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Keys to Healthy Living, Nutrition and Lifestyle Tips

Second Section

Wellness, one drop at a time: Essential oils

By KATE JOHNSON

When ill, the natural response is to seek a doctor, get your medications, and go home to let them run their course. When suffering from insomnia or having difficulty sleeping, you seek help, whether that be more medications or home remedies that you try over and over again. When we feel our immune system is taking a hit, you hurry to the pharmacy to get some medications to get a jump on it.

Throughout our lives, the common factor when we lose control is medications. We so easily turn and medicate ourselves into feeling better, sleeping, or boosting our moods.

Amanda Martens has been using and selling doTerra essential oils for three years, and it wasn't just because someone told her to that she hopped on board.

Since she was young, Martens has had severe allergies which forced her to undergo

weekly allergy shots.

"I was miserable any time the seasons changed," she said "I have allergies to pretty much anything dust-related inside, and everything outside."

Martens's cousin approached her about selling essential oils, being that Martens enjoys sales. She said she would try it and, if it had a huge impact, then maybe she would start selling it.

She started with their "Breathe" blend, which is considered a powerful respiratory blend. Its purpose is to minimize the effects the seasons have on

people, as well as clear airways, ease breathing, and allow for restful sleep. Slowly but surely, through daily application, Martens was able to ween

ESSENTIAL OILS
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I have a heart to serve and a heart to help others, and that's where I feel I fit in.
-Amanda Martens.



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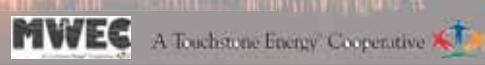


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The Golden Age Club: Good food, good friends, good fun

By ANNETTE TAIT

Smiles, laughter, bantering voices, and -- if you time it right -- the aroma of good food cooking in the kitchen.

The Golden Age Club -- sometimes referred to as the Senior Citizens Center -- is a place for people to get together to visit, have a meal, play cards or pool, make crafts, or work on a jigsaw puzzle. And those who gather there agree it's better to share a meal that to eat at home alone.

"The food is good, and people like to get out and talk to people," Golden Age Club President LaVonne Stenberg said.

The obvious health benefit of the Golden Age Club is the monthly visits

from Custer Health, which provides blood pressure checks and foot care appointments at the Golden Age Club and various other locations throughout the region. There are less obvious benefits as well, that come from just being there and participating in the activities and family-style meals.

According to the National Institute on Aging, older adults who are socially active have a longer lifespan; are more happy and less depressed; may be able to improve their thinking abilities; are at lower risk for developing some health problems, including dementia; and are better prepared to cope with loss. Spending time at the Golden Age Club gets people out of their homes, reducing the "alone time" that can have negative effects on health and often leads to inactivity, sometimes even depression.

The social aspect seems to have the biggest draw for most, with card games and other activities a way to pass the time while visiting.

"It's more or less enjoying the companionship and whatever comes up," Golden Age Club Secretary Lyla Helmenstein

STRAIGHTENING

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Aside from proper nutrition and exercise, Dr. Klein recommends people make their health care proactive, not reactive. Don't wait to take care of yourself until you're already sick or injured.

"The number one tip I have for people is treat your body better than you treat your car. You get your oil changed, you get gas, you check your tire pressure. If I would compare an average patient's body to a car, they don't come see me until they have four flat tires," said Klein. "I will never tell you I can solve all your problems, but I promise you I'll work the best I can to help you."

said. "I do enjoy going there."

The weekly pinochle tournament is held each Saturday at 1 p.m., with prizes given to the top four winners. The fourth Saturday of the month includes a potluck meal before the card games begin.

"Everyone is welcome to play," said Alice Dilger. "The tournament is usually from 1 p.m. to 4 p.m., and we keep playing cards until about 6 p.m."

Card play usually shifts to canasta after the pinochle tournament ends, but the choice of game is up to the players.

Rides to and from The Golden Age Club are available through West River Transit, which provides curb-to-curb service. The Golden Age Club

also works with the Meals on Wheels program based in Mandan, which delivers affordable meals to residents who aren't able to come to the Golden Age Club to eat.

"There aren't too many takeout meals now," Golden Age Club President LaVonne Stenberg said. "It just depends on who needs them."

The day-to-day activities are overshadowed for a weekend in

June, when Old Settlers Days brings in the crowds to celebrate the families who settled Oliver County and their descendants.

"Our big deal is Old Settlers Days, when we have a free meal for people who are directly descended from people who settled Oliver County," Stenberg said. "You get to see a lot of people you don't see all the time."

During Old Settlers Days the Golden Age Club also holds a pie and ice cream social which is open to everyone, with a drawing for raffle prizes afterward.

"The community's been very helpful with that," Stenberg said, noting generous donations of raffle prize items and other support for the event.

Where Old Settlers Days is the big deal for the Golden Age Club, some of the little day-to-day things are enjoyed just as much. Toward fall, when gardens are in full swing, it's common to find tomatoes, squash, or other items sitting on one of the tables, free for the taking.

"People bring in garden vegetables to share, and that's nice," Stenberg said.

Membership is open to anyone who is interested; the only area where age applies is the cost of meals, which are discounted for individuals age 60 and older. Membership dues are \$5/year, and meetings are held the second Tuesday of each month at 1 p.m.



Roger Klingenstein, Richard Gullickson, Joyce Freidig, and Kathryn Erhardt enjoy the friendly competition of the Golden Age Club's weekly pinochle tournament.

"I do wish we had more people starting to join, some younger people to keep it going," Helmenstein said. "We welcome anyone who wants to come in."

The Golden Age Club is also available for outside events during the hours the club is normally closed. To make a rental request, call the Golden Age Club at 701-794-8867.

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ESSENTIAL OILS continued from page 13

herself off of her allergy shots. Today, she hasn't had a shot in three years and doesn't consider her allergies to be a hindrance on her daily life.

After the Breathe blend helped Martens see the light at the end of her allergy tunnel, she wondered what else essential oils could do.

Essential oils can be used in three different ways: aromatically, topically, or internally. These oils serve many different purposes, ranging from encouraging you to get motivated, building your immune system, or sending you into a deep sleep.

"One oil can do multiple things, and that's what I like about it," said Martens.

When using oils aromatically, oftentimes people defuse the oils, thus inhaling them with every breath. Martens said she prefers to inhale certain oils because she feels as though that has a more prominent effect. She said the "Motivate" oil is one she prefers to inhale.

"I think when you inhale, you feel it more," she explained.

Martens said that when people chose to use the oils topically they usually dilute it with some other oil (coconut oil, almond oil, etc.) before placing it on their body. The dilution is just needed as a carrier oil so the essential oil isn't as strong.

"One drop is very potent," said Martens. "One drop of peppermint [essential oil] is



Amanda Martens with her husband, Dana, and their daughter.

equal to 28 cups of peppermint tea." She also noted the importance of diluting essential oils when placing them on children or sensitive skin.

"You don't have to have a lot in order to get the benefit of the oil," Martens said.

This works the same way when ingesting the oils, but not all oils can be used that way. If they can be ingested, it will say so on the label. The oils are plant-based themselves, thus having culinary history.

Martens gave examples of using oils to make brownies, spaghetti, and many other common household dishes.

Essential oils have become a more focal point in this family, not just because Martens sells them but, due to the use of these oils, her family has been healthy for three years.

"Our daughter goes in for her wellness checks once a year

and, other than that, we have not been sick for the last three years," said Martens.

Her household routines are allowing the immune support essential oil -- On Guard -- to diffuse for her home to inhale. Also, any time her family starts to feel ill even in the slightest, they apply a concoction called "Cold and Flu Bomb" multiple times a day.

"We've been fortunate to not have to keep [our daughter] out of school for any illness," Martens said.

In the long run, Martens said her family is saving money by using essential oils. Her allergy shots were costing her more than \$100 a week, whereas each essential oil bottle holds 250 drops, and Martens said the three primary oils she uses cost around \$40 - \$50. Martens also said not having to visit the doctor's office because of their

health is a money saver also.

Martens now does one-on-one consultations to help her clients find the oils that will best suit them and their needs.

"I'm using them and I know how it benefits my family," she said, "I want [people] to feel confident using them."

Martens has taken part in vendor shows in Beulah, as well as throughout North Dakota.

She said the important thing is to seek essential oils from a reputable company.

She said she doesn't consider herself a health guru, but said she does love sales. However, the one thing Martens said she loves more is serving people.

"I have a heart to serve and a heart to help others," said Martens, "and that's where I feel I fit in."

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Wolf giving *hugs* with 'hugs'

By **SUZANNE WERRE**

Underwood's Terri Wolf has been working in the elder-care business for more than 20 years as a certified nursing assistant and a hair stylist.

Recently she started a new venture that helps her take care of her treasured long-term-care patients – she has started sewing fidget blankets and weighted blankets.

The fidget and 5-lb. weighted blankets are used by Alzheimer's and dementia patients to help soothe them when they're feeling stressed or feeling the need to be busy.

"They're different fabrics, and they have different textures on them," said Wolf, regarding the brightly-colored fidget lap blankets. "It's for when they're busy, and they need something to keep their hands busy – and they like the different textures."

Zippers, buttons, fuzzy and soft fabrics, and fabric with nubby rubbery dots are popular items with the patients, who find comfort and soothe themselves by rubbing the different textures, by pulling the zipper up and down, or buttoning and unbuttoning.

The buttons and beads and any other items that are sewn on have to be completely secure, noted Wolf, so she uses a special thread to attach those.

"You have to be very careful so they can't pull anything off, so if I put anything on it like beads, I use dental floss," she said.

Contrary to a lot of people's ideas, she added, senior citizens can be very strong, and if the items aren't sewn on to stay, they could become a danger.

A hair stylist at the Baptist

Healthcare Center in Bismarck, Wolf has made five of the fidget blankets so far, but she's planning on making personal fidget blankets for each of the Alzheimer's/dementia patients at the care center. Then they will each have their own, and they'll be able to have it whenever they need to.

She has made only one of the weighted blankets, something she made for her nephew's son to help him sleep through the night.

The hand-sewn blanket is divided into several different sections, with each section holding the same weight in beads. The entire blanket weighs about five pounds, she said. It's the weight that helps soothe Alzheimer's/dementia patients, and helps people with other disabilities soothe themselves. It helps children with attention/hyperac-

tivity disorders sit still, and helps people who can't sleep through the night to be able to just that – sleep through the night.

"They're supposed to help them because it's like they're getting a hug," said Wolf.

They're able to soothe themselves and feel safe and secure because of the "hug" from the blanket.

Each of the weighted blankets is individually designed, and is supposed to weigh about 10 percent of the person's body weight, according to Wolf, so if/when she makes some more, depending on the weight of the recipient, they could get pretty big.

Wolf has found a way to combine her love of taking care of senior citizens with another

HUGS WITH HUGS

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Terri Wolf shows off two of the fidget lap blankets she recently made for her patients at a Bismarck care center.



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Inactivity, Not Obesity, Is the Real Pandemic

Pandemic (*pan-DEM-ic*): An epidemic occurring on a scale which crosses international boundaries, usually affecting a large number of people. Examples: HIV/AIDS, plague, smallpox, cholera, influenza, measles, typhus, tuberculosis, leprosy, physical inactivity.

If you read to the end of the examples above and thought to yourself, "Physical inactivity is a pandemic?", it's understandable. Pandemic is a term we usually associate with infectious diseases that are highly contagious. Yet *The Lancet*, a leading medical journal, published a series of articles a few years ago on the topic, "The Pandemic of Physical Inactivity." The analysis found that physical inactivity is the fourth leading cause of death and disability worldwide.

A significant body of evidence now points to the fact that the failure to spend 15-30 minutes a day in brisk walking increases the risk of cancer, heart disease, stroke and diabetes by 20%-30% and shortens lifespan by 3-5 years. This becomes a public health priority with a mortality burden as large as tobacco smoking (*Lancet*, July 21, 2012).

Strikingly, far more attention is paid to "the scale" and obesity than to exercise. Yet, researchers in Europe found that lack of exercise was twice as deadly as obesity. A 20-minute walk a day is better for your health than a 20-pound weight loss. In the U.S., new data from the National Health and

Nutrition Examination Survey show that in the past 20 years there has been a sharp decrease in physical exercise and an increase in average body mass index. Yet caloric intake has remained steady. It may seem easier to blame the food companies for processed or super-sized foods, but the fact is – we have stopped moving.

Sadly, doctors order patients to remain on bed rest far more often than they encourage exercise. It's also true that a majority of U.S. medical schools fail to offer courses on physical activity. Yet study after study documents the success of exercise as a method of prevention and treatment for nearly all diseases and conditions.

The American Medical Association and the American College of Sports Medicine have collaborated to form an "Exercise is Medicine" initiative to help bring physical activity to the forefront of healthcare. The initiative calls on providers to discuss exercise with every patient. Some offices, like mine, use an "exercise vital sign" to start the discussion and evaluate a patient's risk. For example, we discuss weekly exercise goals – for adults, 150 minutes (30 minutes a day, 5 days per week); for children and adolescents, they should aim higher – 420 minutes (60 minutes every day of the week). Another point I make is that a goal can be broken into segments – a 10-minute walk in the morning, 10 minutes at noon and 10 minutes in the evening –



and the goal is met!

Just moving for 30 minutes a day is a good start, but not enough. Long periods of sitting also increase risk of heart disease, cancer, diabetes, and

mortality. Moving for 2 minutes every hour lowers that mortality rate by 33%. Many offices now have standing desks or even treadmill desks to help diminish sitting time and improve work

and health.

May is Exercise is Medicine Month – a perfect time to discuss exercise and health with your doctor. It's also a perfect time to get moving.

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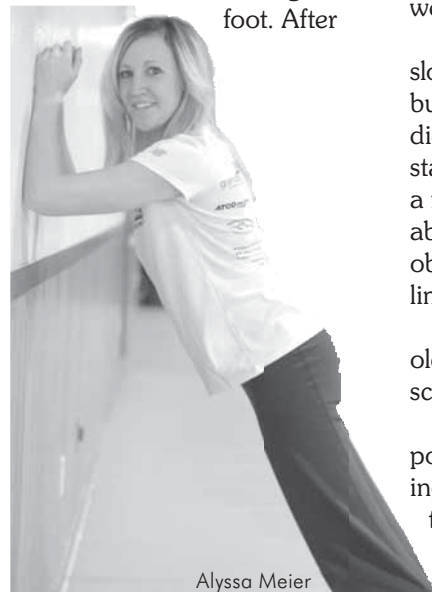
Scrapping the excuses

Physical therapist gives tips on overcoming obstacles

By **ALYSSA MEIER**

Whether you're limited on experience, time or equipment, physical therapist Kristi Wachendorf said there are creative ways to stay active in your everyday life.

Wachendorf, who lives in Washburn and works as a physical therapist at the Benedictine Living Center of Garrison, said she started working out in college. Wachendorf had taken part in sports throughout high school and played basketball at University of Mary before fracturing her foot. After



Alyssa Meier

Physical therapist Kristi Wachendorf demonstrates how to use a wall as a modified version of a plank exercise. Wachendorf said there are plenty of exercises you can do at home, even if you lack equipment or time.

she stopped playing the sport, she looked for opportunities to be active in other ways.

Wachendorf said she started exercising completely on her own as she went to school for exercise science and physical therapy, learning how to help her body to adjust to the new lifestyle.

"I started slow. You're not going to get five or six days a week of workouts at the beginning," Wachendorf said, advising that aiming for three days a week is a good balance. "If for a month, you can do three days a week, it's a good start."

Wachendorf said starting slow is a good way to avoid burning out, whether that is in a diet or activity change. She said starting gradually and having a friend to keep you accountable will help you overcome any obstacles you may cross, like a limited amount of free time.

"I have an almost 6 month old, so I understand a crazy schedule," Wachendorf said.

Wachendorf said it was important to prioritize incorporating exercise into daily activities that are otherwise stagnant, like browsing the internet.

"I don't think we realize how much time we spend watching TV or playing on Facebook," Wachendorf said. "You can go on Facebook the whole time you're walking."

Wachendorf said fitness can go hand-in-hand with parenthood, as you can do activities with older children, or incorpo-

wall-sits are great strength training. She said many of these exercises have modifications, like lowering your knees in the plank

you build up your strength.

"If you can't do a push up yet, then do a wall push up. Then move to the countertop," Wachendorf said. "Slowly move lower until you can do a full push-up."

Wachendorf said form is important, and to make sure you are taking care of yourself while you work out so you prevent injuries.

"Warm up and cool down are so important, just a few minutes each," Wachendorf said.

Wachendorf said developing a new habit can be difficult, and it's easy to become overwhelmed, but the dedication pays off in the end.

"It's about not making excuses, but making time," Wachendorf said.

Important tips

- Start slow if you're new to exercise. A 15 minute walk a few times a week will help your body loosen up before you gradually increase the length and frequency of your workout.
- Use technology to your advantage. Check out different workout programs and videos that you can tailor to your specific goals and schedule.
- Remember to cool down and warm up. Three to five minutes of stretching, walking or using a foam roller help avoid strains and soreness.
- Take care of yourself. Check with a professional or look online for information on proper forms for different exercises. Stop if something hurts to prevent an injury.

rate younger ones into a unique workout.

"Sometimes (my daughter) doesn't want to be put down, so we're doing bodyweight squats with the baby," Wachendorf laughed.

Wachendorf said creativity is important, especially with no local gym in town. She said to use your environment to your advantage to get a thorough workout in at home. Wachendorf said there are many bodyweight exercises you can do without a single piece of equipment.

"You can use your kitchen counter for tricep dips," Wachendorf said.

Wachendorf said a jog up and down the stairs incorporates cardio, and planks and

position to bring the intensity down a little. She said to alter your exercises as necessary as

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HUGS WITH HUGS continued from page 16

of her passions – sewing.

“I think the reason why I like the elderly is because my mom was an older-than-average mom, so I was around older people all the time – I kind of gravitate toward older people,” she added.

She enjoys bringing little treats, like homemade kuchen, to the residents who come have their hair done at the care center – just another way she shows her affection for them.

Wolf just threw out her trusty old sewing machine, after deciding she needs to bite the bullet and get used to the new one she’s had waiting for her the past two months.

“I just needed to get more comfortable with it,” she said with a smile.

She’s more comfortable with her new sewing machine, and she’ll keep helping make other people more comfortable with her fidget and weighted blankets.

No doubt, if she could give them all real hugs, she would. But for now, the blankets will have to do.



Terri Wolf shows the different compartments that hold the beads on the weighted blanket she just made. Weighted blankets are helpful in the treatment of ADHD and Alzheimer’s/dementia patients.

10 TIPS continued from page 11A

or dumbbells to extend your home routine to other exercises, too.

9 Practise random acts of kindness Random acts of kindness are good for givers and receivers alike. It could be a quick call or text to someone you care about or have lost touch with, or showing a fellow motorist some consideration, or giving up your seat on a train or bus, or buying someone lunch or giving a spontaneous bunch of flowers.

10 Practise the art of appreciation Modern-day living tends to be aspirational and we can easily find ourselves chasing an ever-growing list of goals, many of which can be material. Some of us could do with spending more time focusing not on what we don’t have, but on what we do. Our mood can be lifted by giving thanks for anything from our friends and family to a beautiful landscape or sunset.



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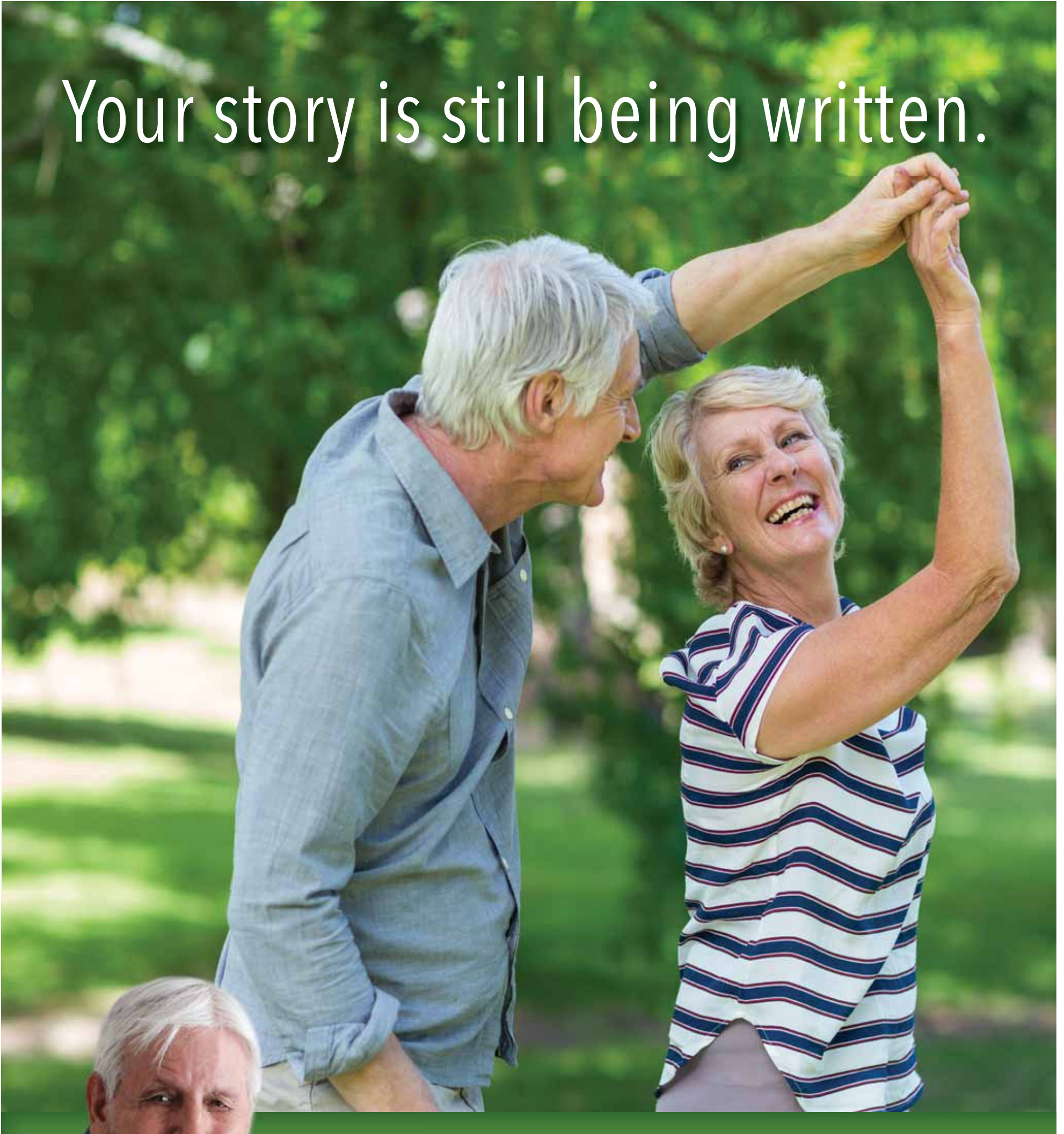
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