



# 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

## It isn't just about food



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People know me as a holistic person who talks about food a lot. I do love food. My favorite TV show is Top

Chef. I drool over the amazing dishes the contestants prepare and am vying for a spot as judge on that show. (I would not ask anyone to pack their knives and go home. "Please come cook for me," I would say.) I love to browse food magazines, and visit [www.wholefoods.com](http://www.wholefoods.com) for fabulous recipes using real food.

My mother died of a very preventable illness at the age of 47; my grandmother similarly passed early. I started having health symptoms in my twenties, and at that age, vowed I would not go the way of my mother. I got into the holistic field out of self defense. I want to live well.

But as convinced as I am of the importance of food, health is not all about food. It is about wearing seatbelts, not smoking, drinking excessively, nor doing drugs. It is about cleaning up our personal and global environment.

And it is about joy. The Scriptures teach, "A merry heart does good, like a medicine." According to recent science, 10 minutes of a good belly laugh is equivalent to an hour of aerobic exercise.

Feelings, physical and emotional, tend to follow the face. For example, if I wear a frown, I will feel sad or depressed, even if I did not start out that way. If I wear a smile, even in times of stress or grief, my emotions are uplifted and I feel better.

According to Candace Pert, author of "Molecules of Emotion," emotions are physical. Emotions are transmitted and perceived in the form of neurotransmitters and hormones. These neurotransmitters and hormones speak to the physical body as well as the mental and emotional body. So when we walk around in a funk, our physical bodies are brought down too.

I can choose to be contented. I can choose happiness over sadness. I can choose forgiveness over anger. I can choose optimism over pessimism. Wasn't it Will Rogers who said, "Every man is about as happy as he wants to be?"

Yes, life can be tough. Life is unfair. People do mean things, deliberately and unintentionally. Life is a process. It is a series of challenges and growth opportunities. I grow the best during times of stress and pain, so I choose to embrace difficulty instead of fighting it. In other words, I choose to be healthy. ■

— 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.island-nutritioncenter.meta-ehealth.com](http://www.island-nutritioncenter.meta-ehealth.com).



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### AGING TO PERFECTION

Wednesdays, June 4 • 11 and Tuesday June 17, 2:00 p.m.

Pam Pence, Facilitator of the Department of Children and Families, and the Hanley Center Foundation

Learn how to strengthen healthy behaviors in older adults, and how to prevent prescription misuse and substance abuse.

### PAIN MANAGEMENT

Wednesday, July 2 • 2:00 p.m.

Dr. Jonathan Daitch of Advance Pain Management and Spine Specialists "Resolving the Pain, Restoring the Person"

Complimentary admission and light refreshments. Limited seating. For reservations call Jan at (239) 267-3621.

Join us for our "Parkinson's Friendly" exercise class every Thursday, 10:30-11:30 a.m. Monthly support group and lunch every 4th Thursday after class. Please RSVP.



Independent Living  
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00765-ROP02-0408

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THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE TO PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION OR TREATMENT WHICH IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR THE FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION OR TREATMENT. THE RISKS, BENEFITS AND ALTERNATIVES WILL BE DISCUSSED DURING THE PATIENT'S CONSULTATION.

## MEMORIAL DAY Garbage Collection Schedule Change

**NOTICE TO RESIDENTS IN:**  
 Upincorporated Lee County, the City of Bonita Springs and Town of Fort Myers Beach

In observance of Memorial Day all garbage, recycling, and yard waste collections are delayed for one day the entire week starting Monday, May 26th.

If your normal collection day is Monday, collection will be Tuesday; if it is normally on Tuesday, then it will be Wednesday; Wednesday's pick-up will be on Thursday; Thursday's on Friday; and Friday's on Saturday.

This schedule is in effect from May 26 to May 31, 2008. Regular scheduled collections will resume June 1st, 2008.

**Lee County Solid Waste Division**  
 (239) 533-8000

Have a Safe Holiday!