

**FREE**  
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# Yavapai health & WELLNESS



A POSITIVE HEALTHY LIFESTYLE COMMUNITY PUBLICATION

Vol. 5 Issue 5

## Yavapai Regional Medical Center's Diabetes Education Program Merits American Diabetes Association Recognition

The prestigious American Diabetes Association (ADA) Education Recognition Certificate for a quality diabetes self-management

Education Recognition Certificate assures that educational programs meet the National Standards for Diabetes Self-Management Education Programs. These Standards were

a staff of knowledgeable health care professionals who can provide participants with comprehensive information about diabetes management.

"The process gives our highly-trained professionals a national standard by which to measure the quality of services they provide," comments Andrea Klein, Director of Preventive Medicine, Wellness and Cardiac Rehabilitation at YRMC. "It also assures our patients that they will receive high-quality service when they participate in our diabetes management programs."

According to the Centers for Disease Control and Prevention

According to the Centers for Disease Control and Prevention (CDC) 2017 National Diabetes Statistic Report there are 30.3 million people or 9.4% of the population in the United States who have diabetes.

education program was recently awarded to the Pendleton Center at Yavapai Regional Medical Center. The ADA believes that YRMC's program offers high-quality education that is an essential component of effective diabetes treatment and management.

The Association's

development and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994, 2000, 2007 and 2012.

Programs apply for Recognition voluntarily. Programs that achieve Recognition status have



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CONTEST INSIDE

(CDC) 2017 National Diabetes Statistic Report there are 30.3 million people or 9.4% of the population in the United States who have diabetes. While an estimated 23.1 million have been diagnosed, unfortunately, 7.2

million people are not aware that they have this disease. Each day more than 3,900 people are diagnosed with diabetes. Many will first learn that they have diabetes when they are treated for one of its life-threatening

complications – heart disease and stroke, kidney disease, blindness, nerve disease and amputation. About 1.5 million new cases of diabetes were diagnosed in people aged 18 years or older in 2015.

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## Local Female Business Leader Shares Insight to Achieving Work-Life Balance How Lisa Watters-Lain Runs Watters Garden Center While Raising Four Active Kids



From entrepreneurial small business owner to "mompreneurs," women in high-stress, demanding leadership positions often find work-life balance to be a challenging one. While the excitement of being in charge can be a great motivator to succeed, the responsibilities of leading business on top of your personal and family life can quickly wear you down.

"Being a leader is more than just being in charge and custom business cards," said Lisa Watters-Lain, owner of Watters Garden Center. "It means passionately believing

in the mission of your organization, and being responsible for inspiring that same passion in the people around you. It's a challenging, exhausting, rewarding job that's worth every ounce of effort you put into it."

There's an unspoken expectation to be on-call at the garden center 24-7, which is difficult if you have a family to care for as well. Making sacrifices and compromises at home is sometimes a necessary part of performing your job, but Lisa reminded female leaders to allow themselves time to be completely disconnected from work.

"If you are head of a

company, or in a leadership role, you have to be available at odd times of the day, but remember everyone needs to have some

burnout and reconnect with your children and spouse."

If the concept of having set office hours is a foreign one, you

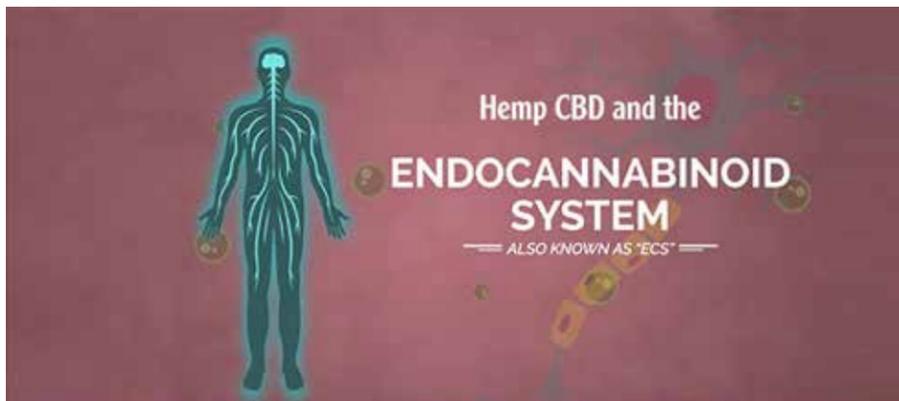
*"Being a leader is more than just being in charge and custom business cards"*

time 'off the clock,'" Lisa Watters-Lain told Yavapai Health and Wellness. "Even if it's only one day a week, or one evening a week, mark out some time on your schedule when you will not be available. Make it strict; make it sacred. That time will keep you sane, help you avoid

may need to carve out a chunk of your work day to commit to family obligations. "The days are long, but I have always made it a point to attend all of my kids concerts and games. It's a high priority and my staff knows to cover for me during those times." Lisa says.

*Continued on page 6*

## Cannabidiol or Hemp (CBD) Oil? What is it? What does it do?



**I**s it something that could help me? Where can I find out more about Hemp CBD?

For just a quick overview, this miracle oil is derived from the Hemp plant, is a natural remedy, legal in all 50 states, no MMJ card or prescription necessary, won't get you high, all organic, no dispensary or vape shop visits, and little if any side effects. Unlike pharmaceuticals, any side effects that may occur do not overshadow the benefits.

Research is showing that Hemp CBD can be helpful in cases of schizophrenia, epilepsy, degenerative disc disease, pain, inflammation, and many, many other maladies that are too numerous to mention here. Cannabidiol (CBD) has been shown to be effective when used along with pharmaceu-

ticals in severe illnesses, such as progressive cancers and many other ailments, but can also be used alone to treat less aggressive forms of the same diseases. The list of conditions that respond favorably to CBD is staggering. You may take Hemp CBD for a certain medical problem and discover it is helping other irritants in your body. In cases of pain and inflammation, it may be used as a topical, and is available in capsules, tinctures, edibles, crystals, topical salves and balms, pet supplements, and beauty aids.

Our bodies have built in receptors to aid Hemp CBD's ability to heal without affecting healthy cells. Chances are, even though you have no specific medical problem at this time, it will help your feeling of well being, allowing for a happier you. And don't forget your pets.

They have aches and pains also. Hemp can give them a new perspective on life as well!

CBD oil is not meant to replace any professional medical treatments. We strongly recommend doing your own research on CBD and how it can benefit you, your family and pets.

To learn more or purchase on line, contact the people who know at [www.myhealthetc.com](http://www.myhealthetc.com), call 928-776-0944 or stop by our boutique shop at 1515 Thumb Butte Rd. We hold free educational seminars at our boutique shop, no sales presentations are given. Call to find out the date, time and to make reservations. We are not a multi-level marketing company. Your health is too important to us! ■

Submitted by  
My Health Etc

## YRMC PhysicianCare Welcomes Dr. Danowski

**Y**avapai Regional Medical Center PhysicianCare welcomes David Danowski, MD, to its team of talented physicians.

Dr. Danowski is Board Certified and is Fellowship and Residency trained in Primary Care/Internal Medicine at the University of California in Irvine. He completed his medical degree from the University of Arizona



David Danowski, MD, has joined YRMC PhysicianCare.

College of Medicine in Tucson and has been a private practitioner for more than 18 years in Prescott, Arizona.

Dr. Danowski is located at 980 Willow Creek Road, Suite 201 in Prescott and is currently accepting new patients. Please call (928) 777-1002 to schedule an appointment. YRMC PhysicianCare is pleased to accept most insurance plans, including Medicare.

To learn more, visit [www.yrmmcpc.org](http://www.yrmmcpc.org). ■

Submitted by  
Yavapai Regional  
Medical Center

## Local Female Business Leader Shares Insight to Achieving Work-Life Balance How Lisa Watters-Lain Runs Watters Garden Center While Raising Four Active Kids ~ Continued from page 1

"Both work and home responsibilities should be given the same level of respect and attention that promotes a balanced life."

"I wouldn't be late for a meeting with a client or vendor, so I make it a point to never late for your kids," Watters-Lain said. "If you're going to pick them up after school, be on time. That sets a standard of respect and demonstrates that they are truly a priority. It also teaches them how to plan time. It isn't easy to balance, and requires as much professional thought to your personal life as I do to my business life."

"I'm an early riser, and with today's technology, I have the freedom to answer emails, complete employee schedules, and hold conference calls from anywhere," Watters-Lain said. "Much of my tedious office work is

complete by the time the rest of the family is up. This gives me time to spend with the kids in the morning, time with my spouse and business partner, and plan the events of the day over a cup of coffee."

Having a support system at home, including a great spouse and extended family, can be a tremendous resource when you get caught with conflicting commitments between home and work. "Be appreciative for the help, and that gift will be there again when you need it." Lisa says.

Taking care of yourself is number one for your business, your marriage and your health. It's easy to forget about your health and those that are genuinely there for you. "I have always enjoyed Bootcamp type of workouts with other women in the morning. It gets my

blood going and clears my head. Plus, it keeps the weight off from all those late night pizzas with the kids."

Take time to fall in love again with your spouse. It's easy to forget where you came from and the ones you love the most. "Ken and I have always had 'Date Nights' away from the kids. It was as simple as popping up the tent trailer in the backyard when we had less money, catching a show and staying at an in-town hotel for the night, to flying the kids to visit grandparents as we took a separate Rivera vacation as we had more money." Lisa shares. "Take time to reconnect, and fall in love all over again. It's one of the secrets to our 31 years of marriage together." ■

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Donna E.

How and Where to get Your CBD Oil?

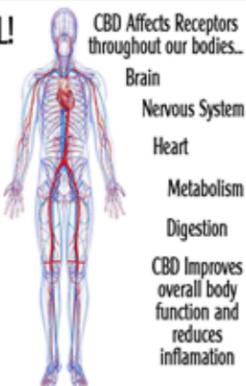
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2. Is there an Ingredients List on the Label. (Missing in action?)
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3. Suggested Serving Size. (Not there?)
5. Servings per Bottle. (Not there?)
6. Is it Organic, GMP Certified, Lab Tested, Vegan and Guaranteed % of CBD,



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## Garden Tips



Mountain Gardener - Ken Lain

## Allergy Sufferers Need to Know About these Flowers

Flowers can be even more annoying when brought into the confinement of indoors.

As we continue the planting season here are garden plants to avoid, and some Okay for people with allergies.

### Worst Flowers for People with Allergies

At the top of the list would be most of the plants in the Daisy family (Asteraceae), including asters, dahlias, daisies, Gerber daisies, chamomile, chrysanthemums, and sunflowers.

If this family includes some of your favorite flowers, take heart. There are some exceptions. The hybrids classicized as "formal doubles" have virtually no pollen. These are the fluffy flowers with lots of petals and stamens that have evolved into pollenless staminodes. We specialize in these flowers here at Watters

with an ever-expanding list of allergy free flowers.

There are also some pollen-free sunflower varieties, like 'Apricot Twist' and 'Joker', that are listed as hypoallergenic, because their pollen is too heavy to be windborne.

For decades poor Goldenrod has been mistaken for ragweed. Ragweed is the bane of every allergy sufferer, and while goldenrod isn't as bad as

ragweed, it can cause some reaction in high wind areas.

Baby's Breath shows up in many florist bouquets. Although the flowers are small, they pack a

lot of pollen. It may seem counterintuitive, but the double-flowered variety is a

azalea, begonia, bougainvillea, camellia, clematis, columbine, geranium, hibiscus,

**How to have color and your health. Trees that bother your nose. Stay away from these allergic beauties. Flowers that reduce allergy reactions. Herbs for Allergy Sufferers. Flowers that make your head hurt.**

better choice than the single flowered types. The hybridized double flower varieties have been breed for beauty without the pollen count it's wilder cousin has.

### Best Flowers for Allergy Sufferers - Now for the good news.

There are many flowers that should not cause you any sniffles.

Start with plants grown for their foliage, Hosta, dusty miller, and cactus are all superior choices. If you want more color, feel free to indulge in

hydrangea, Impatiens, iris, lily, orchid, pansy, petunia, phlox, rose, snapdragon, thrift, verbena, viola, and zinnia.

Most spring bulbs are very low in pollen, including crocus, daffodils, hyacinth, and tulips.

While lilies have a bit of pollen, it is very easy to remove the stamens and the pollen-laden anthers with a pair of scissors. Be careful, because the yellow pollen can stain clothes and fingers. Even worse, the stems can exude a sap that causes skin irritation

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# A Rose Should Smell Like A Rose



We specialize in roses that actually smell like a rose with larger flowers, higher pedal counts for bushes of sheer beauty! Heirlooms, old-fashions, and English David Austin roses, just to name a few!

700 stunning roses are grown each spring here at Watters that tickle the eyes, delight the nose and get your blood flowing!



**Ken Lain**  
*'The Mountain Gardener'*

**WATTERS**  
GARDEN CENTER

**Voted BEST Garden Center 7 Years Straight!**

## Roasted, Seasoned Nuts and Seeds: A Perfect Go-To Snack

**W**hat does Registered Dietician and Diabetes Educator Rita Carey Rubin reach for when she needs a quick, healthy snack? “Nuts and seeds are the perfect snack,” says Rita, host of Yavapai Regional Medical Center’s (YRMC’s) Your Healthy Kitchen, “They’re filled with protein, fiber, healthy fat and a little carbohydrate and they tend to be filling.”

Rita explains that the healthy fats in seeds and nuts give you a sense of being full so you don’t have to eat much to feel satisfied. They offer an energy boost between meals without the energy ‘crash’ that can happen with sugary or highly processed snacks. This is key to avoiding over-eating between meals. Some people prefer plain, raw, unsalted nuts and seeds. However, Rita has several suggestions on how to boost their flavor and add variety. It begins with simply toasting the nuts or seeds in a pan on the stovetop or on a baking sheet in the oven. From there, seasoning nuts and seeds is only limited by your imagination.

Rita’s go-to seasonings include soy sauce, tamari, or Umeboshi plum vinegar, one of her favorite season-



Rita Carey Rubin, MS, RD, CDE  
Host, YRMC’s Your Healthy Kitchen

ings.

“If you want to sweeten things up a bit, you can toss the nuts and seeds with a sweetener like honey or maple syrup and combine with some spice,” she suggests. You can also try tossing walnuts with maple syrup, smoked chili and a little salt for a tasty and unusual snack.

Learn more about cooking simple, fresh and delicious meals and check out all of Rita’s videos and recipes at [yrmchealthconnect.org](http://yrmchealthconnect.org). You can also

follow Rita on Facebook at YRMC’s Your Healthy Kitchen.

YRMC’s Your Healthy Kitchen is one of the many ways that Yavapai Regional Medical Center, your not-for-profit hospital, provides health education and support to the citizens of western Yavapai County. ■

Submitted by  
Yavapai Regional  
Medical Center

## YRMC’s Your Healthy Kitchen: Maple Glazed Walnuts with Rosemary and Lemon Zest

Makes 3 cups

### Ingredients

- 3 cups walnut halves and/or pieces
- 3 tablespoons dark amber maple syrup
- 1½ tablespoons balsamic vinegar
- 1 teaspoon finely chopped fresh rosemary
- Zest from 1 lemon
- ¼ teaspoon flaky sea salt

### Directions

Heat oven to 350° F. Place walnuts on a baking sheet and toast in oven for 15 minutes. While the walnuts are toasting, combine the maple syrup, vinegar, rosemary and lemon zest in a small saucepan and heat on low. Remove walnuts from the oven. Pour the maple syrup mixture onto the walnuts, sprinkle with salt and stir with a flat

spatula to combine. Let cool before serving.

### Nutrition Information

Per ¼ Cup Serving  
Calories 162  
Protein 4 g  
Carbohydrate 6 g  
Fiber 2 g  
Fat 15 g  
Sodium 41 mg  
Potassium 9 mg  
Cost per serving: \$ .25  
For more healthy recipes, visit Your Healthy Kitchen at [yrmchealthconnect.org](http://yrmchealthconnect.org)

## Allergy Sufferers Need to Know About these Flowers

~ Continued from page 14



in sensitive people.

Some highly fragrant flowers do not aggravate allergies, but can still be an irritant with their potent smells. In close quarters, they can cause headaches and may be best enjoyed outdoors and not brought inside. These include gardenia, hyacinth, jasmine, and lilacs. Many of the French hybrid lilacs and the white or yellow varieties are not as highly scented. Also, try the new Bloomerang series of miniature lilac that repeats bloom through our long growing season.

Since most spring flowering bulbs are not the culprits causing allergy symptoms if you

find yourself sneezing, take a look at your trees. Already, the arborvitae, junipers and some of the pines are spewing pollen and causing allergy grief.

Many trees are monoecious, meaning they have separate male and female flowers. For the pollen to get from the male flower to the female flower, it has to travel, and the wind is often the easiest way to disburse it. Unfortunately, some of the pollen makes its way to your nose, instead of to the female flowers.

Again, Watters specialized in the newest varieties of cypress, cedar, pine, and spruce that much of the pollen has been bred out of the tree, causing far fewer allergy problems.

Until next issue, I’ll be helping local gar-

deners with allergy free flowers here at Watters Garden Center. ■

Submitted by  
Watters Garden Center



Ken Lain can be found throughout the week at Watters Garden Center, 1815 W. Iron Springs Rd in Prescott, or contacted through his web site at [WattersGardenCenter.com](http://WattersGardenCenter.com) or [FB.com/WattersGardenCenter](https://www.facebook.com/WattersGardenCenter)

## Understanding Glaucoma

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### Q: Is it treatable?

A: Glaucoma treatment is geared toward lowering the pressure inside the eye. There are three broad categories of treatment:

1. Eye-drop medications. Four different categories of medication are used alone or together.
2. Laser surgeries.
3. Conventional surgery, which consists of several different methods.

### Q: Will the treatment affect my vision?

A: The goal of glaucoma treatment is to identify the disease as early as possible in order to start treatment and prevent any, or further, loss of vision.

### Q: Are there any preventive measures to avoid developing glaucoma?

A: Depending on the presence of risk factors, having regular eye examinations is key in detecting glaucoma early. Glaucoma is a very active area of research,

including new, more effective treatments; tests for earlier detection; and methods to potentially regain lost vision.

The ophthalmology team at Verde Valley Medical Clinic – Camp Verde is dedicated to improving and maintaining your vision, whether you need a simple eyeglass prescription or have a more serious issue requiring expert treatment. For more information or to schedule an appointment, call 928-649-7935.

Northern Arizona Healthcare is creating healthier communities by providing wellness, prevention and medical care through Flagstaff Medical Center, Verde Valley Medical Center, Verde Valley Medical Center – Sedona Campus, Verde Valley Medical Center – Camp Verde Campus, Northern Arizona Healthcare Medical Group – Flagstaff, Verde Valley Medical Clinic, the Cancer Centers of Northern Ari-

zona Healthcare, Northern Arizona Healthcare Orthopedic Surgery Center, EntireCare Rehab & Sports Medicine, Weight Management Clinic, the Heart & Vascular Center of Northern Arizona, the Sleep & Pulmonary Center, BeWellNow, Guardian Air and Guardian Medical Transport. We also provide comprehensive imaging, laboratory and pharmacy services throughout the region. Many of the services we provide, including Fit Kids of Arizona, The Taylor House and Valley View Care, receive major funding through the NAH Foundation.

For more information on Northern Arizona Healthcare programs and services, visit [NAHealth.com](http://NAHealth.com). ■

Submitted by  
Northern Arizona  
Healthcare