



## MEMORIES MUSINGS

By Cheri Sims

Cheri lives, writes and gardens in Charleston.

So many exciting things are happening in the world this summer but none of them involve me. Darn! Queen Elizabeth is a Great Grandmother for the fifth time and the baby girl has been named Lilibet Diana Mountbatten-Windsor. The baby is named after the Queen's childhood nickname but will be called Lilli.

The Queen was supposed to host our new President and his wife last Sunday but since I am writing this a week ahead I won't be able to comment on this in a timely fashion. I am curious about one thing; when Prince Harry went back to England last month he had to be quarantined for seven days but our President does not seem to have to do the same on his trip across the pond. I wonder why?

A band of fifteen elephants have been trekking across China for a year and have captured the hearts of millions as they are observed by drone baring cameras and hundreds of people are posting on social media. The elephants have the world experts buffaloed as to the reason for their movements. I find this quite interesting and would like to know the answer myself. I shall keep watch-

ing the videos.

The Eagles band has decided it is time to get back to touring and has added new dates to their 2021 "Hotel California" tour which begins in August. I would love to see them again especially since Glen Frey's son has taken his place in the band since his father's passing. The Eagles have been one of our favorite bands since the first time we heard them. Hubby spent hours working out their songs and his bands covered many of them for over forty years.

"Bennifer" rebooted! Jennifer Lopez and Ben Affleck have resumed their relationship after twenty years apart. What more can I say about that!

Roger Federer pulled out of the French tennis open due to a healing knee injury. The French open is still worth watching since it looks like the top four players in the world are still competing.

A man was rescued after two days stuck in a fan in a California vineyard.

A man returned a Bob Dylan album to an Ohio library. 48 years late.

The yearly Voodoo Festival will resume this summer in New Orleans. A Platinum ticket is only

\$2,220.00. Want to attend?

There are now over 300 TV streaming services with more on the way. In my opinion, this is absurd. Just how is one supposed to know where to watch TV shows that are of interest? The local TV time tab is almost of no use any longer, especially since so many of the new shows are limited to streaming services. I made a list of all the shows I would like to see this summer and if I buy subscriptions to all the services as well as the Plus channels I will have to shell out over \$200 above my currently ridiculous bundled media package. I am going to miss a lot of good TV because of this weird streaming phenom!

There are a number of websites dedicated to weird and funny things happening in the world. The site "Oddee" (<https://www.oddee.com/>) has some of the most interesting. Here are a couple headlines worth a read, I hope they give you a giggle:

\* Award-Winning Rat Retires from Land Mine Sniffing Duties.

\* FDA: Don't Eat Cicadas If You're Allergic to Seafood

\* Virginia Man Invents Hygienic Spittle-Free Tool for Blowing Out Birthday Candles

\* Man Steals Doritos Chip Truck and Takes Cops on a Chase

\* Psychedelic Fungus Causes Cicadas' Butts to Fall Off and Takes Their Place

This is just an example of some unusual happen-

ings around the world; happenings which are littering my computer and this is just the funny stuff. Thank goodness for these things because there are some really depressing things happening and I, for one, prefer to stick my head in the sand. After reading mostly depressing world news, it is no wonder I prefer to live in the past where life seemed more simple but then we did not have the internet or social media, which, in my opinion, is getting out of hand.

So what is new in the food world? Believe it or not canning and baking are back in style so stated numerous 2021 food websites. I did not know they were out of style so I guess our recent homebound situation has rebooted the world. Oh, and I have read the term "rebooted" about one hundred times while researching for this article.

The Food Network has announced a ground breaking app. "This new app will bring us into your kitchen like never before with hyper-interactive classes, on-demand video, Alexa support — and so much more." (<https://www.foodnetwork.com/fn-dish/news/2019/9/new-food-network-kitchen-app>) "In partnership with Amazon, Food Network Kitchen is a cooking experience like you've never seen before. At the app's launch, subscribers will enjoy more than 800 on-demand cooking classes and up to 25 live (!) weekly cooking classes that invite you to cook along with your favorite Food Net-

work chefs (like Bobby Flay, Giada De Laurentiis, Martha Stewart, Guy Fieri, Alton Brown, Ina Garten, Ree Drummond, Valerie Bertinelli, Molly Yeh and more), plus an ever-growing roster of experts and tastemakers".

I will try this out and let you know how I like it but I have a feeling it is more information than I really want to know and I really don't like reading and watching video on my phone. The screen is too small and I have not figured out how to adapt it to my computer.

I looked up "what's new in the gardening world" and the first item to pop up was "The Old Farmer's Almanac" (<https://www.almanac.com/>). How comforting to know that the tried and true is still new. Miniature gardening is back in style and how to dry and eat rose petals is an old tradition rebooted. There is that word again. I wonder if the writers of most of these articles should look for a word to better describe the story than "rebooted"!

While reading the Farmer's Almanac web site I found a recipe for the ultimate peanut butter pie. I think this would be great for Father's Day or July 4th celebrations.

Reboot your life with something old that is new again!

### Over The Top Chocolate Peanut Butter Pie

#### Ingredients

#### Pie Crust:

- \* 1 sleeve of chocolate graham crackers (crushed)
- \* 1/2 cup butter or mar

garine, melted  
**Filling:**  
 \* 1-1/2 cups creamy peanut butter  
 \* 1-1/2 cups powdered sugar  
 \* 1/2 cup butter or margarine, softened  
 \* 1/2 cup milk  
 \* 1 teaspoon vanilla  
 \* 1 bottle chocolate/peanut butter ice cream hard shell  
 \* 4 large or 8 small peanut butter cups, cut into pieces

#### INSTRUCTIONS

\* Crush graham crackers in a food processor or Ziploc baggie with a rolling pin; combine with melted margarine in a pie dish and form around edges with spoon or fingers. Place it in freezer while you mix the filling.

\* Mix the filling mixture ingredients in a large bowl and whip with a hand mixer until creamy. Scoop half of the filling into pie shell, pour half the bottle of hard shell on top and place back in freezer for 30 minutes to harden. Scoop the rest of the filling mixture onto the half-filled pie and pour the rest of the hard shell over the top, and place the cut up peanut butter cups over the shell and place in freezer for an additional hour or overnight in the refrigerator. Store leftovers (if any) in the refrigerator.

<https://www.almanac.com/recipe/over-top-chocolate-peanut-butter-pie>



## REAL LIFE WELLNESS

By Dr. Bill Hemmer

Which Side Are You On?

I'll Take My Half Down the Middle...The Lagom Way!

No one could have ever imagined what happened in 2020. The societal middle ground disappeared. You were either for us or against us. The Cancel Culture created a vacuum in the middle of society. Common sense, free speech, and unbiased scientific research all but disappeared.

If you apply this societal vacuum to the Chiropractic pharmaceutical prescription debate, on one end is the ability of a Chiropractor to prescribe medications freely, and on the other end is never taking or recommending any pharmaceutical medica-

tion, even if it is potentially lifesaving.

The 2020 rip in our social fabric pushed our profession to the brink of making the same fatal mistake the Cancel Culture did. Most of us falsely believe we have only two choices. Do we become another healthcare provider prescribing medication for symptoms or do we stand for what our predecessors believed and address the underlying cause of those symptoms?

In my opinion, Chiropractic's drugless, non-surgical approach to health is the hill I am willing to die on. But that still doesn't mean I only have two choices in this debate. This turmoil reminds me

what an incredibly wise man shared with me long ago. He said, "there are three ways to look at every story. Your way, my way and what really happened somewhere in the middle".

I believe Chiropractic could own the middle ground of what is really happening in US healthcare right now. The latest Gallup poll (12/20) states six out of ten Americans believe we have a major crisis or problem with our current Healthcare system. Our profession has a once-in-a-lifetime opportunity to become an entirely new type of healthcare provider. What if Chiropractic became the new Integrative Healthy Lifestyle Primary Care Provider in the middle of these two extremes?

Many Chiropractors (including myself) already provide this type of care to our patients. We live in the middle of the road. Scandinavians call it the "Lagom Way". Loosely translated, it means "just enough, but not too much". This mindset was used successfully to navigate the COVID-19 pandemic in Sweden. I believe there is a time for life-saving medication, but my training and philosophy does not compel me to be the one prescribing it.

I've been a member of my local volunteer Fire Dept for over 23 years. When I arrive on the scene of a terrible accident, the ambulance isn't taking those victims to my office, it's going to the Emergency Room for lifesaving interventions. We have the best Medical model in the world for trauma and acute disease management. If I get in an accident, I will happily take my ambulance ride for acute lifesaving medical care.

However, the US healthcare system has the highest chronic disease burden of all 11 countries that take part in the Commonwealth Fund's International Health Policy Survey. More than one-quarter of US adults report two or more chronic con-

ditions. This rate is twice as high as the Netherlands and the UK.

Just as the average medical doctor has not been formally trained in nutrition, fitness, functional and lifestyle-based interventions, I have not been formally trained in pharmaceutical medicine. Medical professionals have dedicated their life to the pursuit of allopathic knowledge. I have not. It doesn't make either of us bad people, it just makes us different in the way we approach our patients.

Medical training is based on Germ Theory. Chiropractic training is more Terrain Theory based. Neither completely explains any specific patient encounter. Some isolated situations require acute medical intervention. However, most on-going patient encounters do not. Our Chiropractic training and Philosophy is the logical choice for providing the holistic lifestyle-based approach needed to successfully address chronic patients in our current failing healthcare system.

Chiropractic's opportunity is fueled on the lack of access to lifestyle-based primary care in the US. We know from Commonwealth Fund surveys that US adults experience great affordability barriers to access lifestyle-based primary care. This leads to only acute and infectious disease visits. Increasing access to affordable health care and strengthening lifestyle-based care are two of the most important challenges for the U.S. healthcare system.

I'm fully aware some Chiropractors would love the acceptance of our current medical healthcare model. Most older adults (especially 65 and over) continued to embrace the US pharmaceutical industry. In 2017, Consumer Reports surveyed 1,947 adults and more than half of them took an average of four prescription drugs regularly. According to Quintiles IMS in 2017, the

number of prescriptions filled by all Americans increased by 85 percent in the last two decades while the US population only grew by 21 percent.

Other Chiropractors point to Pharmaceutical failures, like the Opioid Crisis, to make their case against prescribing or even recommending medications. Adverse drug events cause approximately 1.3 million emergency department visits and 124,000 deaths each year according to the CDC and FDA. No Medical Professional I know is comfortable with those statistics.

My view is those two extremes need to be recognized, but then personal experience, common sense, education, and gut feeling, should guide your decision for the patient standing in front of you. Pharmaceuticals are not inherently bad, there is certainly a time and place for them. But my focus is to find and correct the root cause of my patient's problem.

This brings me back to the Lagom Way, "just enough, but not too much". Chiropractors are in the perfect position to talk Nutrition, Fitness, Stress Reduction, Sleep and Social Interactions, while providing life-changing Chiropractic care. We put our hands on people. We touch and connect with them. No other profession combines healthy lifestyle education and personal connection the way Chiropractic does.

The societal disruption in 2020 could be the best thing to ever happen to Chiropractic. Society already views us as different than other healthcare providers. Most people still have no idea what we do. Our poor levels of insurance reimbursement have made our fees reasonable for almost everyone. We also have a much lower barrier of entry than other medical providers. These factors, along with our Innate ability to connect with our patients, paves the way to create an entirely new

Integrative healthy lifestyle-based primary care system affordable to all.

Healthcare and Big Pharma spending on direct-to-consumer marketing grew almost 4 percent in 2020 to 35.7 billion dollars. There is no way Chiropractic can compete at this level. However, no amount of marketing dollars will ever top your patient telling their neighbor about the great experience they just had in your office.

They will tell others how you talked to them like an adult, not a child. You explained diet, fitness, stress management and how those things relate to their symptoms. You told them you are willing to be their partner in health. You discussed their medications but referred them to their Medical Doctor for any specific questions or concerns. In other words, you became their trusted authority in creating and maintaining a healthy lifestyle, not focusing on sickness.

I'm reminded of the old-time family doctors before medications became widely available. They lived next door. They were part of the community. Their practice was based on educating people about a healthy lifestyle. They asked about diet. They asked how you slept last night. They talked about exercise and your family relationships. They cared about all of you, not just your labs and medication list.

Chiropractors have the opportunity to become the reincarnation of the old-time family doctor. 2020 was a huge wakeup call for all of us. The vacuum has cleared the path for Chiropractic to stand in the middle of the road and stake our claim as the Integrative Healthy Lifestyle Doctor of the future. Many of us have been doing this for years already. Now, it's time to seize the day.

Who's with me?

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