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MAY 2026

Health & Wellness

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MAGAZINE

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WOMEN'S HEALTH

**Women's
Health Tip
Checklist**

**Prioritizing
Wellness at
Every Stage**



**Why Women's
Hormones Are
Such a Hot Topic
Right Now**



Seeing fitness as more than a physical need
My Hobby Made Me Healthier in Unexpected Ways

Postpartum Depression Can Become Suicidal
Life-giving Sun Can Be Damaging to Your Skin

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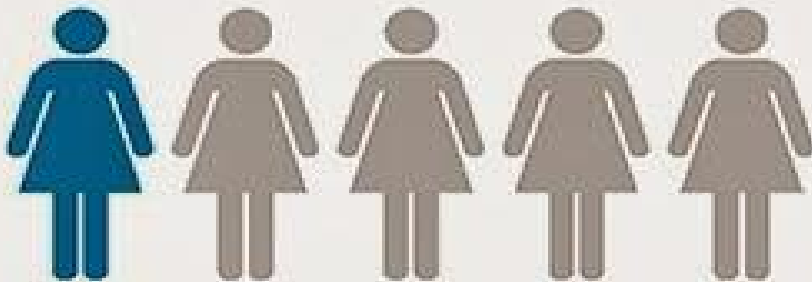
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Pay Attention to Your Mental Health



Did you know? Mental and physical health are connected. Taking care of your mental health can help you feel better physically, and taking care of your body is important for your mental health.



Each year, **1 in 5** women in the United States has a mental illness ranging from mild to serious.¹

Almost **twice** as many women as men have ever been diagnosed with **anxiety**.²

Women are more than **twice** as likely as men to develop **PTSD**.³





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SALES & MARKETING: 785-380-8848

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ON THE COVER:

Our cover this month features a young woman exercising. For Women's Health Month, we feature ways for women to prioritize their mental and physical health.

Read more about this and other healthy living topics in the following pages.

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May is Women's Health Month Reduce your Risk of Breast Cancer



APPROXIMATELY

232,000

NEW CASES OF BREAST CANCER ARE
DIAGNOSED EVERY YEAR IN THE
UNITED STATES.¹



1 IN 8

U.S. WOMEN WILL GET
BREAST CANCER AT SOME
POINT IN THEIR LIVES.²

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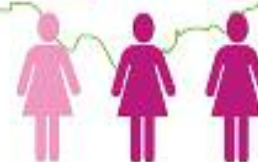
BREASTFEEDING

AICR estimates that

38%

of U.S. breast cancer cases or about,

1 in 3



could be prevented by being at a healthy weight, being physically active,
avoiding alcohol and breastfeeding.²

That's over **89,000** cases each year that never have to happen.

**The Promise
of Survival**



There are now nearly **3 million**
breast cancer survivors in the U.S.,
who are living longer, healthier lives than
ever before.¹

1. National Cancer Institute. 2024.

2. American Institute for Cancer Research. AICR/WORF Continuous Update Project Report: Breast Cancer, 2020.

The evidence is the latest from the AICR/WORF Continuous Update Project (CUP), which systematically updates and reviews the research conducted worldwide into cancer risk related to diet, physical activity and body weight. All the evidence gathered is then assessed by a panel of independent scientists who make recommendations for cancer prevention.

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Women's Health Checklist: Annual Tips for Health & Wellness

May is Women's Health Month! Women are often caretakers of others and it is critical to care for yourself too. It is common for women to put their needs behind the needs of other family members. It is important to prioritize women's health, which encompasses physical, mental, and emotional wellbeing.

Having a checklist to work off of can help you make sure you are giving enough attention to the many areas that are critical to your health. Use a checklist like the one below to check in with your health.

1. Routine Health Screenings and Exams- routine preventative care reduces your risk of major disease

- Pap smears: Recommended every three years for women ages 20–65
- An annual exam with ob-gyn
- Mammogram: Recommended annually for women ages 45–54. You may begin at 40
- Colonoscopy: Recommended for women 45 and older, this screening test detects colon cancer.
- Bone density test: Helps identify osteoporosis, an age-related disease that weakens the bones. Usually recommended for women at age 65
- Blood pressure screening: Recommended every 3-5 years for 18-40 years old, after age 40 schedule yearly screenings
- Lung cancer: Recommended annually for regular smokers between 50–80 years old.
- Blood work: Yearly blood tests can help detect serious conditions. Cholesterol, blood sugar, iron, and other readings may be done.
- Skin checks: Recommended for women yearly.
- Dental exams: Recommended every six months, or every three months for those who get cavities or gum disease despite having regular cleanings.
- Eye exam: should be done yearly.

2. Nutrition and Diet

- When possible, eat whole foods and limit processed snacks and alcohol
- Drink half of your body weight in ounces of water
- Consult a dietician to create a customized plan aligned with your health goals

3. Exercises and Physical Activity

- It is recommended for women to get 75 minutes of high-intensity or 150 minutes of moderate-intensity car-



diovascular activity weekly

- It is recommended for women to lift weights at least two days per week
- Maintaining flexibility is vital, especially following a bout of cardiovascular exercise
- Deep core strength is essential, especially after pregnancy. Consult a pelvic floor therapist to improve core weakness.
- Some women select their workouts based on the current phase of their menstrual cycle. This is called “Cycle Syncing”

4. Sleep and Rest

- Sleep is essential to reduce cortisol levels
- Women should strive for 7-9 hours of sleep each night
- Black-out curtains may help if you struggle to fall asleep or stay asleep
- Keep your phone away from your bed or even outside of your bedroom to limit distractions and scrolling overnight

5. Stress Management

- Prioritize self-care routines such as exercise, eating whole foods, skin care, being in nature, reading a good book, enjoying a delicious beverage, etc.
- Lean into your support network. Women sometimes struggle to receive help. Be honest and vulnerable with trusted friends and family when you are experiencing high stress
- Practice mindfulness such as deep breathing, meditation, and prayer

6. Mental Health Screenings

- Depression and anxiety can interfere with daily living. If you suspect you struggle with either of these conditions

or other mental health issues, contact your doctor or a psychologist to receive support

- Post-partum depression (PPD) affects 1 in 8 women who have given birth recently. Check in on the women in your life who have babies, even if it seems like they are doing great.

7. Brain Health and Lifelong Learning

- It's never too late to learn something new. Take a class at your local community center, read a non-fiction book, work on a puzzle, or learn a new craft to stimulate your brain

8. Building and Maintaining Relationships-check in with other women to support and encourage them

- Women are inherently wired to thrive in community with others. Take time to reach out to friends you haven't spoken with recently
- If you have recently moved to a new city and want to make new friends, join a local running club, church group, or mom group, or volunteer to meet new people

9. Self-care strategies

- Self-care isn't selfish! You have to fill your cup to be able to fill others.
- Try to do at least one thing daily to nurture yourself physically, emotionally, or socially. This could include taking a bath, journaling, or walking with a friend.

10. Emotional Expression and Processing

- Emotions are natural and should not be suppressed. There are healthy ways to process grief, sadness, anger, and worry. Some ideas include externally processing with a therapist, journaling, creative expression, and constructively problem-solving

11. Set Health Goals

- Follow the SMART acronym when creating goals-make them specific, measurable, achievable, relevant, and time-bound
- Identify an accountability partner who can check in as you're working towards your goals

Time for yourself can be hard to come by, and your friends here at Freedom PT Services are here to help. Start trying to commit to 3 things to start. Making time for your health is important and we are here to support you!

—freedompt.com

Why Women's Hormones Are Such a Hot Topic Right Now (And why that's a good thing)

If it feels like everyone is suddenly talking about hormones—you're not imagining it. For years, women were told some version of:

- "It's just your hormones."
- "That's normal."
- "It's part of being a woman."

And while those experiences may be common, that doesn't mean they're normal.

There's a difference.

Common means a lot of women experience it.

Normal means the body is functioning the way it's designed to.

Those are not always the same thing.

So Why the Shift Now?

Women are starting to connect the dots. Instead of brushing off symptoms, they're noticing patterns:

- Low energy
- Mood swings
- Cycle changes or intensify
- Lack of quality sleep
- Feeling "off"

And they're asking a better question:

"What is my body trying to tell me?"

Hormones Are Messengers

Hormones don't just "cause problems."

They are very important communicators about what's happening inside the body.

They respond to:

- Stress

- Sleep quality
- Nutrition and blood sugar balance
- Physical strain and recovery

So when hormones feel "off," it's often not the hormones themselves – it's what they're responding to.

That's why simply dismissing symptoms or covering them up doesn't solve the root issue.



Women Are Finally Listening

What's changing right now is powerful.

Women are no longer accepting:

- Being dismissed or told this is "normal"
- Being told to push through it, "tough it out"
- Being given surface-level answers, "its just the way it is"

Women are paying attention, asking questions, advocating for their bodies and most importantly—they're listening. Because hormones have a lot to say.

Final Thought

At Beckley Chiropractic, we don't see women as a collection of symptoms—we see women as living, breathing integrated beings that are constantly changing, healing, adapting, responding, and trying to find a balance.

which are tailored to the specific individual needs of the patient. After taking a complete history and providing a detailed diagnosis to the patient, Dr. Beckley will develop and carry out a treatment plan, as well as recommend rehabilitative exercises. Dr. Beckley may also suggest nutritional, dietary, and lifestyle modifications to help the patient reach their health goals.

Dr. Beckley believes in

addressing the patients overall health and not just their specific symptoms.

She is focused on how a patient's musculoskeletal system

and nervous system

function in relation to

the whole body. Dr. Beckley is a certified yoga instructor and offers classes at Beckley Chiropractic & Wellness.



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Where are the **Dead?** Do We have a **Immortal Soul?**

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Is man mortal or immortal? *"Shall mortal man be more just than God?"* [JOB 4:17](#) (Man is Mortal).

Can the soul of man die? *"The soul that sinneth, it shall die."* [EZEKIEL 18:4](#) (all mankind have sinned).

How did God FORM the Soul? *"..the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."* [GENSIUS 2:7](#) (Caucus + Breath = Soul).

What happens when a person dies? *"Then shall the dust return to the earth as it was: and the spirit shall return unto God who gave it."* [ECCLESIASTES 12:7](#) (The Soul does not exist – we Sleep).

Where does every person go when he dies? *"All go unto one place; all are of the dust, and all turn to dust again."* [ECCLESIASTES 3:20](#) (the Dead Sleep Awaiting one of two Resurrections).

Is there any intelligent part of man that lives on after death? *"...his breath (spirit) goeth forth, he returneth to his earth; in that very day his thoughts perish."* [PSALM 115:17](#) (no Awareness - Asleep).

Does man know anything after death? *"The living know that they shall die: but the dead know not anything...Also their love, and their hatred, and their envy, is now perished.."* [ECCLESIASTES 9:5-6](#) (Nothing).

When does Jesus declare that every man will receive his reward? *"For the Son of man shall come in the glory of His Father with His angels; and then He shall reward every man according to his works."*

[MARRHEW 16:27](#) (All Rewarded at the Second Coming of Jesus Christ for His Saints).

The Only Way we can live forever? *"He that believeth on the Son hath everlasting life: he that believeth not the Son shall not see life; but the wrath of God abideth on him."* [JOHN 3:36](#) (One True Christ).

The Churches have **LIED** to us – we **do not** have a soul that has Immortality

God only has **immortality** (1 Timothy 3:16) *** God promised **"Eternal Life"** (Revelation 22:14)

We shall eat from the **"Tree of Life"** (1 John 2:25) throughout Eternity.



STROKE KILLS. BE FAST! Call 911.

Know the Signs:

Balance	sudden loss of balance or coordination
Eyes	sudden change in vision
Face	sudden weakness of the face
Arms	sudden weakness of an arm or leg
Speech	sudden difficulty speaking
Time	time the symptoms started

During a stroke 32,000 brain cells die every second. **BE FAST!** Call 911.

Health & Wellness MAGAZINE

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Age is Just a Number: Health Tips for Women Over 50

As women grow older, they are always looking for ways they can stay healthy as they age. Adopting and maintaining a few key habits can help women over 50 live longer, healthier lives. Here are some pointers for making the golden years more enjoyable.

Be physically active.

Many women may gain weight before, during, and after menopause which often occurs between ages 45 and 55. This weight gain may be caused by declining estrogen levels. Regular exercise benefits the heart and bones, helps control weight, and can improve your mood.

Eat healthy foods.

A healthy diet can help counter the symptoms of perimenopause and menopause and prevent many chronic diseases and different types of cancers. The intake of preventive nutrients essential in menopause includes vitamin D, vitamin C, B vitamins, protein for energy, and calcium.

Get quality sleep.

All adults need seven to nine hours of quality sleep each day. Women may be particularly vulnerable to insufficient sleep duration and quality after the menopausal transition. To achieve better sleep, follow a regular sleep schedule, and avoid naps late in the day as this may keep you awake at night.

Maintain social connectedness.

The quantity and quality of social contacts and interactions with people are important for women during menopausal changes. Actively engaging with family, friends, and your community in a positive way can influence your health and well-being.

Manage your stress.

Research revealed that women in the early perimenopausal phase may experience higher stress levels. Learning to cope with stress with



meditation techniques, physical activity, and by participating in activities you enjoy will help you, the people you care about, and those around you to quickly recover from life stressors.

Limit or avoid alcohol and don't smoke.

Smoking and heavy alcohol consumption increases the risk of depression in premenopausal women; and postmenopausal women who smoke have lower bone density. You can gain substantial health benefits when you limit or avoid alcohol and quit smoking.

Women over 50 years can enjoy life to the fullest and do the things they value

when they put healthy habits into everyday practice.



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Life-giving sun can be damaging to skin

By Joseph Gadzia

The sun is the life-giver on our planet. It provides the light and the warmth that we need to survive. It also, however, gives off two types of radiation that penetrate the atmosphere, clouds and the layers of our skin. That radiation is in the form of UVA and UVB waves.

These non-visible forms of light interact with the DNA of our skin cells, causing damage to the genes that control how often a cell divides and multiplies. When these cells are irrevocably damaged, the cell loses the ability to control itself and it repeatedly divides while ravaging nutrients and space from the nearby normal cells. If the damaged cell also starts losing its anchors to the skin, it can start migrating to other areas of the body in the form of “metastasis.” Depending on the type of skin cancer, this can be rapidly fatal, as the cancer kills off the normal cells in other organs and stops their proper function.

The damage done by the sun, however doesn't always lead directly to cancer. Sometimes there can be an early form of damage called ‘pre-cancerous lesions’, or medically termed as actinic keratosis. These lesions are often better felt than seen, and present as rough, sandpaper-like spots on the skin. They can also be very noticeable as thick red scaly spots on the skin.

These types of pre-cancers can be readily treated by your dermatologist without surgery. We have various methods to remove these to help reduce the chance of progression to cancer. Such modalities as “freezing” the lesions with liquid nitrogen, application of chemotherapy creams, and treatment with phototoxic chemicals are the most common methods used, and are usually done with minimal downtime.

There are many types of skin cancer that are different based on the type of cell from which the cancer is derived. The three most-common types of skin cancer are:

1. Basal Cell Carcinoma (BCC)
2. Squamous Cell Carcinoma (SCC)
3. Melanoma

BCCs are derived from cells in the hair follicles. SCCs are derived from the squamous cells (the cells you see with your eyes and feel with your fingers when you rub your skin). Finally, Melanomas are derived from the melanocytes which are the cells that give your skin its pigment or color.



Failure to treat actinic keratosis-or pre-cancerous lesions-increases the risk that these lesions will progress to SCC. In fact, about 5 to 10 percent of all actinic keratosis left untreated will progress to this type of cancer. However, it is possible to develop an SCC without having an actinic keratosis.

BCC's are the most-common type of skin cancer – or any cancer. Fortunately these cancers rarely metastasize or spread to other organs even if left untreated for years, although it is possible. However, these cancers can be very aggressive locally, and they can grow quite large and deep without any evidence to the patient or the physician until the time of surgery. Surgical excision is the treatment of choice, although radiation and chemotherapy creams may be used to remove them. Mohs Surgery is typically used to treat these cancers on the face. This surgery involves cutting around the cancer with thin surgical margins, and then processing it immediately within the doctor's office in such a way that 99 percent of the margins can be visualized at one time. This special type of surgery allows for very high cure rates, yet still allows tissue sparing in delicate areas of the face for the best cosmetic outcome.

SCC is the second most-common type of skin cancer. Fortunately, if caught early, it is easily removed and cured. However, it does have the potential to metastasize to other organs, and left untreated it can rapidly spread to the lymph nodes, lungs, and other organs, which can result in death. Sometimes these cancers grow very rapidly even

within a matter of weeks.

The treatment for these types of cancers is usually surgery. On the body, these cancers are usually removed with a standard surgical margin and sent to a pathologist who takes several slices of the specimen and looks to see if it involves the margin. This will usually result in a cure more than 95 percent of the time. On the face in particular, these cancers (along with the other cancers mentioned) can spread underneath the skin along the different planes of the skin and muscle, and be completely invisible to the patient and the physician. Mohs Surgery is used to treat these types of cancer as well.

Finally, I come to melanoma skin cancer. This is the Tyrannosaurus Rex of skin cancers, because if not caught early, it rapidly spreads throughout the body, particularly the lymph nodes, liver and brain. It is the most ruthless of the skin cancers (and of almost any cancer for that matter) as once it moves beyond the skin, it is almost impossible to stop. Melanoma responds very poorly to radiation and chemotherapy. Because of the need to diagnose these cancers early, it is important to know what to look for. Dermatologists often talk of the ABCD's of melanoma (see sidebar.)

Remember, the radiation that causes skin cancer is completely invisible to our eyes, and it penetrates even the clouds, so it is damaging us even when it is cloudy outside. Sunscreen and protective clothing is our best defense. Most people do not apply enough sunscreen. If you are going to be outside, you would need to apply 1-ounce of sunscreen to adequately protect your body (about a quarter of the size of a regular bottle.) Also, sunscreen lasts about two hours at best, so it needs to be reapplied every two hours. Finally, pick a sunscreen with at least an SPF of 45, and make sure it covers both UVA/UVB radiation. There was a study that said that for every inch of brim of hat around your head you wear, you decrease your chance of getting skin cancer on your face by 10%. Wear a hat, wear sunscreen, reapply and enjoy life-giving sun while staying protected.



Close-up of actinic keratosis skin lesion

The ABCD's of Melanoma

- Does a mole have **A**symmetry (does one side look different if you draw a line down the middle?)
- Does a mole have irregular **B**orders?
- Does a mole have different **C**olors?
- Does it have a **D**iameter larger than an eraser head?

If the answer to any of these questions is yes, then you should have it looked at by a dermatologist.

You Can Heal with Each Meal!

In the world of nutrition, quick results are seductive. Carnivore, Paleo, and ketogenic (keto) diets have become popular because they often deliver fast improvements. Weight loss, lower blood sugar, and relief from digestive discomfort may be noticed within weeks. But after these short-term benefits can come harms, that only become obvious much later.

One of the key reasons these diets can make people feel better quickly is their low fiber content. While fiber is essential for health, if symptoms come after consuming it, that can be an indicator that your gut microbiome is not healthy. If your digestive system is struggling because you lack the right types of gut bacteria, feeding your current gut bacteria large amounts of fiber can lead to bloating, gas, and other discomforts. By drastically reducing fiber intake, low carb diets essentially “quiet” this microbial ac-

Weight loss alone can improve health markers such as blood sugar levels, insulin sensitivity, and cholesterol profiles. For someone with metabolic issues, these improvements can feel dramatic and validating.

However, the critical mistake is *attributing these benefits to the diet's composition rather than the weight loss itself*. Even chemotherapy (when it leads to weight loss) can trigger similar metabolic improvements, but that doesn't mean that chemo builds health! Over time, the initial benefits of avoiding carbs and fiber often fade leaving the individual in even worse gut and metabolic health.

The long-term consequences of low-fiber diets are real. A healthy gut microbiome depends on a wide variety of plant fibers to thrive, and the more you eat fiber rich foods, the more of the bacteria that allow you to eat fiber will grow in your gut. Fiber acts as fuel for beneficial bacteria, which in turn produce compounds that support immune function, reduce chronic inflammation, and even influence mental health. When fiber intake is chronically low, microbial diversity declines, certain beneficial species diminish, and the overall ecosystem becomes less resilient. The less fiber one eats, the less one has the gut microbes that CAN eat fiber, and the more uncomfortable a person will be when exposed to any fiber. Then pro-inflammatory microbes fill the gap in the gut, setting the stage for more problems.

None of this is to say that people don't experience real, meaningful improvements on low carb diets in the short term. But short-term relief is not the same as long-term health. Suppressing symptoms by removing fiber and drastically limiting food variety is



tivity, leading to immediate symptom relief. But the gut has not healed, you've just removed the indicator telling you that your microbiome is not healthy. It's like turning off your check-engine light without fixing the problem it was telling you your car had.

For a while, this can create the illusion that these diets are healing. But in reality you are not just avoiding the problem rather than addressing it, but also increasing the odds of causing even worse problems down the road. An imbalanced microbiome gets worse over time without the diverse nutrients it needs to recover.

Weight loss is another major driver of the perceived success of these diets. By cutting carbohydrates (which often reduces overall calorie intake, as the desire to eat can be diminished on these diets) people may lose weight.



not a strategy for building lasting health.

A more effective approach is to restore the gut microbiome, not avoid fiber. This means increasing dietary diversity; eating a wide range of plant-based fibers, getting enough sleep and exercise. While this path may not deliver instant results, it builds a foundation for long-term well-being. But if you've wrecked your gut with diet, antibiotics or GMOs – you might need help.

James and Dahlia Marin, are gut health experts and integrative dietitians who have been helping clients, “heal with each meal.” They will be among the many nationally recognized speakers coming to Kansas City for the **Vibrant Vegan Fest** in September. If you are seeking to heal your gut after experimenting with a low-carb diet, they may be just the folks who can show you the way!

The bottom line is simple: don't trade your future health for quick fixes today. True health isn't about how you feel in a few weeks – it's about how your body functions for years to come.

-By JoAnn Farb

JoAnn Farb is a former microbiologist with a global pharmaceutical company, and the author of *Compassionate Souls – Raising the Next Generation to Change the World, and Get off Gluten*. She speaks nationally and lives in Lawrence where she teaches about the benefits of the Whole-Food Plant-Based Lifestyle. She can be reached through her website at www.JoAnnFarb.com.



JoAnn Farb

Women's Health: Prioritizing Wellness at Every Stage

Women's Health Month is a time to focus on the unique health needs of women and encourage proactive wellness. This month serves as a reminder for women to prioritize their health through education, self-care, and regular screenings. Whether you're in your 20s, 40s, or beyond, maintaining a healthy lifestyle and staying up to date with essential check-ups can lead to long-term well-being.

Why Women's Health Matters

Women's health is more than just reproductive care—it encompasses heart health, mental well-being, bone strength, and chronic disease prevention. Many conditions that affect women, such as heart disease and osteoporosis, can be prevented or managed with early detection and a proactive approach.

This Women's Health Month, take time to schedule check-ups, focus on mental wellness, and adopt a lifestyle that supports long-term health. Encourage the women in your life to do the same—because good health is one of the greatest gifts we can give ourselves and our loved ones.

Prioritizing your health isn't just about living longer—it's about living better. Let this month be the motivation to invest in your well-being for years to come!

Women's health evolves at different stages of life, requiring unique care and attention. Regular check-ups are essential for early detection and prevention of potential health issues. Understanding what to expect at every stage and the necessary screenings can help women maintain optimal well-being. Below is a guide on what to expect during each phase of life and the key check-ups required to stay healthy.

20s to 30s

What to Expect:

- Fertility discussions and family planning options.



- Hormonal changes that may affect weight, mood, and skin health.
- Increased risk of stress-related conditions.

Key Check-Ups:

- Annual well-woman exam, including breast and pelvic exams.
- Pap smear every 3 years (or every 5 years with HPV testing, per guidelines).
- STI screenings if sexually active.
- Blood pressure, cholesterol, and blood sugar checks if at risk.
- Skin exam for mole changes.
- Mental health assessment.

40s

What to Expect:

- Perimenopause symptoms such as irregular periods, mood swings, and hot flashes.
- Increased risk of heart disease and diabetes.
- Changes in metabolism and body composition.

Key Check-Ups:

- Mammogram starting at age 40 (or earlier if at higher risk for breast cancer).
- Pap smear and HPV test as recommended.
- Diabetes and cholesterol screening.
- Blood pressure check.
- Thyroid function test if symptoms arise.

- Eye exam, especially if experiencing vision changes.

50s

What to Expect:

- Menopause and related symptoms like bone density loss, mood swings, and vaginal dryness.
- Increased risk of osteoporosis and cardiovascular disease.
- Slower metabolism and weight gain.

Key Check-Ups:

- Bone density scan (DEXA) to assess osteoporosis risk.
- Colonoscopy starting at age 50 for colorectal cancer screening.
- Mammogram every 1-2 years.
- Blood pressure and cholesterol tests.
- Diabetes screening.
- Pelvic exam and continued Pap smears as needed.

60s & Beyond

What to Expect:

- Increased risk of chronic conditions such as arthritis, dementia, and heart disease.
- Bone fragility and heightened fall risk.
- Continued menopause-related health concerns.

Key Check-Ups:

- Bone density test every few years.
- Mammogram (as per doctor's recommendation, usually stopping at age 75).
- Colonoscopy every 10 years (or more frequently if needed).
- Annual vision and hearing tests.
- Cognitive health screenings.
- Vaccinations, including shingles and pneumonia shots.

Final Thoughts

Taking charge of your health at every stage of life ensures longevity and quality of life. Regular check-ups help in the early detection and prevention of diseases, making them a crucial aspect of women's well-being. Stay proactive and consult with your healthcare provider to tailor screenings and care specific to your needs!

How Much Time Should Runners Actually Spend Stretching?

For many runners, stretching can feel a lot like flossing: You know it's good for you, but it's not the most thrilling activity... which makes it tough to consistently incorporate into your routine.

So how much time do runners *actually* need to spend stretching? Is it really something you need to do on a daily basis to reap the benefits? Or can you get away with just a few quick moves here and there, with no harm done to your everyday functioning or run performance?

Why Stretching Is Important in the First Place

Stretching may seem like a skippable component of your fitness routine, but it's worthwhile for several reasons.

For starters, regular stretching can help maintain or improve your range of motion at the joints that are important for running, including the ankles, knees, and hips, Leada Malek, PT, DPT, author of *The Science of Stretch*, and spokesperson for the American Physical Therapy Association, tells *Runner's World*. How much range of motion you need at these joints depends on your cadence and what type of running you're doing—for example, a hurdler would need a lot more hip flexion and extension than a recreational road runner, Malek says.

That said, all types of runners can benefit from doing dynamic stretches (active movements that go through a joint's full range of motion) before a run. That's because dynamic stretches increase blood flow to the muscles and get your joints moving smoothly, Malek says. And this can boost performance by ensuring your muscles and joints are primed to take on the work you're asking them to do; it may also help reduce your chances of straining your muscles during your run, she explains.

HOW MUCH STRETCHING YOU SHOULD ACTUALLY DO DEPENDING ON YOUR GOALS

The ideal stretching routine depends on the runner, their goals, and their current situation, Malek says.

If You're Looking to Mitigate Pain

For runners who are in pain, Ginader recommends first identifying your mobility restrictions (which you may need to see a PT for) and then incorporating a mix of targeted static and dynamic stretches two to three times every day. That may sound like a lot, but this frequency helps improve mobility restrictions that contribute to pain.

If You Want to Improve Your Range of Motion

Runners who want to improve their range of motion—perhaps because they've noticed tight muscles are messing with their stride, or they're generally just stiff and achy as they move about their lives—should strive for 30 to 60 minutes of mobility work a week, Malek says. This doesn't need to be one long session; you can reach that target a bunch of different ways. For example, with three 10-minute sessions a week, four 15-minute ones, or even six 5-minute bouts. You can also weave stretching into what you're already doing—for example, you can include dynamic stretches in your prerun warmup, or slot in some gentle mobility moves at the end of your workouts or as part of your before-bed routine.

To see range-of-motion gains, just make sure to incorporate longer static stretches where you hold for 30 seconds to 2 minutes, and repeat for 2 to 3 sets, Malek says. This doesn't need to be the focus every time you stretch, but you should weave in these longer holds at least some of the time, she says.

Pro tip: When doing these 90-second holds, gradually up the intensity of the stretch so that you continue to increase your flexibility. For example, if you've been doing hamstring stretches for a few weeks and feel like your hammies have loosened up, lean a little deeper into the stretch to ensure you keep challenging your range of motion, Malek says. In addition to consistent static and dynamic stretching, you can also use foam rolling and massage sticks to boost your range of motion, Malek says.

Keep in mind it takes consistent effort and time to see gains in flexibility. "So if that is a goal, just give it time," Malek says. "You got to keep showing up for it, just like anything else."

That said, more isn't always better when it comes to stretching. After about three total minutes of stretching a single muscle group, you've pretty much exhausted the range of motion benefits you're going to get from that session, Malek says. So doing more beyond that will likely not score you additional im-



provements, which is helpful to know when you're slotting stretching into an already busy schedule.

If You're Looking to Do the Bare Minimum

Now, if you're a runner who isn't in pain, you don't need to improve range of motion, and you're not ramping up your training, you can likely get away with minimal stretching. You should still ideally strive to incorporate a few dynamic stretches before every run and a 5- to 10-minute cooldown after each run that includes walking and static stretching, Ginader says. Malek, for her part, suggests shooting for a minimum of 10 to 20 minutes of mobility work a week.

But what's more important, both Ginader and Malek say, is regular strength training. Not only does strength training reduce injury risk by preparing your tissues to handle the load of running, it strengthens the muscles that power your stride, helping you run faster and more efficiently. Malek recommends all runners strength train twice a week, and Ginader emphasizes the importance of incorporating single-leg exercises into your workouts to prepare your body to handle the specific demands of running.

The Bottom Line

To return to the original question though—how much time should runners spend stretching?—"at the end of the day, a lot of this is preference," Malek says. If stretching is something you genuinely enjoy doing, then by all means do it often throughout the day, instead of limiting it to directly surrounding your workouts. But if you're not super jazzed on stretching, and you don't have any current pains or movement restrictions that would be improved with stretching, spend just a few minutes on it before and after each run. It's not a huge time investment, but your muscles and joints will thank you later.

—By Jenny McCoy | Runnersworld.com
—Photo: Witthaya Prasongsin//Getty Images

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How My New Hobby Made Me Healthier in Unexpected Ways

For decades, I resisted invitations to try, learn, and play golf. Too frustrating, I said. Too expensive. Too much to learn. Too time-consuming.

I too-too-too'd myself out of giving it a shot.

A lifelong hobby dabbler, I finally decided to give golf a whirl last summer.

I bought cheap clubs and took a few lessons. I went to the driving range and slugged around for nine or 18 holes every few weeks. I logged bad scores but hit just enough so-satisfying shots that I fell in love-hate with the sport.

It *felt* right.

Then something unexpected happened. Without trying, I started improving in other areas of my life. I didn't miss a workout. I went from walking 9,000-11,000 steps a day to regularly more than 14,000 (even on non-golf days). I drank less. I—*stop the presses*—asked for doggie bags when I ate out.

I never would have believed that golf had anything to do with these subtle but important changes, but maybe it did.

Psychologists call this the spillover effect – the notion that one healthy behavior leads to others, often effortlessly. Many people who start exercising regularly, for example, naturally begin to eat healthier.

In some ways, it could be one of the most important concepts in behavior change – the less we have to work to make changes, the more automatic being healthy can be.

“It's likely more efficient – for exercise, eating, alcohol – when we can shift from one behavior, people start to improve their confidence and



Ted Spiker, left, can now spend more time with his twin sons.

start other behaviors,” said psychologist María Marentes-Castillo, PhD, a postdoctoral researcher at the University of Valencia in Spain who has studied the spillover effect.

Research shows this effect is largely controlled by systems in our brain that influence competence (how well we do) and confidence (our belief that we can do it).

Of course, you can take out the word “golf” and sub in any other new interest – gardening, surfing, yoga, chess – to see the bigger point.

The stage of change influences how well we can latch onto other behaviors. Later stages of the change process – taking an action or maintaining that action – can have higher spillover success than earlier stages when people are still thinking about or preparing for change.

Of course, you can take out the word “golf” and sub in any other new interest – gardening, surfing, yoga, chess – to see the bigger point. Improving in one area of your life can help you improve in others – if you can stick with it and not be totally derailed by the inevitable

bad shots.

Here are some strategies to help you do just that.

Expand Your Definition of Mindfulness

On the golf course is one of the very few times that I put away my phone and don't feel the urge to check it. I attributed that to mindfulness – being focused on the present moment of the game – but I didn't understand the whole story.

“The definition [of mindfulness] has been diluted. We think it's about being present, but it's much more nuanced than that,” said Shauna Shapiro, PhD, a professor at Santa Clara University in California and author of *Good Morning, I Love You: Mindfulness & Self-Compassion Practices to Rewire Your Brain for Calm, Clarity and Joy*. “Specifically, it's also about how and why you're paying attention, not that you're just doing it.”

I know why I'm doing it: To spend more time with my adult sons who play and to find something that engages me in a different way than my fulfilling work life.

But the how? The how, Shapiro said, involves kindness.

“As people start paying attention with kindness, they start to take care of themselves better,” she said. “That's one of the superpowers of mindfulness: Your choice.”

I can see how that applies to golf or any attempt at change: Don't crush your own soul after a bad shot or a blown diet or a missed workout; understand that setbacks are part of the process. Mindfulness can help with that.

“The word mindfulness means to see clearly. When we see clearly, we can respond wisely and

effectively,” Shapiro said. “When you shame and judge yourself, it shuts down the learning centers of the brain.”

Being kind to yourself, on the other hand, releases oxytocin – the hormone of safety and connection, she said. And it releases dopamine, the neuromodulator of learning and motivation.

“When you make a mistake, it’s the perfect moment to learn,” Shapiro said. “Instead of giving up, you go forward.”

Believe in the Why as Well as the What

While you might think that grinding it out is the crucial element for growth, a study of nearly 1,000 adolescents published this year in the journal *Sports* showed that having interest and perseverance – that is, the “grit” personality – isn’t enough for healthy behavior change. It’s the self-perception that you’re effective at doing so that’s key.

The vital trait here: Confidence.

I get that. Granted, I spend more time looking for balls in water/woods/backyards than I do actually swinging. But I’ve hit enough good shots that immediately deliver a dopamine IV to keep me coming back.



One reason why confidence is crucial, Marentes-Castillo said, is because it taps into internal/intrinsic motivation – when you’re motivated by internal drive rather than external goals. People who rationalize unhealthy behaviors with healthy ones (I’ll eat 14 pizzas because I did two sets of biceps curls) are less motivated by intrinsic reasons – and thus less likely to have the positive spillover effect.

The trick, she said, is to not just focus on the outcomes and everyday successes and failures, but to really tap into the bigger-picture motivations. Being in tune with how you feel about what you’re doing when you make changes –

and not just the fact that you’re doing it – can help you adjust other areas.

Trust the Effect of Unintended Consequences

There’s no doubt that playing golf influences my mind and body for other reasons too, and similar effects would happen with any healthy hobby. So, if you’re looking for health changes, maybe you don’t have to start with a difficult diet or exercise program – but by finding something that *feels right to you*. After all, just engaging in a hobby has positive health effects.

Hobbies can activate different pathways that improve health, said Karen Mak, PhD, a senior research fellow in the Department of Behavioral Science and Health at University College London. Many of them deal with mental health, social systems, and purpose.

“The more we engage in hobbies in terms of engaging in a variety of leisure activities and a higher frequency of engagement, the more we are exposed to active ingredients that are known to benefit our health and well-being,” she said.

Research has shown that hobbies can benefit us by providing distraction, novelty, mental stimulation, creativity, and relaxation, said Ciara McCabe, PhD, a professor of neuroscience at the University of Reading in the United Kingdom. Hobbies specifically also provide sensual engagement, self-expression, creativity, and relaxation.

And that’s not even mentioning the benefits specific to your activity. For me:

- Golf gets me outside more. One study of 20,000 people found that spending at least 2 hours a week in green spaces was linked to good health.
- Golf appears to help the heart, blood vessels, muscles, and bones, according a review of more than 20 studies.
- Walking has been shown to curb cravings.
- Most times, I play with others. One study showed that social connections during exercise improved energy, which then improved performance.

And of course, there are the lessons golf taught me that spilled over into other areas of my life:

Mind the details: Learning all the things that go into a golf swing – position, grip, speed, where to place your feet, where to keep your eyes – reminded me that even seemingly minute details have consequences. Efficiency has its place, but not rushing does too. Important for work, important for relationships, important for life.

Move forward: My golf friends tell me to forget about the last shot; the only important one is the next one. It’s a good reminder about not getting too far ahead – and being patient. The next meal will get me to my weight loss goals, not worrying about Friday’s half-cup of queso.

Enlist help: We all want to have success on our own merits, but the greatest strides I made were because I took four different lessons with three different people. They all taught me different but crucial things, and they’re the only reason I’ve made some progress. Use your support systems to jet-fuel your education.

Enjoy the moment: Whether I’ve had a bad score, a horrible score, or a horribly bad score, we always say, “never a bad day to be out here.” And that goes for whenever I’m playing with my friends or my sons, or even by myself.

–By Ted Spiker / webmd.com

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Healthy Family Recipes for the Spring

Healthy and tasty recipes are key to sticking with a healthy nutrition plan. Here are some good ones!

Pesto Pork Tenderloin



The bright nutty flavor of pesto combined with pork tenderloin makes this an easy dinner.

Ingredients

- pork tenderloin (trimmed) 1 lbs
- prepared pesto (divided) 2 tbsp
- Olive oil cooking spray 1 coat
- garlic (crushed) 2 clove
- yellow onion (sliced) 1/4 cup
- broccolini 9 oz
- grape or cherry tomatoes 20 whole

Directions

Preheat the oven to 450 degrees F. Line a sheet pan with foil and spray it with cooking spray.

Place pork tenderloin on a cutting board. With a sharp knife, slice vertically down the center of the pork tenderloin, being careful to not go all the way through. Open the pork like a book and flatten it with your hands.

Spread 1 tablespoon of the pesto over the opened pork tenderloin and fold it back over. Spread the other tablespoon over the outside of the pork and let it sit for 30 minutes to an hour.

Place 1 teaspoon of olive oil in a large skillet and heat it over medium heat. Once the skillet is hot, carefully place the pork in the skillet and let it cook for about 5 minutes, until you can easily lift it from the skillet and it is browned. Turn it over and brown the other side, about 5 minutes.

Remove it from the skillet and place it on one end of the prepared sheet pan. On the other end, spread out the broccolini, onions, garlic, and tomatoes. Spray them lightly with olive oil.

Place the pan in the middle of the oven and roast for about 20 minutes, until the pork registers 145 degrees F on an instant-read thermometer and the broccolini and tomatoes are lightly browned.

Remove from the oven and cover the vegetables lightly with foil. Place the pork on a cutting board and let it rest for about 10 minutes before slicing into thin medallions.

Nutrition Information (Servings: 4)

Per serving: 220 calories; 10g total fat; 60mg cholesterol; 280mg sodium; 8g carbohydrates; 26g protein.

Source: diabetesfoodhub.org

Grilled Veggie Wrap



To make this recipe even quicker, visit your local deli and pick up some pre-grilled veggies!

Ingredients

- olive oil 1 tbsp
- balsamic vinegar 2 tbsp
- black pepper 1/4 tsp
- 1 medium zucchini (sliced lengthwise into 8 slices)
- 1 medium yellow squash (sliced lengthwise into 8 slices)
- 1 red bell pepper (sliced into 4 slices)
- 4 large whole wheat tortillas (low carb, about 10 inch diameter)

- hummus 1/2 cup
- fresh basil leaves 8

Directions

Preheat an indoor or outdoor grill.

In a large bowl, whisk together olive oil, balsamic vinegar and ground black pepper.

Add sliced zucchini, squash and bell pepper to marinade and let sit for 5 minutes.

Grill the vegetables about 2-3 minutes on both sides.

Lay out the tortilla and spread with 2 Tbsp. hummus, then add two fresh basil leaves and top with 2 slices of zucchini, 2 slices of yellow squash and 1 slice bell pepper.

Fold in the two sides of the tortilla and roll like a burrito. You can serve these immediately or wrap tightly in plastic and refrigerate.

Nutrition Information (Servings: 4)

Per Serving: 110 calories; 7g total fat; 0mg cholesterol;

120mg sodium. 11g carbohydrates; 4g protein.

Source: diabetesfoodhub.org

Low Carb Apple Spice Muffins



These low carb muffins are made with coconut and almond flours instead of wheat flour

Ingredients

- avocado oil cooking spray 1
- almond flour 2 cup
- coconut flour 1/2 cup
- erythritol or other sugar substitute 1/2 cup
- baking powder 1 tsp
- ground cinnamon 2 tsp
- ground nutmeg 1/2 tsp
- ground cloves 1/4 tsp
- avocado oil 1/4 cup
- large eggs 4
- unsweetened vanilla almond milk 1/2 cup
- 1 small apple (peeled, cored, and finely diced)

Directions

Preheat your oven to 350 degrees F. Spray a muffin tin with cooking spray.

In a medium bowl, combine the almond flour, coconut flour, erythritol, baking powder, cinnamon, nutmeg, cloves, salt. In another medium bowl, combine the oil, eggs, and almond milk.

Pour the wet ingredients into the dry ingredients and mix. Add the apple and stir.

Fill the muffin tins. Bake for 20-25 minutes or until a fork or toothpick comes out clean.

To freeze: let the muffins cool completely, then remove them from the muffin pan. Arrange them in a single layer on a sheet pan and freeze for at least 2 hours. Once they are frozen solid, store them together in a freezer-safe zip top bag. Or, wrap each muffin well in aluminum foil to store individually.

Nutrition Information (Servings: 12)

Per serving: 190 calories; 16g fat; 9g carbohydrates; 7g protein; 60mg cholesterol; 115mg sodium

Source: diabetesfoodhub.org

Postpartum Depression Can Become Suicidal



(Ivanhoe Newswire) —

Postpartum depression affects about one in eight women in the U.S. within the first year after giving birth. The condition can be debilitating and overwhelming for new moms. Now, new approaches are showing promise when it comes to diagnosing and treating postpartum depression.

Postpartum depression isn't just the "baby blues." It's a serious mental illness that leaves new moms extremely sad, exhausted, and sometimes hopeless.

"They're not stimulating the baby as much, and that can have effects on IQ and language development," said Jennifer Payne, MD, psychiatrist at University of Virginia Health.

And it can be dangerous for moms!

"Every now and then we have a terrible tragedy where mom did not get identified as being depressed, and she becomes so ill that she takes her own life and/or her baby's," explained Dr. Payne.

Research shows mental health problems account for about 23% of maternal deaths in the country. Now researchers are studying new ways to spot women at risk for postpartum depression.

"Then we can intervene immediately during the



postpartum time period," said Dr. Payne. Dr. Payne and her colleagues found that postpartum depression was more common in women younger than 25, first-time moms, and those who give birth to twins. She says simple screening tests can spot the signs of depression so women can get treated quickly.

"We have a new class of medications that are specifically targeting postpartum depression," Dr. Payne explained.

Brexanolone was the first medicine approved to specifically treat postpartum depression. It's an infusion over two and a half days to help rebalance the brain's calming hormones. In 2023, the FDA approved Zuranolone, which comes as a capsule. Studies show it significantly improves postpartum depression symptoms in more than half of women who take it. And it works quickly,

often within days.

Zuranolone costs nearly \$16,000 for a standard, two-week treatment. Some, but not all, insurance companies cover the cost.

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Seasonal Eating: Nourishing Your Body with May's Bounty

As the month of May unfolds, it's a wonderful opportunity to celebrate the abundance of fresh, seasonal produce.

Eating with the seasons enriches your palate with vibrant flavors and provides numerous benefits for your body and the environment. Start a small container garden on your porch or start a garden plot in your yard! Spending time outside in your garden is a great way to ground your body, increase vitamin D production, decrease the risk of depression, and save money on groceries!

Let's dive into the reasons why incorporating seasonal foods into your diet is a wise and delicious choice!

1. Nutrient Density

Seasonal fruits and vegetables are at their peak ripeness, providing the maximum amount of vitamins, minerals, and antioxidants. When produce is harvested at the right time, it retains its full nutritional profile, offering better health benefits. So, in May, you can enjoy nutrient-rich strawberries that are packed with vitamin C and antioxidants, as well as asparagus, which is high in fiber and folate.

2. Enhanced Flavor

There's nothing quite like the taste of freshly picked produce. Foods that are in season are naturally more flavorful and sweeter, making them a delight to eat. Seasonal eating allows you to savor the authentic taste of fruits and vegetables without the need for additional flavoring.

3. Support for Local Farmers and Sustainability

Choosing local, seasonal produce supports your local economy and reduces the carbon footprint associated with transporting food over long distances. By eating foods that are in season, you contribute to a more sustainable food system and help preserve local farmland and farming traditions. Stop by your local farmer's market for produce that is fresh of the vine and supports local farmers!

4. Cost-Effectiveness

When produce is in abundance, it tends to be more affordable. Seasonal foods are often sold at lower prices due to the reduced cost of transportation and storage, allowing you to enjoy fresh and nutritious meals without breaking the bank. Don't forget your reusable grocery bags to reduce plastic use!

5. Variety and Creativity in Meals

Eating seasonally encourages you to explore a variety of fruits and vegetables, promoting a diverse and balanced diet. May's harvest introduces new flavors and textures to your meals, inspiring creativity in the kitchen. It's an excellent time to experiment with recipes featuring rhubarb, radishes, and fresh greens such as arugula and spinach.



Rebecca Wharton

May's Seasonal Stars

Strawberries: Start your day with a bowl of fresh strawberries, rich in antioxidants and vitamin C, perfect for boosting your immune system and supporting skin health. Strawberries are easy to grow in a pot or plot in your backyard!



Asparagus: Incorporate asparagus into your lunch or dinner for a delicious source of fiber, vitamins A, C, E, and K, as well as folate, beneficial for heart health. Asparagus is a perennial plant (comes back year after year) that you can plant in your garden and harvest annually after the second year.



Rhubarb: Add rhubarb to your desserts or breakfast dishes for a unique tart flavor and a good source of potassium and fiber, aiding digestion and bone health.

Leafy Greens: Leafy greens such as arugula, spinach, and lettuce are plentiful in May, providing you with iron, calcium, and folate to support overall health and energy levels. Leafy greens also clean up your genes so your body can function more efficiently.



Conclusion

Embracing the practice of seasonal eating in May allows you to nourish your body with the freshest, most nutrient-dense foods while supporting your local community and the environment. It's a delicious way to celebrate the changing seasons and infuse your meals with vibrant colors and wonderful flavors. Enjoy the bounty that May has to offer and savor the delightful experience of connecting with the season's harvest. 🌿 🍓 🥒

Spring-Inspired Recipes

Spring's bounty brings an array of fresh produce that can delight your taste buds and nourish your body. Here are some delicious and nutritious recipes that incorporate asparagus, strawberries, rhubarb, and leafy greens, perfect for any meal.

Strawberry and Spinach Salad with Balsamic Vinaigrette

Ingredients:

- 4 cups baby spinach leaves
- 1 cup fresh strawberries, sliced
- 1/4 cup sliced almonds
- 1/4 cup crumbled feta cheese (optional)

Balsamic Vinaigrette:

- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine spinach, strawberries, almonds, and feta cheese.
2. In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper.
3. Drizzle the vinaigrette over the salad and toss gently.
4. Serve immediately for a refreshing and vibrant meal.

Rhubarb and Strawberry Compote

Ingredients:

- 2 cups rhubarb, chopped
- 1 cup organic strawberries, hulled and sliced
- 1/4 cup honey or sugar
- 1 teaspoon lemon juice
- 1/2 teaspoon vanilla extract

Instructions:

1. In a saucepan over medium heat, combine rhubarb, strawberries, honey, and lemon juice.
2. Bring to a simmer and cook for 10-12 minutes until the rhubarb is tender and the mixture is thickened, stirring occasionally.
3. Remove from heat and stir in vanilla extract.
4. Allow to cool slightly before serving. Enjoy with yogurt, oatmeal, or as a topping for desserts.

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach offering one-on-one Nurse Coaching to help you regain healthy body function through Food, Mindset, and Movement. She can be reached at thefunctionalnursecoach@gmail.com or 913-298-1092.



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Why you need dental insurance in retirement.

Medicare doesn't pay for dental care.¹

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

Your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Unexpected bills like \$299 for a filling ... \$1,471 for a crown³ can be a real burden, especially if you're on a fixed income.

¹"Medicare & You," Centers for Medicare & Medicaid Services, 2025. ²"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. ³FairHealth, Inc. National average dental fees. Data current as of July 2025; subject to change.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services.
- ▶ Look for coverage with no deductibles.
- ▶ Shop for coverage with no annual maximum on cash benefits.

Simply put – without dental insurance, there may be an **important gap** in your healthcare coverage.

DENTAL Insurance

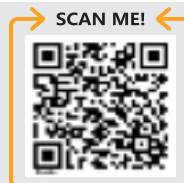
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Spiritual Wellness

...know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God...

Just Ask: Seeing fitness as more than a physical need

As a woman in my fifties, the last thing I would have imagined would be for God to call me to start a community fitness ministry. However, that is exactly what He did.

God called me to begin a fitness ministry as I began to see a deeper need while I was working as a fitness instructor at a local gym. I saw a need that goes deeper than just physical fitness. We are all made up of a body, a mind and a spirit. We all need to be healthy and strong in each of those areas to live out the life God has for us.

God led me to Ephesians 2:10 where He tells us that we are His workmanship, created for good works that He prepared for us to do beforehand. We need to be ready and able to do and be all that He created us to be. I willingly obeyed His call with no preconceived notion of how this ministry would look. I found that when I surrender to His call and say, "Here I am; send me", he works out the details. God gave me the vision of Faithfit [in Paducah, Kentucky]. A beautiful journey in fitness ministry began.

THE PLAN: GET SERIOUS – YOU WON'T BE DISAPPOINTED

A few years ago, I walked into the gym where I participated in group fitness classes, like I did most every morning. This particular morning, however, God had a divine appointment planned for me. One of my group fitness instructors said something to me that God would use to set things in motion that He had planned. She told me of an upcoming training to be a certified group fitness instructor in our area and encouraged me to go, get trained, and teach a class. I decided to go for it and I am so glad I did.

I started teaching classes at the gym and fell in love with it. God kept telling me He wanted to use this as a ministry. I didn't know how He would accomplish this, but I told Him, "Here I am. Use me any way You want!" One Wednesday night in church, God spoke to my heart that I should go to a local addiction recovery center called Lifeline and workout with the ladies and lead a Bible study. I had no idea if Lifeline needed or wanted such a thing, but I spoke with the director anyway.



I found out they had been praying for something like this for the ladies. We went and looked at the little chapel they have on campus as a possible space for the workouts. It was perfect. A stage in front with a large wooden cross on the wall is the focal point when you walk into the building. There are large windows lining both sides of the chapel, letting sunlight pour in. A beautiful space for a fitness ministry and workout class!

We then asked for donations from the community and generous donors helped us get all the equipment we needed. By this time, I had designed a logo and we were off and running. FaithFit is now a big part of the ladies' recovery and healing from their addictions. Several groups of ladies have come through the FaithFit program and I can see how God is using the workouts and Bible study to allow them to see themselves the way God sees them; strong, beautiful and confident.

BUILDING STRONGER TEMPLES IN THE CHURCH

While doing the workouts with the ladies at Lifeline, God continued to lay on my heart to take FaithFit into the community, as well as Lifeline. God had brought a good friend along to partner with me in this ministry and we began to pray about how and where we could hold the classes and make it truly a community wide ministry.

I didn't want it to feel "churchy" or be affiliated with any one denomination. I wanted FaithFit to meet the need of helping people get healthier and stronger physically, spiritually and mentally. Not "religious," but I wanted each class to exude the love of Christ to anyone who walked through the doors. I didn't know where this space would be. I wanted FaithFit to be free of charge, open to anyone and feel free of judgement to anyone on any fitness level.

Finally after much prayer, I spoke with my pastor at my church, Heartland Church in Paducah, Kentucky. I told him

my vision that I felt God had given me. He was completely on board with allowing FaithFit to meet in our church's youth building. This space is perfect. We have amazing lighting, sound and plenty of room for a large group. God provided all the equipment we needed, too.

A year and six months later, God keeps blessing Faithfit! More and more people are attending from all over the community and surrounding areas. The participants are from all denominations, and some who do not attend church at all. People are getting stronger, healthier and more confident.

We have 13 group fitness classes per week with a team of many volunteers ranging from instructors to Bible study facilitators and a welcome team. We have all the equipment we need and plenty of space for both the workout and storage. All of the workouts are to Christian music and we have a practical devotion from God's Word at the end of each workout that we



call our "Spiritual Fitness Challenge." Faithfit is such a Spirit-led ministry that is both worshipful and fun. Our fitness ministry is full of unity and amazing encouragement.

At Lifeline, I have worked with several groups of ladies going through the program. Many have told me how this ministry helped them greatly in their recovery of addiction.

ORCHESTRATED TO BEAR GREAT AND PERPETUAL FRUIT

God continues to show me that all He wants is my heart and a willingness to be obedient to His call. He provides the space and everything else I need. Faithfit is His. He continues to provide, lead and equip this ministry. It is quite the spiritual journey I am on watching Him work in so many lives!

Go back to Ephesians 2:10. God has called us as believers to live a life in obedience to His calling on our lives. We need to be ready. I encourage anyone who may feel led to begin a ministry like Faithfit, to pray big, be willing and just ask! Be open and flexible and watch God work. He always provides and equips what He has called us to do.

—By Lisa Vasseur Jarvis/ faithandfitness.net

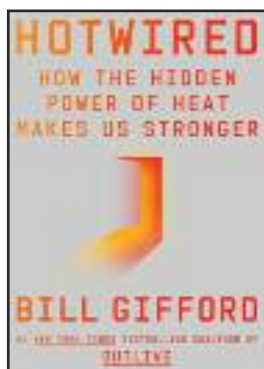
New Health & Wellness Info at the Library

By Alex Henault

Fulfill your prescription for information at the library's Health Information Neighborhood, where wellness knowledge is at your fingertips.

Hotwired: How the Hidden Power of Heat Makes Us Stronger – by Bill Gifford; Harper Wave; 2026 New Books 613 GIF

Author and science journalist Bill Gifford takes readers on [an]... exploration of the power of heat to improve our performance and our health. Combining cutting-edge science, personal discovery, and practical insights, Gifford reveals how heat adaptation and heat therapy such as sauna can make us healthier, stronger, and even happier, by unlocking the body's built-in tools to promote longevity and resilience. Through innovative research in evolutionary biology, physiology, and thermoregulation, Gifford uncovers how humans evolved to excel in sweltering conditions--and how we've lost touch with this ancient advantage.



Get Home Safe: a guide to self-defense and building our collective power – by Rana Abdelhamid; Algonquin Books of Chapel Hill; 2026 New Books 613.861 ABD

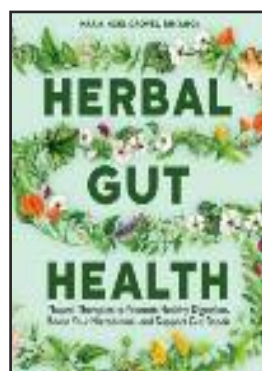
Grounded in her experience as a blackbelt, self-defense instructor, and globally recognized organizer, Rana Abdelhamid offers a bold, urgent roadmap to a safer world. Abdelhamid wants every woman and survivor of gender-based violence to be able to defend themselves, and every community to build collective safety. What if we didn't accept that it's unsafe to walk home alone as a fact of life, but instead went out and created safe spaces for ourselves? Through thousands of training sessions, she's seen firsthand the strength we carry in our bodies, no matter our back-



ground or circumstance. Her revolutionary framework for finding that strength starts with emotional healing, then teaches physical self-defense and economic safety, and finally equips readers with organizing strategies to fight the systems that enable violence in the first place. A rallying cry and a practical guide, *Get Home Safe* will leave readers, regardless of strength, identity, or income, knowing they can fight back and reclaim power.

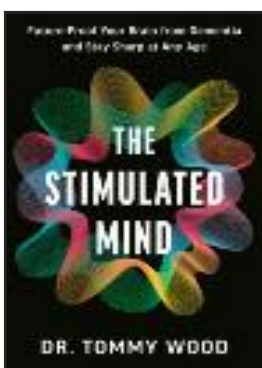
Herbal Gut Health: natural therapies to promote healthy digestion, boost your microbiome, and support gut repairs – by Maria Noël Groves; Storey Publishing; 2026 New Books 615.321 GRO

In this practical health guide, clinical herbalist Maria Noël Groves presents an integrative approach to improving digestive health by supporting the gut microbiome. Drawing on clinical experience and current research, she explains the connections between gut imbalance and chronic disease and outlines dietary strategies, herbal remedies, and lifestyle practices to address conditions such as IBS, SIBO, leaky gut, and GERD. The book emphasizes prevention, symptom relief, and long-term wellness through natural, evidence-informed methods.



The Stimulated Mind: future-proof your brain from dementia and stay sharp at any age – Tommy Wood; Harmony Books; 2026 New Books 616.831 WOO

The most important part of the body, especially as we age, is our brain. So why aren't we taking the health of our brain as seriously as our heart and achy joints, particularly when people are struggling to focus every day, and dementia and Alzheimer's cases continue to rise? In *The Stimulated Mind*, Dr. Tommy Wood, a Formula 1 sports performance coach and neuroscientist specializing in lifelong brain health, dispels the myth that the brain is doomed to decline with age. Instead,



by providing the right stimulus and building more "headroom"--the amount of mental function we have available to us--we can help our brain to adapt and develop. Dr. Wood explains that a brain that improves with age is the result not of expensive pills, far-off discoveries, or strict lifestyle "optimizations," but rather of actions within our control--diet, sleep, physical activity, social connection, and stress tolerance. Driven by how we use our brains on a daily basis, these modifiable factors come together in his groundbreaking "3-S" model that describes what a brain needs to thrive for a lifetime: Stimulation, Sleep, and Nutrient Supply. Packed with insights and actionable science drawn from Wood's research and experience as a physician, neuroscientist, and performance coach, *The Stimulated Mind* offers a path toward true cognitive longevity, ensuring that our brains perform at their best no matter what the coming years throw at us.

Dizzy: a memoir – Rachel Weaver; West Virginia University Press; 2026 New Books 616.8491 WEA

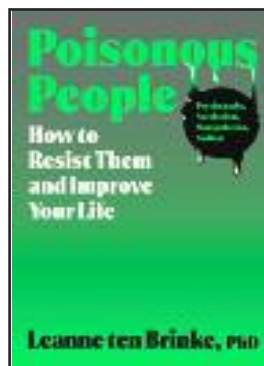
Rachel Weaver's *DIZZY* is a braided memoir of her time working in the backcountry of Alaska and her time in the medical world as a chronically ill patient with a mysterious illness. As a young woman, the stunning loss of Rachel's father sent her seeking the edges of adventure working on boats and in the wilderness of Alaska; a stress test of sorts to be ready for the next catastrophe by keeping catastrophe close. But it wasn't the bear who stuck his head into her tent, or the shipwreck in cold Canadian waters, or the waterspout four hundred miles out in the South Sargasso Sea that brought Rachel to her knees. It was clinicians in clean white coats and an undefinable, debilitating illness. Over the course of eighteen years, Rachel would see over forty medical practitioners, face hostility and indifference, be accused of making it all up, go broke, wonder if she really was making it all up, and be subjected to endless drugs and invasive procedures in her search to learn the truth about her body. A medical mystery and a cautionary tale about our broken-down system, *DIZZY* is a story about perseverance in pursuit of answers, of learning to live with life's uncertainty, and



the struggle to find joy in an imperfect but beautiful world.

Poisonous People: how to resist them and improve your life – by Leanne Marie Ten Brinke; Simon & Schuster; 2026 New Books 616.8582 TEN

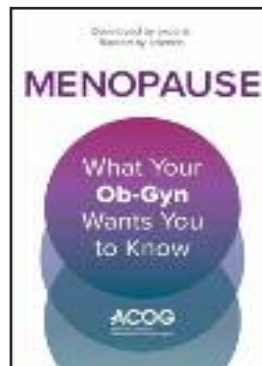
University of British Columbia psychopathy expert Leanne ten Brinke draws on the latest science to help you identify and manage dark personalities--from the difficult to the deadly--and dramatically reduce their impact on our relationships, workplaces, and society at large. Everyone knows how much damage one bad apple can do. One bully in a classroom can create a culture of fear. A controlling spouse can crush an entire family's sense of stability, security, and independence. A domineering boss can tank a team's performance. A ruthless, shameless politician can set a whole country on edge. But who are these poisonous people? How much harm and misery do they really cause? And what can the rest of us do to stop them from ruining our homes, workplaces, and communities? In *Poisonous People*, award-winning psychologist Dr. Leanne ten Brinke offers a brilliant new perspective on dark personalities. Weaving together personal stories and pathbreaking research, she depicts a surprising reality: a small portion of the population causes most of the world's suffering. People with psychopathic and related personality traits commit a disproportionate amount of crime, with an economic cost estimated in the trillions of dollars. They also poison communities by spreading negativity, violating trust, and eroding norms. Fortunately, science offers powerful solutions. By understanding the harm dark personalities cause, identifying them when we see them, making informed decisions about whether to exit relationships with them, and knowing how to manage them when we decide to stay, we can dramatically reduce the pain we and others around us suffer. In *Poisonous People*, ten Brinke gives us powerful, science-based tools for navigating dark personalities in a range of everyday contexts. As she argues, we have the power to reduce their power over us, whether at home, at school, at work--even in the political realm. *Poisonous People* shows us how to use that power to improve our lives--and the world.



Menopause: what your ob-gyn wants you to know – by American College of Obstetricians & Gynecologists;

Harvest; 2026 New Books 618.175 MEN

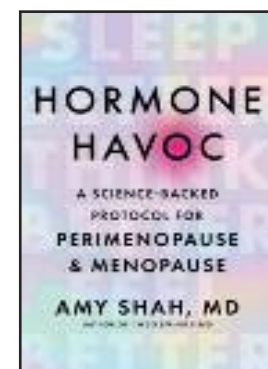
Menopause can be confusing and frustrating. If you are looking for accurate information and insights about this important life stage, you're not alone--and you're in the right place. Hot flashes, sleep disruptions, mood swings, vaginal dryness--whether you're already having symptoms or just starting to wonder what's ahead, *Menopause: What Your Ob-Gyn Wants You to Know* is your trusted guide. Developed by the American College of Obstetricians & Gynecologists (ACOG), this book delivers unbiased and science-backed information grounded in the latest clinical research and the collective expertise of thousands of ob-gyns. Learn how you can ... Navigate perimenopause Manage hot flashes Understand period changes Make sex more comfortable and enjoyable Understand nonhormonal treatments and self-care strategies Support your mental health, manage stress, and maintain a healthy weight Protect your bones, heart, and brain health for the future Your menopause transition is unique. Get the comprehensive support and trusted answers you need with *Menopause: What Your Ob-Gyn Wants You to Know*. *Menopause: What Your Ob-Gyn Wants You to Know* was developed by ACOG under the direction of an eight-member editorial board led by Dr. Nanette Santoro and Dr. Esther Eisenberg. These experts have extensive clinical experience caring for women in the menopause transition, and some have conducted many years of research to understand the effects of menopausal symptoms and how various treatments may be used.



Hormone Havoc: a science-backed protocol for perimenopause and menopause – by Amy Shah ; Harvest; 2026 New Books 618.175 SHA

Hot flashes, mood swings, anxiety, weight gain, brain fog--the hormonal flux that comes with menopause and perimenopause may bring some notorious side effects, but that doesn't mean you have to feel miserable or settle for debilitating symptoms. This isn't your mother's menopause! Double-board certified medical doctor Amy Shah shows you the power of targeted nutrition to manage the chaos that perimenopause and menopause can bring. There's a growing awareness about perimenopause, the period of hormonal changes leading up to menopause that can begin as early as your late 30s. Starting in perimenopause and continuing

through menopause, your immune system, gut, and metabolism get out of balance as your hormones shift. Dr. Shah's protocol supports your hormones by increasing key nutrients--including protein, fiber, probiotics, and vitamins and minerals--to realign and nourish your body and heal your gut-brain connection, helping to reduce and relieve unpleasant menopause symptoms while dramatically decreasing the risk of serious diseases from heart disease to depression to osteoporosis



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Healthy Event Calendar for Greater Topeka

Send events to info@TopekaHealthandWellness.com. See complete calendar on website.

CYCLING EVENTS – Various cycle rides are offered by Kansas Cyclist. www.kansascyclist.com/

OUTDOOR ACTIVITIES – Outdoor events and activities. www.getoutdoorskansas.org/calendar

WOODSHED MARKET – Sundays 10-3, 1901 N. Kansas Ave.

FRIDAY NIGHT FUNNIES – Fridays at Cosmos Court, 909 S. Kansas. Weekly comedy show

DOWNTOWN TOPEKA FARMERS MARKET - Saturday's April 4 thru Oct., 7:30am-noon, 6th & Harrison. The open-air market is full of fresh fruits and vegetables, herbs, arts & crafts, flower, home-baked goods and more.

BREAD BASKET FARMERS MARKET – Every Saturday 7:30am-1pm in the West Ridge Mall parking lot, south end.

HHHS FOOD TRUCK NIGHT – May 1, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

WASHBURN TECH CAR SHOW – May 1, 8-2:30, 5724 SW Huntoon. Biscuits & Gravy, coffee, bake sale, silent auction, food trucks and many great cars & trucks!

SPRING VENDORS MARKET – May 2, 10-3, Happy Basset Barrel House.

WOODSHED 1ST SATURDAYS MARKET – May 2, 9-2, Woodshed Event Center.

CINCO DE MAYO – VIVE LA DOWNTOWN TOPEKA – May 2, 3-10pm, Evergy Plaza. Free event. Bring your Lawn Chairs. Kids activities, Food Trucks, Live Music, vendors

DOCUMENTARY SCREENING: IN HIS STEPS - WHAT WOULD JESUS DO? – May 3, 2pm, Kansas Museum of History. The Rev. Charles M. Sheldon story. Producer Dave Kendall, longtime host of the "Sunflower Journeys" series, will be on hand to take part in the dialogue following screening.

LIVE AT LUNCH – May 5, 11-1, Evergy Plaza. Colin Nichols, food trucks

ING NETWORKING GROUP – May 6, 11:30am at IHOP North. All welcome, free to attend, order from menu

MULVANE ART FAIR – May 6-7, 10am, Mulvane Art Museum, Washburn University Fine Art, food trucks, music, childrens activities

NATIONAL DAY OF PRAYER – May 7. Prayer Rally at Noon at Kansas Capitol, First Floor Rotunda. Patriotic ceremony with local youth. www.nationaldayofprayer.org; donna@cultureshield.com

NATIONAL DAY OF PRAYER – May 7, Noon. South Park Gazebo, Lawrence, KS. Rain location: Victory Bible Church, 1942 Mass. jeff@ccclawrence.org, 785-766-7417

FRIDAY FLICKS – May 8, 7pm vendors & food trucks, "Zootopia" at 8pm

RED CROSS BLOOD DRIVE – May 8, 9-3, Christ Lutheran Church, 3509 SW Burlingame. To make your life-saving appointment call 800-RED-CROSS or visit www.redcross-blood.org (sponsor code: TopekaCLC). Bring a photo ID, drink plenty of water and eat prior to your appointment.

CORNER MARKET – May 9, 10-3, 29th & Adams. Vendors and kids activities.

MOTHER'S DAY MARKET – May 9, 9-1, Evergy Plaza. Music and vendors. Face painting, splash pad, henna, food trucks.

LOVE YOUR MOM EVENT – May 9, 10-3, Woodshed Event Center. Shop vendors for that perfect gift.

FAIRLAWN FIESTA CAR SHOW & CONCERT – May 9, 4-10pm, Fairlawn Plaza. Car show, face painting 4-6, free concert 7-10. Food Trucks, family fun. Villains Dance.

YOUTH ART SUPPLY SALE & NOTO CHALK WALK – May 9. Explore the Redbud Park Pavilion and purchase art supplies with NOTO Bucks at the Youth Art Supply Swap. Additional supplies can be purchased. Decorate the sidewalks with your own masterpieces and put your skills to the test! Chalk provided but we encourage you to bring your own. Food trucks, music, prizes, vendors

HALFWAY TO HALLOWEEN TRICK OR TREAT – May 14, 6-8pm, NOTO Arts & Entertainment District. Presented by MARS! Come in costume and get candy!

C5Alive "POWER" LUNCHEON – May 14, 11:30-1, at Celtic Fox. Featuring Dr. Corey Schliep: Executive Director of Christ First Counselling. Learn about counseling and spiritual direction services. Free admission. Meals available from menu if desired. Please RSVP to info@C5Alive.org so we know how many to expect. Open to the public - bring a friend!

SAVE THE DATE: C5 POWER Luncheon, June 11, 11:30-1

EATS AND BEATS – May 14, 6-9pm, Evergy Plaza. Chance Encounter with Cover Girls

SUMMER CONCERT SERIES – May 15: Selektó – an electrifying fusion of Latin rhythms and high-energy performance.

RELAY FOR LIFE – May 15, 6-11pm, Hummer Sports Park. Help fight cancer. A fundraiser walk with activities for everyone. Relay.org/topekaks

GARAGE SALE – May 16, 9:00am – Noon, 946 NE Chester, (Oakland Area). Nothing is priced: You set the price – all money is donated to Christian Street Witness Ministry.

NIGHTTIME FOOD TRUCK FESTIVAL – May 16, 5-10pm, Evergy Plaza.

ING NETWORKING GROUP – May 20, 11:30am at Skinny's. All welcome, free to attend, order from menu

SUMMERTIME BLUES – May 20, 7-9pm, Gage Park Amphitheater. Featuring Nic Olas

EATS AND BEATS – May 21, 6-9pm, Evergy Plaza. Riptide with Orlando "Oz" Zuniga

LAWRENCE BUSKER FESTIVAL – May 22, 5-10pm, Downtown Lawrence.

HOLTON GLORY DAYS – May 23, 8-2, downtown Holton. Festival & Car show, lots of vendors. www.exploreholton.com

GOLD CITY 45TH ANNIVERSARY TOUR CONCERT – May 23, 6pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 5pm. Concert begins at 6pm. No tickets are necessary. There will be a free-will "love offering" received during the concert. 785-273-2248; office@wnnaz.org; wnnaz.org

A NIGHT ON BROADWAY – May 23, 23, 7pm, White Concert Hall, 1700 SW Jewell. Presented by Shawnee Choral Society. Featuring Selections from Hamilton, Suffs, The Phantom of the Opera, The Music Man, and many more Broadway favorites!

EATS AND BEATS – May 28, 6-9pm, Evergy Plaza. Katie May with KC Flo

TOUCH A TRUCK – May 30, 10-12, West Ridge Mall

WELCOME SUMMER VENDOR SHOW – May 30, 10-6, West Ridge Mall. Indoor vendor market.

SPRING VENDOR EVENT – May 31, 11-6, HyVee. Featuring local vendors, food trucks!

EATS AND BEATS – June 4, 6-9pm, Evergy Plaza. Switch in Time with Tyler Swain

HHHS FOOD TRUCK NIGHT – June 5, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

FIRST FRIDAY MUSIC IN REDBUD PARK - June 5. Stephanie Teagarden: Own Two Feet.

DOORSTOP'S NEIGHBORFEST – June 6, 9am-2pm, 5973 SW 25th St. Food trucks, 5K FunRun, car show, raffles, family fun zone, face painting, inflatable. www.Doorsteptopeka.org.

NAMI WALK – June 6, 11-1, West Ridge Mall. Registration on-site begins at 10 a.m. The day will also include remarks from several people, along with storytelling, an art display and a scavenger hunt. Find details and register at NAMIWalks.org/Kansas.

TOPEK RENAISSANCE FESTIVAL – June 12-14 at The Woodshed Event Center.

GARAGE SALE & BAKE SALE - June 13, 8am-4pm, Kansas Ave United Methodist Church, 1029 N Kansas Ave, inside Fellowship Hall. Fundraiser for Children/Youth ministry. Lots of good bargains!

SUMMERTIME BLUES – Jun. 17, 7-9pm, Gage Park Amphitheater. Featuring Howard Mahan

ONGOING EVENTS / MEETINGS

SK8AWAY LEARNERS SESSIONS - Every Saturday morning 11-1, Sk8away, 815 Fairlawn Family fun environment and the best deal in town, \$8 per person but an adult skates for free with paid child! sk8away.net; 785-272-0303; manager@sk8away.net



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PARKINSON'S SUPPORT GROUP meets 1st Thursday every month at 5:30 pm, Midland Hospice House, 200 SW Frazier. Jean Barton 785-478-9045.

HOPE AND HEALING ACADEMY harnesses the power of horses to transform the human spirit. They are expanding services to address the needs and experiences of first responders and members of the armed forces. For info, call 785-224-4232 or go to www.hopeandhealingacademy.com

SENIORS NUTRITIONAL LUNCH – Weekdays, except holidays, noon at Auburn Civic Center, 1020 N. Washington St. Minimal cost. Reservations/cancellations required 24 hours in advance by calling 295-3980. Each meal includes 1% milk & sugar-free items are included for diabetics. 785-215- 0064.

THE HEAT – FREE fitness classes for the community. Located at Florence Crittenton Services Center for Integrative Health, 5423 SW 7th St. www.flocritkansas.org

MEDICARE MONDAYS – First Mon. of ea. month, 1-3pm. Topeka/Sh. Co. Public Library (Menninger Room 206), 1515 SW 10th. Senior health insurance counseling. For info: 580-4545 or nhonl@tscpl.org

SENIOR FIT & FUN PROGRAM - Every Mon., Wed., and Fri at 1:30 at Pleasant Hills United Methodist Church, 4525 NW Button Rd., 785-246-1737.

SENIOR STRETCHING EXERCISES - Mon. – Wed. – Fri, 9:30-10:15am, Seaman Community Church, 2036 NW Taylor St. Enter on east side of the Fellowship Hall. No Charge. 785-354-8777 or 785-213-6016

TRAIL LIFE & AMERICAN HERITAGE GIRLS TROUPS - Every Mon. 6pm, Cornerstone Comm. Church, 7620 SW 21st. Faith-based scouting programs for kids age 5-18. cornerstone-topeka.com. 478-2929

TOPEKA LIONS CLUB – 1st Mondays at Noon - 1 pm at The Copper Foundation, 3500 SW 10th Ave. Park on the North side. RSVP by Fri. for lunch/pay at the meeting. Visitors welcome. TopekaLions.org/contact-us to RSVP.

OVERCOMER'S OUTREACH ANONYMOUS RECOVERY SUPPORT GROUP – Mondays 6:30-7:30pm, at Be Filled Of South Topeka, 200 Airport Rd, Bldg. 818 Suite 1. Led by Pastor Bill Ritchey. 785-817-2802

TAI CHI FOR HEALTH – Mon. 10-11 at Lowman United Methodist Church and Thu. 9:30-10:30 at Topeka Zoo. No training needed, just watch & follow. Contact Madon Daily at 505-424-8989 or madondailey@gmail.com. To Join from Home via Zoom, contact Madon for the Zoom link.

PICKLEBALL – Mon. & Wed, 1-3pm, First Baptist Church, 3033 SW MacVicar Ave. Park on West Side, where the gym is. Contact Dave , davemathias@sbcglobal.net, or Betsy Thompson, betsyjthompson@gmail.com.

DUPLICATE BRIDGE - Tuesdays and Thursdays at 12:30PM at The Woman's Club of Topeka, 5221 SW West Dr. janescola@hotmail.com.

HEALING AFTER LOSS TO SUICIDE (HeALS) - Topeka support group meets the 1st and 3rd Tuesdays from 6:30-8, at 1st Congregational Church, 17th and Collins. For info: Topeka.heals@gmail.com or 785-380-9309.

CAREGIVERS GROUP - Caring Hearts of Hope meet 2nd & 4th Tuesdays from 5:30-6:30pm at Highland Heights Christian Church. Encouragement in God's word & prayer as well as conversation & sharing. Open to all who care for others with debilitating illnesses or injuries. For info, go to "Weekly Class List" at high-

landheightscc.com or 785-379-5642.

GRANDPARENT/RELATIVE CAREGIVER SUPPORT GROUP – 3rd Tue., 6:30-8pm, 2nd floor meeting room, St. Francis Hosp, 1700 SW 7th. For info: Sharla, 286-2329; Jennie (English/Spanish) 231-0763.

FREE MOBILE FOOD DISTRIBUTION – 4th Tue. through Nov. 9am, 1231 NW Eugene St. No ID or proof of income required, 1st come 1st served. 785-234-1111 RandelMinistries.com

VIP LUNCHEON FOR SENIORS – Every Wed., 10:45 bible study and meal at Noon, Topeka Church of the Brethren, 3201 NW Rochester Rd. FREE lunch with Christian fellowship, devotions & entertainment provided by Topeka North Outreach, Free will donation. 785-224-8803; vip@topekanorthoutreach.org

LIBRARY'S LEARN & PLAY BUS - Every Tuesday 9:30am-noon, Lakeview Nazarene Church, 2835 Croco. Then 1-3pm, Auburn Community Center.

HOPE HOUSE FREE COMMUNITY CLOTHING BANK – Wed. 6-8pm, and Sat. 10-12, weather permitting. Oakland Church of the Nazarene: 939 NE Oakland

OPERATION BACKPACK – 1st Thurs., 6pm, Indian Creek Elementary, 4303 NE Indian Creek Rd. Volunteers gather to assemble Weekend Snack Sacks for low-income students. Topeka North Outreach. 286-1370.

NICOTINE ANONYMOUS – Every Fri., 6:30pm, Town & Country Christian Church Renaissance Room, 4925 SW 29th St., use west door cross red foot bridge. A fellowship of men & women helping each other to live free of nicotine. No fees. 402-321-486; Laboomaha@att.net.

CELEBRATE RECOVERY – Every Fri., 6pm, 1912 Gage Blvd. A Christ-centered program, applying these Biblical principles, become free from addictive & dysfunctional behaviors. cr-topekaks.org.

TOPEKA NAR-ANON FAMILY GROUP – For families & friends affected by someone else's narcotic addiction. Every Mon. @ 7pm; & Sat. at 10am. First Baptist

Church, 3033 SW MacVicar, www.naranonmidwest.org
SEX TRAFFICKING INFORMATION - 785-230-8237
ABORTION RECOVERY SUPPORT – Providing services for women & men who suffer from Post-Abortion Syndrome. For info: Kay Lyn at KLCarlson20@cox.net.
ALZHEIMER'S SUPPORT GROUPS – Monthly support group meetings for caregivers of individuals with Alzheimer's disease or a related dementia. All of our programs have moved from in-person to virtual. In person programs will resume once the current safety restrictions are lifted. Email Hayley Young at hdyoung@alz.org or call 785.379.3067

Send your event information to:
info@TopekaHealthandWellness.com
 See complete updated calendar at
TopekaHealthandWellness.com



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2nd ANNUAL Summer Festival
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HEALTH INFORMATION

HEALTH INFORMATION - Topeka & Shawnee County Public Library, 1515 SW 10th Ave. A variety of health and wellness information in various formats.

Call 785-580-4400
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