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HARVESTING EARTH’S BOUNTY
Letter from the Publisher

She woke me up early in the morning. In the kitchen, a breakfast of oatmeal was ready for my school-bound brothers and sisters. She grabbed her basket and we went into the woods. I was a little older than five. My father had rented a farm house in the country and left for months at a time as truck driver. Mother would find greens, roots, food, and medicine for the seven children under her care. It was a great education to learn how to harvest edible plants and medicines from the Creator’s pantry. At least that’s how Mother said it.

We didn’t have much at all, but we stayed alive and seldom were ill. Mother always had food on the table. Even today when people talk about dandelions as weeds, my mind escapes the conversation to the days when we picked them for food. When I eat beets or other root vegetables, I remember my Mother teaching us how the Creator buried them for us so that all year round we would have nourishment.

In our modern times we think we have a more advanced and delicious diet. The truth is that diabetes, heart disease, and cancer are rampant. The processed foods we consume make us crave more. As the Creator’s chosen people, with whom He trusted care of the earth, we have allowed ourselves to trade comfort and another man’s culture for the Creator’s original diet for us.

Many Nations are now returning to gardening and teaching their youth to go into the woods and fields for the food and medicine-rich stores of our Creator. We hope this issue of American Indian Living brings a rich smile to the Elders who remember the teachings and old ways of our people, and inspires our youth with a return to nutrition and health.

May our sovereign and loving Creator be with you as you read this important issue, and enrich you with wisdom and health.

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Robert Burnette
Onondaga
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Nutrition

In the beginning, our Creator gave us the best diet possible. Today, scientists are discovering more and more about the amazing benefits of eating a diet that closely resembles the diet of Eden. Our nutrition is one of the most powerful tools we have to promote health.
THINK POSITIVE
A mill worker was one hundred pounds overweight and wanted to lose weight but was too embarrassed to attend the nutrition classes his employer was offering. So he met with the presenter in her office to ask if she would be willing to help him individually. She agreed.

For the first week, all she asked him to do was write down everything he ate each day. He did, and brought his list to her the next week. She looked it over and then asked him to eat one piece of fruit every day in the coming week. He said to her, “But what about the pound of fudge I eat every day?” She encouraged him not to worry about it because it would take care of itself. And it did! The next week she asked him to add one vegetable (he had none on his list). He continued adding week by week until he was eating six-plus servings of fruits and vegetables daily. He took small steps and focused on the positive instead of the negative. This gave him the courage to gradually begin changing his diet and exercise patterns, and eventually he was successful in achieving his weight loss goals.

The important principle from this story is to focus on the positive. Add the positive to your life, and pretty soon the negative will be left behind because of lack of room. When looking at your diet, look at something good that you could do. Maybe you could add one fruit each day, an apple, perhaps? Maybe you want to increase your water intake in order to help your brain and body function better. Maybe you would like to start eating breakfast regularly. Or maybe you could choose to eat two cruciferous vegetables, like broccoli, cauliflower, brussels sprouts, kale, or cabbage every week in order to help your body clean out the toxins. Then, later, you can add another healthy and nutritious habit to your diet.

The point is to choose to add something good to your diet, and not beat yourself up over the “bad.” Research shows that dwelling on and highlighting the good is beneficial for your body, mind, and spirit. If you choose to think about this positively and make positive additions, YOU WILL SUCCEED!

THE BIG PICTURE
In the beginning, the Creator gave us the best diet possible. Today, our nutrition is one of the most powerful tools we have to promote health. By improving our nutrition, we can substantially increase disease prevention and be healthier, happier, and more energetic.

SEEDS OF CHANGE
Seeds have great health benefits. Their high nutrient content shouldn’t be surprising because seeds are “eggs” that contain the nutrients needed to nourish a new plant. We often use these nutritional wonders as an occasional snack. Making them a regular part of our diet has the potential of benefiting us even more.

Sesame seeds are a source of the bone-building mineral calcium. This is wonderful news for those who have trouble tolerating dairy products or who avoid them completely due to health concerns.

Flaxseeds provide several positive dietary factors. They are rich in omega-3 fatty acids, antioxidants such as lignan, and other fibers, all of which are good for our bodies. Ground flaxseeds have the potential to help with heart disease, cancer, high cholesterol, blood pressure, diabetes, rheumatoid arthritis, ADHD, memory loss, weight problems, inflammation, eczema, acne, itchy dry skin, hives, constipation, menopause/PMS, and even depression.

Very little benefit is obtained from eating whole flaxseed because it passes right through the intestinal tract without being broken down enough to release many of the beneficial elements contained within. Adding freshly ground flaxseed is the best way to include it in your diet. It can be sprinkled on cereal or used in baking. A coffee grinder works nicely to physically break the seeds down and release the beneficial components. Flaxseed oil and ground flaxseed get rancid quickly and require special care to maintain some of the healthy components. They should be refrigerated in dark, airtight containers for the longest shelf life. However, you should limit your intake of ground flaxseed to two tablespoons per day because it

“To eat is a necessity, but to eat intelligently is an art.”
~ La Rochefoucauld
**POWER TIPS:**

**Improve Your Overall Nutrition**

- **FOCUS ON THE POSITIVE.** Add wholesome, healthy foods to what you already eat, and pretty soon the choices that are not as healthy will be eliminated and replaced by new foods. If you choose to think about your food positively and make positive additions, **YOU WILL SUCCEED** at having a healthy, nourishing diet.** The Creator gave us many different foods to enjoy. Savor the different tastes, textures, and nutrients. Enjoy planning, buying, preparing, and eating. Food is our fuel for living, and so much more. For best results eat mainly a plant-based diet. These are the most nutrient rich foods with numerous benefits that science continues to uncover.**

- **COLOR YOUR DIET.** A different color means different nutrients are present. Make it a goal to eat five or more fruits and vegetables a day.

- **REACH FOR WHOLE FOODS.** Important nutrients and fiber are found in the skins of many foods. Whole grains are one of the foundational whole food choices.

- **PAY ATTENTION TO THE AMOUNT AND KINDS OF FATS YOU ARE CONSUMING.** Include healthy oils such as that of the olive, and avoid unhealthy ones like partially hydrogenated oils (trans fats) and saturated fats. Even “good” fats have lots of calories and, if taken in large amounts, can lead to weight gain. Thus, limit yourself to moderation with these as well.

- **EXPERIMENT WITH MORE NATURAL SWEETENERS,** such as using dried fruit as a sweetener in a recipe rather than using sugar. Overall, watch and limit the amount of sugar in your diet. For example, one easy way to do this is to buy canned fruit sweetened only with fruit juice and not any type of sugar, or to buy juice that is 100% juice and sweetened with only fruit juice.

- **CHOOSE TO EAT NUTS AND SEEDS** daily for great returns in healthy fats, powerful disease fighting potential, and other great nutrients.

- **OVER TIME, YOUR TASTES WILL CHANGE.** If you want to introduce a healthier option, sometimes it is helpful to change gradually by mixing the old item with the new in order to gradually get used to the new taste.

- **ENJOY EXPERIMENTING WITH FLAVORFUL HERBS AND SPICES.** Add them to recipes for wonderful flavor options and nutrients.

- **GET BACK TO THE BASICS.** Foods with less processing and fewer ingredients are, generally, the healthiest for you. It is a good rule of thumb that the fewer the ingredients on the label, the better for you the product is likely to be.

- **WHENEVER POSSIBLE, BUY PRODUCE GROWN LOCALLY.** Fresh food has more nutritional content and buying fresh food boosts the local economy and lessens the ecological impact of processing and shipping the food to a market that is far away. To take it a step further: grow your own. Plant your own vegetable and fruit garden and gain not only the nutritional benefits but also the many other benefits of tending to and taking care of a garden (fresh air, sunshine, exercise, etc.).

- **TAKE A WALK** ten minutes after your meal to help your body more efficiently use the calories you just ingested.

- **KEEP A CLEAR MIND** by not overeating at any one meal or eating too much fat or sugar. This will slow down the movement of your blood and will compromise your decision-making ability and brain function for several hours after that meal.

- **DRINK PLENTY OF PURE WATER** for a host of healthful benefits.

- **START EACH DAY OFF WITH A POWER BREAKFAST!** Eat a well-balanced, healthy breakfast for benefits that will last the whole day.

- **EXPLORE HOW FOODS CAN HELP YOU PREVENT DISEASE AND HEAL FROM AN ILLNESS.** Research for yourself how eating specific foods can help with an ailment you might have or a disease that you are genetically susceptible to. For example, if you are diabetic or have a genetic predisposition to diabetes, consider adding more fiber to your diet in order to help with blood sugar. Memory or brain function may be helped by including foods such as nuts and seeds, especially walnuts and flaxseeds which contain larger amounts of omega-3 fats. If you have a high incidence of cancer in your family, eat extra cruciferous vegetables for their preventive qualities.

- **PLAN YOUR MEALS AHEAD OF TIME.** This dramatically saves time and reduces stress. Planning ahead is a great way to introduce variety into your diet. Before you go to the grocery store, know what you want to buy.
contains small amounts of cyanide. A small amount of this element will not cause any problems, but large amounts can significantly interfere with oxygen binding to hemoglobin in your blood. If you stick with the recommended amounts there will be no problems, and you can enjoy its many health benefits.

BEANS AND WHOLE GRAINS

“Legumes” is another name for beans. Beans are another example of a food that is packed with health benefits. They are low in calories and fat, a great source of folate and fiber, and contain a large amount of complex carbohydrates and many other important nutrients. Beans are a wonderful source of protein with about the same amount of protein per serving as most meats but without the unhealthy fats. Beans, in comparison to muscle meats, are low in fat, high in fiber, and much better for you.

Beans come in many colors, sizes, and flavors. Adding a few beans to your breakfast will mean you will not be as hungry at lunchtime and will choose to eat less throughout the day. Beans are great at helping to maintain a steady supply of energy for the brain and muscles throughout the day. Eating beans can reduce your risk of heart disease and strokes, and help prevent cancer, too. They are good for diabetics because they have a low glycemic index. One study found that increased pinto bean intake lowered “bad” cholesterol (LDL-C), which should reduce the risk of heart disease. Another study found that drinking soy milk more than once a day decreased the risk of prostate cancer by an amazing 70%. Some people have problems with intestinal gas (technically called flatus) from beans. Canned beans are usually treated in such a way to minimize this problem. If you prepare your own, you can minimize the gas-forming elements by bringing a pot of beans to a boil and then letting them sit overnight. The next morning, pour off the water and replace it with fresh water. Much of the gas-forming substances from the beans float off with the water. Then complete the cooking process. If the beans still cause gas problems, they can be cooked or eaten with papaya (or papain, a digestive enzyme from papaya), kiwi, uncooked pineapple (the bromelain enzyme in pineapple is destroyed by cooking), or meat tenderizer.

Whole grains were part of the original creation diet and are especially beneficial. “Whole grain foods are valuable sources of nutrients that are lacking in the American diet, including dietary fiber, B vitamins, vitamin E, selenium, zinc, copper, and magnesium. Whole-grain foods also contain phytochemicals, such as phenolic compounds that together with vitamins and minerals play important roles in disease prevention.” (Slavin J, Jacobs D, Marquart L, Wiemer K. “The Role of Whole Grains in Disease Prevention.” Journal of the American Dietetic Association Jul 2001 101(7): 780.)

Adapted from CREATION Health (Florida Hospital Mission Development, 2014). Used with permission.
Traditional foods are some of the healthiest foods. Cooking with our families strengthens our traditional ways while providing the best nourishment to help prevent chronic conditions. The following recipes use earth’s bounty to create part of a delicious meal.

**RECIPE ONE**

**Fresh Garden Lentil Salad**
WITH FETA AND MINT

With a package of dry lentils in the cupboard, dinner is always just a few minutes away. These highly versatile legumes add heart-healthy folates and magnesium to your diet, along with an energy boost of protein and complex carbohydrates. Lentils come in a wide variety of colors, flavors and sizes. The lentils in this salad are cooked to just doneness, and hold up well when mixed with onion, tomato and cucumber and the salty tang of crumbled feta cheese.

**PREP INSTRUCTIONS:**
- Yield: 6 (3/4 cup) servings
- Prep Time: 15 minutes
- Cooking Time: 15 minutes
- Total Time: 30 minutes

**RECIPE INGREDIENTS:**
- 1 cup lentils, dry
- 2 tablespoons shallot, diced
- ¼ yellow onion
- 1 bay leaf
- 1 ½ cups water
- 2 plum tomatoes, chopped
- 1 cup English cucumber, chopped
- 1 ½ teaspoons olive oil
- 1 ½ tablespoons lemon juice
- 1 tablespoon fresh mint, chopped
- 2 tablespoons feta cheese

**INSTRUCTIONS:**
- Follow the prep technique next to each ingredient.
- Place lentils, bay leaf, yellow onion and water into a saucepan. Bring to a boil and reduce the heat to medium low. Cook lentils for 15 to 20 minutes or until tender but firm.
- Drain lentils and remove the onion and the bay leaf. Place lentils on a cookie sheet and cool completely.
- Transfer the lentils to a medium size bowl and fold in the rest of the ingredients.

NUTRITIONAL DATA:

- calories: 43.54
- fat: 2.27g
- sat fat: 0.70g
- cholesterol: 2.78mg
- sodium: 34.97mg
- carbohydrates: 23.19g
- fiber: 4.14g
- sugars: 2.36g
- protein: 8.85g

CATEGORY TAGS:
- gluten-free
- high fiber
- high protein
- low calorie
- low carbohydrate / low sugar
- low cholesterol
- low fat / low saturated fat
- low sodium
- vegan
- vegetarian
- whole food
- plant based
- whole grain
Quinoa and Roasted Squash
WITH PEPPERS

The ancient grain called quinoa has a history that stretches back 3,000 years to South America, yet still elicits quizzical looks and odd pronunciations (it’s KEEN-wa). This relative of beets and spinach, high in protein and gluten-free, has a nutty, creamy consistency and makes for a great base for slow-roasted vegetables with their own smoky, rich flavors. This dish is a fine side dish for chicken or fish, or as a meat-free main course.

PREP INSTRUCTIONS:
Yield: 10 (1/2 cup) servings  
Cooking Time: 30 minutes  
Prep Time: 10 minutes  
Total Time: 40 minutes

RECIPE INGREDIENTS:
1 cup quinoa, dry  
1 tablespoon olive oil  
1 ¾ cups water  
½ cup red bell pepper, chopped  
½ cup yellow squash, chopped  
½ plum tomato, chopped  
⅓ cup zucchini squash, chopped  
½ teaspoon paprika  
⅓ teaspoon kosher salt  
½ teaspoon ground black pepper  
⅓ cup scallions, cut into ¼ inch bias cut  
¾ cup Italian parsley, chopped  
2 cups butternut squash, chopped  
2 tablespoons lemon juice  
2 tablespoons olive oil  
Non-stick cooking spray

INSTRUCTIONS:
• Follow the prep technique next to each ingredient. Preheat oven to 350˚F. In a medium sauce pan with a lid place water and bring to a boil. Add the quinoa and bring it back to a boil. Cover and lower heat to low. Simmer for 15-20 minutes. Fluff quinoa and set aside.
• Meanwhile season the yellow and zucchini squash with salt and pepper, spray nonstick cooking spray on the vegetables and place on prepared sheet pan. Season the butternut squash with nutmeg and place on prepared sheet pan. Roast vegetables in the oven for approximately 12-15 minutes. The butternut squash may take around 20 - 25 minutes depending on the oven.
• In a skillet sauté the red peppers, tomatoes and Scallions in olive oil until fragrant, add lemon juice and paprika. Combine cooked quinoa with all the vegetables, fold in the parsley and serve.
CATEGORICAL TAGS:
- gluten-free
- high fiber
- high protein
- low calorie
- low carbohydrate / low sugar
- low cholesterol
- low fat / low saturated fat
- low sodium
- vegan
- vegetarian
- whole food
- plant based
- whole grain

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Roasted French Eggplant, SQUASH AND PEPPER RATATOUILLE

The name Ratatouille might be familiar from a popular animated movie, but the dish itself could seem uncommon. This vegetable stew from Provence is a fairly simple dish combining peppers, onions, squash and large amounts of those two related powerhouses, tomatoes and eggplant, providing a rich mixture of phytonutrients and antioxidants that may aid in cholesterol regulation. Roasting the vegetables before combining adds a new, marvelously rich twist to this traditionally slow-simmered delight.

RECIPE INGREDIENTS:
- 2 cups plum tomatoes, quartered
- 1 ½ teaspoons fresh garlic, chopped
- 1 cup yellow squash, chopped
- 1 tablespoon fresh thyme
- 1 cup zucchini squash, chopped
- ¾ teaspoon fine ground black pepper
- 1 cup red bell pepper, chopped
- 1 teaspoon kosher salt
- 2 cups red onion, chopped
- ¼ cup fresh Italian parsley, chopped
- 2 cups eggplant, chopped
- ¼ cup fresh basil, shredded
- 2 teaspoons olive oil

PREP INSTRUCTIONS:
- Yield: 8 (3/4 cup) servings
- Prep Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes

INSTRUCTIONS:
- Follow the prep technique next to each ingredient.
- Preheat oven to 350°F.
- Combine the tomatoes, yellow and zucchini squash with half the olive oil, garlic, pepper, thyme and salt. Toss to coat and place on a sheet pan. Repeat the same procedure with the eggplant, red bell peppers and the red onions. Roast vegetables 15-20 minutes or until golden brown but firm. Remove from the oven and fold all vegetables together, adding the fresh parsley and basil. Serve.
RECIPE INGREDIENTS:
- 2 cups plum tomatoes, quartered
- 1 ½ teaspoons fresh garlic, chopped
- 1 cup yellow squash, chopped
- 1 tablespoon fresh thyme
- 1 cup zucchini squash, chopped
- ¾ teaspoon fine ground black pepper
- 1 cup red bell pepper, chopped
- 1 teaspoon kosher salt
- 2 cups red onion, chopped
- ¼ cup fresh Italian parsley, chopped
- 2 cups eggplant, chopped
- 2 teaspoons olive oil

NUTRITIONAL DATA:
- calories: 64.69
- fat: 2.84g
- sat fat: 0.66g
- cholesterol: 0mg
- sodium: 255.72mg
- carbohydrates: 9.22g
- fiber: 2.72g
- sugars: 4.51g
- protein: 1.80g

CATEGORY TAGS:
- gluten-free
- high fiber
- high protein
- low calorie
- low carbohydrate / low sugar
- low cholesterol
- low fat / low saturated fat
- low sodium
- vegan
- vegetarian
- whole food
- plant based
- whole grain
EATING YOUR WAY TO HEALTH

During your childhood, you may have learned these two dietary principals: “If something tastes good, it must be bad for you,” and “If something tastes bad, it must be good for you.” The problem with those two nearly-universal messages is this: they are false. The medical research studies don’t lie. People who choose healthier foods actually have more enjoyment in life than people who don’t. So even though certain “healthy” foods initially may seem distasteful, with careful preparation and continued exposure, you will tend to develop new tastes. When you leave off unhealthy foods, those items begin to lose their appeal. Just ask anyone who has decreased their salt intake for several months. There’s a very good chance that heavily salted “favorite dish” now tastes too salty. Taste buds can change.

RESEARCH SHOWS PLANTS ARE POWERFUL!

Looking for a zero-cholesterol diet? The only natural diet that has no cholesterol is the vegan, or total vegetarian diet. Researchers Susan Berkow and Neal Barnard reviewed 80 scientific studies and concluded that “blood pressure is lowered when animal products are replaced with vegetable products” in people with or without high blood pressure. That’s right, even fat-rich plant products like nuts, avocados, and olives don’t contain cholesterol. Plant products that are naturally fat-rich generally contain low amounts of saturated fats, which are among the worst for arterial health. The major source of saturated fat in the American diet is animal products. Make it a priority to eat more fruits, whole grains, beans, and vegetables, and less meat, milk, eggs, and cheese. For example, to increase your consumption of whole plant foods, you will eat less red and processed meat, less processed and refined grains, sugars, snacks, and sweets, and enjoy the earth’s bounty of fruits, vegetables, nuts, legumes (beans), and whole grains. There are several plant-based recipes in this issue of American Indian Living to help you get started using traditional foods in healthy meals.

WHY ARE PLANT FOODS SO POWERFUL?

Plant products contain blood-pressure-lowering minerals that are vital to lowering blood pressure: magnesium, potassium, and calcium. Looking at the United States Department of Agriculture’s “National Nutrient Database for Standard Reference Release 27” (www.usda.gov) you’ll see that many traditional and plant-based foods are also highly nutritious: dried seeds such as watermelon, pumpkin and squash; beans such as hyacinth, yardlong, cowpeas, mungo, soybeans; greens such as mustard and turnip greens, beet greens, cabbage, pak choi, Swiss chard, and purslane. Add to those greens squash, zucchini, stinging nettles, amaranth leaves, lambsquarters, collards. Then there are the nutritious mushrooms, sunflowers, corn, garlic, potatoes, rice, wheat, and many more plants that pack minerals onto your plate.

FIGHTING HIGH BLOOD PRESSURE WITH PHYTOCHEMICALS

If you have high blood pressure, you may be taking a medication that has ACE inhibitory
effects. ACE is the acronym for angiotensin converting enzyme and ACE inhibitors work to lower blood pressure by interfering with the way your kidneys sense lower-than-optimal blood pressure, or the “renin-angiotensin-aldosterone” system. Nutrition has a powerful effect on blood pressure. Try eating food that contains small amounts of ACE inhibitors: broccoli, buckwheat, chickpeas, corn, garlic, mung beans, mushrooms, peanuts, potatoes, rice, soybeans, spinach, sunflowers and wheat.

The World Health Organization strongly recommends that adults reduce their sodium intake to 5g/day (just under a teaspoon) of salt to prevent hypertension-related conditions like heart attack and stroke, and the United States Centers for Disease Control and Prevention lists a “low in salt (sodium)” diet among their lifestyle strategies for controlling high blood pressure. Recent studies in the New England Journal of Medicine provide even more evidence clarifying the sodium consumption-high blood pressure connection. The evidence showed that small changes in sodium consumption could save tens of thousands of lives and billions of dollars annually if the average American reduced his or her salt intake by about ½ teaspoon daily. This is a very reasonable goal considering the average American today consumes more than eight grams of salt each day. How can you measure your grams of sodium? One teaspoon is equal to six grams of salt, or about 2,400 mg of sodium.

The easiest way to reduce sodium intake is to cook your own food: processed food, including restaurant food, makes up three-quarters of our salt intake. Reducing sodium is greatly affected by taste preferences, so you may be tempted to throw in the towel the first few days of reducing salt on your food. But studies show that within a few days of using less salt, your taste buds will begin adapting. The most significant changes will probably take up to 90 days. After that, your food will taste even better because it won’t be drowned in sodium!

The most impressive changes in lower blood pressure as demonstrated by research are the combination of weight loss and sodium (salt) restriction. A reduction in sodium helps lower blood pressure. Why is this important? For every one mmHg you lower your blood pressure, you also lower your risk of stroke by 2.8%.

The data suggests that you can get on the path to better eating and healthier living by maintaining safe levels of sodium consumption, but do consult your primary care physician before eliminating any medication, for any reason. Continue to monitor your blood pressure on a daily basis.

**NUTRITION THAT ASSISTS WEIGHT LOSS**

Another factor to reaching your full health potential and normalizing blood pressure is to maintain a healthy weight. Eating plant-based foods can help you lose weight if you’re carrying extra pounds while lowering your blood pressure. For years physicians and researchers have been aware of the strong connection that exists between body weight and blood pressure. The heavier a person is, the higher his or her blood pressure tends to be. And these relationships between blood pressure and
weight don’t wait until adulthood to manifest themselves: even children who are heavier than their peers tend to have higher blood pressures.

Weight loss and maintenance is a lifestyle that you can approach one day at a time. If you get serious about eating more whole plant foods for the rest of your life, you’re already well on your way to a healthier life. But rather than focus on the scale, check your weight weekly and focus more on healthy behaviors such as exercising along with incorporating more whole plant foods in your meals.

TIPS FOR ACHIEVING YOUR LIFELONG HEALTHY WEIGHT

Have you ever tried to get an infant to overeat? Your futile attempts were likely met with turned heads, or spit out foods. Even so, most of us have been educated from an early age to eat even when not hungry: if you skinned your knee or you had a tough day at school, etc., you got a tasty treat. I recommend instead that you “eat to satisfy simple hunger, not appetite.” This “hunger” refers to the true physiological need for food that is perceived by your brain. “Appetite” indicates a desire for food that may or may not be in harmony with your body’s actual needs. Imagine you haven’t eaten for 24 hours. There’s a very good chance that you will be both hungry and have a good appetite. Fast forward now to the end of a one-hour meal. Odds are, your hunger has long been sated, but if someone brings out a delectable dessert, there’s a good chance appetite will clamor for some.

Slowing your pace of eating by putting your fork down between bites and chewing your food thoroughly are time-honored principles of slowing your eating pace. This helps your brain recognize when you are actually sated, rather than depending on appetite. Practice the substitution principal based on facts: if you are truly hungry, you will eat anything that is acceptable; in contrast, appetite generally calls for specific foods.

OTHER HEALTHY EATING STRATEGIES ARE:

- Limiting the number of options served at any meal
- Serving all meal options at one time, rather than in courses
- Drinking plenty of water between meals (thirst is often mistaken for hunger)
- Eating slowly
- Not drinking beverages with your meals
- Initially taking a smaller amount of food than you would normally choose
- If you think your hunger might be satisfied, stop eating ~ leave the table!

What are the whole-person benefits of nutritious eating habits? Let me leave you with this inspiration. A group of Native Americans who followed a program called NEWSTART, which incorporates a total vegetarian (vegan) diet, regular physical exercise, stress management, and group support, lost an average amount of 8.8 lbs. (4.0% of baseline weight), their total cholesterol decreased by 39 points (18.6%); their LDL by 27 points (20.7%), and triglycerides by 48.4 points (28.2%). Those with diabetes improved their blood sugars 31%, all over the course of 18 days. Harvest the bounty the Creator has given you and start feeling better today!

Drs. DeRose and Steinke along with Nurse Practitioner Trudie Li are the authors of "30 Days to Natural Blood Pressure Control." The Kindle eBook, hard and soft cover editions, and unabridged Audiobook are all available at Amazon.com.
Food deserts are no place to thrive; they do not offer much for one who is thirsty or hungry. This is starkly evident in Apache County, home to the Navajo, Zuni, and Fort Apache tribes, where the food insecurity rate is 30%. That’s the highest in the country. According to the nonprofit Partners In Health, there are just 13 grocery stores that service the entire Navajo Nation. It is nearly the size of West Virginia. Much of the food that is available is highly processed, and exists mainly in gas stations and fast food restaurants.

Living and working in this context, Jennifer “Jenn” Gorman and Andrethia Bia-James know firsthand the reality of food deserts and their consequences. They are two of 25 health professionals who served as 2018 University of California San Francisco (UCSF) HEAL Initiative fellows. Jenn and Andrethia are part of a broad community of healthcare providers from around the world working in historically underserved settings as a lifelong choice (see “What is HEAL?”).

Jenn is the Director of Wellness & Fitness at Fort Defiance Indian Health Board (FDIHB) Nihi Dine’e Ba Wellness Center. Alongside other members of FDIHB, Jenn provides guidance and support to her team and peers with innovative programs designed to give people the tools to reclaim their health through wellness. These tools are especially important in food deserts.

The US Department of Agriculture defines a food desert as an area where there is a severe lack of “fresh fruit, vegetables, and other healthful whole foods, usually found in impoverished areas. This is largely due to a lack of grocery stores, farmers’ markets, and healthy food providers.” Apache County fits this description to a T, but Jenn and her colleagues combine exercise classes, nutrition lessons, cultural teachings, and goal setting to help provide participants with the knowledge and motivation to eat better and get healthier.

The mindset is one of progression and requires a blend of traditional Navajo beliefs and western teachings: teaching people healthier recipes using the ingredients in their refrigerator, along with how to make traditional foods such as blue corn mush; or, the Navajo meaning of waking early to run towards the east along with how to properly lift weights; or, the meaning of each aspect of a baby’s cradle board and the proper way to install a car seat.

Although each individual aspect of health and wellness is important, the key Navajo concept of Hózhó, balance and harmony of all aspects of life, is the main focus. “Hózhó

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“Hózhó is the complex wellness philosophy and belief system of the Diné (Navajo) people, comprised of principles that guide one’s thoughts, actions, behaviors, and speech.”

– Michelle Kahn-John

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Hózhó Health | Nutrition

Hózhó is the complex wellness philosophy and belief system of the Diné (Navajo) people, comprised of principles that guide one’s thoughts, actions, behaviors, and speech.

– Michelle Kahn-John

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The HEAL Initiative (Health, Equity, Action, Leadership) is a partnership with the Division of Hospital Medicine from the University of California at San Francisco (UCSF). The HEAL Initiative offers a two-year UCSF Global Health-Hospital Medicine Fellowship. HEAL provides professional training in diverse, multidisciplinary communities by improving the capacity of healthcare workforces. HEAL fellows spend two years with people who are underserved, either in Navajo Nation or with partners in rural, low, and middle income countries such as Haiti. Over the last four years nearly 100 health professionals have participated in the two-year HEAL program, across eight countries.

https://healinitiative.org
The HEAL Initiative empowers people like Jenn and Andrethia to reimagine new programs but in the vein of ancient wisdom, one that places nutrition in the center of spiritual health. 

Andrethia believes that nutrition is one part of a more complex concept of wellness that cannot be divided into discrete categories. She guides young women through the Navajo coming of age ceremony called Kinaalda, and her team relive and teach traditional recipes in the Chiyaan Ba’Hozhogo program, where young women are taught a diverse array of lessons ranging from how to keep livestock, to their place in the community, to recipes for traditional foods.

Mááshnii Dágáhí (also known as Chief Barboncito), is one of Andrethia’s ancestors. He was the Navajo leader who brought his people back to their land, ending their forced relocation. This journey is known as The Long Walk of 1864. Learning from this history passed on through the knowledge of her parents, and her paternal and maternal grandparents, Andrethia practices a multifaceted notion of health and wellbeing rooted in the teachings of her elders.

She also works with geriatric patients and recognizes the wisdom her patients hold through their time on this earth. Connecting them to holistic notions of health and community is central to her practice.

The HEAL Initiative empowers people like Andrethia and Jenn, who work with Project COPE, to reimagine new programs but in the vein of ancient wisdom, one that places nutrition in the center of spiritual health.

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1. https://www.pih.org
7. https://healinitiative.org
A Story of Hope

He should be at high risk for suicide and addiction. But he is a young leader who will soon start medical school next Fall. He is confident and humble. He never blames anything from his past or present for affecting his life. In fact, he is grateful for everything he has experienced, whether good or bad. He has long term goals, to be a family physician and to give youth of his tribe hope to live a story similar to his.

Lane Tenkiller (not his real name) was 11 when his favorite cousin hung himself in his room after an argument with his father. He was 14 when his best friend died in a car accident. His dad was an alcoholic and often yelled at his mother and would occasionally beat her. When Lane would stand up to his dad to protect his mother, he would be hit by a strap or his dad’s fist. His father’s father had died at 46 from complications of alcoholism and diabetes. Lane is a middle child, with three older siblings and two younger siblings. Two of his older brothers are alcoholics. A younger sister is an addict.

When I asked Lane to tell me a little about his life and what had helped him get to where he is now, he shared the following four stories and themes:

1. Somebody truly cared about me.

He said, “When I was around 5 or 6, I remember my oldest brother taking care of me. He was an athlete and would play a game with me – asking me to try to catch him as he raced around me. He told me I was strong and that I could be anything I wanted to be when I grew up. He shared things his coach taught him, like how to get rid of ‘stinking thinking’ where I was down on myself and instead replace my thoughts with words like saying this is just a setback, I know I will succeed. Even now that my brother is married and is a manager at a local store, I know I can talk to him and he will listen and give me good advice. I have always felt he believed in me. He helps me see that historical trauma like our grandfather’s being sent to boarding school and then severely mistreated, affected our parent’s generation and was in part a trigger for abuse and addiction. But our healthy thoughts, choices and actions break that cycle.”

2. Regular, good health habits.

“I had a grandmother who felt it was important that my siblings and I got enough sleep – even when we wanted to stay up and watch a movie or play video games. She was very strict. She often took care of us when my mother was too sad or too tired to watch us. She would read to us and I remember how soothing her voice was as I drifted off to sleep. During that time she wouldn’t let us eat fast foods or snacks. She made us home-cooked meals that she expected us to eat with her at the table. She wouldn’t let us drink soda and would make up a game to see who was able to drink the most fresh water over the course of a day. This was unusual for our house as we always drank soda.”

3. Purpose.

“When I was 10, we had a small dog named Pete that was severely injured by a bull. The bull’s horn caught him in his abdomen and left a large gash. He also broke several ribs and a hind leg. A
neighborhood vet treated Pete for free and let me watch as he stitched him up and set his broken bones. At that moment I knew I wanted to do something where I would help relieve suffering. At first, I considered being a vet, but after my Grandmother died from diabetes complications, I decided I wanted to be a doctor. I didn’t know how I could afford it, but the military has given me that opportunity.

4. Belief in a Creator God.

“Ever since I remember, my grandmother taught me to pray to Creator God. At first, she would pray for me, but then she taught me to talk with Him as to a friend. When my cousin hung himself, I was very angry and hurt. He was someone I looked up to and trusted. After that, I couldn’t pray, but then my grandmother helped me put my grief into words and prayed for me. She prayed that Creator God would give me peace and would comfort his parents. This was also at a time when I had many of the same issues with my dad as my cousin did with his. I did think at first that my cousin was lucky because his dad could no longer hurt him, but then I saw how sad his family was and felt my own pain at such a great loss. I knew I couldn’t do that to my older brother and grandmother, and I had this faith that Creator God had a purpose for my life, that I was on earth for a reason.”

5. Value of my roots and language.

“I come from a tribe with many proud traditions and many hurts from the past. Besides my grandmother and older brother, tribal elders and others have influenced my life for the better with their stories and encouragement. I had a teacher in grade school who believed in the importance of learning tribal history and traditions, and in learning to speak, write, and read in my native tongue. This is now something I can share with others in my tribe and has made me feel connected to my past in a way that I can rise above the pain and sadness. Bad things happened to my dad’s dad and my great-grandfather that ultimately impacted my dad and then my siblings and me. But the badness can stop with my generation and we can help heal the past and in turn, heal ourselves.”

Among American Indians and Alaska Natives (AI/AN) of all ages nationwide, the suicide rate continues to increase, and in 2015, AI suicide rates were 21.5 per 100,000, more than 3.5 times higher than those among racial/ethnic groups with the lowest rates. AI/AN youth are more likely to commit suicide than any other ethnic group in the USA. According to a 2014 report released by Indian Health Service, suicide is the second-leading cause of death for AI/AN between the ages of 15 and 24, with accidental deaths, first. With a suicide rate four times higher than their non-Native peers, AI/AN youth account for 64 percent of all suicides in their communities. The Adolescent Suicide Prevention Program, developed to address AI/AN youth suicide, was administered for 16 years in Native Communities. The program identified three contributing factors which appeared to be highly related to completed suicides for this population:
# 10 Categories That “Hit” the Frontal Lobe

<table>
<thead>
<tr>
<th>HIT CATEGORY</th>
<th>REVERSIBLE?</th>
<th>HIT CATEGORY CRITERIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addiction</td>
<td>Yes</td>
<td>Use of alcohol, cigarette or tobacco, caffeine, recreational drug use, daily use of benzodiazepines or chronic narcotic use for more than 30 consecutive days</td>
</tr>
<tr>
<td>Circadian Rhythm</td>
<td>Yes</td>
<td>Regular insomnia, routinely sleeping more than 9 hours per day or less than 6 hours per day and not having regular hours for sleeping and eating</td>
</tr>
<tr>
<td>Developmental</td>
<td>No</td>
<td>Early puberty in girls, depression in adolescence, not being raised by both biological parents, sexual abuse and being raised or living with someone who is an alcoholic or addict</td>
</tr>
<tr>
<td>Frontal Lobe</td>
<td>Yes</td>
<td>On low carbohydrate diet, high meat or high cheese diet or eating lots of rich food, entertainment TV or movie addiction, entertainment internet or chat internet addiction, frequent sexual stimulation that activates right frontal lobe, regular exposure to syncopated rhythm music and/or videos, conscious suppression of frontal lobe activity, lack of regular abstract thinking, acting against one’s conscience or known value system</td>
</tr>
<tr>
<td>Genetic</td>
<td>No</td>
<td>Family history of depression and suicide in a first-degree relative</td>
</tr>
<tr>
<td>Lifestyle</td>
<td>Yes</td>
<td>Not on a regular aerobic exercise program, not regularly exposed to daylight or a medical-grade light box for at least 30 minutes a day and rarely breathing fresh air</td>
</tr>
<tr>
<td>Medical Condition</td>
<td>Yes</td>
<td>Hep C, recent head injury, stroke, heart disease, terminal cancer, Parkinson’s disease, uncontrolled diabetes, sever postpartum stress, premenstrual tension syndrome, inadequately treated thyroid disease, lupus, inadequately treated adrenal gland disease</td>
</tr>
<tr>
<td>Nutrition</td>
<td>Yes</td>
<td>Low dietary tryptophan, omega-3, folic acid, vit B, diet high in cholesterol, saturated fat, sugar, marked anorexia and weight loss</td>
</tr>
<tr>
<td>Social</td>
<td>Yes</td>
<td>Absence of social support, negative or stressful life events, low social class, being raised by grandparents, immediate family member being an alcoholic or drug addict</td>
</tr>
</tbody>
</table>

Results are grouped from results of the 75-question Nedley Depression Recovery Program Assessment Test.
1. History of suicide in the family. During this time period, almost 70 percent of the individuals who committed suicide had a family member who had completed suicide.

2. Involvement of alcohol in almost 83 percent of all suicidal acts.

3. History of trauma over 95 percent of the individuals who completed suicide had experienced some form of trauma.

Lane’s story illustrates that risk of suicide alone does not determine a youth’s fate. There are things that help protect against depression and suicide even when significant risks are apparent. This is described in the research by Dr. Neil Nedley and colleagues which identified 10 “hits” that impact brain health and can lead to depression, anxiety and suicide. All but two of the factors (genetics and developmental) can be changed. And, the genetics “hit” can be lessened or prevented when healthy living prevents genes that adversely impact brain health and overall health from being “turned on.”

Lane optimized several potential “hit” areas, including Lifestyle, Nutrition, Addiction (never started), Social (good connections with his brother and grandmother), possibly Circadian Rhythm (thanks to his Grandmother’s encouragement for sleep and rest), Medical (did not have any lifestyle and/or chronic diseases that are associated with depression). Lane’s story is an example of hope for American Indian youth.

AI/AN youth are our most precious resource, our hope for a better tomorrow. How can we model health and hope for our youth to counteract anxiety, depression and suicide?

1. Connect with someone you trust. If you don’t have someone you trust, talk to a school counselor or clergy. Or, call the National Suicide Prevention Lifeline: 1-800-273-8255. You can also text HOME to 741-741 for free 24-hour support from the Crisis Text Line.

2. Get active! It can be as simple as going for at least a 15-minute walk every day.

3. Avoid animal-based and processed foods and replace it with plant-based, unprocessed, whole foods.

4. Drink more water (around eight glasses a day) and avoid sugary and/or caffeinated drinks.

5. Get six hours or more of sleep, but not more than eight hours.

6. Participate in an American Indian Life Skills (AILS) program, a school-based life skills training program incorporating traditional Native American culture healers into the curriculum, while teaching students about signs of suicidal thinking, coping skills and ways to help one another. One tribe who implemented this program dropped to zero youth suicides.

7. Pray.

8. Educate yourself on things that can help support and optimize brain health. Consider taking the 75-item Nedley Depression & Anxiety Recovery Test to identify specific lifestyle areas you can improve that in turn will decrease and even eliminate depression and anxiety: https://nedleyhealthsolutions.com/index.php/programs/community-depression-recovery/depression-anxiety-and-eq-assessment-online.html.
One of the benefits of a whole-food, plant-based diet is that it promotes longevity. Studies show that people who follow this eating pattern live healthier and longer. Now, we all know people who we thought were healthy but who died young of an unexpected disease. And we may know people who use tobacco, drink alcohol, and eat lots of donuts—and these people seem to live forever! Even though some people who eat poorly live a long time and others who eat well die young, most people who eat a healthier diet will live longer.

Our lifespans and quality of life benefit when we eat foods that defend our bodies against disease. When combined with physical activity, a whole-food, plant-based lifestyle helps us beat these odds and improve our quality of life for several reasons. Not only is the nutritional value higher and we tend to consume fewer calories eating whole plant foods, but these foods also have lots of antioxidants and micronutrients that can help us avoid the destructive inflammation associated with the Standard American Diet (SAD) eating pattern.

If we look at what happens in the aging process, we see how chronic disease rates trend upward in midlife. Although childhood obesity is a rising problem in this country, many of us were slim, healthy, active, and able to eat whatever we wanted from infancy through our teen years with few negative consequences. Then we reached adulthood and got desk jobs. We became less active, but our unhealthy dietary patterns remained unchanged. Our health began to worsen: blood pressure started rising, belly fat grew, minds felt sluggish, depression set in, and blood sugars crept up.

When these things begin to happen, health professionals call this the metabolic syndrome. This bundle of symptoms foreshadows a bundle of diagnoses and scary disease events such as heart attack, stroke, and the many ravages of diabetes. As these diseases run their course, we lose the whole, vibrant life for which we have worked. Many will die younger as a result.

Undertaking aging research on humans is quite challenging for a variety of reasons—it’s unethical to “force” whole life change for randomized trials, researchers are likely to die before their subjects, and other reasons—so most research is done on smaller animals. In these experiments, the best predictor of longevity is not genes (although they do play a part); it’s caloric restriction. If the calories are down, the body is less stressed, which slows the aging process. One phrase that is sometimes mentioned in the scientific literature is that “diabetes is accelerated aging.” It makes old age happen faster no matter where it is—from your brain to your kidneys, muscles, and heart. Interestingly, it probably does that by increasing the number of free radicals in our cells, something scientists call “oxidative stress.” That is also another description of inflammation.
is an innovative series of health programs designed for Native people by Native people. This series addresses a number of health topics of special concern to Native People: diabetes, heart disease, cancer, depression, suicide, tobacco, alcoholism, drug abuse and more. Each episode has been designed to generate discussion, and to assist the viewer in making positive lifestyle choices.
As the pounding of drums marched right into my dreams, I began to come to my senses and quickly realized it was the start of a new day. Mixed feelings of joy and dread raced in my head. I was grateful for a fresh start, yet I did not want to get up and remove myself from the warmth of my bed. After talking with my Heavenly Father and reading a few verses from the Bible, I quickly arose to prepare for an early morning workout in my room. I pressed play to the motivating music on my phone and pulled up a high intensity interval training (HIIT) workout followed by an ab routine on YouTube. Let me tell you, there are endless possibilities on there! It is always good to jumpstart your day with some kind of fitness activity even if it is only for 10-15 minutes. Getting started is the hardest part, but once you commit and get moving, you will not regret it! As the sweat dripped down my face, a feeling of wakefulness and a sense of satisfaction came over me. The workouts were complete and I felt ready to take on the day! I rushed downstairs from my room to grab a healthy bite to eat, usually consisting of an apple and peanut butter and/or tofu scramble my mom graciously prepares. Boy, is that the best! Not only do I believe in starting my day with a devotion and exercise, I also fuel my body with good foods such as fruits and vegetables, nuts and grains—the foods our Creator made for us to eat.

Sometimes it’s easier said than done to eat healthfully because there are so many hidden fats and sugars in our food. For example, 1.5 cups of sweetened cereal has about 11 teaspoons of sugar. The delicious honey or jelly you spread on your toast contains 6-8 teaspoons of sugar for every two tablespoons of sweetener. And then there’s the sugar for the coffee, the fat from the bacon, and the day has begun with little to energize the body.

Well, what is left to eat? It depends on how you want your day to go! The closer your menu is to whole foods versus processed foods, the better. Choose foods that help your metabolism, provide energy, and fight disease: steel-cut oats, hot cereals with grains, whole grain breads and cereals, fruits, and even tofu. A morning tofu scramble will pack your system with complete protein; yes, it contains all of the essential amino acids along with both iron and calcium, zero sugar and minimal fat! Even better, tofu has no cholesterol. A tofu scramble is excellent by itself or on top of whole grain toast.

To round out your breakfast, add your favorite fruit either by itself or combine your seasonal favorites to make a fruit bowl. Strawberries, oranges, berries, bananas, mangoes, peaches, guavas, etc. make an excellent and colorful dish. Or, use the fruit to top dry granola or mix it in. A handful of cashews, walnuts, almonds, or other nuts are another delicious addition to the fruit or can be eaten out of the hand. Studies show that eating breakfast helps boost metabolism, so along with plenty of rest, exercise, and healthful eating, you can prevent disease and help heal chronic disease you may have. That is why it is so important to start your day right!
Kathryn Halbritter, a medical scribe at the Oneida Indian Nation Health Services, is a member of the Oneida Indian Nation of New York, Wolf Clan. She has enjoyed participating in several cultural gatherings and events and is attending medical school in August 2019 with dreams of serving her Native people.

TRY THIS EASY RECIPE FOR THE MOST IMPORTANT MEAL OF THE DAY.

**Scrambled Tofu**

**INGREDIENTS**
- One block of firm or extra-firm tofu (often found in the produce section)
- One small diced onion, or to taste
- One or more garlic cloves, smashed, or to taste
- 1 tsp. turmeric
- ½ tsp. smoked or regular paprika

**DIRECTIONS:** Heat a small amount of oil in a cast iron skillet or use a nonstick pan with no added oil. Crumble the tofu with a fork and fry it alongside the onion and garlic until the onion and garlic are mostly translucent and soft, just three minutes or so. Then, add the spices and any additional flavoring you like: salt, cayenne, salsa, avocado, nutritional yeast flakes, etc. Tofu takes on the flavor of its seasoning, so feel free to adjust the seasonings or add diced vegetables to the recipe.
A new concept: advanced BIO CARE for integrative therapy and promotive health under the personal guidance of Rodrigo Rodriguez, MD.

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Stay Balanced

BY CAROLINE A. FISHER, M.A.

W e take walking and standing for granted, but as we age, several factors can make us vulnerable to falling: medications and vision problems may affect our balance; so can a Vitamin D deficiency, lower body weakness, and other conditions. The Centers for Disease Control and Prevention warn that falls can cause traumatic brain injury and hip fractures, too. Here are some simple moves to help prevent falls and keep you balanced.

A. Make sure you always have something sturdy to hold on to when you’re ready to stand up.

B. Gently move your feet up and down a few times before standing up from a sitting or reclining position. Clench and unclench your hands, too, to get your circulation going. Once you’re standing up and stable, march in place for a few seconds.

C. When walking, use a walking stick or a cane for support as needed. Walking is one of the best exercises to improve your strength, balance, and endurance.

D. Simple exercises in a swimming pool can improve your balance, too. Contact your local YMCA or gym and find a friend to swim or exercise with you.
The Creator's Promises

He stood below the stars of his Nation in wonderment of the Sky. His mind ran free as he thought of all the Creator had made and the intricate details of every single created thing.

What would we do without running water? The stream cleans itself. Water sustains life and serves all living things. The forms, shapes and attributes that water has and takes are lessons to us.

Our fields and mountains are gardens under the Creator’s watchful eyes. Great and tiny, the living creatures that hunt and cultivate the land. What would life be without them in any region of the planet? The foliage gives us oxygen and provides food. We take for granted that in decades past the fields and woods provided everything for shelter, tools and daily living.

Every sunset and sunrise is a spectacular show of power, beauty and glory of our Creator. To watch the fish, the movements of creatures large and small, is an amazing feeling inside to realize we are a part of this creation. More than that, He placed us as managers and keepers of His garden.
The boy realized as a child, he was spending too little time experiencing the Creator. Time in Creation is time that removes stress, builds our strength, renews our bodies and if that time is spent talking to our Creator, it is time that replenishes our Spirit. This is known by all cultures, but as the Original People, we feel it deeper because of our strong spiritual hearts.

As a young man, he made a covenant, an understanding, an agreement with His Creator, His Savior, His God: I will respect you, I will honor and bring glory to you, I will live my life the best I can to help others and do good, not evil.

That young boy has grown to be an Elder. His Creator has kept His promises and help the young man through his life and into his later days. People respect the wisdom learned and provided by the Creator. It has not always been an easy road, but he has never been alone. Times have been harsh, but the Creator always provides the strength, wisdom and success to prevail. The Creator keeps His promises.
The boy’s story is a true story, but not a special story. The same Creator is available to every person in every stage of life: every person who struggles with addiction, family trials, illness or the hope for a good life, like this young boy who was in stark poverty and unloved.

From the end of the earth I call to you when my heart is faint/overwhelmed. Lead me to the Rock that is greater than I.
Psalm 61:2

I know the plans I have for you, declares your Creator, plans to prosper you and not to harm you, plans for a hope and a future.
Jeremiah 29:11

I can do everything through Him who gives me strength.
Philippians 4:13
NCAI Events
2019 - 2022

► 2019 Mid Year Conference & Marketplace
   Nugget Casino & Resort
   Sparks, NV
   June 23-27, 2019

► Tribal Interior Budget Council
   Fairbanks, AK
   Jul 31-Aug 2, 2019

► 2019 Annual Convention & Marketplace
   Albuquerque Convention Center
   Albuquerque, NM
   October 20-25, 2019

► Tribal Interior Budget Council
   Washington Plaza Hotel
   Washington, DC
   Nov 12-14, 2019

► 2020 Executive Council Winter Session
   Washington, DC
   Feb 10-13, 2020

► 2020 Mid Year Conference & Marketplace
   Dena’ina Convention Center
   Anchorage, AK
   Jun 7-11, 2020

► 2020 Annual Convention & Marketplace
   Oregon Convention Center
   Portland, OR
   Nov 8-13, 2020

► 2021 Executive Council Winter Session
   Hilton National Mall
   Washington, DC
   Feb 21-25, 2021

► 2021 Annual Convention & Marketplace
   Sacramento Convention Center
   Sacramento, CA
   Oct 9-15, 2021

► 2022 Executive Council Winter Session
   Hilton National Mall
   Washington, DC
   Feb 13-17, 2022

Go to http://www.ncai.org for more event information.
“In our every deliberation we must consider the impact of our decisions on the next seven generations.”

From the Great Law of the Iroquois Confederacy
Stand Together

Join the National Congress of American Indians

In 1944, our founders had a vision – a commitment to our heritage, our culture, our children. To unite Native peoples together as one voice, with one common goal: to protect our rights, preserve our traditions, and improve our quality of life.

With the seventh generation always in mind, we have made much progress, but there is more work to be done.

Join us and lend your voice to the vision of a better future for our great-great-grandchildren and beyond.

For our children.
For the seventh generation.

ncai.org

Founders of the National Congress of American Indians at the first meeting in 1944.
Selected Seventh-day Adventist Natural Lifestyle Programs

OVERVIEW OF SERVICES
In this special section for community and health leaders, *American Indian Living* highlights some of the best educated, highly motivated health care professionals in the US, along with their natural lifestyle programs. We are pleased to present readers with opportunities to prevent and/or improve hypertension, diabetes, and depression. Some programs have multiple options: DVDs and facilitators, on-site staff, or the ultimate care package, residential treatment. We hope you look at these options for your community as time-tested, results-realized methods to obtain the best health for life!

**ENTRY-LEVEL PROGRAMS**

(low cost, easy to implement, preliminary or ancillary medical data documenting benefits)

- Lowering High Blood Pressure Naturally
- Diabetes Undone
- Thirty Days to Abundant Health

**MID-LEVEL PROGRAMS**

(moderate cost, more involved implementation, published scientific data supporting benefits)

- Nedley Depression and Anxiety Recovery Program, Out-patient/Community-based

**TOP-TIERED PROGRAMS**

(more expensive, short-term residential or full-day commitments, published scientific data supporting benefits)

- Residential Nedley Depression and Anxiety Recovery Program
Lowering High Blood Pressure Naturally

Objectives:
- Use lifestyle and other natural agencies to help participants lower their blood pressure
- Decrease need for blood pressure medications among participants (all are encouraged to be working with their health care providers before making changes in their medications)
- Foster a lifestyle that has far-reaching benefits beyond controlling blood pressure: offering help for weight loss, diabetes control, heart disease prevention, improved mental outlook, etc.

Mechanics:
- Participants meet for 60 – 90 minutes weekly for eight weeks (optional delivery: meet twice weekly for four weeks)
- Each session includes
  - group interaction led by a facilitator
  - viewing of DVD segments featuring Dr. David DeRose and/or Dr. Greg Steinke
  - optional: cooking demonstrations, group exercise, etc.
- Monitoring:
  - Blood pressures are measured and recorded at the beginning of each session
  - Optional: Recommend that Hemoglobin A1c, height, weight, and fasting lipid profile be measured at the beginning and ending of the 8-week program
  - Optional: May also include pre- and post-program measurement of the PULS test offered by T-creek labs. This novel test looks at additional markers for heart disease

Staff Needed:
- One Program Director –
  - Qualifications:
    - Encouraging spirit, friendly personality
    - Able to coordinate services (e.g., nightly blood pressure checks; registration of participants; distribution of books and other resources)
    - Comfortable standing in front of a group and leading open-ended discussions.
    - Health background helpful but not necessary
  - Time commitment
    - Prep time commitment of 20 hours (estimated time to get familiar with the materials, and do basic advertising, before running the program)
    - Weekly time commitment of three hours (if running the program over eight weeks)
- Other Support Staff (optional); may include:
  - Health coach(es)
  - Cooking instructor (can feature short demonstrations during the weekly meetings)
  - Medical personnel (to check blood pressure – alternately may have automated cuffs available)

Full instructions on how to run the program are found at: http://www.compasshealth.net/hypertension/
Other Costs (in addition to staff and optional blood work):

- Basic fees for Program DVDs (this is a one-time cost to the group offering the program; there are no public screening fees). Discounted package price: $79.95
  - *Reversing Hypertension Naturally DVD Set. List price: $26.95*
  - *Changing Bad Habits for Good DVD miniseries (two presentations). List price: $19.95*
  - *Listening to the Buffalo DVD miniseries (two presentations). List price: $19.95*
  - *Spiritual Health: Neglected Dimensions DVD (one long, two shorter segments). List price: $19.95*
  - One text book for each participant – *30 Days to Natural Blood Pressure Control: The No Pressure Solution*. List price is $19.95 each. Available at wholesale price of $11.97 each if purchasing five or more books. Note: books feature a “workbook component” that is filled out during the course of the eight weeks.

- Optional resources:
  - Complementary Book - *The Methuselah Factor: Learn How to Live Sharper, Leaner, Longer and Better—in 30 Days or Less*. List price is $18.95 each; $11.37 wholesale when purchasing five or more copies.
  - Free: on-line video program *30 Days to Natural Diabetes and High Blood Pressure Control*. Available at: [http://www.compasshealth.net/diabetes-bp/](http://www.compasshealth.net/diabetes-bp/). Links participants to 30, daily YouTube videos. Each features an approximately five-minute “consultation” with Dr. DeRose where he encourages the adoption of specific healthy lifestyle practices.
  - Audiobook edition of *30 Days to Natural Blood Pressure Control: The No Pressure Solution*. List price is $39.95 each. (Over 11 hours of material on 10 audio CDs.) Available at wholesale price of $23.97 each if purchasing five or more audiobooks. (Note: the book is also available on Audible, Amazon’s audiobook service.)
Diabetes Undone

Diabetes Undone is an 8-step video-based program designed to reverse the symptoms of insulin resistance and high blood sugar based on principles that have been clinically shown to reverse type-2 diabetes. Based on making simple, sustainable changes to their lifestyle, Diabetes Undone has helped thousands of people regain control of their health. All are encouraged to be working with their health care providers before making changes in their medications.

Objectives:

• Learn from leading lifestyle medicine experts, Dr. Wes Youngberg DrPH and Brenda Davis RD, and their decades-tested protocol for preventing, halting, and reversing type 2 diabetes.
• Learn about natural and easy-to-sustain solutions for type-2 diabetes that have been overshadowed by a healthcare system that only manages diabetes, not reverse it.
• Learn how eating well, thinking well, and moving well could be the most powerful components of disease reversal.
• Learn about the root causes of metabolic diseases like type 2 diabetes, and how to identify and overcome them.

Diabetes Undone was developed in a variety of ways to meet the needs of English and Spanish-speaking demographics. Diabetes Undone can be followed individually or in groups.

Diabetes Undone – Individual Course $99.00
For those who don’t have access to a group workshop or would prefer to do the program on their own:

• Diabetes Undone: Online: Diabetes Undone Online is a purely online course, where users, upon paying the one-time fee for unlimited use, can log in and access the entire Diabetes Undone series at their convenience from a phone, tablet or computer. Users will also be given e-book versions of the supplemental materials, including the From Plant to Plate: Diabetes Edition cookbook and the Diabetes Undone Workbook & Journal. Users will also have the online support of the Life & Health staff.
• Diabetes Undone: Home Edition: The Diabetes Undone Home Edition is the take-home, self-guided version of the program for those who would prefer to use the course on their own and with hardcopy materials. Users of this edition receive a kit that includes the 4-disc Diabetes Undone DVD set, a Diabetes Undone Workbook & Journal, the From Plant to Plate: Diabetes Edition cookbook, as well as an access code for the Diabetes Undone online course and instructions on how to use the enclosed materials. As with the online edition, Home Edition users will have ongoing support from the Life & Health staff.

Full instructions on how to run the program are found at: diabetesundone.com
Diabetes Undone – Group Course $99 per group, $49 per participant

Diabetes Undone: Groups was designed to harness the power of community and bring people together in making the simple, sustainable changes to their lifestyle that can give them their lives back. Diabetes Undone group coordinators have helped thousands of people worldwide to regain control of their health.

The creators of Diabetes Undone: Groups understand that life gets busy. That’s why they made running a Diabetes Undone Group simple. Diabetes Undone coordinators simply create an account online, pick the time and date that’s convenient for them for each of the 8 sessions, pick a meeting place such as a church, community center, or even a home, and then only need to order materials for each participant.

In addition, every Diabetes Undone coordinator will receive a facilitator’s guide that will explain, step-by-step, how to prepare for and run a Diabetes Undone workshop, along with plenty of other helpful resources to make it easy and even fun.

Mechanics:

- Participants meet for 60-90 minutes weekly for eight sessions. (Scheduling can be determined by the coordinator.)
- Each session includes:
  - Viewing of videos featuring Dr. Wes Younberg and Brenda Davis.
  - Workbook exercises and group discussions facilitated by the host.
  - Optional: cooking demonstrations, food samples, walking clubs, support calls.

People Needed:

- One program coordinator:
  - Responsibilities:
    - Register program online
    - Schedule sessions
    - Order participant materials
    - Print and distribute advertising materials
    - Recruit volunteers
    - Double as program host (optional)

- Support staff:
  - Program host
  - Health partner(s) (optional)
  - Cooking staff (optional)
Special Section | Natural Lifestyle Programs

Diabetes Undone User Testimonials

• “I was diagnosed with diabetes 12 years ago and the highlight of this program was how it enveloped my lifestyle and changed my habits.” – C.E.
• “I reduced my A1C from 9.5% to 5.8%! I reversed my diabetes and no longer need insulin and most of my other medications.” – K.F.
• “I reduced my A1C from 13.8% to 5.8% in three months! By the time my A1C reached 5.8%, I had lost 20 pounds but by now I’ve lost over 56 pounds!” – C.J.
• “Since mid-February 2017, I haven’t had a need for Metformin or any diabetes medication! My last A1C was at 6.1%!” – J.T.
• “Six months after starting the program, I was declared non-diabetic. I reversed it! It’s been one and a half years and I’m still not diabetic or prediabetic.” – T. Z.
• “I’m a truck driver and would have lost my job if I had to continue taking insulin and if my blood sugars stayed high. But I reduced my A1C from 12.6% to 6.5% and was able to keep my job!” – T.G.

Coordinator Testimonies:

• “Diabetes Undone has been ‘just what the doctor ordered’ for our community! I’m encouraging everyone I know to get on board with running Diabetes Undone in their community. With 1:2 Americans facing diabetes or prediabetes by 2020, this program comes as a gift of grace.” – D.G.
• “This is one of the best programs we’ve ever had, and I’ve enjoyed being able to facilitate a program that was so well put together with evidence-based and easy-to-understand material. The workbook and cookbook were amazing.” – C.L.
• “Diabetes Undone is a great program became it has people engaging and interacting with the program, not just listening to a lecture. Not having diabetes myself, it was an awesome opportunity for me to work with my group and have a conversation around diabetes with them as well as helping them focus on having an active lifestyle.” – K.A.
• “My volunteers who have done several other programs with me at my church have told me that Diabetes Undone is the easiest and best program we’ve ever done.” – D.L.
Special Section | Natural Lifestyle Programs

Wes Youngberg, DrPH, MPH, CNS, FACLM

Dr. Wes Youngberg is a practicing clinical nutritionist and lifestyle medicine specialist with more than 30 years of experience in diabetes reversal. He spent 14 years in Guam, researching the diabetes epidemic in the Micronesia islands and providing screenings, public health education, and training for diabetes prevention and care. In 2007, he was awarded the Ancient Order of the Chamorri—the highest honor given by the governor of Guam for extraordinary contributions to the island community. Now, Dr. Youngberg is on the clinical faculty of Loma Linda University and serves as assistant clinical professor for both the Department of Preventive Medicine at the School of Medicine and the Department of Health Promotion at the School of Public Health. Dr. Youngberg is a board Certified Nutrition Specialist and is a founding director and fellow of the American College of Lifestyle Medicine.

Brenda Davis, RD

Brenda Davis is a leader in the movement to a plant-based diet, a best-selling author and co-author of nine best-selling books, and an internationally acclaimed speaker. She has worked as a public health nutritionist, clinical nutrition specialist, nutrition consultant and academic nutrition instructor. Brenda was the lead dietitian in a remarkable diabetes research project in Majuro, Marshall Islands, where rates of diabetes were among the highest in the world. As a result of the study, many participants reversed their diabetes and are now champions of change in their communities. Today, Brenda is a featured speaker at nutrition, medical and health conferences throughout the world. She has authored and co-authored several articles for peer-reviewed medical and nutrition journals and magazines. In 2007, she was inducted into the Vegetarian Hall of Fame.
Objectives:

- Use lifestyle and other natural agencies to help participants improve their blood fluidity (technically known as hemorheology).
- Decrease the risk of damage from a variety of conditions linked to poor blood fluidity including: cancer, heart disease, stroke, diabetes, high blood pressure, vision impairment, obesity, and dementia.

Mechanics:

- Participants meet for 60 – 75 minutes weekly for five weeks
- Session Details:
  - Four of the five sessions (sessions #1, #2, #4, and #5) include:
    - group interaction led by a facilitator
    - viewing of DVD segments featuring Dr. David DeRose
    - optional: short cooking demonstrations, group exercise, etc.
  - The content of one of the five sessions (session #3) is discretionary. It can be centered on a cooking class or on a DVD presentation
- Monitoring:
  - There is no required monitoring for this program. However, those offering Thirty Days to Abundant Health are encouraged to include some type of pre- and post- measurements such as:
    - Conventional testing like blood pressure, hemoglobin A1c, height, weight, and fasting lipid profile
    - More innovative testing like the PULS test offered by T-creek labs. This novel test looks at additional markers for heart disease
- Program outline is found at: http://www.compasshealth.net/the-methuselah-factor/
Staff Needed:

- One Program Director –
  - Qualifications:
    - Encouraging spirit, friendly personality
    - Able to coordinate services (e.g., any of the optional screening activities: registration of participants; distribution of books and other resources)
    - Able to function as a host/hostess and lead open-ended discussions
    - Health background helpful but not necessary
  - Time commitment
    - Prep time commitment of 15 hours (estimated time to get familiar with the materials, and do basic advertising, before running the program)
    - Weekly time commitment of 2.5 hours for five weeks
- Other Support Staff (optional); may include:
  - Health coach(es) and/or medical staff
  - Cooking instructor (needed if doing a cooking class for session #3)
Other Costs (in addition to staff and optional blood work):

- Basic fees for program DVDs (this is a one-time cost to the group offering the program; there are no public screening fees).
  Discounted package price (including optional DVDs): $69.95
  - Longevity Plus DVD miniseries (2 presentations that will be shown over three weeks). List price: $19.95
  - Optional: if not doing a cooking class for session #3, Changing Bad Habits for Good DVD miniseries (2 presentations).
    List price: $19.95
  - Optional (generally most attractive to faith communities): Healing Insights from the Gospel of Mark DVD series (eight 30-minute sessions, free on-line complementary materials). List price: $39.95
- One text book for each participant – The Methuselah Factor: Learn How to Live Sharper, Leaner, Longer and Better—in Thirty Days or Less. List price is $18.95 each. Available at wholesale price of $11.37 each if purchasing five or more books.
- Optional resources:
  - Free on-line video program Thirty Days to Natural Diabetes and High Blood Pressure Control. Available at: http://www.compasshealth.net/diabetes-bp/. Links participants to 30 daily YouTube videos. Each features a five-minute “consultation” with Dr. DeRose where he encourages the adoption of specific healthy lifestyle practices. Although this on-line program is themed for diabetes and hypertension, the 30 program videos correspond almost exactly to the 30 topics emphasized during the course of the Thirty Days to Abundant Health program and featured in The Methuselah Factor book.
  - Audiobook edition of The Methuselah Factor: Learn How to Live Sharper, Leaner, Longer and Better—in Thirty Days or Less. Available on Audible, Amazon’s audiobook service. You can order Dr. DeRose’s resources at www.compasshealth.net or by calling, toll-free, 1-844-M-Factor (1-844-632-2867)

David DeRose, MD, MPH

For over three decades, David DeRose, MD, MPH has worked with Native and non-Native patients and audiences to address a variety of health concerns. His educational messages and treatment strategies are based on natural therapies that provide new hope for conditions like diabetes, heart disease, high blood pressure, and obesity.

Dr. DeRose has been known throughout Indian Country as host of the syndicated radio health show, American Indian Living. He is the President of CompassHealth Consulting, Inc., based in Northern California, and is a board-certified specialist in both Internal Medicine and Preventive Medicine. He also holds a Masters of Public Health degree with an emphasis in Health Promotion and Health Education. Dr. DeRose’s research has been published in peer-reviewed medical journals including the Journal of the American Medical Association, the Annals of Epidemiology, and Preventive Medicine. His writing is also popular with lay audiences. For example, he is co-author of the bestselling book, 30 Days to Natural Blood Pressure Control.
MID-LEVEL PROGRAM

Community-based Nedley Depression and Anxiety Recovery Program

Objectives:
- Improve mental health through wellness principles (nutrition, sleep/wake cycle, exercise, etc.) and Cognitive Behavioral Therapy methods
- Significantly improve depression and anxiety scores over an 8-week period for all active participants
- Equip individuals with a community of encouragement and hope through connecting them with others who have gone through similar life experiences
- Build the foundation for a life full of happiness and love, through a healthy life—body, mind, and spirit

Program topics:
- How To Improve Your Brain
- Lifestyle Therapies For Depression And Anxiety
- Nutrition For The Brain
- How Thinking Can Defeat Depression Or Anxiety
- Making And Staying With Positive Lifestyle Choices
- Stress Without Distress
- Overcoming Loss
- Enhancing Frontal Lobe Function

Program Leadership – 1 Associate Director and 1-3 facilitators

What does the training offer?
- Have the confidence and know how to help those suffering with depression
- Be able to coach others how to understand and manage their emotions
- Learn the secret on how to make permanent lifestyle changes
- Be capable of teaching depressed people simple coping skills
- Guide others in recognizing destructive or distorted thoughts
- Lead others in how to recover and grow after suffering loss
- Be able to implement a Nedley Depression & Anxiety Recovery Program in your community, church or school

An Associate Director is responsible for planning the overall program, leading Facilitators and program volunteers, and efficiently organizing and executing a Nedley Depression & Anxiety Recovery Program using the resources and guidelines provided. The Associate Director will provide a program that will help many in their community to overcome depression.

Cost with Materials: $450

A Facilitator leads the small group discussions, motivating the depressed individual to establish and maintain a strong physical exercise program, eliminate negative habits of body and mind, develop healthy eating patterns, and get more out of the day by enhancing brain function. They will assist the Associate Director with anything he or she may need.

Cost with Materials: $225
The Community Based Program runs for 9 weeks total, meeting once a week for two hours. The first hour is spent watching the DVD lecture by Dr. Neil Nedley. The second hour is spent in small groups led by the facilitators. Each week, the participants follow the program in their workbook and complete a checklist of health assignments every day. Learn more about what programs are offered and what they include at nedleyhealthsolutions.com, or view the document below.

### WHAT PROGRAM IS RIGHT FOR ME?

**GET YOUR LIFE BACK!**

<table>
<thead>
<tr>
<th>What’s Included?</th>
<th>Home Version Standard Kit</th>
<th>Home Version Complete Kit</th>
<th>8 Week Community Program</th>
<th>10 Day Residential Program</th>
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<tr>
<td>Depression and Anxiety/Recovery Program DVD Series by Dr. Neil Nedley</td>
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<td>Depression: The Way Out textbook by Dr. Neil Nedley</td>
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<td>Motivation from others like you</td>
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<td>Trained coaches to encourage and support</td>
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<td>Comprehensive physician exams and evaluations</td>
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<td>Extensive blood analysis</td>
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<td>Licensed counseling/therapy with you individually</td>
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<td>Personalized schedule</td>
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<td>Integrated exercise and hydrotherapy program</td>
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<td>Delicious and healthy meals provided</td>
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<td>Massage therapy appointments</td>
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<td>A beautiful and restful location in a natural setting</td>
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<td>... and much more</td>
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For more information about our Community Program please visit [NedleyHealthSolutions.com](http://NedleyHealthSolutions.com)
Residential Nedley Depression and Anxiety Recovery Program

The Nedley Depression and Anxiety Recovery Program™ leaves no stone unturned in determining the exact cause and precise brain chemistry of the patient that can be reversed and fixed. You will get the most extensive laboratory analysis with other comprehensive tests and expert evaluations of your current physical, mental/emotional health including extensive genetic/epigenetic testing. You will find out what genetic flaws you may have, and how to turn off those bad genes through nutrition, lifestyle, and cognitive approaches. The typical lengthy trial and error approach is unnecessary since Dr. Nedley’s approach will reveal what medications, supplements, cognitive approaches, and other therapies will be best for you. The frontal lobe is enhanced through lifestyle methods that can also enhance practical spirituality, improving self-control and the ability to manage your emotions, instead of your emotions managing you.

Topics Include:
- Identifying Depression and Its Causes
- Lifestyle Treatment for Depression
- Nutrition and the Brain
- How Thinking Can Defeat Depression
- Making and Staying With Positive Lifestyle Choices
- Stress Without Distress
- Living Above Loss
- How to Improve Brain Function
- Overcoming Addictions
- Sex & Mental Health
- Building Courage, Motivation, and Sense of Purpose
- The Secrets to Comprehensive Self Control
- Gratitude
- Forgiveness
- Anger Management
- How to Deal With Bitterness
- Increasing Frustration Tolerance
- Spiritual Keys to Go from Disappointment to Appointment
- Enhancing Emotional Intelligence
- Positive Psychology

For more information about our 10-day Residential Program please visit DepressionTheWayOut.com
Neil Nedley, M.D.

Neil Nedley, M.D. is founder and medical director of the Nedley Depression and Anxiety Recovery Programs, and “Optimize Your Brain” program designed to enhance emotional intelligence. Dr. Nedley is an award-winning practicing physician who also serves as President of Weimar Institute, home of the residential and outpatient Depression and Anxiety Recovery Program. He has presented and published numerous scientific studies in the medical/scientific literature. He is author of Proof Positive, Depression—the Way Out, The Lost Art of Thinking, and Optimize Your Brain. Additionally, Dr. Nedley is a board-certified Internal Medicine specialist with emphasis in the difficult-to-diagnose patient, gastroenterology, and mental health. He hosts the annual Emotional Intelligence Summit with global speakers and participants. He currently is an Adjunct Clinical Professor of Medicine, at Loma Linda University, Loma Linda, CA.