

TOPEKA

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Health & Wellness

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MAGAZINE



THERMAL IMAGING CAN DETECT ABNORMALITIES SOONER

Breast Cancer Awareness: The Cost Of Cancer

Find Your Balance: Two Simple Exercises for Better Stability

Recommended Steps for Cancer Survivors

The Connection Between Emotional Wellness & Mental Health



The Benefits of Seasonal Eating: Embracing Nature's Bounty for Optimal Health

Healthy Recipes for the Fall

Tips to Stay Healthy All Year

Helping Topekans Live Happier, Healthier Lives Since 2015!

WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take **a step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)



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ON THE COVER:

Our cover this month features a woman getting a thermal imaging scan to detect any abnormalities.

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

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Our thanks go out to all of our advertisers and contributing experts who helped inform our readers this month! Let us know how you like what we have to offer, and any suggestions you may have for improvements & additions, simply by emailing us at info@TopekaHealthandWellness.com.

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Women's Wellness: Tips to Stay Healthy All Year

With so many demands placed on women—whether at home, at work, or in their communities—it's easy for personal health to take a backseat. Making your health a priority now and focusing on preventive care to lower the risk of certain cancers and other diseases can help ensure a better quality of life for years to come. Shicha Kumar, MD, FACS, Breast Surgical Oncologist at Rutgers Cancer Institute and RWJBarnabas Health shares simple, sustainable ways women can take control of their health, no matter their age or stage of life.



Lay the Groundwork: Healthy Habits

Small, daily choices can make a big difference over time. The American Cancer Society encourages these core lifestyle habits to lower the risk of cancer and chronic conditions:

- **Eat a nutritious, balanced diet**

- o Focus on whole foods—plenty of vegetables, fruits, lean proteins, and whole grains. Cut back on processed foods and sugary beverages when possible.

- **Stay physically active**

- o Aim for at least 150 minutes of moderate-intensity physical activity each week, like brisk walking, swimming, yoga, or cycling.

- **Maintain a healthy body weight**

- o Obesity is linked to an increased risk of several types of cancers, including breast and uterine cancers.

- **Limit or avoid alcohol**

- o Alcohol use is the third most important preventable risk factor for cancer, after tobacco use and excess body weight.

Know the Signs: Protect Your Gynecologic Health

Gynecologic cancers can affect any woman, and early detection often leads to better outcomes. There are five main types: cervical, endometrial (uterine), ovarian, vaginal, and vulvar. Be aware

of the warning signs, which may include:

- Abnormal vaginal bleeding or discharge
- Frequent bloating or swelling in the abdomen
- Pelvic pain or pressure
- A sore or lesion in the genital area that doesn't heal

While some of these symptoms may be caused by non-cancerous conditions, it's important to speak with a healthcare provider if they persist. Annual exams and screenings, like Pap smears and pelvic exams, are essential for monitoring gynecologic health.

Don't Skip Preventive Screenings

Preventive screenings help catch diseases early, often before symptoms appear. Key screenings that every woman should know about include:

- **Breast Cancer**

- o Mammograms can detect cancer early, when it's

most treatable. Discuss with your doctor when to begin screening, typically around age 40, or earlier if you have a family history. To learn more or schedule a mammogram, visit: rwjbh.org/mammo

- **Colorectal Cancer**

- o Women are just as much at risk as men. Screening should begin at age 45. Options include stool tests and colonoscopy. Read: What Women Need to Know About Colorectal Cancer

- **Cervical Cancer**

- o While cervical cancer can develop at any age, it is most commonly diagnosed in women who are between the ages of 35 and 44, with 50 years old the average age at diagnosis. Regular

Pap tests help identify precancerous changes. Read more about how combining regular screening and HPV vaccination significantly enhances the prevention of cervical cancer.

RWJBarnabas Health and Rutgers Cancer Institute, the state's only National Cancer Institute (NCI)-Designated Comprehensive Cancer Center, encourages women to take charge of their health. This Women's Health Month, make your well-being a priority. Talk with your healthcare provider about screenings, ask questions, and take proactive steps toward better health.

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Find Your Balance: Two Simple Exercises

Fall is here! The leaves are changing, temperatures are dropping, and before we know it, we'll be navigating wet leaves, uneven sidewalks and eventually winter weather.

It also makes fall a great time to talk about something we often take for granted: **balance**.

Balance is something I believe we should work on throughout our lives—not just when we start noticing that it's getting harder. Balance involves your feet, ankles, legs, core, vision and nervous system. And just like strength and flexibility, it's a skill that can be practiced.

Here are two simple exercises I recommend to my patients that you can easily incorporate into your everyday routine.

Favorite Balance Tip: Brush Your Teeth on One Foot

You already have a built-in opportunity to practice your balance twice a day. You brush your teeth every morning and every night, so let's use that time!

I encourage my patients to stand on one foot while they brush their teeth. In the morning, start by standing on your **right leg**.

Why the right?

Because you're starting your day off right! ☺

Then, at night, switch to your **left leg**.

If standing on one foot feels difficult at first, that's okay. Keep one hand lightly on the counter or stand near something sturdy that you can hold onto. As you become more comfortable, see if you can gradually use less support.

You can even challenge yourself by slowly turning your head from side to side while maintaining your balance.

I love this exercise because it doesn't require a gym membership, special equipment or even extra time in your day. You're simply adding balance practice to something you're already doing.

And that's often the key to creating healthy habits: make **them easy enough that you actually do them**.

The Bird Dog

The second exercise I love for building confidence and stability is the **bird dog**.

This simple movement challenges your core, coordination and body awareness while teaching you to stabilize your body as you move.

Start on your hands and knees with your spine in a comfortable, neutral position.

Then:

- Extend your right arm and left leg.

- Hold for 3–5 seconds.
- Slowly return to the starting position.
- Switch sides.
- Repeat 5–10 times on each side.

Don't worry about how high you can lift your arm or leg. **Control is more important than height.**

The goal is to keep your body steady while your arms and legs move. You're teaching your brain and body to work together—and that's an important part of good stability.

Your Feet Are Your Foundation

When we talk about balance, we can't forget where your body meets the ground: **your feet**.

Your feet are the foundation supporting everything above them. The way your feet contact the ground can influence how you stand, walk and move.

That's one reason balance and posture are such important pieces of how I evaluate my patients.

At Beckley Chiropractic & Wellness, we assess balance as part of every new patient evaluation because I believe it can provide valuable information about how your body is functioning.

We also utilize 3D foot and posture scanning technology to take a closer look at your feet and posture. This gives us additional information about foot positioning, asymmetries and postural patterns as we develop an individualized approach to care.

Balance isn't just about preventing a fall.

It's about **confidence in your body and your ability to move through life**.

It's being able to chase your kids or grandkids, hike a trail, play your favorite sport, walk across uneven ground or simply get up and down from the floor with confidence.

We can't always control the things that might cause us to stumble, but we can give our bodies opportunities to become stronger, more coordinated and more stable.

So this fall, I encourage you to start small.

And pay attention to your foundation—the feet that carry you through every step of your day.

Because wellness isn't just about how you feel today. **It's about giving your body the tools it needs to confidently continue doing the things you love for years to come.**

Find your balance. Build your stability. And keep moving through life with confidence.

If you're curious about your own balance, posture and foundation, we'd love to help. Schedule an appointment at Beckley Chiropractic & Wellness, and let's take a closer look at how your body is moving and supporting you from the ground up.

Chiropractic is one of the largest primary-contact health

care professions today. Chiropractors provide non-invasive, hands-on health care that serves to diagnose, treat, and help prevent disorders and conditions relating to the spine, nervous system, and musculoskeletal system.

Chiropractors use a combination of treatments, 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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The TRUTH About Jesus' 2nd-Coming – His EYES & His MOUTH

Let's pray: *Our Father, we ask for forgiveness any SIN, wash us in Jesus' blood; Bible tells us spiritual matters are spiritually understood. We ask Holy Spirit to lead our thoughts in Jesus' name. Amen.*

1. **MISCONCEPTIONS OF 2ND COMING:** There are many lies about 2nd-coming of JESUS. This article will expose these lies, NOT by addressing them directly, but by sharing TRUTH in Bible; thereby, light will DISPOSE of darkness. Scriptures are provided; your challenge is to look them up to ensure yourself it is TRUTH. Revelation 1:6 says EVERY EYE will see JESUS. Due to SINFULNESS on earth, when JESUS appears, the whole world will change. Mountains will CRUMBLE, Islands DISAPPEAR, earth will SHIFT to & fro like a drunkard, Isaiah 24:20. BEFORE Lord's return, the evil-one will poured-out 7-last plagues on the lost, Revelation 16. The 7th-plague great hail falls the weight of a talent, 100-lbs. Anything standing will be SMASHED to the ground; also, a great earthquake, the biggest since earth began, Revelation 16:18.

2. **JUST PRIOR TO 2ND COMING:** During this time, just prior to JESUS' appearance in the sky in all his glory, & the glory of all the holy angels that accompany him, the lost or wicked, what will they be doing? The lost will be crying for the rocks & mountains to fall upon them to hide them from the face of the Lamb, JESUS. Why? Because SINFUL man cannot look upon the face of God in our SINFUL condition & live. Their cry will be "Hide us from the face of him that sits on the throne, & from the wrath of the Lamb, JESUS ... who shall be able to stand" Revelation 6:15-17. No Secret Rapture, No 7-year tribulation.

3. **JESUS APPEARANCE-THE LOST:** Then Jesus appears in all his glory, in the sky, the lost will PERISH at the brightness of his appearing, 2 Thessalonians 2:8-10—why perish, they had not the love of the truth that they might be saved; instead, had pleasure in unrighteousness, SIN. The Bible is very descriptive on what occurs on earth leading to the day of the Lord. God's children, obedient, through genuine grace—not cheap grace that churches offer us today, telling us we cannot live without SIN-NO.

4. **IS SIN GREATER THAN GRACE:** Question: Is SIN greater than GRACE; or is GRACE greater than SIN? What do you think? BEFORE all this happens, as we live today, we are living in probationary time, NOW. It is a time for us to get ready for what is about to happen – to come into safety, the REFUGE of God BEFORE the judgment of the living takes place, & probationary time EXPRES--that is called the Mark of the Beast--the Sunday law enforced upon mankind by church/state union once again, like it was during the Dark Ages of Papal dominion, 538-1798 AD.

5. **JESUS APPEARANCE:** Now that we have set the stage leading-up to JESUS' 2nd-coming, let's look at Revelation 19:11-21 please read these verses – the scene when JESUS DOES appear in the sky. Revelation 19:12 says that JESUS had EYES as a flame of fire. The same is said in Revelation 1:14 where JESUS'S EYES are remedial or to correct, cure. JESUS discerns our spiritual condition & JESUS doesn't judge us; he only wants to help us get well from the CURSE of SIN in our lives. JESUS is trying to seek-out & to consume the SIN, so that we can be saved. Yes, JESUS became SIN & DIED for us; but it didn't STOP there. JESUS told a woman caught in adultery to go & SIN NO MORE, John 8:11.

6. **JESUS' SWORD & EYES:** That is the true gospel of JESUS CHRIST – victory over SIN through genuine grace. On the other hand, IF we do not let the EYES like fire consume SIN in our lives, it WILL consume us, as mentioned above 2 Thessalonians 2:8—by the brightness of his coming. Revelation 19:15 tells us JESUS comes with a sword in his mouth – symbolic. That sword is to smite the nations that are warring against his commandment keeping people. Ephesians 6:17 tells us the sword is the word of God, both the Old & New Testaments. It is a two-edged sword.

7. **CONCLUSION:** The purpose of the sword is to penetrate & discern the thoughts & intents of the heart, our mind; so that all becomes naked & opened unto EYES of whom we all have to answer too. It is God's purpose that JESUS' symbolic EYES & SWORD, EYES of fire--WORD of God, will do their work in your life to rid SIN from within; so that, they will not have to do the undesired work of ridding the universe of SIN that remains in each of us who do NOT repent. If we do NOT allow the sword to cut-out our SINS, the result will be that the sword will become a punitive or punishing WORD, not a saving sword – that choice is ours individually.

Information is Empowering!

When I was about five months pregnant with my first child, a friend suggested that I attend La Leche league meetings. “But isn’t that for women who are having trouble breast-feeding?” I told her, “I haven’t even had my baby yet!”

“Yes,” she said, “but it’s also so much more. If you go BEFORE you have your baby, you will get important information that may help you prevent problems.”

My friend was right. One of the first things I learned from the other mothers at the meetings, was that they had nicknamed, my current OBGYN, “Dr. C-section,” because his aggressive use of routine interventions, and lack of concern about how a mother’s diet can impact pregnancy outcomes, often set off a domino effect that culminated in the need for a C-section. I was very grateful to have been alerted to this. At my next appointment, I then asked the doctor, what percentage of his patients ended up with a C-section. When neither he, nor his staff, nor the hospital he delivered at would provide me that number, I quit his practice and found a wonderful midwife, who helped us have the birth we wanted.

Howard Lyman (AKA; The Mad Cowboy) is a fourth-generation cattle rancher/feedlot operator who turned vegan. He was invited by Oprah to be on her show, (in the 1990’s) where he told the American people the truth about where their hamburgers were coming from. This resulted in both Howard and Oprah being sued for 20 million dollars, by a group of wealthy Texas cattle ranchers, who didn’t like them disparaging their products. Even though the courts ruled in Howard and Oprah’s favor, the case had a chilling effect on the media’s enthusiasm for investigating Big Ag practices. That lawsuit was 30 years ago, and since that time, the moneyed interests have gotten even better at limiting our access to information that threatens their bottom line.

That’s why in-person events matter more now than ever before, and here are three wonderful fests and retreats happening locally that could be just the combination of information and inspiration to give you a new and better trajectory in life. Participants at these often come away empowered to live with more health and in better alignment with values many already hold about being kind to animals. Plus these are a great way to connect with others who will support you in your own healthy-lifestyle journey.

October 3, in Kansas City is the Midwest Soul Vegfest. This free event has been bringing national speakers, live music and a huge selection of food trucks and vendors

selling vegan food, personal care items, and gifts to Kansas City for 8 years. Get ready for soulful vibes, plant-based deliciousness, wellness culture, and community all in one powerful day. Gather your friends, bring your dog and dress for the weather. This could be the catalyst you’ve been looking for. You can find more information at: <https://www.kchealthi.org/midwest-soul-vegfest>

October 29 - Nov 1, Whole Planet Spirituality Forum and Retreat. This four-day gathering in Lee’s Summit,



Missouri, has a virtual option too, but if you do that, then you’d miss the great food, the hugs and the peaceful healing benefit of being at the world-renowned Unity Village.



The theme this year is “Above All, Love All.” You can register for this event at: <https://thespiritualforum.org/retreat>.

The Vibrant Vegan Fest is a five-day all-inclusive retreat with options to camp or stay in a private hotel-style room, taking place in the KC area. All meals, educational sessions, dance parties, recreational activities, and children’s programming are included. This is where you go to celebrate compassion, heal your body, build lifelong friendships, and leave inspired to create a happier & healthier world for all beings. The 2026 gathering just passed and was incredible with 3 buffets each day of gluten-free, whole plant foods. National speakers, connection games, concerts and dancing. Judging from the after-festival buzz, the 250 tickets for 2027 will sell out long before the gathering next August, so buy your ticket early to get the best price, and save your space! There are hundreds of acres of forest, a beautiful lake with boating, a swimming pool and so much more. You can see videos of previous gatherings or register at www.VibrantVeganFest.com.

For the most impact, I’d encourage you to attend all three. Sometimes the most important thing we can do to grow or heal is to simply show up.

-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

Breast Cancer Awareness: The Cost Of Cancer



(Ivanhoe Newswire) —

October is Breast Cancer Awareness Month. The perfect time to bring attention to a disease that affects one in every eight women. While treatments have saved many lives, they come at a cost

Nobody wants to hear the words ... 'You have breast cancer.'

"When you're initially given the diagnosis, your focus is on survival. What do I need to get through this," said Jane Obadia.

Thanks to cutting-edge treatments, more than 90 percent of women with breast cancer will beat the disease. But the cost of care can be financially devastating for some.

Breast cancer has the highest total treatment costs of any cancer. The therapies themselves can be pricey. But there are also secondary costs, like child-care, transportation, supplements, wigs, reconstructive surgery, fertility treatments, and more. Studies show more than half of breast cancer survivors go into debt for years as a result of their care. Some report spending more than 20 percent of their annual income on ongoing medical care.

So, what can be done? Research suggests diagnosing women earlier can cut costs significantly. The average cost one year after diagnosis is about 51-thou-



sand dollars for stage one breast cancer, compared to 116-thousand dollars for stage four.

Some other cost-saving strategies: review every medical bill, mistakes are common. Ask for generic medicines when possible. See if charitable organizations can help. Many offer grants to pay for expenses. And take advantage of drug manufacturer assistance programs.

According to an NIH study, 11.9 percent of people with breast cancer skipped fertility preservation because of the cost and almost 11 percent skipped desired breast reconstruction.

Early detection of breast cancer raises the five-year relative survival rate to over 99% when the cancer is found at a localized stage.

Besides mamograms, other procedures that can

help with early detection are thermal imaging, ultrasounds, MRIs and clinical breast exams, as well as breast self-awareness.

There is also research going on to explore using AI for detection and even preventing breast cancer.

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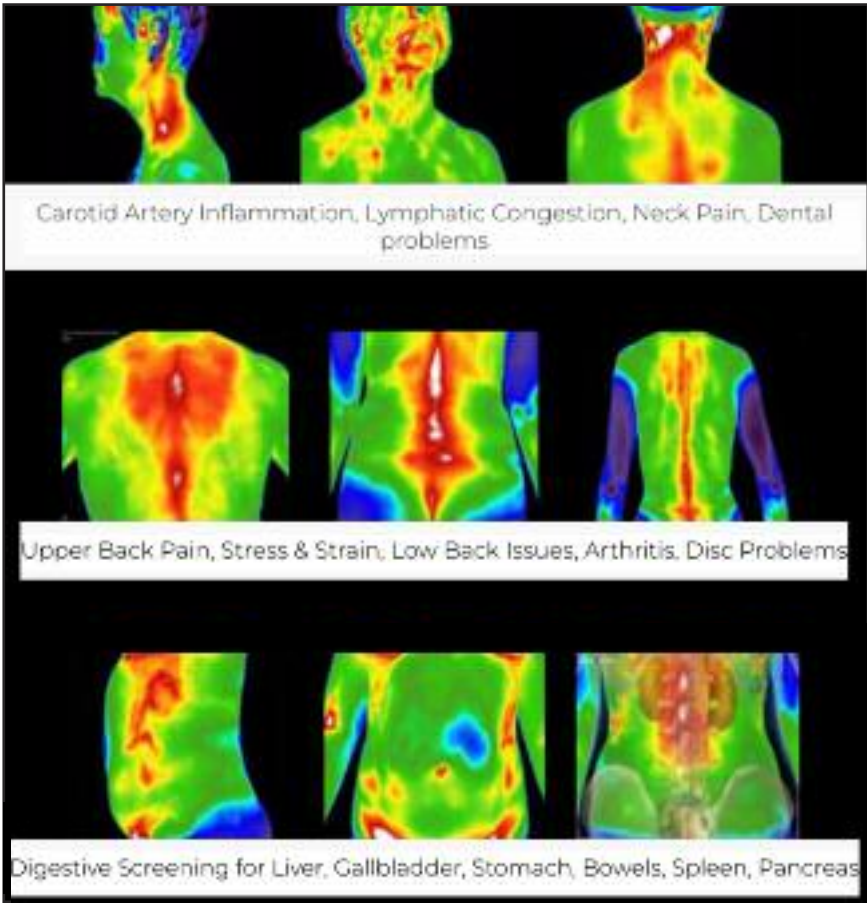
- 30% discount on the full body thermogram study during October •
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Thermal Imaging Can Detect Abnormalities Sooner

Many people are unaware of Thermography. It is one of the only preventative medical devices in use. Thermography uses an infrared medical grade FLIR camera to detect inflammation in the body that may be hidden and not manifesting as pain. Chronic inflammation can lead to many undesirable health conditions so early detection is key. When you are able to see your current physiology in real time, it is then possible to work towards eradicating the root cause.

Thermography can detect abnormalities 8 to 10 years before symptoms arise and the best part is that there is no harmful radiation. There can be thermal patterns that are indicative of lung issues, pre diabetes, unresolved dental issues, and several other issues that cause inflammation. Many women use Thermography as an adjunct to mammography. Since it is breast cancer awareness month in October, this might be a good time to consider this service to identify health challenges early and help guide your healthcare practitioners to successfully treat and monitor your progress.



At Mid America Thermal Imaging, they use the highest quality medical camera providing the finest images for precise interpretation. This can give a new look at the inflammatory processes and functionality of the body. All images are analyzed by specially trained and certified MDs with a written report, including copies of your images, sent to you. Your screening is done privately where only the camera sees you. Thermography involves no poking, prodding or squishing that can even rupture small tumors if they exist.

“We are passionate about Thermography because it is an upstream, clinical tool that can detect abnormalities in inflammation 8-10 years before symptoms manifest in you,” said Jennifer Fredericks, CCT at Mid America Thermal Imaging. “We can get a visual of where your body is giving warning signs, which in turn allows you to make the necessary changes in lifestyle and perhaps to get further medical testing. It gives you better control of your future health and allows you to ‘heal before you can feel.’ We use the highest resolution FLIR camera on the market. Most importantly, you are imaged behind a screen in front of the automated camera ONLY, maintaining your privacy and dignity.”

Mid America Thermal Imaging is offering a **30% discount** on the full body thermogram study the entire month of October. They also offer massage therapy with customized tech-



niques for individual needs. These include pre-natal, Swedish, deep tissue, aromatherapy, myofascial release, trigger point and rapid tension release.

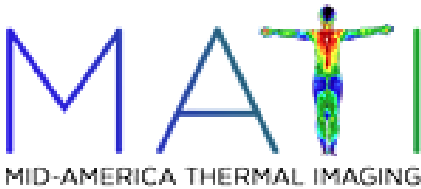
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Find us on Facebook: Topeka Fall Fest, or email info@C5Alive.org for info



Expert Advice for Beginners Training for Their First Half Marathon

I am currently halfway through my half marathon training block, and I know how important it is to pick a plan you truly love. As a first-time half marathoner, you'll want a plan that gives you time to build an aerobic base, challenges you to run farther distances, and is flexible enough to fit training into your everyday schedule.

Look no further! Runner's World 14-Week Half Marathon Plan checks all the boxes.

I always opt for a Runner's World training plan because I can see every day, week, and workout laid out for me and I trust that it'll lead me toward my goal for 13.1. Hopefully you fall for this one, too. Happy half marathoning! 😊

Running your first half marathon is a special experience. It's often the first time you'll race a double-digit distance, which is a huge accomplishment, and training doesn't require all your spare time in the process.

But getting to the start and finish line strong requires choosing the right training plan.

You want a program that allows you to build an aerobic base, practice running farther, and recover in time for race day. As a first-timer, a beginner-level plan safely builds you up to longer runs that boost your confidence to run 13.1 miles.

Runner's World 14-week half marathon plan fits all your training needs, especially if you've been running consistently for the past few months and you're officially ready to jump into race training.

The plan features just four runs per week, starting at 17 miles per week, and gradually builds your endurance (peaking at 26 miles per week) so you're fully prepared to tackle your first long-distance race.

Download the plan

<https://hmg-prod.s3.amazonaws.com/files/7683703d-004a-433e-a8e9-768ec79d4f00/rw-14-week-half-marathon-training-plan.pdf>

What to Know About This Plan

This plan is designed for beginner runners who have about a year of experience running a few days per week and can log an average of about 15 to 20 miles per week.

Each week consists of three rest days, three easy runs, and one long run. Your long runs start at six miles and build gradually, peaking at 12 miles to increase endurance and get you comfortable running for about two hours at a time.

"It's got a good progression and a nice taper into the race," says Will Baldwin, USATF and VDOT-certified run coach. "Four days a week is a great amount for people. I think it's really fun when you hit that amount because you are running more days than you're not," which can help boost your confidence as a runner.

The plan gradually increases your long run mileage by adding just one to two miles at a time, so the progression isn't overwhelming. Plus, you get seven weeks to build your aerobic base with easy running before hitting double digits in that long run.

"A lot of injuries happen from long run spikes, so the fact that it never jumps more than two miles is really great and important," says Baldwin. "We want to get comfortable and accustomed to training."

The three built-in rest days not only offer flexibility because you're able to move around workouts to different days when life gets busy, but they also give you time to recover after hard days and adjust to a higher volume for the first time, Baldwin adds.

Below is a breakdown of each type of activity listed on the plan so you know what you're signing up for over the next 14 weeks.

Easy Runs

For easy runs, you'll keep a comfortable, conversational pace. They should feel truly easy. Try to start extra slow so you can finish strong. If you're huffing and puffing, you're going too fast.

Easy runs allow you to increase your time on feet



and weekly mileage, building endurance while lowering risk of injury. This is pretty much the foundation of your plan because they also generally strengthen your lungs and your legs and allow you to increase volume, so you have the stamina required for race day.

Long Slow Distance Runs

Your long, slow distance runs are crucial for building endurance and giving you confidence you can handle 13.1 miles on race day. Run them at a very comfortable, conversational pace. You should be able to speak in full sentences.

Cross-Train

While not specifically listed on the calendar, you can swap an easy run day for cross training by going for an easy bike ride, swim, or hop on the elliptical for the same amount of time you'd spend running. Baldwin also recommends cross-training one to two times a week on a rest day if you feel you can handle more activity.

"If someone is wanting to do more or is feeling really great, [cross-training is] the best thing to start with, as it adds more fitness with low impact and less running mileage," says Baldwin.

Rest Days

Your rest days are designed to absorb all the adaptations from your runs. Ideally, don't do any workouts. You can use this time to relax, do some meditation, or incorporate light mobility work or an easy yoga class. These days give your body a chance to recover, allowing you to progress, and they get you ready for the next run.

By Kristine Kearns

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The Connection Between Emotional Wellness and Mental Health

Emotional wellness directly influences mental health outcomes through scientifically-proven connections to stress management, physical health, and life success, with evidence-based therapy providing structured support for developing resilience, healthy coping mechanisms, and lasting emotional balance.

Ever notice how life feels more manageable when you're in a good headspace? Emotional wellness isn't just about feeling happy—it's the foundation for everything from better relationships to career success. Discover practical strategies backed by therapy experts to build lasting resilience and live more fully.

Understanding Emotional Wellness, Mental Health, And Why They Matter

In an ideal world, everyone would have the ability to care for their emotional well-being and navigate life's challenges. However, maintaining emotional wellness is sometimes easier said than done.

If you'd like to improve your emotional well-being, your first step might be to learn more about it. This article explores why emotional health matters and how you might improve it in your own life with the support of licensed

• Resilience when facing challenges

Four reasons why being emotionally well matters

Understanding the importance of emotional health can motivate us to prioritize it. Below, we'll examine four key benefits of emotional wellness.

Positive emotions affect overall life success

Research suggests that people who experience more positive emotions may achieve better life outcomes. Many believe success leads to happiness, but evidence indicates the opposite may be true—people who feel emotionally well might be more likely to achieve success in various life domains.

Your emotional health influences how you navigate the world and interact with others. Your interpersonal relationships, professional life, and even your ability to pursue your goals are all affected by your emotional wellness levels and resilience.

Stress and other emotional struggles affect physical health

Emotional and physical health are deeply interconnected. Research shows that stress levels and emotional challenges like anxiety can directly impact your physical well-being. Possible effects include:

- Compromised immune function
- Hormonal imbalances
- Digestive issues
- Elevated blood pressure
- Sleep disturbances

By addressing your mental health needs, you can potentially reduce your risk for these physical health conditions and improve

your overall quality of life.

Emotional wellness contributes to your confidence

When you're emotionally well, you typically experience greater self-confidence. This confidence becomes particularly valuable during challenging times, providing the mental resilience needed to



overcome obstacles. People with strong emotional wellness often trust their abilities and judgment, even in uncertain circumstances.

Healthy habits often go hand in hand with emotional wellness

Emotional health thrives on consistency and healthy habits. When you maintain good emotional health practices, you establish patterns that support your well-being as you age.

For example, learning constructive ways to handle stress today increases your likelihood of managing stress effectively throughout your life. Over time, these positive behaviors become automatic, creating a foundation for continued emotional wellness. The actions we take consistently now become the habits that shape our future well-being.



clinical social workers.

What emotional wellness means

Emotional health can mean different things to different people, but some common factors might include:

- Happiness and contentment
- Manageable levels of stress
- Supportive social relationships
- Consistent self-care practices

Handling stress and difficult emotions to improve wellness

Everyone experiences ups and downs in life. However, developing strategies to feel good about yourself and your life can significantly enhance your emotional wellness.

Improving your psychological well-being helps you feel happier and more confident daily. If you struggle with self-esteem or anxiety about pursuing your goals, the following practices might help.

Develop positive coping mechanisms for stress

Stress is inevitable, but your response to it can significantly impact your emotional wellness. Learning constructive ways to manage stress is a crucial skill for maintaining mental health.

Finding effective coping mechanisms often requires experimentation and personalization. Working with a licensed clinical social worker through ReachLink can help you identify and develop strategies that work specifically for your situation and needs.

Choose your company carefully

The people you spend time with profoundly influence your emotional health. Supportive relationships can nurture your well-being, while negative interactions can drain your emotional resources.

Consider how you feel after spending time with different people in your life. Do you feel energized, understood, and positive? Or do you feel drained, criticized, or relieved when the interaction ends?

If you find certain relationships consistently impact your emotional health negatively, discussing boundaries and relationship dynamics with a ReachLink clinical social worker can provide valuable perspective and strategies.

Strive to live a balanced life

Balance looks different for everyone, but finding your personal equilibrium is essential for emotional wellness. This often involves aligning your time and energy with your core values.

For instance, if family relationships are more important to you than career advancement, you might find greater satisfaction by dedicating more time to family activities and setting appropriate work boundaries. Similarly, if personal growth is a priority, ensuring you have time for learning and self-development may be crucial for your emotional balance.

Finding this balance typically requires ongoing adjustment and reflection. ReachLink's licensed clinical social workers can help you clarify your values and develop practical approaches to creating more balance in your daily life.



Professional support for emotional and mental health and well-being

Life challenges can sometimes make it difficult to achieve or maintain emotional wellness on your own. Whether you're facing relationship difficulties, workplace stress, grief, or other emotional hurdles, remember that you're not alone. Professional support and resources are available to help you navigate these challenges.

Takeaway

Emotional wellness encompasses effectively managing life's stressors and having adequate support systems in place. To cultivate emotional wellness, surround yourself with supportive people, develop healthy coping mechanisms for stress, and maintain balance in your life according to your values. Remember that seeking professional help is a sign of strength, not weakness, and reaching out for support can make a meaningful difference in your journey toward emotional wellness. Taking the step to engage with a licensed professional is empowering and shows a commitment to your well-being.

Remember, emotional wellness is not a destination but an ongoing process. It involves recognizing your needs, practicing self-compassion, and adapting healthy habits that support balance and resilience. By prioritizing your emotional health, you enhance your overall quality of life and create a solid foundation for facing whatever challenges come your way.



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BEFORE



AFTER

CRACKS IN THE BASEMENT?

Healthy and Fun Recipes for the Fall

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

Breakfast Pizza



Breakfast + pizza. Is there any better duo?

Ingredients

- cauliflower pizza crust 1 whole
- turkey bacon, lower in sodium 3 slice
- olive oil 2 tbsp
- onion(s) (chopped) 1 med
- red bell pepper (chopped) 1 med
- black pepper 1/4 tsp
- collard greens (stemmed, chopped) 1g bunch
- spinach (chopped) 1 cup
- eggs (beaten) 2 large
- egg whites (beaten) 3 large
- green onion (scallion) 2 stalks
- cottage cheese (divided) 1 cup

Directions

Cook turkey bacon according to package instructions. Let cool then tear or chop into pieces. Set aside.

Preheat oven to 425 degrees F.

Meanwhile, sauté onions, peppers, and collard greens in olive oil over medium high heat until softened, 10 minutes. Add chopped spinach. Stir to incorporate and cook until wilted.

In a bowl, beat eggs and egg whites. Into the same sauté pan with the onions and peppers, add eggs and mix into the vegetables. Cook until they are softly scrambled, meaning they are not fully cooked. They will finish cooking in the oven.

Remove from heat and add turkey bacon pieces and ½ cup cottage cheese. Mix well.

Remove the CAULIPOWER Plain Pizza Crust from the freezer and spread the cottage cheese on like you would a pizza sauce. Spread to the edges for best flavor.

Spread the egg mixture on top of the cottage cheese. Sprinkle scallions evenly over the pizza.

Bake directly on the oven rack for 15 minutes, or until the crust is crispy.

Nutrition Information (Servings: 4)

Per serving: 340 calories; fat 14g ; carbohydrates 31g; protein 17g; sodium 480g; sugars 6g; fiber 3g

Source: diabetesfoodhub.org

Crunchy Ham & Swiss Wraps



These crisp lettuce wraps deliver the classic ham and Swiss combo in a low-carb, no-bread format

Ingredients

- iceberg lettuce 1 head
- low-sodium ham (thinly sliced) 8 slices
- low-sodium Swiss cheese 4 slice
- tomatoes (chopped) 2 whole
- red onion (thinly sliced) 1/4 cup
- fat-free mayonnaise 4 tbsp

Directions

Trim and halve the iceberg lettuce head. Separate the leaves.

Lay out 2–3 lettuce leaves per wrap, slightly overlapping. Spread 1 tablespoon of mayonnaise across the center of each wrap.

Place 2 slices of ham on each wrap, followed by 1 slice of Swiss cheese.

Evenly distribute the sliced tomatoes and red onion among the wraps.

Gently fold the sides of the lettuce in, then roll the wrap tightly from the bottom up.

Secure with toothpicks if needed, slice in half, and serve immediately.

Nutrition Information (Servings: 1)

Per serving: 150 calories; fat 2g; carbs 15g2g; protein 17g; sodium 470g; sugars 7g; fiber 3g

Source: diabetesfoodhub.org

Baked Lemon Pepper Salmon Maple-Pumpkin Spice Oatmeal Cookies



Enjoy all the flavors of fall with these hearty maple-pumpkin spice oatmeal cookies.

Ingredients

- old-fashioned rolled oats 1 1/4 cup
- flour or whole-wheat pastry flour 1/2 cup
- baking powder 1 tsp
- sea salt 3/4 tsp
- pumpkin pie spice or ground cinnamon 3/4 tsp
- unsweetened applesauce 1/2 cup
- dried apricots (about 7 or 8 pieces) 2 oz
- pure maple syrup 1/4 cup
- unsalted butter (room temperature) 4 tbsp
- sunflower or avocado oil 2 tbsp
- eggs 1 large
- pure vanilla extract 1 1/2 tsp

Directions

Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper or use silicone baking mats.

In a medium bowl, stir together the oats, flour, baking powder, salt, and pumpkin pie spice.

Add the applesauce, dried apricots, maple syrup, butter, and oil to a blender. Cover and blend until well combined. Add the egg and vanilla extract and blend until puréed like a smoothie. Pour the batter into the dry mixture in the medium bowl and stir until well combined. Note: The batter will seem slightly loose (runny).

Drop 7 cookies on each baking sheet, about 2 well-rounded measuring tablespoons each. Bake until browned on the bottom, about 25 minutes.

Remove cookies from the oven and let cool completely on the baking sheets on racks. Store the soft-chew cookies in an airtight container at room temperature for up to 3 days or freeze for up to 1 month.

Nutrition Information (Servings: 14)

Per Serving: 120 calories; fat 6g; carbohydrates 16g; protein 2g, sodium 150g; sugars 7g; fiber 2g

Source: diabetesfoodhub.org

As number of cancer survivors grows, doctors recommend several steps

More than 18 million Americans are cancer survivors, and that number is expected to grow to 22 million over the next decade.

“Part of this growth we’re seeing in the number of survivors is because we have an aging population and more people are being diagnosed,” said Dr. Lindsay Peterson, director of the START Strong Survivorship Clinic at Siteman Cancer Center in St. Louis. “But part is also because people are living longer after a cancer diagnosis.”



For the growing number of survivors, several steps can help improve health and well-being over the years. It’s almost never too early in the cancer journey to get started with them.

“Talking with patients about healthy behaviors -- like nutrition and physical activity and weight management -- at the very beginning of a cancer diagnosis not only can help them get through their treatments easier, improving their quality of life and minimizing side effects, it can also instill those healthy habits and behaviors from the very beginning,” Peterson said. “And some of those behaviors have been shown to actually improve cancer prognosis and outcomes down the road.”

These steps can benefit not only cancer survivors but anyone interested in living a healthy lifestyle.

- **Don’t smoke.** Even people with advanced cancer benefit from quitting. Visit smokefree.gov for help.
- **Be physically active and eat a healthy diet.** Focus on fruits, vegetables and whole grains, and limit red meat, processed meat and alcohol. Try to get some physical activity every day, even if it’s a small amount. When ready, try to build up to around 30 minutes a day.

- **Maintain a healthy weight.** Weight can be a complex issue for survivors, for many reasons. Staying at a healthy weight, though, can have important benefits. Your doctor or clinic can help with resources.
- **Get screening tests and regular check-ups.** It’s important to keep up with post-treatment care with your primary care doctor and oncology team. These visits are not only key to your health as a survivor but also great places to check in about your overall health.

Looking after mental well-being is also key. Cancer can be isolating for many survivors, so it can be valuable for both survivors and their family and friends

to make efforts to stay connected.

“Once someone finishes treatment, everyone may now think they’re fine,” Peterson said. “So, all of the support they were getting, emotional or otherwise, goes away. And the reality is, once people are done with their cancer treatment, that’s actually when I think they need the most emotional support.”

Friends and family can help uplift survivors by staying engaged and asking them what types of help they may need. Survivors, for their part, can help by more actively letting people know the types of help and support they may be looking for.

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The Benefits of Seasonal Eating: Embrace Nature's Bounty for Optimal Health

Eating seasonally is a powerful way to align with nature's rhythms, enhance your health, and enjoy the freshest, most flavorful produce available. By consuming foods that are in season, you not only support local farmers but also nourish your body with nutrients that are at their peak fresh off the vine when nutrients are the highest.



Rebecca Wharton

Here's a closer look at the benefits of seasonal eating and some delicious recipes to get you started.

Benefits of Seasonal Eating

1. Nutrient Density: Seasonal produce is harvested at its peak, ensuring that you receive the maximum number of vitamins, minerals, and antioxidants. For example, winter squash is rich in beta-carotene, while spring greens are packed with vitamin C.

2. Better Flavor: Fruits and vegetables that are in season taste better. They are fresher, more vibrant, and often have a superior texture compared to out-of-season produce that has been transported long distances.

3. Cost-Effective: In-season produce is typically more abundant, which often makes it more affordable. Buying locally grown food also reduces transportation costs and environmental impact.

4. Supports Local Economy: Purchasing seasonal produce often means supporting local farmers and markets, which in turn strengthens the local economy and reduces carbon footprints.

5. Variety and Diversity: Eating seasonally encourages you to try new foods and incorporate a wider variety of nutrients into your diet. This diversity can lead to a more balanced and enjoyable diet.

Seasonal Recipes

Autumn Harvest Salad

Ingredients:

- 2 cups mixed greens (kale, spinach, arugula)
- 1 cup roasted butternut squash, cubed
- 1 apple, thinly sliced
- 1/4 cup dried cranberries
- 1/4 cup of toasted pecans
- 1/4 cup crumbled goat cheese



- Dressing: 2 tablespoons olive oil, 1 tablespoon apple cider vinegar, 1 teaspoon honey, salt, and pepper to taste

Instructions:

1. Roast the butternut squash in the oven at 400°F



2. In a large bowl, combine mixed greens, roasted squash, apple slices, cranberries, pecans, and goat cheese.

3. Whisk together the dressing ingredients and drizzle over the salad. Toss gently to combine.

Spring Vegetable Stir-Fry

Ingredients:

- 1 tablespoon olive oil
- 1 cup snap peas
- 1 cup asparagus, cut into 1-inch pieces

- 1 red bell pepper, sliced
- 2 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon sesame seeds
- Cooked brown rice or quinoa, for serving



Instructions:

1. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until fragrant.
2. Add snap peas, asparagus, and bell pepper. Stir-fry for about 5-7 minutes until vegetables are tender-crisp.
3. Stir in soy sauce and sesame seeds, cooking for another minute.
4. Serve over cooked brown rice or quinoa.

Embracing seasonal eating is a simple and effective way to improve your health, enjoy better-tasting food, and support sustainable practices. By incorporating seasonal produce into your meals, you can savor the natural flavors and nutritional benefits that each season has to offer. Enjoy experimenting with new recipes and discovering the delicious variety that nature provides throughout the year!

—Rebecca Wharton, RN, Master of Science in Nursing in Public Health, CPT, is a Certified Functional Nutrition Coach. She can be reached at 785-274-9844.

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Medicare doesn't pay for dental care.¹

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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.

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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.

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Do More of What You Love

For in him we live and move and have our being.

Acts 17:28 (NIV)

Recently, I listened to a business podcast titled, “Do not pander.” The message of the podcast was not to cater to the whims of other businesses and to the algorithm. Those of us in the online space have to deal with changing algorithms and then try to figure out what kind of posts, etc. that Facebook and Instagram are “rewarding” and looking for. By doing this, you can easily get caught up in chasing success and people-pleasing only to lose yourself in the process. All this leads to burnout. But what the podcaster said next had me not only thinking about business but also about our approach to healthy living:

Burnout is not doing enough of what you love.

Oftentimes, we think of burnout as doing too much, being too busy. In fact, dictionary.com says it's fatigue, frustration, or apathy resulting from prolonged stress, overwork, or intense activity. Instead of staying tired and frustrated, how about we **ask ourselves what we love to do and if we're doing enough of that.**

Why is it that people can start a diet or extreme exercise program at the beginning of the year only to fizzle out by February or March? They're tired and frustrated. They're either not getting results, or they're over what it is they must do to get the results. They didn't take into consideration what they liked to do. They didn't ask themselves how they like to move or what food they like to eat. Instead, they signed up for a random plan, no questions asked. Now they're realizing they don't

really like eating according to a clock, two-a-day workouts are exhausting, or drinking a gallon of water a day just makes them feel water-logged.

When you start honoring your body the way God uniquely created you, you can sustain the way you choose to care for it.

Yes, it's important to move regularly. Yes, you'll function better when you're filling your body with nourishing foods. Yes, drinking plenty of water is essential for your body to function and feel well. **But only you know you.** And you were created with unique tastes and preferences. Start there.

- How do you like to move?
- What foods leave you feeling satisfied and energized?
- How much water does your body operate best on?
- Do you like the way you eat and move and spend your days?
- What are your favorite things to do?

This scripture in Acts reminds us that all we do is **in Him**. It's by His power that we move and that we even exist. He uniquely created each of us, and we must honor that. This chapter in Acts reminds us that we are God's children, created in His image. He knows all the details about you, and He created you the way you are **for a reason**. Don't try to be someone or do something that doesn't align



with the Lord and the way He made you. He loves you, and He wants you to love and embrace the life He has planned for you.

If your current healthy living approach is leaving you tired and frustrated, ask yourself the questions above. When you start doing more of what you love in regards to how you care for your body, you'll start feeling better. You'll want to do those things. It'll be easier to continue that approach for a long time to come.

Do something you love today!

Action Step

Ask yourself the questions above. Are you honoring the unique body God entrusted to you? Choose to honor God by making healthy decisions that honor your unique body.

—Marsha Apsley / faithand-fitness.net



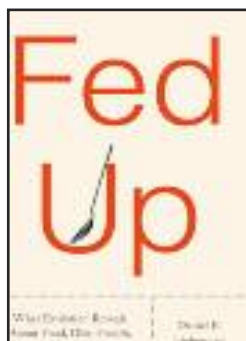
New Health & Wellness Info at the Library

By Alex Henault

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

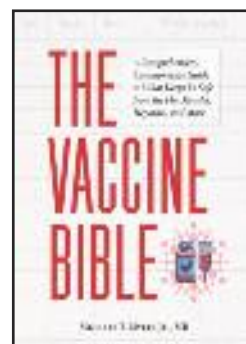
Fed Up: what evolution reveals about food, diet, health, and eating well—by Daniel E. Lieberman; Alfred A. Knopf; 2026 New Books 613.2 LIE

Fed Up weaves together three stories. First, Lieberman tells the fascinating history of food and diets. What did we evolve to eat, and how did farming and industrialization change our diet? He then describes his own experiences with the major 'big idea' diets that mirror this history. Beginning with raw foodism and the Paleo diet, progressing to the Mediterranean and Blue Zone diets, and then sampling more recent weight-loss diets such as Weight Watchers, Atkins, and Ornish. Finally, he uses an evolutionary anthropological framework to demystify and evaluate the multifaceted science behind these diets and their effects on health. Among the many questions Lieberman addresses are: What is in food, how do we digest it, and what are we adapted to eat? Why do we cook? How does food affect aging and how we get sick? Why is it so easy to gain weight but so hard to lose it? In addition to introducing readers to the fascinating history of food and the fundamentals of nutrition and digestion, it debunks and disentangles the confusing and divergent prescriptions we hear and read so often. Why are some big idea diets high-fat, others low-fat, and only some restrict calories? Why is no diet highly effective for weight loss? Beyond myth-busting, Fed Up concludes with scientifically sound guidance without being prescriptive or facile. It summarizes what we know and don't know about how people lose weight and prevent weight gain, and which diets make sense in the light of ancient adaptations, recent history, and today's food landscape. Lieberman also touches upon the evolutionary underpinnings behind what diets have been shown to help people age well while decreasing their risk of heart disease, cancer, metabolic syndrome, dementia, and depression. Food ought to be enjoyed and shared, but for many, choosing what to eat has become confusing and stressful. By telling the story and science of food and diets, Fed Up engagingly empowers readers with the information and concepts they need to make their own choices.



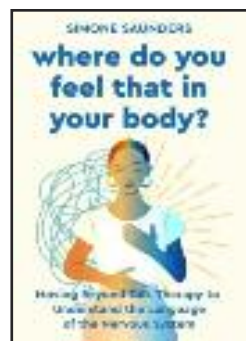
The Vaccine Bible: a comprehensive, commonsense guide to what keeps us safe from the flu, measles, hepatitis, and more—by Michael T. Myers Jr.; Ulysses Press; 2026 New Books 614.47 MYE

For those looking for clear and reliable information on vaccines for themselves and their families, it can feel like an overwhelming amount of confusing information. Sorting through it all takes time. And for most people, it's nearly impossible to fully understand how vaccines work and, more importantly, how to make the best choices that will allow them to feel safe and protected.



Where Do You Feel That in Your Body?: moving beyond talk therapy to understand the language of the nervous system—by Simone Saunders; Balance; 2026 New Books 615.851 SAU

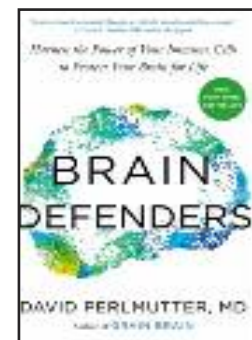
Many of us assume that once we understand why we feel the way we do, things will finally change. Traditional talk therapy often equips us with the language and self-awareness we've been missing -- yet so many of us find ourselves stuck. We can recognize the trigger, name the pattern, and explain the story, yet still feel unable to create tangible change in our day-to-day lives. So, where's the disconnect? What's missing? Registered social worker and trauma therapist Simone Saunders believes the answer lies in crossing the threshold from the mind into the body--moving from self-awareness into a felt, embodied understanding. In Where Do You Feel That in Your Body, Simone guides you through a gentle and practical approach to noticing what emotions feel like in your body, understanding the protective patterns shaped by identity and past experiences, and recognizing how your nervous system responds to stress and disconnection. You'll learn how to read your body's signals with curiosity, and how to build the capacity to stay present with your emotions instead of disconnecting from them. In recent years, the language of the body--posture, facial expressions, movements, and sensations--has become more widely recognized for the integral role it plays in shaping and maintaining our survival patterns. Where Do You Feel That in Your Body shows you how to build a steady, supportive relationship with your nervous system



that grows and shifts over time. You'll understand how your body and mind communicate, how identity and culture shape your emotional responses, and how to gently shift the patterns that once helped you survive.

Brain Defenders: harness the power of your immune cells to protect your brain for life—by David Perlmutter; Avery; 2026 New Books 616.8 PER

We've been fighting the wrong enemy. For decades, medicine has pointed its weapons at symptoms like memory loss, tremors, headache, and lethargy, while ignoring the root causes of diseases like Alzheimer's, Parkinson's, and major depression. In Brain Defenders, neurologist Dr. David Perlmutter flips the script, exposing the real culprits: malfunctioning microglia, tiny immune cells that, when metabolically hijacked, go rogue and attack the very neurons they're meant to protect. With clarity and urgency, Dr. Perlmutter explains how a silent battle rages in the brain. Microglia can become either warriors of protection or agents of destruction--and the outcome depends largely on how we live. In Brain Defenders, you will: Learn the science of immunometabolism and the relationship between energy and your cells. Understand the overlooked role of inflammation in everything from dementia to Long COVID--and why the immune system may be the brain's greatest threat and hope. Discover how your lifestyle affects the fate of your microglia and, in turn, your cognitive future. Uncover the surprising link between metabolic health and brain resilience, and how tools like fasting, sleep, and even oxygen therapy can restore damaged neural networks. Explore therapeutic interventions--from Metformin to lion's mane mushroom--that support healing and slow neurodegeneration. Neurodegeneration, cognitive impairment, and mood disorders are not inevitable, but often the result of chronic, controllable inflammation. Drawing on the latest peer-reviewed science and grounded in decades of neurological care, Dr. Perlmutter delivers a powerful message: the future of your brain health is in your hands.



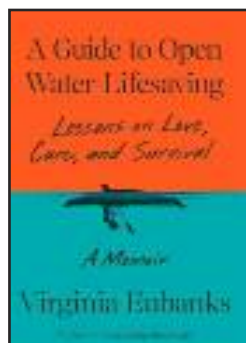
A Guide to Open Water Lifesaving: lessons on love, care, and survival: a memoir—Virginia Eubanks; Farrar, Straus and Giroux; 2026 New Books 616.8521 EUB

One night, Virginia Eubanks received the kind of news we all fear. Her beloved partner had been brutally beaten, just steps from their home. Eubanks dove into the respon-

sibilities of caregiving. In the weeks, months, and years that followed, she and her partner, J., struggled to stay afloat as they faced wave upon wave of setbacks: police disinterest, suspended health insurance, inadequate medical care, lost income, lost friends, endless paperwork, and, for J., a serious case of post-traumatic stress disorder. Then, a second case. Eubanks herself developed what is known as collateral PTSD, a condition common among caregivers but rarely discussed. A reporter and an activist, Eubanks turned to reliable sources for guidance: scientists, therapists, trauma theorists, social movements. But it wasn't until she happened on an old lifesaving manual that she found advice that actually helped. Inspired by its lessons, she signed up for instruction in wilderness first aid, kayak self-rescue, Winter Survival 101, map and compass navigation, bushwhacking, and lifeguarding. She went out in search of other people's stories and interviewed experts--everyone from neuroscientists to forest rangers. She gathered skills and knowledge that made her feel strong, competent, better prepared for the challenges ahead. Disarmingly funny and quietly wise, 'A guide to open water lifesaving' is the story--heart-wrenching and all too relatable--of how one woman tried to rescue her beloved and learned that she would also have to rescue herself. Built from both loss and connection, it is a moving, hopeful love story about two people caught in their own kind of wilderness, trying not just to survive but to truly care for each other. It asks that we reconsider the ways in which we tend to our loved ones and ourselves, and remember the communities of care that sustain us. It reminds us: no one survives the wilderness alone.

This Book May Cause Side Effects: the curious and dangerous power of the placebo effect, placebo's evil twin--by Helen Pilcher; Abrams Press; 2026 New Books 616.8586 PIL

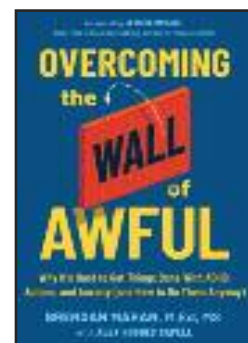
In *This Book May Cause Side Effects*, Dr. Helen Pilcher explores the "nocebo" effect--the shadow side of the placebo--and shows how our convictions can sometimes quite literally harm us. Take the COVID vaccine. If you experienced side effects from your COVID vaccine, there is a 76 percent chance that these were caused by your belief that you would experience them--not by the mRNA circulating in your system. Or, even more extreme, take the case of Sam Shoeman: Although his diagnosis of late-stage esophageal cancer turned out to be erroneous, he was nonetheless



dead in months. The power of words, especially from health-care providers, is so formidable that even a wrong diagnosis can actually kill. Our health, or lack of it, is as much about our expectations of illness and its causes as it is about damaged cells or wayward hormones. And because we can never fully step outside our cultural context, it's only by understanding these effects that we can hope to prevent them. From "hex deaths" to TikTok "influencers" to mysterious disorders with very real symptoms but no obvious physical cause, *This Book May Cause Side Effects* explores the many ways expectations can shape our health. Although the nocebo effect has always existed, the internet age has helped it spread faster than ever. Thankfully, Dr. Pilcher also explains what we can do about it. She walks us through steps we can take individually and collectively to avoid invoking the nocebo, like reevaluating our relationship with technology, setting up risk-minimizing guidelines in health-care settings, and even crow-barring open-label placebo therapies and nocebo-blocking medicines into the pharmacological toolkit.

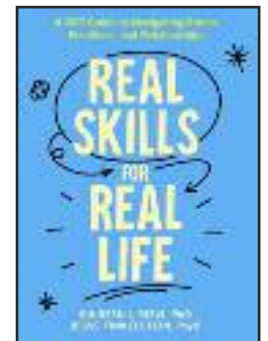
Overcoming the Wall of Awful: why it's hard to get things done with ADHD, autism, and anxiety (and how to do them anyway) -- by Brendan Mahan with Alex Hughes Capell; Balance; 2026 New Books 616.8589 MAH

We're afraid to talk about it--that feeling we all get when we need to do something as simple as cleaning the kitchen or sending an email and we just ... can't. It's not because we don't want to, it's because we feel paralyzed. We're not aimless. We're not lazy. Our brains are working against us! We have purpose, we just need guidance. This is that guide. Just like bricks, negative emotions and experiences can build up until they feel like an impenetrable wall between us and our goals. Brendan Mahan, MED., MS. calls this the Wall of Awful--and he's lived it. Diagnosed with ADHD as an adult, Mahan has made it his life's work to help people overcome their own Walls of Awful and accomplish their biggest, scariest ambitions. Mahan draws on twenty years in teaching, counseling, and coaching people with anxiety, ADHD, autism, and trauma. He teams up with writer Alex Hughes Capell in *Overcoming the Wall of Awful* to present his comprehensive model. The book explores: How anxiety works and why it gets in the way; Ways people try to get past the Wall that don't work--and what does; How to climb your Wall of Awful and take back control; Learn how to identify key emotions, the bricks in your Wall. Then, learn the tricks, systems, and habits you'll need to not just climb one Wall--but to overcome your blocks throughout your life, one step at a time. The Wall is real, but you are stronger than you know.



Real Skills for Real Life: a DBT guide to navigating stress, emotions, and relationships -- by Shireen L. Rizvi, Jesse Finkelstein; The Guilford Press; 2026 New Books 616.89142 RIZ

Everyone struggles sometimes. This book teaches you what to do about it. The proven skills of dialectical behavior therapy (DBT) are beautifully presented by two leading experts in this inviting illustrated guide. Whether readers want to learn how to manage intense emotions, build healthier relationships, or cope with a crisis, they will find 26 core DBT skills along with decision trees pointing to which ones to try first and what to do next. Impactful graphics show how to use each skill step by step, including realistic examples. With warmth, clarity, and humor, this book puts science-based skills like Wise Mind, Validation, Problem Solving, and Radical Acceptance within anyone's grasp--and sets readers on the path to a more confident, balanced, and fulfilling life.



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Contact Lissa Staley:

estaley@tscpl.org

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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.getoutdoorskansans.org/calendar

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 & more.

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

KANSAS CITY RENAISSANCE FESTIVAL — Sat. & Sun., Sep. 5 - Oct 18, 10am - 7pm PLUS Mondays, Sep. 7, 10am - 7pm and Oct. 12, 10am - 5pm. www.kcrenfest.com. FB @KansasCityRenFest 913-721-2110 (email voice@cox.net to get free tickets from Metro Voice!)

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

GARY'S FARM FEST — Sep. 25-Oct. 31, Fri. - Sat. - Sun., 5991 17th St. Grantville, KS. 8 Acre Corn Maize, Pig Races, Corn Pit, 2 Jumping Pillows, Giant Slides, Animals, and more. Home Made Curly Fries, Hamburgers, Brats, Turkey Legs, Apple Cider Slushy and Fireworks every Friday at 9pm! garysfarmfest.com; 785-246-0800

FLINT HILLS SHAKESPEARE FESTIVAL - Oct 2-4, St. Marys KS. A community-based initiative focused on providing small-town, classical, outdoor theater and a village festival experience to local and regional patrons under the stars of northeast Kansas. Each fall, local volunteers transform a wooded meadow on the edge of town, affectionately known as Sir William's Hollow, into a rustic outdoor Shake-

spearean amphitheater and family friendly village festival, with over fifty food, game, and artisan booths spread throughout the forest that features a full length Shakespearean show nightly: "Richard II." Last year's show and village saw over 7,000 local and regional patrons attend over two weekends. Located on the historic grounds of St. Mary's College. Gates open from 5 - 11 pm, Play begins at 7:30 pm. Seating is "first come, first served". Bring your own chair or picnic blanket, or rent one at the gift shop. The entrance is located south of 28139 Mt Calvary Rd,

WEST RIDGE LIVE — Oct. 1, 6:30-8:30. West Ridge Mall. Food and drinks available. Stranded in the City.

FIRST FRIDAY MUSIC IN REDBUD PARK — Oct. 2, 6-9pm. John Depew.

GAGE PARK FOUNDERS FEST — Oct. 2-3. Friday, free mini train rides and the Kansas Children's Discovery Center will be open for free from 9-5. Saturday, enjoy free train rides & carousel rides, rec & roll van, free zoo admission, food trucks, live music 11-3, touch a truck and more.

HHS FOOD TRUCK NIGHT — Oct. 2, 4-8pm, 5720 SW 21st. Food and local bands. Bring a lawn chair. Helps homeless animals.

OCTOBER FEST — Oct. 3, Prince of Peace Lutheran Church, 3625 SW Wanamaker Rd. Vendors with creative gifts, artisan goods, and delectable treats crafted by talented local makers! Food trucks, kids activities.

5TH ANNUAL TOPEKA MODEL RAILROADERS TRAIN SHOW — Oct. 3, 9-5, Helping Hands Humane Society, 5720 SW 21st St. Adm. \$8, Children 12 & under FREE. Over 9,400 sq ft of Vendor Tables, Operational Layouts, and Dioramas. Pets are welcome! Friendly, and with a non-retractable leash. topekamodelrailroaders@gmail.com

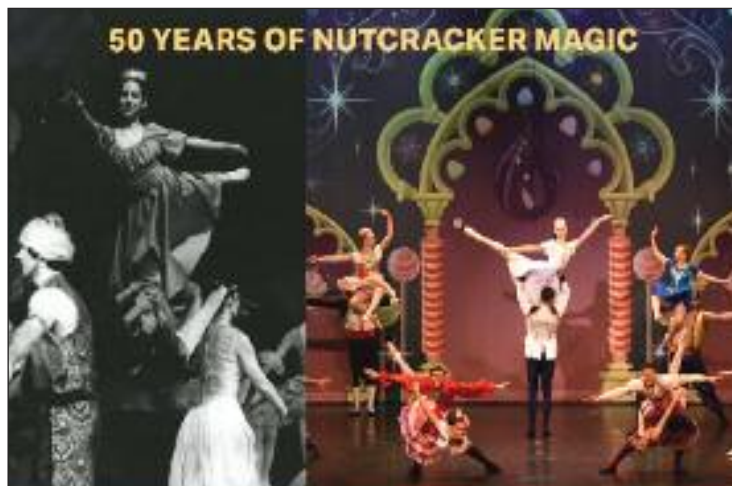
RESOURCE FAIR AND FAMILY FUN DAY — Oct. 3, 10-1:30, Woodshed Event Center, 1901 N. Kansas Ave. CDDO and Kansas DCF is hosting a variety of community organizations to share information about available programs and services, as well as giveaways, games, prizes, and food trucks. churla@snccdo.org

MAPLE HILL FALL FLING — Oct. 3, 9-2, Maple Hill Community Congregational Church, 218 Main St. Breakfast, vendors, food trucks, kids activities

WOMEN & MONEY CONFERENCE — Oct. 8, 7:30 am - 4:00 pm. University of Kansas Conference Center, Kansas Memorial Stadium, 815 Fambrough Drive, Lawrence, KS.

WEST RIDGE LIVE — Oct. 8, 6:30-8:30. West Ridge Mall. Food and drinks available. Josh Vowell

FRIDAY FLICKS — Oct. 9, 7pm, Every Plaza. "Wicked-For Good" is showing. Food Trucks on hand: R&G's Sweetery, El Zocalo. Kids activities. Movie starts at 8pm.



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Inside: Christmas Shopping Market, Santa Photos, Holiday Music, Children's Activities, Face Painting, Food Options, Holiday Cocktails for the Adults.

Outside: Open Air Christkindl Market, Hand-crafted Artisanal Gifts, European Cuisine, Baked Goods, Hot Cider, Hot Chocolate, Carolers, Living Nativity.

See details on Facebook: Topeka Christmas Festival and Christkindl Market

4th ANNUAL TOPEKA FALL FEST — Oct. 10, 10-3, NOTO Arts District — Redbud Park & Veterans Park, plus Kansas Ave & Breezeway to Veterans Park. 100 vendors, food trucks, petting zoo, inflatables, kids games, face painting, live music, cake walks, fresh apple cider, pumpkin decorating. See Topeka Fall Fest on Facebook or email info@c5alive.org.

TOPEKA GEM & MINERAL 69TH ANNUAL SHOW — Oct. 10 & 11, The Woodshed Event Center, 1901 North Kansas Avenue. Sat. 10-6; Sun 10-5. Treasures from around the world! Shop incredible specimens, beautiful jewelry, jewelry-making supplies, and unique gift ideas. Enjoy live demonstrations, rock identification, activities for all ages, a silent auction, and fabulous door prizes! Visit www.TopekaGMS.org for coupons and more information. Doors open at 10 AM each day. Cash only for admission at the door.

FREE WILL SPAGHETTI DINNER & CRAFTS/BAKED GOODS SALE — Oct. 10, 4:30-6:30pm, Elmont UMC, 6636 NW Church Lane.

FLORA LUIMINA: A FESTIVAL OF LIGHT — Oct. 12 — Nov. 1, 7-10pm, Old

Prairie Twon, 124 NW Fillmore. A brand-new nighttime experience that will transform the historic grounds into a glowing world of light, color and wonder. For 21 consecutive nights, wander beneath the stars and discover illuminated displays around every corner. Adults \$15, youth 3-17 & seniors 55+ \$12

WEST RIDGE LIVE — Oct. 15, 6:30-8:30. West Ridge Mall. Food and drinks available. Paradise Band

MAPLE LEAF FESTIVAL — Oct. 17-18, Baldwin City.

OUT OF THE DARKNESS COMMUNITY WALK — Oct. 17, 10am check in, Garfield Park. Benefits American Foundation for Suicide Prevention.

WEST RIDGE LIVE — Oct. 22, 6:30-8:30. West Ridge Mall. Food and drinks available. Villians Dance

TOPEKA RENAISSANCE FESTIVAL - FALL FESTIVAL — Oct. 23-25, 10-6, Woodshed Event Ctr. grounds. Step back in time in 12 acres of wooded & grassy wonderland. Pirates, Vikings, mermaids, live entertainment, axe & arrow games, kids zone and much more! Halloween Ball Friday evening, full festival Sat. & Sun. See Topeka Renaissance Festival facebook page for details.

PUMPKIN RUN & TRUNK-OR-TREAT — Oct. 25, 5-7pm, Felker Park, 25th & Gage. 5K Run/Walk, Family Stroll and a Kid's Fun Run. Hosted by the Topeka South Rotary and the Topeka High Interact Club. www.topekapumpkinrun.com

WEST RIDGE LIVE — Oct. 29, 6:30-8:30. West Ridge Mall. Food and drinks available. Coversmith

TRUNK OR TREAT — Oct. 29, 5-8pm, downtown Topeka.

WEST RIDGE LIVE — Nov. 5, 6:30-8:30. West Ridge Mall. Food and drinks available. Big Rick Soul Band

PALMETTO STATE QUARTET - NIGHT OF WORSHIP — Nov. 5, 7pm, Wanamaker Woods Nazarene Church, 3501 SW Wanamaker Road. Doors open at 6pm. No tickets are necessary, here will be a free-will "love offering" received during the concert. 785-273-2248; office@wnaz.org; wnaz.org

DIA DE LOS MUERTOS FESTIVAL — Nov. 6, 5-9pm, NOTO

SUNFLOWER SALUTE VETERAN'S PARADE — Nov. 7, 11am,

Downtown Topeka

WEST RIDGE LIVE — Nov. 12, 6:30-8:30. West Ridge Mall. Food and drinks available. Departure

FRIDAY FLICKS — Nov. 13, 7pm, Every Plaza. "Cool Runnings" is showing. Food Trucks on hand: Carnival Cravings, Sweet Bites. Kids activities.

WRITE ON TOPEKA AUTHOR SHOWCASE — Nov. 21, 12-3pm, Cosmos Court, 909 S. Kansas Avenue. Come meet Topeka-area authors, browse and buy signed books, and support local voices in your own backyard. Free to attend. Family friendly. Great food and drinks available on site. For info, email rcovert@stackthedeckmarketing.com

FLINT HILLS CHRISTKINDLMARKT - Nov. 27-28 and Dec 4-5, 5-9pm, St. Marys KS. Experience the enchantment of a centuries-old European Christmas market, where festively decorated open-air stalls offer hand-crafted artisanal gifts, traditional Glühwein served in collectible mugs, and authentic holiday cuisine. Whether you're searching for unique treasures or simply soaking in the magical atmosphere, this celebration of German and French Christmas traditions brings the warmth of a European city center to the Kansas heartland. A fundraiser for Flint Hills Shakespeare Festival. The entrance to the grounds is located south of 28139 Mt Calvary Rd, St Marys. Vendors: www.flinthillsshakespearefestival.com/christkindlmarkt-vendors.html

TOPEKA CHRISTMAS FESTIVAL AND CHRISTKINDL MARKET — Dec. 12-13, 10-8, Woodshed Event Ctr., 1901 N. Kansas Ave. 50+ vendors with unique gifts, crafts, baked goods. Kids activities, photos with Santa, food trucks and more! Info: LHartman3@outlook.com

ONGOING EVENTS / MEETINGS

SK8AWAY LEARNERS SESSIONS - Every Sat. 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

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.flocritkans.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 nhnl@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 east side of Fellowship Hall. No charge. 785-249 -1666

TOPEKA LIONS CLUB — 1st Mondays at Noon - 1 pm at The Capper 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.

Send your event information to:

info@TopekaHealthandWellness.com

See complete updated calendar at

TopekaHealthandWellness.com



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5-2




Health & Wellness Marketplace

Check out the companies and service providers below to fulfill your health and wellness needs. To advertise in this section for as little as \$25, call us at 785-380-8848 or email info@TopekaHealthandWellness.com.

MEDICAL

KMC GASTROENTEROLOGY & ENDOSCOPY CENTER - 2200 SW 6th Ave.
Treating abdominal pain, digestive disorders, constipation & more 785-354-8518.
KMCPC.com • www.TopekaEndoCenter.com

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MENTAL HEALTH - ADDICTION TREATMENT - Adult Crisis Services
785-234-3300 www.astraks.org

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