

## Consistency helps with fitness routine

BY RYAN C. PERRY  
perry@newsjournal.com

More than half of the members who started the "Consistency Challenge" at Parke Way Fitness Center celebrated the completion of their goals on Saturday at the club in Longview.

The goal of the challenge was to participate in three classes each week for an eight-week period, and 40 of the 64 people met that goal.

"I think a lot of people surprised themselves," said Kelli Chamberlain, Parke Way's fitness director. "Many people think they can't possibly attend more than

two classes per week, but putting a number to the challenge motivated them."

According to Chamberlain, the club's three goals were to keep people working out before summer, to help members begin or maintain a consistent exercise routine and to get people to try new classes.

"Typically, people get sidetracked with their fitness goals when the weather gets nice," Chamberlain said. "Then they panic because summer is here, and they aren't in shape."

The club tracked member's class attendance from April 6 to May 30, posting the results each

week. Beyond the personal goal of finishing three classes for the eight-week challenge, the club awarded prizes Saturday for the members who completed the most classes. Barbara Hawkins, a retired teacher, finished with 111 classes — more than 30 classes ahead of the next competitor.

Michael and Brandi Carter topped the couples' challenge with 84 classes between the pair.

Chamberlain said more classes are at capacity since the challenge's completion, and more people are participating in a variety of classes.

"We've had such a positive response," Chamberlain said.



Special to News-Journal

Participants and trainers celebrated the completion of the Consistency Challenge on Saturday at Parke Way Fitness Center in Longview.

### HEALTH

## Digest

### Hormonal balance

**LA Weight Loss of Longview is hosting a free lecture "Balancing Women's Hormones Naturally" at 3 p.m. Tuesday.**

The presentation covers health concerns for American women and is hosted by The Foundation for Wellness Professionals, a national, non-profit organization that promotes wellness and disease prevention programs for the community.

For reservations or more information, call (903) 236-6222.

### Stroke discussion

A discussion of the signs of a stroke and what to do if a person is having one will be among the topics during a free seminar from 10 to 11:30 a.m. June 19 at The Gardens of Gladeview Community Building, 108 Lee St. in Gladeview.

The seminar is sponsored by The University of Texas Health Science Center at Tyler.

Dr. Wyn Andrews of UT Physicians of Gladeview will define mini-strokes or transient ischemic attacks — TIAs — and explain their relationship to strokes.

He will describe the signs of a stroke and outline what to do if you think you're having one. Andrews also will discuss stroke risk factors and offer practical advice on ways to lower your chances of having a stroke.

The health education seminar is free, but seating is limited and reservations are required. Refreshments will be provided.

Call (903) 845-4398. For more information, visit the UTHSC Web site at www.uthsc.edu.

### Nutritional cleansing

A free workshop titled "The Missing Component: Nutritional Cleansing" is scheduled for 6:15 p.m. June 22.

The presentation, hosted by Family Focus Wellness Center, is designed to explore the concept of nutritional cleansing. Call (903) 236-6222 to reserve a seat.

### Narcotics Anonymous

Narcotics Anonymous meets at 8 p.m. each night at Inspiration House, 784 S. Green St.

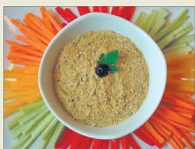
A Spanish session is conducted from 6 to 7:30 p.m. Sundays. For more information on the local group, call (903) 746-5154. The regional Narcotics Anonymous help line is (888) 629-6757.

### Share health info

To have information published in Health Digest please e-mail it to Mike Elswick at melswick@longviewnews-journal.com or fax to (903) 757-3742.

FROM STAFF REPORTS

# 'Food as medicine'



### Sunflower Seed Hummus with Crudite

Adding sunflower seed hummus with crudite to your list of foods is a great way to incorporate more raw food into your diet, according to Danielle Heard. This hummus can be easily prepared and kept in your refrigerator for a healthy snack, appetizer or side dish, she said.

Heard said this hummus provides a good source of protein, magnesium, vitamin E, phosphorus, copper, iron, calcium, fiber, B vitamins, vitamin C, chlorophyll, flavonoids, carotenoids and monounsaturated fat.

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|---|----------------------------------|
| <b>Hummus</b>   | from 1 to 2 (served)             |
| 1 cup sunflower seeds (soak for 1 hour or more)             | 1 teaspoon sea salt              |
| 1 teaspoon garlic (approx 1 large clove peeled and chopped) | 1/2 teaspoon ground cumin        |
| 4 tablespoon raw tahini butter                              | 1/4 teaspoon cayenne             |
| 3 tablespoon olive oil                                      | 1/4 cup chopped fresh parsley    |
| 3 tablespoon lemon juice (juice)                            | 1/2 teaspoon sweet paprika       |
|   | 1/2 teaspoon chopped green onion |
|   | 1/2 cup water                    |

Place all hummus ingredients in a food processor and blend until smooth. Stop a few times to scrape ingredients with a spatula from the sides of the processor so the hummus will blend thoroughly.

Remove blended hummus from the food processor and place into serving bowl or storage container. Cover and refrigerate until ready to serve. Makes 1 1/2 cups of hummus.

**To prepare crudite:** Wash, peel and seed vegetables of your choice. Cut vegetables into sticks. Refrigerate sticks in a container until ready to serve.

When ready to serve, place the hummus in a bowl and garnish with parsley and a black olive. Arrange crudite on a platter around the hummus or on a separate plate.



### Carrot Ginger Soup

Heard said, "With main ingredients such as carrots, ginger and onions, this soup is loaded with excellent sources of vitamin A such as carotenes, vitamin C, vitamin K, vitamin B6, vitamin B1, chromium, potassium, biotin, folic acid, fiber and flavonoids such as quercetin."

- |  |   |
|--|---|
| 1 1/2 cups yellow onion medium dice (about 1 medium onion) | 1/2 teaspoon ground black pepper                                |
| 1 tablespoon olive oil                                     | 1 tablespoon agave nectar                                       |
| 1 1/2 pounds carrots, peeled and cut into 1-inch pieces    | 1 tablespoon fresh ginger juice (about 2 inches of ginger root) |
| 2 cups vegetable stock                                     | Chopped fresh parsley chopped for garnish                       |
| 2 cups water   |   |
| 1/2 teaspoon sea salt                                      |   |

In a medium stock pot, warm oil on medium heat, add onions and stir to coat with oil. Sweat the onions for just a few minutes, stirring occasionally. You do not want onions to turn brown but just to become soft and translucent. A lid is helpful in preventing them from browning.

Add carrots. Stir to coat with oil and cover with lid and cook for 2 more minutes.

Add vegetable stock, water, sea salt, black pepper and agave nectar. Cover and cook on medium heat for about 10 minutes or until carrots are soft. Use fork to test carrots.

While carrots are cooking, make fresh ginger juice. Peel the skin, finely grate ginger with a microplane or a ginger grater. Squeeze grated ginger over mesh strainer placed on top of a bowl. Set ginger juice aside to season soup.

Transfer carrots, onions and juice to high speed blender. Add cooking liquid — the stock less the solids — to cover the top of the carrots and onions and blend until smooth. Continue to add liquid to reach desired creamy consistency. It should be soupy, not thick like baby food. At this time, taste the soup and add salt, pepper or ginger to taste. Transfer soup back to pot until ready to serve. Serve hot, and garnish with finely chopped fresh parsley.

—Source: Danielle Heard



Danielle Heard, holistic health counselor, is seen with healthy meals. From front: tacos, spicy collard wrap and raw pizza. Photos Special to the News-Journal

## Bringing balance to body through benefits of good diet

BY MIKE ELSWICK  
melswick@longviewnews.com

Taking simple steps toward healthier eating can make a big difference in the way people feel, according to Danielle Heard.

A personal bout with her own health challenges led Heard on a decade-long quest to improve her own quality of life and to sharing her findings with others.

She is a holistic health counselor certified by the American Association of Drugless Practitioners, a chef specializing in natural whole foods and Founder of Artemis in the City, a Holistic nutrition services company.

In 1986, while living in Arlington, Heard became ill.

"By the time I was 28, I was chronically sick with migraines, muscle and joint pain, mood swings, nose bleeds, irregular periods and was severely depressed," she said. She also was diagnosed with fibromyalgia.

A variety of medications had no real impact, she said.

"I saw about 20 different doctors who performed a lot of tests, and they all came back negative," she said of efforts to pinpoint the source of her illnesses. "All the doctors said there was nothing physically wrong with me and that I had genetic depression."

Heard set about trying to find the root of her health problems.

"I decided I was tired of living like that," Heard said. At age 30, armed with a bachelor's degree in marketing communications, she sold her possessions and moved to New York City.

"I did a lot of research and changed my diet," she said. "Within two months, all my severe arthritic pain was gone."

### 5 things to improve diet

1. Drink lots of water
2. Eat greens every day
3. Avoid refined sugar
4. Avoid caffeine
5. Eat at least 50 percent raw foods

—Source: Danielle Heard

### If you go

- **What:** Free showing of the documentary "Sweet Misery — A Poisoned World" followed by a discussion on aspartame, an artificial sweetener found in more than 6,000 products.
- **When:** 6:30 to 9 p.m., June 23.
- **Who:** Danielle Heard, a certified holistic health counselor and owner of Artemis in the City Holistic Nutrition Services, will lead the discussion.
- **Topic:** The discussion will focus on the effect of the artificial sweetener on the body's nervous system and brain.
- **Where:** The Unitarian Fellowship Building, 2301 Alpine Road.
- **Contact:** Reservations requested. Call (214) 535-3160 or e-mail info@artemisinthecity.com

many vegetables a day as you can, especially the green leafy variety — you can't get too much of those," Burgoyne said. "Organic is good — if you can afford them — there is a cost issue with them for many people," Burgoyne said. "But the benefits of fresh fruits and vegetables in a diet cannot be underestimated."

Heard said people too often choose foods high in trans fats and preservatives when healthy options are readily available.

"My goal is to help people become more conscious of their food choices." Something as simple as adding greens, whole grain products and beans to a diet can make a huge difference.

"Even if you can't eat organic, it's still possible to eat healthy."