

LEND US YOUR EARS



Participants Sought For Hearing Aid Study

Better Hearing Centers of Florida has received a generous grant to conduct an important field study on a new model of open ear hearing aid. It is smaller and more comfortable than traditional hearing aids.

We are seeking people with hearing loss to participate in this study. Both current hearing aid users and non-users are needed.

Participants will earn the free use of this hearing aid for thirty days. All lab and testing services are performed at no charge through this grant.

At the end of this thirty day trial, participants will return the aids or purchase them at a highly discounted price.

For further information on becoming a participant in this field study

CALL: (239) 458-7900

HOLISTIC HEALTH NOTEBOOK

National Nap Day – Or National Alarm Day?

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When I sat down to write this article, I planned to celebrate National Nap Day. It is the day after Daylight Savings Time ended so we lost an hour of sleep over the weekend. This

is distressing to the American public that is already sleep deprived by over an hour per night. We could all use a good nap.

But when I brought up the Internet this morning, all hopes of sleep fled. A recent study revealed the presence of pharmaceutical drugs in the water supply of over 41 million people – the major metropolitan areas. Presumably, these drugs are present in the water supply in small urban and rural areas as well; they just didn't test them all.

This is not surprising to me. Several years ago, I read *Our Stolen Future*, written by a team of scientists who discovered the presence of large amounts of estrogen in the Great Lakes and the Florida Everglades. The estrogen was concentrated in doses large enough to affect the sexual reproduction of the animals that live there. Estrogen is a very small molecule, too small to be filtered out through municipal filtration systems so as we read this article and sip a glass of water, we are drinking the estrogen that our mothers, sisters, and wives took in birth control pills and hormone replacement therapy.

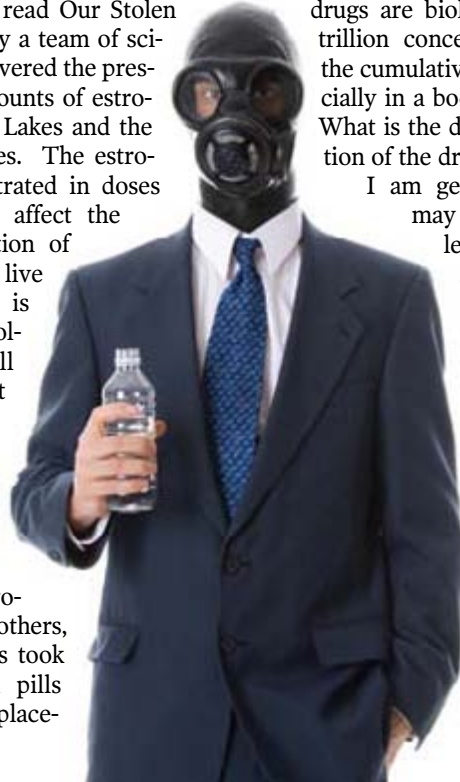
This recent study revealed the presence of antibiotics, anti-convulsants, mood stabilizers, and sex hormones. In recent times, I have been pleased to announce that even at the age of 60, I take no drugs at all. Well, I guess that isn't exactly accurate, is it? Who knows what drugs we are taking?

Researchers said that we need not worry, however. The concentrations of these drugs is very small (parts per billion or trillion) far below the levels of a medical dose. Should we be comforted? No, since some of these drugs are biologically active in parts per trillion concentrations. And what about the cumulative affect of many drugs, especially in a body that does not need them? What is the dosage range of the combination of the drugs?

I am getting scared. Bottled water may be no better, since estrogens leach from plastic containers into the water, especially when heated to over 100 degrees. Imagine a water delivery truck, un-air conditioned, sitting in the hot Florida sun.

Sigh. Maybe I do need that nap after all. A little sleep to dull the senses. ■

— Carol Simontacchi is the owner of the Island Nutrition Center on Sanibel. She can be reached at 472-4499 or on the Web at www.islandnutritioncenter.meta-health.com.





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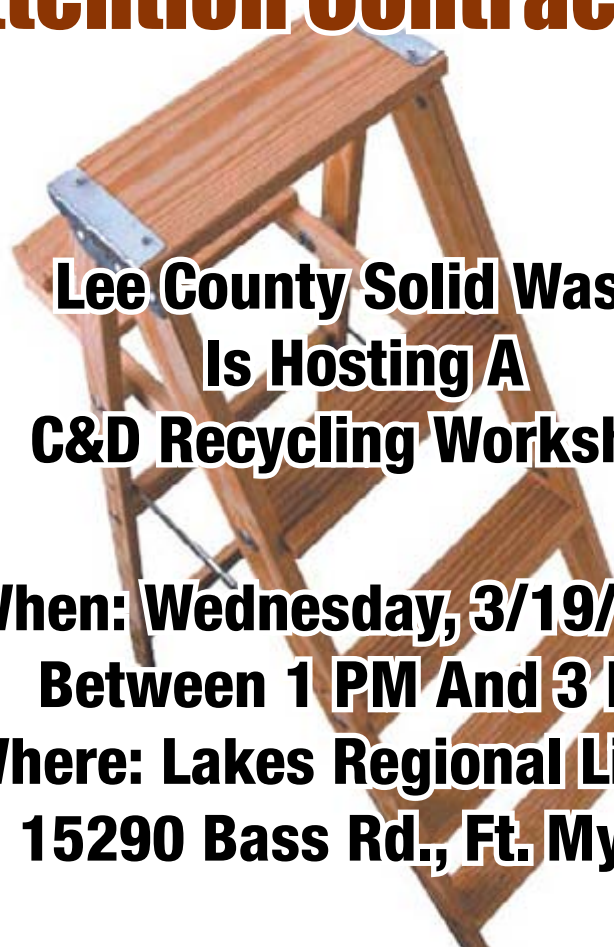
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Attention Contractors!



Lee County Solid Waste Is Hosting A C&D Recycling Workshop

When: Wednesday, 3/19/2008, Between 1 PM And 3 PM

Where: Lakes Regional Library 15290 Bass Rd., Ft. Myers



The workshop will include a brief overview of the Ordinance requirements by County staff followed by a general question and answer session.

Construction projects that are still active after June 1, 2008 must comply with the newly adopted ordinance. This Ordinance requires contractors to divert debris materials from landfilling in the form of salvaging, re-using, and recycling .

The Solid Waste Division will be available to guide you in this endeavour. For additional information call our office at (239) 338-3302 .