

Home remedies offer food for thought on diet, pain, inflammation

Jennifer Rambo is no stranger to inflammation and pain. The Mitchell County resident, who suffered from Hashimoto's disease, had been told in her 20s she would need to be on thyroid medication for the rest of her life to control inflammation. Long a believer in the powerful impact of diet and lifestyle, Rambo shifted both and no longer shows signs of the autoimmune disease.

Now finishing her health coach certification at New York's Institute for Integrative Nutrition, Rambo is excited to help area residents understand the connection between food, pain and inflammation during the Home Remedies November classes.

These free classes are held Mondays from 5:30 – 6:30 p.m. at Blue Ridge Regional Hospital's Mauzy Philips Center in Spruce Pine.

On Nov. 5, Rambo will focus on sugar and its relationship to inflammation and pain. Home Remedies Program Director Margot Rossi says, "We'll be looking at food labels to help participants learn to identify sugar in all its disguises. We'll also address the danger of diet foods with their artificial sweeteners and offer options to create sweet flavors without sugar." Rossi plans to pair this information with a mindfulness exercise to help people shift their eating

habits.

The topic for Nov. 12 is learning to identify harmful and helpful fats. "The mindfulness practice that week is designed to help us disarm our cravings," Rossi says. On Nov. 19, the class will delve into what an anti-inflammatory diet looks like while learning a mindfulness exercise that teaches self-compassion.

"Changing a habit can be difficult, especially when it comes to diet or exercise, or overcoming an addiction," Rossi says. "The key step in mindfulness is becoming aware—aware of what triggers us, the behaviors we choose and what we experience from our choices. As we

learn more about ourselves and our choices, we may not like what we see. We might feel discouraged and give up trying to change. Having self-compassion is essential to adopting a new habit."

"It's important to realize there is no one size fits all solution to pain management," Rossi adds. "For this series we are coupling mindfulness to diet and lifestyle as an approach to reducing inflammation, and thereby, pain. Success requires practice, commitment and compassion."

Rambo agrees practice, commitment and compassion are keys to success. "Shifting diet and lifestyle aren't easy. Given my own experience, I can say the payoff is exponentially greater than the effort required."

On Nov. 26, class will be held at the Spruce Pine Ingles where Rambo and Rossi will answer questions and share guidance on food selection for an anti-inflammatory diet. This offering is only open to those who have attended at least three classes in the series.

While Rossi believes residents will achieve the greatest results by attending each of these sessions, they will benefit even if they can only attend one.

Home Remedies: Community Options Addressing Pain and Stress is a collaborative effort by the local Partners Aligned Toward Health, RHA Health Services, and Blue Ridge Regional Hospital.

The program's overarching goal has been to reduce opioid use for pain relief. To learn more about the program, visit path-homeremedies.org or contact PATH staff at or 682-7899.



Georgann Eubanks, author of *The Month of Their Ripening: North Carolina Heritage Foods Through the Year*, will read from her new book Nov. 4 at Celso Inn.

Author to read from her new book about heritage foods at Nov. 4 event

Author Georgann Eubanks will read from her new book *The Month of Their Ripening: North Carolina Heritage Foods Through the Year* at the Celso Inn on Sunday, Nov. 4, at 3 p.m. She will be introduced by Abigail DeWitt, whose book *News of our Loved Ones* is just out as well.

Telling the stories of twelve North Carolina heritage foods, each matched to the month of its peak readiness for eating, Georgann Eubanks takes readers on a flavorful journey across the state. She begins in January with the most ephemeral of southern ingredients, snow.

Her very first story is about a January day some years ago when, as a TRAC visiting artist teaching creative writing at East Yancey Middle School, she learned how mountain kids think about snow. (Maybe she'll read that at the Celso Inn.)

In March, she takes a midnight canoe ride on the Trent River in search of shad, a bony fish with a savory history. In November, she visits a Chatham County sawmill where the possums are always first into the persimmon trees.

Talking with farmers, fishermen, cooks, historians, and scientists, Eubanks looks at how foods are deeply tied to the cul-

ture of the Old North State.

Some have histories that go back thousands of years. Garlicy green ramps, gathered in April and traditionally savored by many Cherokee people, are now endangered by their popularity in fine restaurants.

Oysters, though, are enjoying a comeback, cultivated by entrepreneurs along the coast in December.

These foods, and the stories of the people who prepare and eat them, make up the long-standing dialect of North Carolina kitchens. But we have to wait for the right moment to enjoy them, and in that waiting is their treasure.

Georgann Eubanks is a writer, Emmy-winning documentarian, and popular speaker. She is the author of *Literary Trails of Eastern North Carolina*, *Literary Trails of the North Carolina Piedmont*, and *Literary Trails of the North Carolina Mountains*.

There is no charge to attend the reading. A portion of the book sales will go to Dig In!, which will also provide the refreshments for the event.

Since seating at the Celso Inn is limited, please call 828-675-5132 to reserve a place. The Celso Inn is located just off Rt. 80 S at the corner of Seven Mile Ridge Road.

Burnsville Walking Tour needs volunteers for guided tour trial run

Burnsville Tour Company is looking for a few more tour-goers to test market and fine-tune its two new 1-hour guided walking tours of our charming Norman Rockwell kind of a downtown. Called History & Humor Walking Tours, they are literal walks down memory lane -- mostly the nostalgic memories and amusing stories of oldtimers. The tours are free for a limited time, in exchange for feedback, i.e. thoughts, impressions, and suggestions. They'll be held a few times in the afternoons of decent-weather days in early November. Ann Berdeen, proprietor and guide, said, "Anyone who'd like to have a little free fun in advance of going public, call her at 678-9511 or 828-208-0287, or email burnsvilletourco@gmail.com."



Call These Professionals For Top Quality Service!



V.I.P. Bundle
 Video • Internet • Phone
 HIGH SPEED With Unlimited
 NOW STARTING Long Distance
 AT 25 Mbps
ALL IN ONE BILL!
682-4074

Donna Huskins
 EVENT COORDINATOR
 828.645.2700
 10A South Main St.,
 Weaverville, NC 28787
 donna@twistedlaurel.com

ZINK OUTDOOR POWER EQUIPMENT, INC.
 Sales And Service
BCS Tillers
 WALKER MOWERS
STIHL KOHLER ECHO TORO
 180 Carl Eller Rd., Mars Hill, NC
828-689-3237

Delivering Quality Service Since 1972

TANKS • FILTERS • COPPER TUBING
 P.O. Box 550, Burnsville, NC 28714
(828) 682-2478

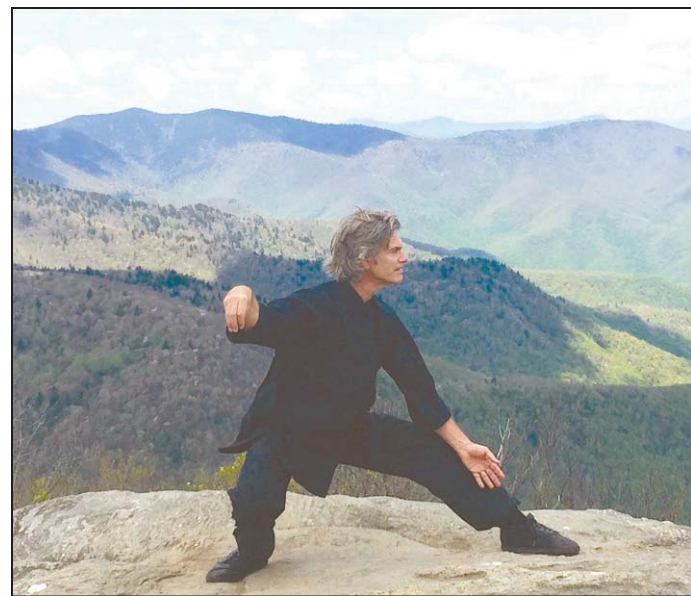
Green Mountain Grading
 Grading • Land Clearing • Roads
 • Septic Tanks • Gravel Hauling
Shannon Deyton
 Cell: (828) 284-2121

B&J Auto Supply
 • John C. Briggs
 • Benny Briggs, Jr.
 828-688-2137
 828-688-2138
 140 Hwy 226 N., Bakersville, N.C. 28705

Full Service Veterinary Care, Boarding & Bathing

Cane River Vet
 Dr. Stacy Jones
 660 West Main Street, Burnsville, NC • 682-7710
 canerivervet.com / we're on Facebook also!
 Support local businesses

Mac® Users
 Tired of being told "We don't service Mac's"?
 "I don't do Windows!"
 Call Jim!
10+ years experience **828-649-3911**
cell: 778-3792
 Mac® only experience • We come to you or you can drop off
 Patient lessons in plain English... easy to understand.
REPAIRS • INSTRUCTION email: fixitjc@basicisp.net



Dr. Larry Cammarata, Tai Chi instructor, will teach a class at Celso Health Center on Nov. 12.

Tai Chi workshop on Nov. 12 at Celso Health Center on Mind Body Integration

Dr. Larry Cammarata will lead a workshop on "Tai Chi for Mind-Body Integration" on Saturday, November 10, from 10 a.m. to 12 noon, at the Celso Health Center in the Ruth Pope Classroom.

Tai Chi is a perfect practice for learning to integrate your mind with your movement. This gentle exercise strengthens mental and physical well-being, improves balance, mental calmness, deep relaxation, and decreases pain and stress.

In a supportive group setting, the workshop aims to inform and inspire Tai Chi practitioners of all levels—from beginner to advanced—to take their practice to the next level.

All are welcome; please wear comfortable clothes and flat-soled shoes.

Larry Cammarata, Ph.D. is a licensed psychologist specializing in mindfulness-based psychotherapy and mind-body medicine and an advanced instructor of Qigong and Taiji.

Larry lives in Asheville, where he teaches Qigong and Taiji and offers workshops in mindfulness meditation. See: mind-bodywellness.org/tai-chi-qigong.html.

Fee: \$25 prior to the workshop; \$35 at the door.

The workshop supplements the weekly classes at the Celso Health Center (Tuesdays, 5:30-6:30 p.m.) and Bakersville Health Center (Wednesdays, 5-6 p.m.) led by Jennie Boyd Bull, instructor.

To register, contact Jennie at 845 807-1989 or jennie.boyd.bull@gmail.com.

Hospice and First Baptist Church partner for community grief support group meetings

Grief is a natural reaction to loss and can affect every part of our lives — physically, mentally, emotionally and socially.

If you or someone you know has experienced a loss of any type, the support of others can play an invaluable role in the healing process.

For this reason, Yancey Hospice and Palliative care is partnering with First Baptist Church of Burnsville to offer a

Community Grief Group.

The group will meet monthly at First Baptist of Burnsville at 4:30 p.m. The first meeting is scheduled for Tuesday, Nov. 13, at 4:30 p.m. at First Baptist Church.

If you are interested and have experienced loss in some way, you are invited to attend.

Please RSVP by calling the First Baptist Church office at 682-2288.