

THE BRIDGE OF LOVE VIRTUAL GALA

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remote projects. Adult volunteers have always said that participation in the Bessie's Hope programs is eye-opening. In the training sessions with the healthcare students, Bessie's Hope staff persons tell them, providing illustrations and citing research, that ageism runs rampant in healthcare.



LaFawn Biddle, longtime supporter of Bessie's Hope and Presenting Sponsor for the Bridge of Love Gala, displays a "Staying Connected Initiative" Valentine poster created by Jeffco Human Services Head Start children.

They can be part of the change.

Bessie's Hope teaches that in all indigenous cultures, and most remaining cultures, elders are in the highest, most honored status, as the wisdom keepers. Their life experiences and enlightenment provide sage advice to all younger generations. In our culture, we are implicitly (and explicitly) taught at a very young age that the older a person becomes, the less they become. Thus, our society has relegated the oldest of older adults to the lowest status, no longer worthy being listened to, conversing with, sharing ideas with, providing dignity to, having patience with, laughing with.

This is why Bessie's Hope teaches and works with youth of all ages, including preschoolers. The co-founders of Bessie's Hope feel that the erosion of respect, empathy and compassion in our society is reflected and amplified in cultural epidemics that are labeled with "buzz" phrases, such as ageism, decline in social/emotional intelligence, and bullying. In listening to the elders during their nursing home and assisted living visits and cultivating relationships with the elders, they hear advice, such as "study hard and do well in school and also find something fun you love, like swimming or dancing"; "you just have to put yourself into someone else's shoes and ask yourself how it would feel"; "stay in school, because you have to graduate from high school," "it's important to help others who need your help."

In Bessie's Hope Land, social/

emotional intelligence flourishes, as youth learn to be the best human being they can. After receiving education and training, including information on Alzheimer's Disease and related patience compassion and appropriate interaction, such as "be who they think you are," youth are prepared and exhibit genuine respect. Two beautiful examples

of this are a most insightful poem, written by a 16-yr old boy after his visit with an elder gentleman, who thought the boy was his son, with whom the elder had lost several years from being away during "the war." The other example is what a 9-yr old boy told an elder in "memory care," when the elder said she couldn't remember the answer to his question. "That's okay, I forget things all the time, and I'm really young. You guys are older, and it has to be even harder to remember everything."

Bessie's Hope has been shining that light on nursing home elders, 60% of whom received NO personal visitors BEFORE COVID. BECAUSE of COVID, a GIANT light began to shine on the nursing home elders because of the deaths. Bessie's Hope continued through their "Staying Connected Initiative," delivering thousands of cards, letters and gifts, and through zoom classes and visits.

In their "Spirit Lifters Project," one teen and one elder have weekly zoom visits, after which, the teen has assignments based on the questions for each visit. At the following visit, the teen shares the zoom screen and shows the elders such things as newspaper photos of the elder's hometown during their childhood years and videos of such things as popular dances during their young adult years. AFTER COVID lockdown, families are beginning to come in again, but what about the devastated 60% above?

Bessie's Hope has resumed "placing" Family and Elders Program volunteers as "surrogate" family members. All the programs of Bessie's Hope are needed now more than ever, and Bessie's Hope needs community support to continue changing lives of young and old and to continue the ripple effect that brings positive change to our society.

Register for the June 26 Bridge of Love Virtual Gala, from 6:30 to 8 p.m. and participate in the online 2-week auction, attend the fun, entertaining, inspiring virtual gala, become an intergenerational



Tony David & WildeFire provided the entertainment

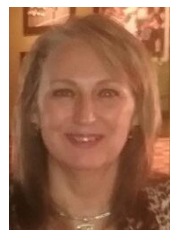
sponsor by being an event sponsor. Call 720-333-3825 or visit www.bessieshope.org. Email linda@bessieshope.org or mail to PO Box 12675, Denver 80212.



Teenagers Jamison and Caroline Poate (not shown), participate in "Spirit Lifters," having weekly zoom visits with their Bessie's Hope grandpartners at Cedars Healthcare and Rehabilitation.

Taking Vitamins or Nutritional Drugs? 3 Ways Supplements Are Made

Eighty-six percent (86% = 4 in 5) of Americans take supplements (Harris Poll 2019). Most, however, are not aware that the majority of "vitamin" supplements



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sold directly to consumers are "Nutritional Drugs." For brevity's sake, the terms "Vitamins" represent any individual nutrient (vitamin, mineral, enzyme, etc.) and "Supplements" represent Herbs, Homeopathics and Vitamins.

2 Types of Supplements

In the Medical Industry, there are two types of drugs: high-potency pharmaceutical drugs available only by medical prescription and direct sale low-potency drugs available over-the-counter or online.

Similarly, in the Nutritional Industry, there are two types of supplements:

1. "Therapeutic" Supplements are high-potency, clinically-formulated, and dispensed by Nutritional Professionals, based on abnormal nutritional test values, to provide the nutrients the body requires to heal and restore optimal health. They also dispense Health "Maintenance" Supplements.
2. "Maintenance" Supplements are low-potency formulations sold directly to the public for health maintenance and disease prevention.

3 Ways Supplements Are Made

There are three ways supplements are manufactured today, as:

1. Whole Food Supplements (Herbs, Homeopathics, and "Whole Food" Vitamins),
2. Isolates (Crystallized Extracts of Isolated Vitamins and Plant-Derived),
3. Synthetics.

#1 Whole Food Supplements

This means the ingredients are in their original "whole food or plant" state, like Broccoli, Apple or Echinacea; nothing added or removed, except water and parts inedible or not for medicinal purposes. Other factors that determine whether a whole food supplement is formulated for therapeutic or health maintenance purposes is their food chemistry synergy and concentration.



#2 Isolated Vitamins

An example of a crystallized, extract of an isolated vitamin is **Ascorbic Acid; though labelled as Vitamin C, it is not a whole food Vitamin C.** Ascorbic Acid is the outer coating of and only 1 of 6 parts of whole food Vitamin C. Foods that contain whole food Vitamin C are crystallized by manufacturers to isolate Ascorbic Acid for market. However, they leave behind all the other whole nutrients that work synergically with Ascorbic Acid and make a Vitamin C the body recognizes as food, and that can be used to heal, maintain health and prevent disease.

The **American Journal of Clinical Nutrition (AJCN)** reports that Ascorbic Acid ...suppresses the immune system, impairs the muscles' mitochondrial function and adaptability to exercise...and more. (Vol.87, No.1, 142-149)

In fact, in time, Ascorbic Acid actually causes Vitamin C deficiency, just like every other isolated and synthetic vitamin or mineral causes deficiencies in the very nutrient they are supposed to be helping.

#3 Synthetic Vitamins

Simply put, synthetic vitamins are made in a Laboratory from non-food sources. For example, a synthetic version of Vitamin B1 (aka Thiamine) is made from acetone (nail polish and paint remover), ammonia and coal tar. Synthetic Vitamin B1 accumulates in the joints, causing joint-related health issues.

What Is A Nutritional Drug?

When a part of a nutrient (like Ascorbic Acid) or a whole nutrient (like B1) is isolated or synthetically made in a Laboratory, **these two processes are making "Nutritional Drugs," not supplements.**

Nutritional Drugs, like pharmaceutical drugs, manipulate your biochemistry, suppress symptoms and are toxic, even if, not as toxic as pharmaceuticals.

This is why improvement may be felt when initially taking isolates and synthetics but, in time, you feel your supplements are not working, especially when symptoms resurface or get worse. Do you have a cupboard full of unfinished supplement bottles?

Because the body does not recognize, as whole food, vitamins, minerals or other supplements in isolated or synthetic form, which includes pharmaceutical drugs, it treats them like harmful foreign substances and tries to remove them from the body. However, what cannot be eliminated, without your help, accumulates in the cells and tissues of your organs and glands (like synthetic B1 in the joints) and in time, becomes a source of inflammation (pain).

Nutritional Drugs from Professionals

At **Advanced Clinical Nutrition**, we observe a "Whole Food" Paradigm for both Therapeutic and Maintenance supplements. Unfortunately, this paradigm is not yet practiced by most manufacturers and professionals in the nutrition or medical industry, who are currently formulating, recommending and/or dispensing therapeutic and maintenance vitamin supplements.

Nutrition Fact #6

Only Sufficient and Pure Air, Water, Whole Foods and Whole Food Supplements Provide the Nutrients the Body Requires to Live, Heal, Maintain Health and Prevent Disease.

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