are identified and put on a lipid-lowering med, that could prevent 25 percent of non-fatal heart attacks; and if everyone 50 or older had regu-

lar colon cancer screenings, more than 60 percent of deaths from that cancer could be avoided.

That's why it's good for your health — and the country's health-care bill — that the ACA provides screening and counseling for abdominal aortic aneurysm, alcohol misuse, breast cancer, elevated blood pressure and cholesterol, colorectal cancer, depression, Type 2 diabetes, obesity and tobacco use, as well as sexually transmitted infections. And it pays for vaccination against hepatitis A and B, herpes zoster, human papillomavirus (HPV), flu, measles/mumps/rubella (MMR), meningitis, pneumonia, tetanus/diphtheria/pertussis (TDP) and chickenpox. (In Canada, the Task Force on Preventive Care recommends their government-provided preventive services.) So, ask your doc about taking advantage of the ACA's preventive health services: You'll enjoy better health and a younger RealAge.

TALES FROM THE DARK SIDE OF CHOCOLATE

"Tales From the Darkside: The Movie" (1990) featured the not-yet-so-famous Christian Slater, Steve Buscemi and Julianne Moore in a tale of a gut-wrenching dinner menu guaranteed to upset even the strongest constitution. But there's another Darkside that serves up a much tastier and healthier dish: 70 percent cacao dark chocolate.

We've said for quite a while that 70 percent cacao chocolate can provide you with a lot of disease-fighting nutrients, including the antioxidants catechin and epicatechin, and

that one ounce a day (yes, that's what we recommend) can help prevent stroke, protect the brain and keep blood vessels flexible. Now we know why! It's because your good gut bacteria, bifidobacterium and several strains of lactobacilli are crazy for chocolate, and when they feast on it they convert its polyphenols into smaller molecules that permeate your gut delivering all its heart-friendly, brain-loving, artery-helping goodness. In other words, they make dark chocolate's benefits more available to your body.

So, if you want to gain all the health benefits of dark chocolate, here's a sweet tip: Eat plenty of PREbiotics — the indigestible parts of food found in chicory, bananas, soybeans, 100 percent whole wheat, asparagus, leeks, onions and garlic that provide basic nutrition for healthy gut bacteria. Don't forget naturally fermented foods like miso, sauerkraut or yogurt that contain the bacteria themselves. And add a PRObiotic supplement containing the bifido- and lactobacilli. Then you're ready to do your duty and eat some extravagantly wonderful dark chocolate — all in the name of good health, of course.

RELIEF FOR EYE ALLERGIES

When the highly allergic Snot Rod, a mischievous street racer in "Cars," sneezes, he shoots nitro fire from his headers. If you're susceptible to spring eye allergies, it's your headlights that are giving you trouble. This year, with grass, tree and weed pollen at extra-high levels, chances are your eyes are already red, teary, swollen and itchy.

What's the solution?

Oral antihistamines usually are only mildly effective and can cause dry eyes, making things worse. Over-the-counter decongestant eye-drops can provide relief, but use them for more than two to three days and you'll get a rebound effect and symptoms will worsen! The best bet is a prescription antihistamine eyedrop (usually used twice daily). The newest versions come with a mast-cell-stabilizing substance. Mast cells produce the histamines that make your eyes tear and itch. For extra relief between doses, rinse your eyes with saline that's been chilled in the fridge. Also, wear sunglasses outdoors, and rinse your hair every night to get rid of accumulated pollen.

Our Believe-It-or-Not Fact: Spring allergies to birch, grass and ragweed are associated with food allergies. For example, a birch allergy may indicate an allergy to apples, peaches, carrots and celery; grass allergies can trigger a reaction to melons, tomatoes and oranges; and ragweed is linked to bananas, cucumber and cantaloupe allergies. The smart move: See an allergist to ID your specific eye allergies, and pay attention to your symptoms to see if you notice any correlation with what you eat.

Mehmet Oz, M.D. is host of "The Dr. Oz Show," and Mike Roizen, M.D. is Chief Wellness Officer and Chair of Wellness Institute at Cleveland Clinic. To live your healthiest, tune into "The Dr. Oz Show" or visit www.sharecare.com.

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Diabetes Support Group To Meet

The Yankton Area Diabetes Support Group will meet at 1-2 p.m. Monday, May 12, on the Avera Sacred Heart Campus, Pavilion, in conference room 2.

Abby Goeken RPSGT, EEGT, Sleep Lab Coordinator at Avera Sacred Heart Hospital, will discuss sleep disorders, sleep apnea, testing for sleep apnea, sleep cycle and getting good quality sleep. The public is invited to see how sleep is important to diabetes control.

Everyone is welcome. A snack will be provided.

Mental Health Classes To Be Offered

Mental health is vital to everyone's everyday life — and considering a career in the mental health field could be vital to a satisfying and successful future.

Area students have a unique opportunity to learn about mental health related careers through a class approved for high school credit.

Students are encouraged to start planning ahead for next summer when Southeast Job Link (SJL), in cooperation with Yankton Area Mental Wellness, Inc. (YAMWI), will offer Exploring Mental Health Careers. Classes will be held from 8 a.m.-5 p.m. on May 28-30 and June 2-6, 2014.

Students will meet with experienced professionals, from the Yankton region, who are working in varied areas of the mental health field. Students will be involved in interactive experiences, meeting as a group with individuals who have mental illness and are willing share their experiences to educate others. Tours will include visits to mental health care providers and facilities within the community.

The students will also attend the 16th annual YAMWI conference to be held at Mount Marty College, Yankton. This conference is recognized as the premiere mental health professional education offered in this region. With local, state and nationally recognized presenters, conference participants can choose from more than 30 sessions on a wide variety of mental health related topics.

This class is approved for .5 high school credit by the Yankton and Bon Homme school districts, and may meet requirements for other schools.

Pre-registration is required. A fee is required; some scholarships are available for those in financial need. For more information, contact Sheri Duke or Teresa Rentsch at Southeast Job Link, Inc., 1200 West 21st Street, Yankton, SD 57078, or email sduke@southeastjoblink.org / trentsch@southeastjoblink.org; telephone 605-668-3480, Fax 605-668-3482.

Students are encouraged to spend their early summer of 2014 exploring satisfying and fulfilling careers in the mental health field.

Hip, Hand, Wrist Problem Seminar Set

SIoux CITY, Iowa — Two Orthopedic Institute surgeons are coming to Sioux City to give a FREE seminar on the new anterior (from the front) approach to hip surgery and also to discuss hand and wrist problems. Drs. Michael Adler and David Jones will be at the Riverfront Room at Bev's on the River, 1110 Larsen Park Road, Sioux City on Tuesday, May 13, from noon-1 p.m., and will include a free lunch for those who attend.

The doctors decided that a joint effort between the two of them would make for an interesting seminar for people who are dealing with hip or hand and wrist problems.

"Invariably, when I give these talks on hips, I am always asked questions about the upper extremity, especially hand and wrist arthritis and pain, so I thought it would be good for Dr. Jones to join me and that way we can inform people on more than just one body part," said Dr. Adler.

Dr. Adler specializes in anterior (from the front) hip replacement surgery. The anterior approach is an advanced surgical technique in which an incision is made in the front of the hip rather than the side or back of the hip. This method uses muscle sparing strategies that reduce muscle trauma and gets patients back to normal activity faster, including driving and flexing the hip to sit within two weeks rather than two months. Patients are on their feet faster, often the same day as surgery. The hospital stay is shorter and most patients spend one or two nights in the hospital instead of four. Less pain means fewer pain medications. The advantages of the anterior approach to hip replacement versus conventional hip replacement surgery allows a patient to regain their mobility, independence and confidence more quickly.

Dr. Adler is board-certified by the American Board of Orthopaedic Surgery and sees patients at Orthopedic Institute in Sioux Falls.

Dr. Jones specializes in hand, wrist, elbow and upper extremity peripheral nerve problems. Raised in Platte, he graduated from Mayo Medical School in Rochester, Minn., and completed both his residency in Orthopedic Surgery and fellowship in Hand Microvascular Surgery at Mayo School of Graduate Medical Education.

Dr. Jones has been with Orthopedic Institute in Sioux Falls since August 2013 and sees patients at the Orthopedic Institute clinic in Sioux Falls.

To schedule an appointment with Dr. Adler or Jones, please call 1-888-331-5890.

To learn more about the upcoming anterior hip replacement surgery and hand and wrist problems seminar in Sioux City. To RSVP to attend, contact Mary White at Orthopedic Institute, 605-339-6834.

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During **National Nurses Week**, we recognize the dedication and achievements of our nursing professionals. These men and women make our community and our world a better place by providing encouragement, comfort and professional medical attention to our patients entrusted to their care. Every day, every shift, our nurses touch the lives of patients and their loved ones. We thank them for their extraordinary efforts and tireless commitment to caring.



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