



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

Gosh, I'm tired!



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Fatigue is one of the most common reasons that people seek the help of a physician. Apparently, \$3.25 at the pumps isn't our only energy problem.



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Some of our fatigue is our own fault. We work too hard. We watch too much late night TV. We cram more activity into a 24-hour day than we should. We are (unashamedly) workaholics.

No pill on earth will restore normal energy levels in the face of all that.

Lest you think you can use coffee to cover your symptoms, forget it. Coffee actually saps the energy out of your body by exhausting your adrenal gland. Caffeine stimulates the central nervous system and the adrenal gland. It temporarily makes you feel better but the payback is brutal.

Tired? Take a nap, not a pill.

Some of us can't nap, however. What would you think if you walked into my store to hear me emitting Z-z-z-zs in the back room? I do try to get eight hours of sleep per night, but sometimes the stressors of life make me feel tired. Stress burns extra vitamins and minerals that need to be replaced. Superior nutrition can feed the adrenal gland and boost natural energy levels.

So if you are eating properly

and getting plenty of sleep and still feel tired, what can you do? Oh, back up just a moment to the diet question. Eat six small meals per day to balance blood sugar, which helps to level out your energy through the day.

The B complex vitamin is used to "fund" every enzyme. Enzymes are the workers in the body. When the enzymes work properly, cellular energy levels are high, and you feel more energy. I enjoy a high potency B complex every morning that wakes up my brain.

In the afternoon, when energy levels can wane, I enjoy a "daily energy infusion" that combines vitamins, minerals, and amino acids that keeps my brain and body awake. The extra energy does not come from sugars, which eventually deplete energy, but from the building blocks of cellular energy.

What about cost? A good cup of coffee costs about \$2.50; less if you brew it yourself. Good quality energy packets cost about \$1, without the potential of payback. ■

— 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-ehealth.com.



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