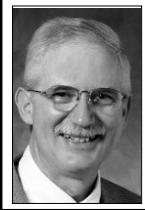


COMMUNITY RESOURCES

HEALTH TIPS



From Your Neighborhood Chiropractor

By Dr. Ross Royster, D.C.

Eat Like a Caveman

We are the nation with the best health care in the world, and yet we have the sickest population of all industrialized countries. We continue to have more heart disease, cancer, arthritis, neurological disorders, chronic pain syndromes and diabetes than ever before. How is this possible?

Have you ever wondered why Eskimos, who rely on whale fat and eat practically no fruits and vegetables, do not have heart disease? Why are the diseases mentioned above, that we are plagued with, not found in the few primitive tribes still found in the world? You would think that someone would study these cultures to find their secrets to health. Well, someone has. In fact, many scientists who studied these people and our primitive ancestors developed an answer — the Paleo diet. In other words, eat what Paleolithic man (caveman) ate.

Why? Man evolved slowly on earth over 2.5 million years. Genetically, we are almost identical to Paleolithic man. We developed agriculture only 10,000 years ago, which chronologically is a drop in the bucket compared to 2.5 million years. Before the agricultural

revolution, man ate lean meats, fresh fruits and vegetables and nuts. So, this is what we are still designed to eat! It should be obvious to us that the preservatives, colorings, altered fats, artificial flavorings and pesticides found in modern food products are unhealthy, but our bodies have not yet evolved to efficiently handle grains, refined sugars, beans, dairy products and animals raised on grains. I know this sounds sacrilegious, especially in the Dairy State. You have to disregard a good deal of what you have been taught about nutrition, but doesn't it make sense?

You are meant to eat as a hunter/gatherer, but you can still use the supermarket. Here are the ground-rules:

- 1) Eat all the lean meats, poultry and fish you can. The best are wild, pasture-raised or free range. Omega-3 eggs are good.
- 2) Eat all the fruits and non-starchy vegetables you can. The fresher the better.
- 3) Eat raw nuts.
- 4) No cereals or grains (including bread and baked goods).
- 5) No legumes (beans, peanuts).
- 6) No dairy products.
- 7) No processed foods.

I know this is a lot to swallow, so to speak, on first contact, but I hope I have whetted your appetite to learn more. Look up "Paleo diet" on the Internet (you'll find a wealth of information and resources), or read *The Paleo Diet* by Loren Cordain, Ph.D.

NUTRITION TIPS



By Deborah Roussos, MS, RD & Ann Martin, RD



Shop 'Til You Drop No More

Rules for a quick, inexpensive run to the supermarket.

- Shop on a full stomach. Fewer impulse buys will save 17% on groceries.
- Shop at a specified time each week. No more random runs to the supermarket.
- Shop early morning for perishable markdowns, late evenings to avoid crowds from Tuesday through Friday.
- Shop with a written list. Check the contents of the pantry, refrigerator, and freezer, and check on cleaning supplies. Compare this list with your written list.
- Post a shopping list on your fridge with a pencil attached. Ask everyone in the household to add to the list.
- Tape an envelope near the list to collect coupons.
- Take your shopping list, coupons and a pen to cross things off your list as you go.
- Bring your cell phone in case you need to call someone at home about a particular item.
- Attach the store's discount card to your key chain.

- Shop at the same store each week. You will shop more efficiently the more familiar you are with a store.
- Be careful with coupons. Coupons don't make items cheaper than if they are on sale. Use them only for purchases you would make any-

way. For more on wise coupon use, see www.grocerycouponguide.com.

- Shop the outer aisles. The periphery is where you will find fresh produce, dairy products, baked goods, meat and poultry and other low cost "unprepared" foods.
- Look high & low. Special deals and sale items are typically placed on upper and lower shelves. Shelves at eye level are where you find costly, high-margin items.
- Shop in season. Avoid out-of-season fruits and vegetables since they are costly and may be lacking in flavor and quality. For a seasonal fruit and vegetable guide see www.sysindia.com/kitchen/svegi/.
- Ask for help to find a particular item. The less time roaming the store, the more likely you can stick to your list.
- Keep an eye on the cash register display. Scanners make mistakes. It's best to catch these errors as they happen. Refunds after the fact are a hassle.

Adapted from *Coach On Call*, ADDitude magazine, Oct.-Nov. 2006.

Eat as well as you can as often as you can.

How to Beat the Summer Heat Tips from MG&E

Here are some simple steps you can implement to control your energy usage.

- Use shades and drapes to block out direct sun during the day.
- Cook outside or with a microwave oven instead of a stove. Save money and improve comfort.
- Use a whole house fan, or room ceiling fans instead of air-conditioning.
- Set your thermostat to 78°F or higher. Turn off the air conditioner when no one is home. To control cooling times: Use a programmable thermostat for central air. Save 10 to 35 cents per hour. Use a timer for room air conditioners. Save 5 to 15 cents per hour.
- Put compact fluorescent bulbs in your most-used fixtures and lamps. Fluorescent bulbs put out less heat, plus you will save \$30 to \$40 over the life of each bulb.
- Unplug second refrigerator if not needed. Save \$5 to \$10 per month. Turn off appliances including computers and televisions when not in use.

Over the Garden Gate

By Judy Metz
Master Gardener

JUNE

Be on the lookout for Japanese Beetles. If you see them, get a bucket of soapy water and hit the plant against the side of the bucket. They will fall in and drown. Did you know something is killing honeybees? Experts are trying to find out why.

With the threat of snow not in the picture, plant annuals and veggie. Mulch! Mulch! Mulch! As the soil heats up, sow seeds into the ground or pots. Have you tried vinegar to kill weeds? Add a few drops of dish soap to white vinegar (to contribute to the stickiness) and spray the weed. If it isn't dead the next day, spray again. After watering, pull any weeds. It is much easier to get the pesky weeds. Have ants in your yard? Sprinkle uncooked rice around the hill. Presto! They'll take it back to the nest and die from eating the uncooked rice. Sprinkle baby powder, sand or anything course around the bases of hostas. To keep ants from invading

outdoor pots, sprinkle with cinnamon. Don't let plants become leggy. Deadhead old flowers. If you bring plant problems to an expert to tell you what is wrong, PLEASE have it in a baggy. Have a rain barrel installed. Sustain Dane (www.sustaindane.org) has a rain barrel program that will put one in for you. If you don't like the way a rain barrel looks you, plant grasses or have a small fence installed to hide the barrel. Make three planters for the Fourth of July with red, white and blue flowers. Despite the gardener's best intentions, Nature will improvise.

JULY

Daily watering of hanging baskets is vital. They dry out quickly. Continue everything mentioned in June all summer. Weed all summer. If you plant new trees, water them weekly. Continually look for critters that like to use your garden as their salad bar. Garden centers have an array of products to spray or spread in your garden. Go out and get your hands dirty. It is good for you and is good therapy.

Join Northside Discuss and keep on top of your neighborhood issues.

Email info@northsideplanningcouncil.org to join.

The Newly Remodeled
Lockerroom

1810 Roth St, behind Oscar Mayer

Open at 6:00 AM

Madison's 3rd Shift Bar

HAPPY HOURS: 6-8am, 2-6pm

**Thursday nites
DJ Dr. Dave and
Social Life
Learn to line dance
with dance instructor**

**Saturday nites
Barbwire live on
the patio**

**Saturday nites
DJ, Karaoke**

**All You Can Eat
Blueberry
Pancakes**

**Prime Rib
Breakfast**

**Saturdays
Sundays
6 am - 2 pm**