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*Wise Women
(and Men)*

**USE
FRANKINCENSE
AND MYRRH**

**WHAT
SEPARATES
KETO FROM
OTHER
LOW-CARB
DIETS**

Keto
Fat Bombs

**A CASE FOR
INTEGRATIVE
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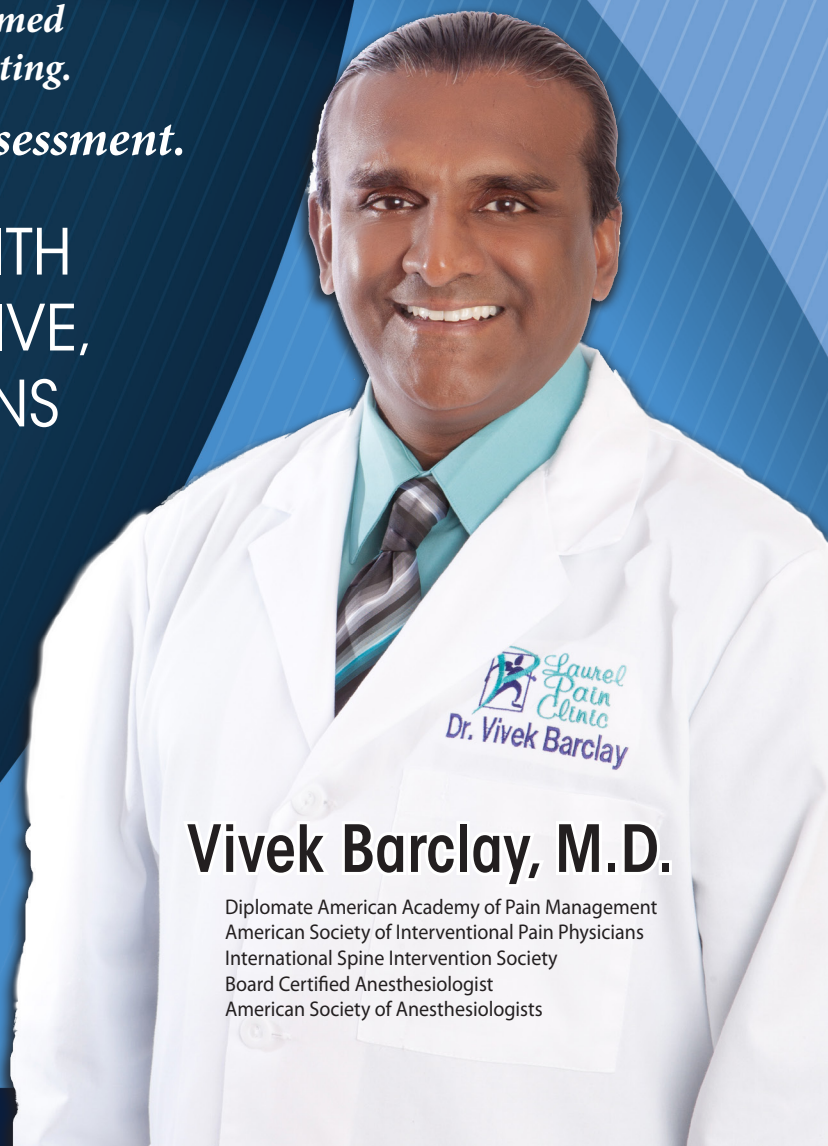
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A CASE FOR INTEGRATIVE MEDICINE

on the cover
KIMBERLY CABE, FNP



BOOT CAMP FITNESS

Pictured is Henry Malloy
deadlifting. See article
and more photos on pg. 10



ARUGULA 19



REFRESHING SPRING ROLLS



Is there anything more refreshing or healthy than a homemade spring roll this time of year? Also, called Gỏi cuốn, a traditional Vietnamese spring roll consists of pork, shrimp and rice vermicelli wrapped in rice paper. There are a few variations of this dish, but it is typically served with raw lettuce, carrots, mint, basil, cilantro, lime, hoisin sauce, fish sauce, peanuts and a peanut dipping sauce.

While many people are afraid of handling the delicate rice-paper wrapping, it becomes easier to work with the more you use it. The ingredients included in a spring roll are low cost so don't be afraid to mess up a few. You'll be rewarded with a delicious, fun-to-make dish.

Ingredients

- 2 ounces rice vermicelli
- 8 rice paper wrappers
- 16 large cooked shrimp, peeled and halved
- 1 bunch fresh mint leaves, whole or chopped
- 1 bunch fresh Thai basil leaves, whole or chopped
- 1 bunch fresh cilantro, chopped

- 1 head lettuce, chopped
- 4 teaspoons fish sauce
- 1 cup of warm water
- 1 lime, juiced
- 1 teaspoon garlic chili sauce
- 3 tablespoons hoisin sauce
- 1 teaspoon peanuts, chopped

Directions

- 1 Cook and halve shrimp ahead of time. If you prefer smaller pieces of mint, basil or cilantro, rather than whole leaves, you will want to chop in advance and place in separate bowls. Lettuce should be chopped as well.
- 2 Bring saucepan to a boil.
- 3 Thoroughly rinse and drain vermicelli before you add it to the boiling saucepan. Boil up to 5 minutes or until soft. Drain and place in a bowl.
- 4 Next, dip one rice wrapper into a bowl of hot water to soften. Lay on a flat surface and place two shrimp (or four halves), vermicelli, basil, mint, cilantro and lettuce inside. Make sure there are two inches all the way around the border of your paper before folding the sides inward.

- 5 Mix fish sauce, water, lime juice, garlic, sugar and chili sauce. Separately, mix hoisin sauce and peanuts in another bowl. These will serve as two separate sauce options.
- 6 Repeat seven more times and enjoy! ■

Time:
45 minutes
Serves: 8



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• editor's letter



According to the EPA, in 2013, Americans generated 254 million tons of trash and recycled and composted 87 million tons of this material—a measly 34.3 percent recycling rate. It's hard to deny that we can do more in the face of such numbers.

It might not be what we're used to, but it only takes a little bit of effort each day to change the world. Picking up litter around your home and place of work is a great place to start, or you can begin saving the planet by committing to reusable straws, water bottles and utensils. Whatever way you choose, it's a start!

Remember: a little green goes a long way.
Let's save the world together,

Liz McGehee
Editor

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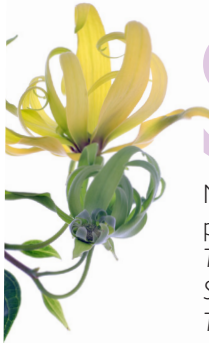
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• natural beauty

WISE WOMEN (AND MEN) USE FRANKINCENSE AND MYRRH

By Patricia Danflous



Shailene Woodley is in the headlines these days. Not for her strong environmental stance. Not for her award-winning performance in *Divergent*, *The Fault in Our Stars* or *The Secret Life of the American Teenager*. She's making news

with her cosmetic choices. One of an increasing number of celebrities, and regular people, using essential oils and plant-based products, the young actress is staining her lips with beets. The trendy natural beauty focus is nothing new. Cleopatra,

Queen Elizabeth I and Scarlett O'Hara used the oils derived from plants to add color to their faces, restore a youthful glow to the skin and treat a variety of skin problems.

According to natural beauty proponent Macie Walker, a registered nurse in Austin, Texas, Essential oils can be an ideal holistic, therapeutic and effective alternative for soothing and refreshing the body,' she said.

"Oils are known to promote a clear complexion, add shine to hair and address the signs of aging."

Essential oils go a long way. A drop or two diluted in water or lemon juice, for example, provides an inexpensive foundation for beautiful skin. Use this mini-guide and if you like the results, research and expand your base. ■

Frankincense

- minimizes the appearance of wrinkles, dark spots and scars
- not sun-sensitive
- alternative to retinol-based products

Myrrh

- moisturizes and soothes dry skin
- anti-aging impact

Lavender

- anti-inflammatory
- good for bites and itchy rashes

Rose

- alternative to hyaluronic acid
- moisturizes
- effective on aging skin

Carrot Seed

- boosts cell regeneration
- minimizes scars
- reduces wrinkles

Grape Seed

- helps acne-prone skin

Olive

- improves aging skin
- soothes dry skin
- relieves eczema

Tea Tree

- a go-to for treating acne, dandruff, lice, insect bites and nail fungus

Patchouli

- smooths fine lines and wrinkles
- treats eczema, acne, psoriasis and dermatitis
- promotes new cell growth

Ylang Ylang

- controls acne
- regenerates skin cells
- minimizes fine lines and wrinkles

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SUGAR Substitute

By Anja Springthorpe

Trying to reduce your sugar intake but feel bewildered over the many different available sugar substitutes? Understanding a little more about these sweet alternatives can help you make an informed choice.

Generally, any kind of substitute for table sugar, or sucrose, is referred to as sweetener. Sweeteners are classified as artificial, natural, novel or alcohol sugars and are commonly used in products labeled as “sugar-free” or “diet.”

Artificial sweeteners, like aspartame, saccharin and sucralose, are found in Splenda, NutraSweet, Sweet’N Low or Equal for example. These sweeteners are synthetically produced and are often many times sweeter compared to conventional sugar. Artificial sweeteners have zero calories, making them a suitable tool for weight-loss or control of



feature •

type-2 diabetes. However, there are some indications that long-term consumption may increase the risk of kidney disease, heart disease and high blood pressure.

Alcohol sugars are known as mannitol, xylitol, sorbitol or isomalt and are naturally found in some fruit and vegetables or

can be produced synthetically. Don't be misled by the name; these sugars do not contain ethanol, commonly referred to as alcohol. Alcohol sugars do contain calories, but much less compared to table sugars. Processed foods such as chocolate, candy or frozen desserts as well as toothpaste

cont'd. on pg. 29

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Pictured is Spike's Fitness & Athletics member Will Mitchell doing a deadlift.

GET HEALTHY, GET FIT AND GET MOVING WITH **BOOT CAMP Fitness**

By: Chad Ruiz

No new year is complete without a set of lofty resolutions. Eating less, doing more, giving more—a few commitments that usually find their way atop most resolution lists. Here's another you've heard before: Join a gym. In fact, most revelers, some 66 percent according to bodybuilding.com, who establish new year goals aspire to banish their belly and get fit.

Unfortunately, U.S. News & World Report says nearly 80 percent of people fall off the workout wagon within just six weeks of starting their membership. Blame your lack of time, patience, commitment, the dog or whatever conjured excuse. The reality is we lose interest.

BOOT CAMP FITNESS TO THE RESCUE

If you're one of the millions of Americans tired of their fitness routine, consider boot camp fitness. It's a high-intensity, low-resistance exercise that burns oodles of calories. It's CrossFit meets circuit training meets social hour wrapped into an intense ball of constant movement.

Sessions typically involve a group of 10 to 20 participants spread out



Henry Malloy, Kolton Scott and Jaycee Holifield give it their all, while owner Spike Richards, Evan Holifield, and Brady Richards overlook some outside tire flipping.

Fitness for the WHOLE FAMILY

If you're one of the millions of Americans tired of their fitness routine, consider boot camp fitness



at different stations. Some stations incorporate various gym equipment, like medicine balls and resistance bands, while others employ more tried and true techniques such as push-ups, sit-ups and jumping jacks. When the boot camp session begins, after the recommended stretching period, members perform a prescribed number of reps of a specific exercise within 60 to 90 seconds.

After completing their reps, patrons scurry to the next station and perform the subsequent exercise. A single trainer heads the session and monitors and motivates the participants. Boot camp sessions generally last an hour and occur three to five days per week. Some boot camps can run for a period of 10 to 12 days, but all spend much of the time stretching before, during, and after the routine.

Much of the boot camp routine uses High-Intensity Interval Training (HIIT) which results in calories burning long after the

conclusion of the session.

In fact, a study published in the Journal of Obesity calls the effect of aerobic exercise "negligible" compared to fitness routines that incorporate HIIT.

BOOT CAMP CAMARADERIE

Don't let the name scare you. Although initially derived from the intense training military recruits endure, most boot camp fitness sessions uplift and motivate participants. Trainers and fellow members inspire each other to push harder while moving at their own healthy pace.

Plus, interacting with others, especially friends, while exercising leads to more visits, a stronger fitness commitment and a longer membership, according to a study published by the Department of Preventive Medicine at the University of Southern California.

Not all routines are the same so it's important to meet with facility trainers beforehand and discuss your limitations. Many

facilities offer boot camp sessions that cater to specific age groups, genders and even athletes.

If you're looking to lose weight, gain muscle, connect

and compete with others while having fun and lowering your risk of heart disease, then renew your weight-loss resolution with a boot camp fitness program. ■

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• **healthy body**

Keto remains somewhat controversial in the healthy living community as a long-term diet

WHAT SEPARATES KETO

FROM OTHER LOW-CARB DIETS?

By Liz McGehee

Atkins, paleo, ketosis – what do these diets have in common? They're all low carb of course. But many people struggle to grasp the nuances of each diet. The ketogenic diet, which aims to keep the body in a state of ketosis for as long as possible, is surpassing paleo as the most popular low-carb regimen.

Modern Atkins now mimics the ketogenic diet. Carbs are replaced by fat while protein remains the same. This causes the body to go into ketosis, the fat-burning state your body enters when glucose isn't readily available. Keto is more appealing than other low-carb options for its rapid weight loss, blood sugar stability and other health benefits related to cognitive function.

According to a study from the Epilepsy Research Section, National Institute of Neurological Disorders and Stroke (NINDS) and the National Institutes of Health (NIH), the keto diet has been in clinical use for over 80 years to treat epilepsy. The study also states that keto can provide symptomatic and disease-modifying

activity in a broad range of neurodegenerative disorders including Alzheimer's disease and Parkinson's disease and may also be protective in traumatic brain injury and stroke.

“keto can provide symptomatic and disease-modifying activity in a broad range of neurodegenerative disorders”

However, keto remains somewhat controversial in the healthy living community as a long-term diet. Some believe that eliminating carbs long-term can lower T3 thyroid hormone levels, increase cortisol, cause fatigue, inhibit muscle building, force the body to burn muscle and even cause permanent damage to vital organs. Others point out that this diet simply isn't sustainable over time, and maybe there is some truth to this.

The reality is that everyone is different. Those suffering with diabetes, cancer, epilepsy, Parkinson's, seizures, obesity, inflammation, grain allergies and Alzheimer's disease are among those most likely to benefit

from long-term ketosis. For those looking to lose weight and improve health in a hurry, this diet certainly helps, but you should consider whether or not it is sustainable; otherwise, weight regain is inevitable. ■

THERE ARE SEVERAL VERSIONS OF KETO TO ACCOMMODATE DIFFERENT NEEDS:

- 1 Standard Ketogenic Diet – 75 percent fat, 20 percent protein and five percent carbohydrates
- 2 Cyclical Ketogenic Diet – periods of high-carb loading, like five days on and two days off
- 3 Targeted Ketogenic Diet – eat carbs around workouts
- 4 High-Protein Ketogenic Diet – 60 percent fat, 35 percent protein and five percent carbs

Remember, always check with your doctor before making drastic changes to your diet. **A medical evaluation may reveal underlying causes of symptoms and help you treat them properly.**



• recipe

KETO FAT BOMBS



It's more than a little difficult to find a savory, satisfying dessert on the keto diet. Those sugar cravings are often our undoing. One way to set yourself up for success is by making a huge batch of "fat bombs." These tasty little treats make a great pick-me-up in the middle of the day or in between meals; and they keep you satisfied for hours.

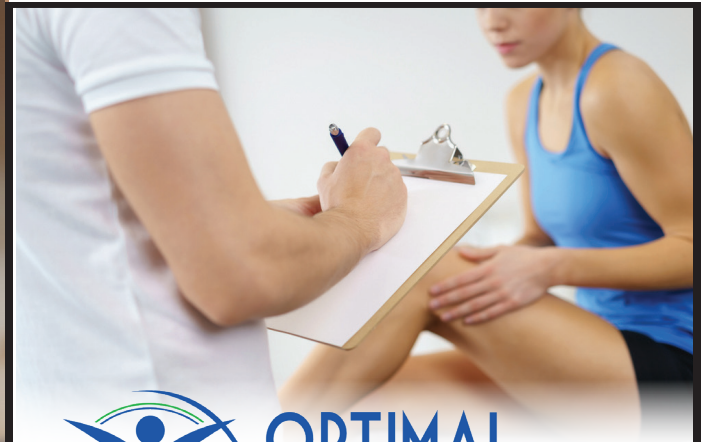
INGREDIENTS

- 1 cup almond butter
- 1 cup coconut oil
- 4 ounces of dark chocolate
- ½ cup unsweetened cocoa powder
- 1/3 cup coconut flour
- 1 teaspoon vanilla powder or unsweetened vanilla extract
- Toppings: chia seeds, coconut flakes, ground nuts, cinnamon, cocoa powder or toppings of choice.



DIRECTIONS

- 1 Over medium heat, combine almond butter, coconut oil and dark chocolate in a pot. Pour mixture into a bowl.
- 2 Once well-combined, add cocoa powder, coconut flour and vanilla powder. Pour mixture into a bowl and place in refrigerator for 15 minutes or until solid.
- 3 Use a cookie scoop to scoop balls. Roll balls with gloved hands until round. While ball is slightly melted from rolling, dip and roll in outer coating. Move on to next ball in the same order. Scoop, roll, dip.



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knee therapy
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a case for INTEGRATIVE MEDICINE



Kimberly Cabe, FNP, has recently opened her own Integrative Medicine Clinic, Faith in Wellness, located at 1010 Rogers Street in Laurel, with the direct primary care model of health care delivery which allows patients to enroll in a clinic as a "member." This allows them essentially unlimited access to the clinic and the provider as well as all the services offered in the clinic.

The human body is a miraculously complex creation. It is comprised of an elaborate ecosystem that is surprisingly resilient given its complexity. Unfortunately, our modern lifestyle has outpaced our bodies' ability to adapt and maintain wellness. Our diets have shifted away from whole, natural foods to processed, inferior foods. There are more demands on our time. We sleep less. We spend less time outdoors. We exercise less. Our jobs are by and large sedentary.

Optimal health has become the exception, rather than the rule. Chronic disease has replaced acute infectious disease as the primary cause for mortality and morbidity and accounts for 75 percent of health care spending in the United States. The onset of chronic diseases is occurring in childhood for many patients – even diseases that were at one time considered purely “adult diseases” like Type 2 diabetes. Unfortunately, chronic illnesses cannot be “cured” in the way that an infection might be. This makes prevention of disease vitally important.

Unfortunately, conventional medicine has historically not been well equipped for prevention of disease. Integrative medicine,

on the other hand, holds prevention, minimization and even reversal of chronic disease at the forefront. Integrative medicine is a marriage of conventional medicine and complementary and alternative medicine. It is patient-centric and highly personalized. It is whole person care with attention to the physical, mental, and spiritual components of health and illness. Integrative medicine practitioners recognize that you cannot separate the physical from the spiritual any more than you can separate the body into individual systems to be treated without consideration of the whole. For example, a patient presenting with high blood pressure cannot be treated as if the problem is localized completely to their arteries. High blood pressure is a symptom of underlying problems and may reflect anxiety, fear, emotional trauma, lack of sleep, hormonal imbalances, mineral deficiencies, toxic exposures, poor diet, underlying infections, side effects of other medications, etc. Administering a blood pressure medication without addressing the health of the entire person will not change the trajectory for the patient. They will end up on two medications,

then three, then perhaps more. They may develop heart disease, kidney disease, stroke, diabetes and other chronic diseases.

The prevention of disease is reliant on an individualized approach that considers the mind, body and spirit. Integrative medicine is growing rapidly in the United States and holds great promise for filling the current gaps in preventative and holistic care. There are clinics, medical centers, hospitals, universities, and medical schools across the country with integrative medicine programs. Since 1998 the federal government has provided funding to the National Center of Complementary and Integrative Health, a department within the National Institutes of Health. In 2017 the NCCIH was granted \$130.5 million for the scientific research of diverse medical and health systems, products, and practices that are not considered “conventional,” according to information published by the National Institutes of Health.

In 2009 the Institute of Medicine convened the “Summit on Integrative Medicine and the Health of the Public” to “examine the scientific basis of integrative medicine and its potential for improving the health of the nation.” In 2014 the

World Health Organization launched the WHO Traditional Medicine Strategy to “strengthen the role that traditional medicine plays in keeping populations healthy.”

The wheel of health is made up of three concentric circles that represent the primary elements of optimal health. Some of the country’s premier medical centers have integrative medicine programs including Cleveland Clinic, Mayo Clinic, Ochsner Health System and Cincinnati Children’s Hospital.

Kimberly Cabe (FNP) was drawn to integrative medicine early in her career as a nurse practitioner working in a neurology clinic. “I watched stroke patients have more strokes, migraine patients have more migraines, and depressed patients need higher doses of medication to function,” explained Cabe. “Chronic pain patients developed addictions to medications because there was no other modality applied to their pain. Side effects of the medications used were worse than some of the diseases being treated. I began to wonder if all there was to the practice of medicine was writing prescriptions and watching patients get sicker.

“I started researching complementary and alternative medicine in an attempt to alleviate suffering without causing more harm,” she continued. “It was incredibly fulfilling to see migraine sufferers get relief, get off medications and go back to living their lives with measures as simple as addressing a vitamin deficiency, eliminating a food allergy or balancing their hormones. It has been even more fulfilling to work with parents to prevent diabetes and high blood pressure in their children or to manage attention deficit disorder in their children without mind-altering drugs. Through the model of integrative medicine, I have been able to help my patients lose thousands of pounds, safely get off hundreds of medications, avoid surgeries, prevent strokes and heart attacks, and reverse diabetes and kidney disease. I have been able to help my patients achieve true healing and, ultimately, wellness.”

Cabe was born in Hattiesburg and raised in Ellisville, where she now lives with her husband and three children (ages 17, 13 and 4). She attended South Jones High School and received her associate’s degree in nursing from Jones County Junior College in 2004. She worked as

an RN at Forrest General Hospital while attending the University of Southern Mississippi, where she received her Bachelor’s and Master of Science degrees in Nursing along with her Family Nurse Practitioner degree. Cabe taught the ADN program at JJC for two years prior to beginning her career in 2010 as a nurse practitioner in Laurel.

“I knew that I would be a nurse as early as eight years of age,” remembered Cabe. “My mother, a licensed practical nurse when I was born, went back to school to become a registered nurse around that time in my life. I would sit in on study sessions that she held in our home. I was fascinated by the inner workings of the human body. It was like learning a secret that no one else knew or understood. Because I had the sponge-like brain of a youngster, I learned faster than my mother’s friends!

“I have always been naturally empathetic and found the act of caring for others to be fulfilling. I am also fiercely independent and uninterested in fitting any stereotypes. I drive a truck and wear high heels.”

*Kimberly Cabe, FNP
Faith in Wellness*

I’m equally happy dressing up for dinner or dressing in camouflage to go deer hunting. My independence made it hard for me to be a nurse, because not all of the physicians orders I was given were appropriate. I had not even graduated nursing school before I decided that I wanted to be a nurse practitioner.”

Unfortunately, during the years of working full time as a registered nurse, raising children and working on her

master’s degree, Cabe’s own health declined.

“I gained a tremendous amount of weight, developed polycystic ovarian syndrome, suffered frequent migraines, became hypothyroid, and ended up significantly depressed. By the time I got to the nurse practitioner program, I was on five prescription medications. None of my attempts to lose weight and regain my health were effective,” she recalled. “In desperation, I went to my primary care provider and told him that I was eating six 200-calorie meals a day and exercising six hours a week and could not lose weight. His advice was to eat less and exercise more. I went to my gynecologist and told him the same thing, and he prescribed me more medication. I saw a neurologist, a rheumatologist, an infectious disease specialist, an orthopedist and a cardiologist for a plethora of symptoms without ever getting a single answer. This journey instilled in me a deep skepticism of the conventional medicine model. So many specialists were looking at only one piece of me and no one was considering the whole of me - not even my family doctor. Today, I am 110 pounds lighter than I was when I started my master’s degree work. I require only one prescription medication, which is for the thyroid gland that never recovered. I am always working to maintain a balance in my work and home life, a balance between rest and exercise, and a balance in my diet. Wellness is a journey and I consider it an honor and a privilege to make this journey with my patients.”

Cabe is trained in both traditional family practice as well as integrative medicine through George Washington University. She has experience in neurology, hospitalist care, internal medicine, family practice, and hospice care. She recently opened her own clinic, called Faith in Wellness, located at 1010

continued on pg. 21

Pictured right: Cabe discusses stress management during one of her Integrative Medicine Seminars.
Photo credit: Linda Cranford



HOMEMADE PET FOOD & NATURAL TREATS

Would you be happy if you ate the same meal every night for the rest of your life? Then why do we expect man's best friend to live happily ever after on store-bought kibble?

By Liz McGehee



There are lots of reasons to make your own dog food.

The number one reason though is that you ensure your best friend is eating natural, organic and nutritious ingredients. Another reason is that homemade dog food relieves upset stomachs and grain allergies. Perhaps the best perk of homemade dog food though, is that it's cost effective when compared to commercial human-grade food, it's easy to make and

requires minimal ingredients.

While there are many benefits to making your own pet food, it's important to keep in mind that, like humans, dog's must have a nutritionally balanced diet. This means there isn't a one size – or one diet – fits all solution. Depending on their dietary requirements, which are different from humans, dogs may require multivitamins, probiotics and calcium supplements, but this won't necessarily make up for low nutrient levels.

According to a study

published in the Journal of the American Veterinary Medical Association (JAVMA), recipes prescribed by board-certified veterinary nutritionists were significantly less deficient in essential nutrients than recipes that came from non-veterinarians. Even if the diet meets the Association of American Feed Control Officials (AAFCO) recommended ranges, you should still watch for possible deficiencies, consult your vet and make the necessary changes to keep your best friend happy and healthy.

PB&B PUPPY POPS

This one is for all of the grain-free pups out there. Truthfully, you can tweak these puppy pops however you'd like, but you can't go wrong with the natural sweetness of peanut butter and bananas. Organic pumpkin puree works just as well and relieves stomach aches.

- 3-4 ripe bananas, peeled and frozen
- 2 cups plain yogurt
- 1 cup peanut butter
- 1 tablespoon honey

Peel bananas and put in freezer for around 2 hours or overnight. In a blender, mix bananas, yogurt, peanut butter and honey until smooth. Spoon the mixture into an adorable popsicle tray or an ice cube tray works just as well. Leave the tray in the freezer for a few hours then serve!

TUMMY TLC

To calm upset tummies, most vets recommend a recipe that is 1 part chicken and 2 parts rice. Unsweetened yogurt, pumpkin, banana, sweet potato and oatmeal are also great for relieving digestive pain. Generally, bland is best. Do not use oil, seasonings or salt as these ingredients might further upset the stomach. You can make a week's worth of dog food by using a slow cooker. Just toss and go.

- 6 organic boneless skinless chicken breasts
- 2 cups brown rice
- 1 can of organic pumpkin, plain (15 ounces)
- 2 bananas, peeled
- ½ cup peas, frozen or canned

Combine all ingredients in a crockpot and cook on low heat for 5-6 hours or until chicken is cooked all the way through and rice is soft. Stir as needed. Chicken should fall apart, but make sure pieces are small and mixed in evenly to prevent choking. Let cool before feeding to your pet. Save extra food in a Zip Lock bag or Tupperware. ■

***Warning: It's extremely important to make sure peanut butter does not contain Xylitol, a sugar alcohol used as sweetener. While Xylitol is safe for humans, it is extremely toxic to dogs. Even small amounts can cause seizures, liver failure, low blood sugar and even death. This will be listed in nutritional facts under total carbohydrates as "Sugar Alcohol" on the back of the product.**



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If arugula is not a regular food on your shopping list, you may want to change that. These delicate leaves not only pack a punch when it comes to flavor, but also deliver great nutrition.

Arugula, otherwise known as rocket or rucola, is a close relative to kale, mustard greens and other brassica vegetables. Arugula's tender, bite-sized leaves are easy to prepare and suitable to be enjoyed either raw or cooked. First cultivated in the Mediterranean, arugula has become a staple in Italian cuisine.

While arugula's peak season is early spring and fall, it is readily available in grocery stores throughout the year. Arugula can also be grown at home, either indoors or outdoors. Young leaves are small, delicate and make the perfect addition to any salad. Older leaves develop a distinct peppery flavor that adds depth to pesto, pasta dishes or makes an excellent pizza topping.

Aside from arugula's

exquisite taste and visual appeal, its nutritional profile alone is noteworthy. Arugula has little calories but delivers high amounts of nutrients. Two cups of arugula contain less than 15 calories but are packed with around 50% of our daily requirement of beta-carotene, 25% of vitamin C and 20% of magnesium.

Arugula contains vitamin B5, which has been found to raise good cholesterol, lower harmful cholesterol and protect against heart disease. Studies confirm that arugula supports detoxifying pathways in the liver, particularly the detoxification of heavy metals that cause skin condition, fatigue or cancer.

Purchasing arugula is simple. Look for bright green leaves that are crisp but not wilted or slimy. At home, loosely wrap arugula in a damp paper towel, store in a refrigerator and consume within three days. Once arugula begins to wilt, it should not be added to salads but is safe in cooked dishes, pesto's or soups. ■



ARUGULA PESTO



INGREDIENTS:

- 3 cups arugula leaves
- ½ cup pine nuts or walnuts, toasted
- 1 tablespoon garlic, minced
- 1 cup extra-virgin olive oil
- ½ teaspoon Kosher salt
- ½ cup Parmesan, freshly grated

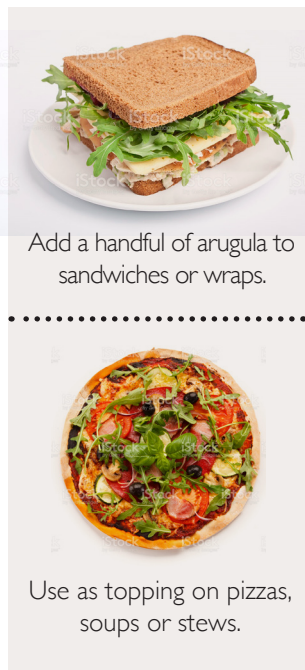


DIRECTIONS:

In a food processor or blender, combine arugula, nuts, garlic, oil and salt. Blend for 30-45 seconds until thick paste forms. Pour paste into a bowl, add Parmesan and stir until well combined. Keep refrigerated in a sealed container up to one week.



Add some arugula to a smoothie.



Add a handful of arugula to sandwiches or wraps.

Use as topping on pizzas, soups or stews.

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recipe



BEGUILING BERRY-FIZZ

bubble tea

Bubble tea first sprang to life in Taiwan in the early 1980s. There's debate over who invented the beloved beverage, but a man named Liu Han-Chieh seems to be the most widely credited creator. His variation was made with a base of tea, milk, ice and tapioca pearls; however, over the years, fruit-based variations were also introduced.

Sweet, refreshing, icy, and satisfying all at once. If there were such a thing as love at first sip, bubble tea would hold that title for me. And this berry-filled, fizzy twist is every bit as enticing. Tapioca pearls are nestled at the bottom of this smoothie, yielding a fun and refreshing treat that will keep you coming back for more. Cheers to love at first sip!

Makes 2
(14-ounce)
smoothies |
1 hour + GF

INGREDIENTS:

TAPIOCA PEARLS

- 7 cups water, divided
- 1/4 cup large tapioca pearls
- 2 tablespoons pure maple syrup

BERRY-FIZZ SMOOTHIE

- 1 cup frozen raspberries
- 1 cup frozen blueberries
- 1 cup filtered water
- 4 pitted Medjool dates or to taste
- 1/2–1 cup lime sparkling natural mineral water

DIRECTIONS:

For the Tapioca Pearls

- 1 In a large saucepan, bring 4 cups of the water to a rolling boil over high heat. Add the tapioca pearls

and stir to disperse. Allow the water to return to a boil. Once the tapioca pearls begin to float to the top, lower the heat to medium and cover the pan, leaving the lid slightly ajar. Cook for 30 minutes, stirring every 10 minutes. Turn off the heat, cover the pan completely, and allow the tapioca pearls to steep for 25 minutes, or until translucent. It's okay if their centers are still flecked with a tiny bit of white.

- 2 Meanwhile, pour the remaining 3 cups water into a large jar and stir in the maple syrup.

- 3 Drain and thoroughly rinse the steeped tapioca pearls with cool water. Transfer them to the jar of sweetened water and refrigerate

until ready to use. They'll keep for about 4 days in the refrigerator.

For the Berry-Fizz Smoothie

Combine the raspberries, blueberries, filtered water and dates in a high-speed blender and blend on high until completely smooth. Stir in the sparkling mineral water, adding 1/2 cup for a sweeter smoothie or 1 cup for a lighter, more effervescent smoothie.

To Assemble

Spoon a generous amount of the tapioca pearls into 2 glasses and pour the berry smoothie on top. Serve immediately with a wide, bubble-tea straw large enough to slurp up the pearls. ■



A Case for Integrative Medicine

continued from pg. 15

Rogers Street in Laurel. Faith in Wellness is a direct primary care practice which allows patients to enroll as a "member." Members have essentially unlimited access to Cabe, the clinic, and all of the services offered in the clinic.

"Direct primary care is an excellent model for the delivery of integrative medicine, as it promotes a stronger relationship between me as the provider and my patients," said Cabe. "It allows me to better support them throughout their wellness journey. It is very difficult to practice integrative medicine in a conventional medical model."

She added that in the direct care model, the monthly fee is drafted each month and neither the patient nor the clinic has to worry about billing or collections. One hundred percent of the provider's and staff's time is spent in patient care. It is also much more cost effective than paying by the visit, since visits naturally occur far more often in an integrative practice.

"Learning to be well is completely different than stopping by to pick up a prescription for the flu," commented Cabe.

She explained that hours of education and counseling are spread over several visits to allow for enhanced comprehension and less confusion. Every set of labs are reviewed in person with handwritten notes and explanations. No aspect of care is left in the shadows. Integrative medicine is patient-centric, which means every attempt is made to ensure the patient understands their illness or symptoms, where they came from, how they can recover, and each step of that treatment plan.

"So, at Faith in Wellness, you can get health care, education, and unlimited access to your provider for \$69 a month, or less than the cost of your daily almond milk latte sweetened with raw honey!" exclaimed Cabe.

Cabe's vision for the future of her practice is a full service integrative complex with massage therapy, physical therapy, counseling, health coaching, a certified nutritionist, and a chiropractor.



Kimberly before and after losing 110 pounds

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Downtown Laurel is exploding with activities and events for the whole family! Check the Facebook pages of your favorite merchant or host for more things to do in Downtown or go to laurelmainstreet.com and its Facebook page for up-to-date info!

Here are some of the upcoming events in Downtown that you and your family are sure to enjoy.

- Lee's Coffee & Tea hosts First Fridays each month with a different theme including open mic night, board game night and vinyl night!
- YWCA hosts a Book club that meets every first Tuesday.
- Lott Furniture hosts Wine & Design every second Tuesday.
- Live Music @ Slowboat every Saturday night.
- March 24: Rockin' Autism Acceptance Event @ Slowboat
- Touch a Truck (A Laurel Main Street Event) – second Saturday in April
- Downtown Crawfish Cook Off – third Saturday in April
- Hello Beautiful Market – April 27-28
- Laurel Rotary Soap Box Derby – May 12
- Geo - Cache the History of Laurel: 20 sites exist in Laurel for this fun and challenging Scavenger Hunt!

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Fairies are invisible and inaudible like angels. But their magic sparkles in nature.
- Lynn Holland

Create YOUR OWN FAIRY GARDEN WITH YOUR CHILDREN

By Michele Robert Poche

What do you get when you mix equal parts creativity, imagination, miniature vegetation and just a little pinch of magic?

If you guessed fairy garden, you're correct. Want to learn how to bring one of these tiny, interactive wonderlands to your very own backyard? Read on.

1. Select your container.

Whether baskets, terracotta pots, wagons or even old bureau drawers, the important thing is that your re-



ceptacle has drainage holes to prevent soggy roots and mold. The benefit to using a portable container is that your wee world can be brought indoors during inclement weather.

2. Create your layout.

Design paths, seating areas, archways, fences and bridges to determine where you want your plants, furnishings and other accessories such as decorative stones or a small mirror that can serve as a reflecting pool.

3. Plant your foliage.

Because they typically have smaller, daintier components, herbs like globe basil, creeping rosemary and Corsican mint work well and give off a nice fragrance. Dwarf varieties of flowering plants such as snapdragons, marigolds and pansies can



bring vibrant color to your diminutive community.

or stepping stones from buttons or bottlecaps).

4. Furnish your garden.

Garden centers, craft shops, aquarium stores and specialty websites can all be great sources of tiny garden furnishings. You'll find everything from birdhouses and tea party supplies to wheelbarrows and watering cans. Or create your own (ex. birdbaths from seashells

5. "Invite" your guests.

Getting one fairy for each member of the household is fun. If you have boys, they may enjoy introducing a few gnomes and elves into the population. Have a family pet? A woodland creature would represent him or her nicely. ■

• local story



Four-year-old Leia Evans was so excited to get to see Elsa.

CRAFTING

for a CAUSE



Special visitors to The Craft Room were (L-R): Anna (Destiny Minter), Elsa (Jana Graham), Melissa Page (owner), Merida (Katelyn Williamson), Belle (Alex Cannon) and Spiderman (Landon Elkins).

at The Craft Room for **TEAAM AUTISM**

by Linda Cranford

Arts and crafts have long been a means of therapy for many individuals. For owner Melissa Page, opening The Craft Room has been both therapeutic and a means of cleaning out her house.

"My husband, David, and the kids were accusing me of being a hoarder," exclaimed Page with a huge smile. "My crafts supplies had almost taken over our house." Page also admitted that her kids had grown up and the fact that they didn't need her as much anymore was very depressing. "David and the kids suggested I open my own craft store."

"They wanted her to do something for herself for a change," added Crystal Ponder Phillips, a close friend and distant relative of Page. "She spent her entire life doing for them."

On Saturday, February 24, surrounded by her family, Page cut the ribbon to officially open The Craft Room in the Sawmill Square Mall in Laurel. In conjunction with the grand opening, Page chose to hold a Crafting for a Cause event with all proceeds going to help TEAAM Autism purchase needed supplies for their summer camps.

Page chose to help TEAAM Autism because of her friend Phillips. Page said she has watched Crystal and her husband, Justin, with their son Tristan, who was diagnosed with Autism, and how dedicated they have been in creating a nurturing environment for him.

"She's amazing," noted Page in describing Phillips. "She's what every mother should aspire to be. They learned at an early age that Tristan was autistic. They didn't just sit around. Crystal started doing research – a lot of research." Her research and dedication led her to TEAAM Autism, an organization dedicated to improving the lives of Mississippians with Autism spectrum disorders, intellectual disorders, developmental

disorders, and specific learning disabilities. The summer camps are held at TEAAM's Center Ridge Outpost ranch in Smith County. Phillips has organized a local Autistic support group called "Warrior Moms," and Page allows them to meet every second Friday of the month at 6 p.m. at The Craft Room.

Page will host the "Little Mr. and Ms. Sawmill Square Mall" pageant at The Craft Room, presented by Jones County Dolls and Dudes, on Saturday, April 28. The pageant is also a fundraising event for TEAAM Autism. According to Phillips the proceeds from the pageant will go towards a scholarship for a child to attend the TEAAM summer camp.

Special visitors for The Craft Room grand opening were Anna (Destiny Minter), Elsa (Jana Graham), Merida (Katelyn Williamson), Belle (Alex Cannon), and Spiderman (Landon Elkins). Guests throughout the day had their pictures taken with their favorite



Frances Hollifield, left, watches as Tori Vermilyea paints a butterfly.



Seven-month-old Kyleigh Bates had her picture made with Anna (Destiny Minter), Belle (Alex Cannon), Elsa (Jana Graham) and Merida (Katelyn Williamson).

character. Other events scheduled for TEAAM Autism include Rockin' Autism Acceptance at Slowboat Brewing Company on March 24 from 5 p.m. until 10 p.m. with special performances by "Down & Good," "The Strays," "Royal Horse," and "Jones & Pine," and three weeks later, there will be the Pinchin' Tails for Autism crawfish boil at Gardiner Park on April 14 from 11 a.m. until 3 p.m. For more information about TEAAM Autism contact Phillips at crystal@TEAAM.org.

For what's happening at The Craft Room, contact Page by calling 601-778-7988 or visit their Facebook page at TheCraftRoomLaurel.



The Dill family Crafting for a Cause – (L-R): Landry, Nikki, Kennedy and Kelley.



Ribbon Cutting – L-R: Brandt Castilaw, Rebekah Page, Olevia Page, Melissa Page (owner), Evan Page, David Page and Linda Orman.

• discover

"Sneaking" VEGGIES INTO YOUR DAILY DIET

By Michele Robert Poche

We're all adults here, right? So maybe we don't actually have to sneak vegetables into our meals anymore. But who wants to eat a bowl of steamed greens every day? (Not me.) Let's take a look at some different ways to incorporate them creatively into our favorite recipes to boost our daily intake of nutrition, vitamins and minerals.

Tacos.

Finely chopped onions or shredded zucchini (peeled first if you need to disguise it) can be mixed in with the ground meat, spices and sauce. It steps up the nutritional value of the meal while also stretching the ingredients.



Cauliflower is a great low-carb substitute to mimic pizza crust, mashed potatoes, rice, breadsticks, mac'n'cheese, tortillas, hummus, rolls, chowder, casseroles, tots, bread, couscous, hash browns, fritters and more. It does take a little time to achieve the right texture and consistency, but once you do, you'll never go back to refined carbs again.

Pizza crust.

(1) 'Rice' a head of cauliflower and remove any excess moisture. (2) Add an egg, goat cheese, oregano, basil and salt then spread ¼-inch thick on baking sheet. (3) Cook at 400 F for 30 minutes, flip and cook another 10 minutes.



HINT:
The secret to success with many of these suggestions is cooking the vegetables until softened for easier blending with other ingredients.

Smoothies.

Love smoothies but don't love the idea of a green beverage? No problem. Slip two handfuls of spinach into a fruit smoothie containing blueberries. Not only do the sweet, fruity ingredients mask the taste of the spinach, the dark pigment of the berry also masks the color.



Chocolate cake. Pumpkin puree is very versatile in that it can be used both as an all-natural alternative to egg (1/3 cup pumpkin = 1 egg) as well as to butter (3/4 cup pumpkin = 1 cup butter). Plus you'll save on fat and calories while also infusing your treat with vitamins and fiber.



Meatballs. Shredded carrots and finely chopped mushrooms both mix very nicely with the ground meat and spices used to prepare meatballs. Feeling especially adventurous? Serve your veggie-laced meatballs over spaghetti squash "noodles."



• fashion

Floral patterns have trended their way from fall right into this year's spring fashion lines. From long floral chiffons to short sundresses, you'll want to pair a few pieces with your denim and cowboy boots. Fashionistas are adding florals to everything! From shirts, jackets and dresses to purses, skirts and accessories. Whether you're attending a casual event or a formal wedding, when you incorporate floral patterns you'll quickly find yourself on the best-dressed list.

Florals & DENIM

You may have noticed a major influx of boots in department stores last winter. Cowboy boots in all colors and styles have become the trending spring wardrobe. Dress them up with a lace dress or dress them down with a sundress. Regardless of your pairing, you will fit right in this spring.





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Sugar Substitute...

continued from page 9

and mouthwash can contain alcohol sugars. Generally, these sugars are deemed safe for human consumption. However, overusing alcohol sugars may have a laxative effect or cause gas, bloating and nausea.

Natural sweeteners are often hailed as a healthy alternative to sugar. This group includes molasses, honey, agave syrup or maple syrup for example. Because these sweeteners contain minerals and vitamins, they are considered somewhat healthier. However, the calorific content is roughly the same as table sugar. Natural sweeteners should merely be considered a choice of taste, rather than cutting down on calories.

Novel sweeteners do not fall into any of the above categories. Stevia, for example, is made from leaves of the stevia bush native to South America. Around 300 times sweeter than sugar, Stevia quickly became a well-known sugar substitute. Even though processed stevia is safe for humans, the use of stevia's whole leaves or other crude stevia products is not permitted due to potential health concerns. Because Stevia is considered a relatively new kid on the block, studies about its long-term use and effects are not yet available. ■

Natural sweeteners should merely be considered a choice of taste, rather than cutting down on calories.



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3rd Annual
Autism Awareness
Pageant

"Little Mr. & Ms. Sawmill Mall"

April 28, 2018

Sawmill Square Mall • Laurel

For more info email:

lynzcarr_1984@yahoo.com

Coming in late 2018!

Jones County's First

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We can't
wait
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THE

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We are building a state-of-the-art indoor shooting range in Jones County in late 2018. Join us to help bring THE RANGE to our area. You can't afford to miss the once in a lifetime membership rates for individuals, families, and businesses, plus a few other benefits!

THE RANGE! For more info or to pick the PERK that's best for you or your business, check out:

<https://igg.me/at/building-an-indoor-range-in-jones-county>

Executive Director



Rashad N. Ali, MD, JD, FACOG

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Bernard De Asis, MD

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601-425-3033

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Wed & Thur 8:00 am - 5:00 pm
Friday 8:00 am - 12:00 pm
Saturday 9:00 am - 1:00 pm
(Pediatrics Only)

LAUREL - OB-GYN CLINIC

113 South 12th Ave • Laurel, MS
601-399-1959

Mon & Tues 8:00 am - 7:00 pm
Wed & Thur 8:00 am - 5:00 pm
Friday 8:00 am - 12:00 pm

Internal Medicine

- Terry Meadows, MD
- Burgese Turel, MD
- Carolyn Schrader, NP
- LaDonna Phillips, NP
- Felecia Keys, NP
- Scott Fowler, FNP

Obstetrics & Gynecology

- Rashad N. Ali, MD, JD, FACOG
- Casey Herrington, NP
- Beverly Love, MD

Pediatrics

- Bernard De Asis, MD
- Lashundra Speights, NP
- Sheree Donaldson, DNP, MEd, APRN, FNP-BC

Pharmacist

- Ronald A. Henry, R.Ph

Dentistry

- Dixon Wise, D.M.D.
- Larry Sumrall, D.D.S.

Mailing Address:

P. O. Box 4361 • Laurel, MS 39441

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203 Broad St. • Sandersville, MS
601-426-9918

WAYNESBORO CLINIC

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601-671-2400
Janna Phillips, FNP

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601-785-9580

Additional Services:

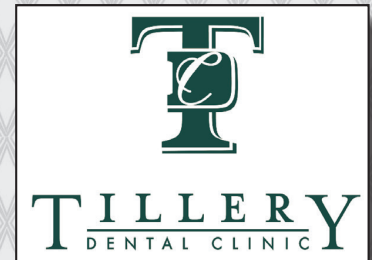
- WIC • Family Planning • Social Services
- EPSDT Screening/Medical Screening

Congratulations to all of our local high school football teams for a successful season!

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