

# Columns

## I think I need to exercise my muscle memory

I think there's something wrong with my muscle memory. My regular memory isn't great, either. Muscle memory is different, although I suppose the brain is involved either way, and perhaps that's where the problem is. The brain. I should get one of those someday.

Muscle memory follows the axiom "practice makes perfect." You do something over and over until, eventually, you can do it without consciously thinking about it. I do most things without consciously thinking about them, so muscle memory is very important.

Some muscle memory activities are pretty basic and come naturally. For instance, if you're playing Yahtzee, you shake the can and roll the dice. You don't have to think about that too much, and it takes little practice to master the skill.

Other tasks take more prac-

### Ramblin' Man

By David Porter



tice. Like golf. Although I don't play golf, I know enough to know that the way you hold the club and take your swing are not natural movements. You have to learn the skill, and only after countless hours of practice, the skill starts to feel natural. If you develop a flaw in your swing, it can take countless more hours to correct it.

Typing is another muscle memory skill, and I have that one down pretty good. I've been typing since grade school. I don't have to think

about where each letter is, and I don't need to look at the keyboard.

The problem with typing, at times, is that the brain and the fingers aren't always going at the same speed, so a word can get left out on occasion. But that's another topic for another day.

Mastering a task through muscle memory can take up to 10,000 hours of practice, according to the Trifecta Nutrition website. That's 250 days working at it eight hours a day. Obviously, muscle memory can

kick in much faster depending on the task.

Some simple tasks seem to take much longer, at least for me.

For instance, our house has a double light switch in the kitchen. The first switch turns on the light in the laundry room while the second one operates the light in the kitchen. I've lived in this house for 10 years, and I still flip the wrong switch most of the time.

I think the reason is the position of the switches makes no sense to me. You have to go through the kitchen to get to the laundry room, so it would make sense to have the kitchen switch on the right. First room, first switch.

But making sense doesn't seem to be a factor all the time. For instance, my dresser has two drawers, one for socks and one for underwear. I put my sock drawer on the

bottom because my feet are on the bottom. But I'm constantly opening the top drawer when I want to fetch a pair of socks.

I think it's because my brain puts socks first on the list of undergarment pairings. I think "socks and underwear," not "underwear and socks." So, I think my muscle memory is somewhat mnemonic. Or maybe demonic.

Harvard Medical School, in a list of seven ways to improve memory, says to use all your senses. But both of the light switches feel and smell the same to me, and I have no interest in sniffing my socks or my underwear. I'm pretty sure, though, that all of our clean laundry smells the same.

Driving is another area where muscle memory fails me. I can leave the garage to go to the grocery store, and before I know it, I'm at the office. It makes me wonder, who's

driving this car?

I suppose the solution is to start thinking consciously before doing things since my subconscious isn't too reliable. I'm afraid that my conscious mind doesn't bat .1000, either.

Fortunately, these missteps don't cause serious mishaps. After all, my socks only fit on my feet and flipping the wrong light switch first doesn't blow anything up.

If I had a job where I had to blow things up or avoid blowing things up, I would be more concerned, as would everyone around me. But I haven't blown up anything today, and I don't have a pair of underwear on my feet, so it's all good. Tomorrow, we'll see.

© Copyright 2023 by David Porter who can be reached at [porter@ramblinman.us](mailto:porter@ramblinman.us). But I still haven't made it to the grocery store.

## Hormones are like a concert

Balancing your hormones is a very difficult and complex undertaking. But just for a moment, imagine listening to a beautiful concert. When expert musicians play their role, these concerts can be a transformative experience. Then imagine a junior high concert. It's still a concert, but there are squeaks and clunks that probably weren't supposed to be there. Your hormones work much in the same way. When they are working correctly, you hum right along. But when they aren't...you can have a clunker!

First, let's talk about what hormones are in the first place. Basically, they are your chemical messengers to stimulate or

suppress organs, glands, and tissues. Many hormones are controlled by a small gland at the base of your upper brain called the pituitary gland. Your Pituitary gland is often called the Master Hormone gland. It produces hormones which travel through your body and trigger other glands, organs, and tissues to produce other hormones.

This is why you can never look at only one hormone at a time to get the results you want. If you give someone too much insulin (which is a blood sugar hormone), you will have a downstream problem with other hormones like Ghrelin. If you have too much estrogen (a strong female hormone)

### Real Life Wellness

By Dr. Bill Hemmer



you will unbalance other sex hormones like Progesterone.

Therefore, the most effective hormone therapies group together different hormone systems and work on these systems upstream together. What I mean by that is to work on groups of related hormones by targeting your nervous system control of those hormones

and supporting the glands, organs and tissues that produce those group of hormones.

An example is your Pituitary gland produces a hormone that travels to your Adrenal gland and stimulates Cortisol, which is your main stress and anti-inflammatory hormone. The control mechanism of the Pituitary gland is

very tightly controlled by your upper brain. If your upper brain isn't firing correctly, the concert of different hormones being produced at different times for different reasons can become totally chaotic!

When I begin to support someone's hormonal system, I will support the upper brain control and the gland, organ, or tissue at the same time. This has provided the best results for people over the last 25 years in my practice. I harness your body's Innate power to heal on its own. If I provide the support your upper brain and Pituitary Gland needs to correctly communicate with the other hormone producing organs and tissues, your hor-

mones will naturally begin to balance themselves, without any other interventions.

Our body knows exactly what to do if it's given the environment to do it. Sadly, we have all been put into a culture which doesn't recognize our God-given ability to heal naturally. Building your hormonal concert is another example of how we can learn to take back our health.

We all just need to practice our instruments of building a healthy lifestyle, eat real food, move every day, sleep well, and hang out with people you love on a regular basis. If you do this, you will continue to perform a beautiful concert!

## Recipes ready for the Spring grilling season

With grilling season now here, I want to share a few of my favorite grilling recipes. This first one is one I printed a couple years ago, but want to share it again for all you new readers and for those who did not save it. This recipe using pork tenderloin is one of our favorites, and we always get compliments when serving it to company!

### Cured Pork with Remoulade Sauce

1/2 cup sugar  
1/2 cup salt  
8 cups water  
2 pork tenderloins  
canola oil

pepper  
1/2 cup mayonnaise  
3 Tbsp Dijon mustard  
1 Tbsp chopped sweet pickles  
1 Tbsp chopped capers  
1 Tbsp chopped parsley

The night before, combine sugar, salt and water to dissolve in a container big enough to hold the meat. Add pork. Refrigerate overnight.

Early in the day, mix the mayo, Dijon mustard, sweet pickle, capers and parsley. Cover and refrigerate.

Remove the pork from the water, pat dry. Rub with oil on all sides. Sprinkle on pepper on all sides. Preheat the grill, turn off one burner, turn others to medium. Place pork over

the burner that is off. Cook for 25 to 35 minutes, turning once or twice. Serve with Remoulade sauce.

When I make this for just the two of us, I use one tenderloin, and I halve the water, salt and sugar mixture.

I love steak! But I know I shouldn't eat very much beef, so quite often we make shish kabobs on the grill. That way I get a little beef along with lots of healthy vegetables.

This next recipe is my favorite marinade for beef shish kabobs. I've tried others but always come back to this one! It also is great for marinating

### Let's Cook

By Linda Hoskins



steaks or oven roasted roast beef.

### Beef Marinade

1/4 cup soy sauce  
1/8 cup Italian salad dressing  
1/8 cup bourbon or whiskey  
1/8 cup Worcestershire sauce

Mix well, marinade beef overnight.

When I make kabobs, I like to use onion chunks, red and/or green pepper chunks, mushrooms and summer squash. In order to get the

meat and veggies on the skewer all done at same time, I toss the onions and peppers in a bit of marinade, and pop them into the microwave to slightly precook. (if you choose to do this, please reserve some of the marinade from the night before, or make another batch of it. Don't use the marinade from the raw beef). No need to precook the mushrooms.

If you have a recipe to share, please send to [letscook!@heraldpubs.com](mailto:letscook!@heraldpubs.com) or mail to Mascoutah Herald, PO Box C, Mascoutah IL 62258. Thanks and Happy Cooking!

## Weekly Horoscopes

### ARIES – Mar 21/Apr 20

Aries, pay attention to the smaller details, as those are the ones most often ignored. You'll be highly regarded if you pinpoint any errors in a timely manner.

### TAURUS – Apr 21/May 21

Work to the best of your ability, Taurus. Focus on your own work and serve as a source of encouragement to those around you who may be experiencing some difficulties.

### GEMINI – May 22/June 21

A loved one may be hinting at a few things he or she wants to do with you, Gemini. Find the time to make these things happen. Let loose and have fun.

### CANCER – June 22/July 22

It could be tempting to hole up in a bookstore or a coffee shop for hours in the days ahead, Cancer. However, avoiding certain issues is not the way to go. Confront them head on.

### LEO – Jul 23/Aug 23

Leo, if you are going to leap, do so with both eyes open; otherwise, you may miss some of the dangers along the way. Always take the bigger picture into consideration.

### VIRGO – Aug 24/Sept 22

Virgo, accept that you may be different from most of the people with whom you associate, and that is perfectly fine. What makes you unique is what others like about you.

### LIBRA – Sept 23/Oct 23

Libra, explore all possibilities at work rather than pigeonholing yourself into one role. How will you know what things are like if you don't try stuff out?

### SCORPIO – Oct 24/Nov 22

You may need to roll with the punches this week, Scorpio. Things are coming at you at a record pace and it could take a lot of effort to keep up. Learn and adapt as you go.

### SAGITTARIUS – Nov 23/Dec 21

Sagittarius, even though you have been faced with a number of challenges lately, you have managed to come through with your head held high. Keep up the progress.

### CAPRICORN – Dec 22/Jan 20

There's not much that will bother you this week, Capricorn. It seems you have all of your ducks in a row. Enjoy this good fortune while it lasts.

### AQUARIUS – Jan 21/Feb 18

Remarkable opportunities are coming your way, Aquarius. All you need to do is sit back and wait for them to start. There is no need to do much legwork in this situation.

### PISCES – Feb 19/Mar 20

Big changes can sometimes be scary, Pisces. But change is just what you need to do right now to spice things up.

### FAMOUS BIRTHDAYS

MAY 7

Eagle-Eye Cherry, Singer (55)

MAY 8

Stephen Amell, Actor (42)

MAY 9

Collins Key, Magician (27)

MAY 10

Bono, Singer (63)

MAY 11

Sabrina Carpenter, Singer (24)

MAY 12

Rami Malek, Actor (42)

MAY 13

Stevie Wonder, Singer (73)

