

State Reps. Froelich and Sirota preview legislative priorities



BY FREDA MIKLIN
GOVERNMENTAL
REPORTER

On January 11, HD3 State Rep. Meg Froelich and HD9 State Rep. Emily Sirota hosted a town hall in which they previewed the 2022 legislative session that began on January 12 and is scheduled to last 120 days. Sirota wanted people to know that, “Remote participation has been extended for this legislative session. Allowing citizens to testify remotely is extremely helpful. The more people who watch us, the better job we do.”

Froelich, who is majority caucus co-chair, began with, “Two focuses of the Democratic caucus are housing and mental and behavioral health.” Also, in the area of energy and the environment, one of her committee assignments, she said, “We will be doing major work on air quality and on monitoring and modeling, so we can get a handle on our air pollution.” Froelich also plans to introduce a bill to plan one million trees across the state as a way to help the environment.

Both legislators said that they will be sponsors of a reproductive health equity bill in response to “the raft of draconian measures to curtail women’s access to reproductive health care.” Sirota sits on the health & insurance committee and



Emily Sirota has represented House District 9 in the state legislature since 2019.

the energy & environment committee, in addition to being vice-chair of the public & behavioral health & human services committee. She expects that there will be more bills dedicated to saving people money on health care, and, “We will also work on air quality, behavioral health, and affordable housing. We want to set limits for contributions to candidates for the school board at \$2,500/individual per candidate per election cycle. We also want to find a way to raise the wages of early child care providers and we want to further support Pre-K and child care and help get the new state Department of Early Childhood Education running.”

Other bills that Froelich and Sirota expect to see introduced during the session

are one that would require that schools provide water filters and hydration stations to make sure that children don’t ingest lead at drinking fountains in schools, and another that for election workers “to protect those who work to run our free and fair elections by keeping their personal information private.”

Froelich noted that, “Climate change is the biggest challenge we face as a nation and as a state,” adding, “Several legislators on the energy and environment committee are anxious to speak to the Colorado Oil and Gas Commission (COGC) about some of their policies. Sirota added, “The COGC has not denied any requests for permits.” She also addressed the larger issue, saying, “The climate crisis requires global action. We will continue to do the work here in Colorado but we all need to continue to apply pressure at the federal level.”

Moving on to health care, Sirota said, “In 2019, a bill passed to create a Health Care Cost Savings Analysis. The Colorado School of Public Health produced a report that said that a single-payer system in Colorado would cover more people and cost less than the current system. That report was finished and released a few months ago. There is still more work and study to do to see how it would be



Meg Froelich has represented House District 3 in the state legislature since 2019.

funded and what it would include.”

Froelich is a member of the transportation & local government committee. She shared, “We have been able to deploy some stimulus money toward the electrification of RTD vehicles. What we’re really trying to do is to move toward universal electrification from renewable resources. Our Office of Just Transitions is there to support coal workers in transitioning to jobs outside the fossil fuel industry. I would like to see oil and gas workers included. These are our brothers and sisters and they deserve to have a livelihood outside the oil and gas industry, just as do the coal workers.” Sirota agreed, adding, “Governor Polis has proposed funding electric school buses. He is

also proposing a reduction in some fees.”

The other area the legislators said would get a lot of attention this session is housing. Froelich noted that, “There is a chronic shortage of workforce housing, including for mental and behavioral health workers. We have a once-in-a-generation opportunity to make transformational change (due to available federal COVID relief funds) and our task force is getting advice from true experts.” She also pointed to the “need for supportive housing for behavioral and mental health patients.”

Turning to politics, Froelich pointed to changes coming to our area as a result of the work of the independent legislative redistricting commission of 2021. She noted that Greenwood Village is moving from HD3 to HD37, which will also include part of Centennial and Foxfield. That seat will have no incumbent in the November election because its current representative, Tom Sullivan, now lives in the new HD61. The new HD3 will include some or all of Cherry Hills Village, Englewood, Sheridan and southeast Denver. Froelich also noted that changes are coming because, “Six or eight people in the House are running for Senate, three are running for Congress and several are term-limited.”

fmiklin.villager@gmail.com

Symptoms Are The Messenger, Not The Disease! (Part 1 of 4) (Symptom Free May NOT Mean You’re Healthy!)



“Take Time for
Your Health or
Make Time for
Your Disease!”

by Dr. Donna F. Smith
Ph.D., N.D., C.C.N., C.D.N., C.H.
AdvancedClinicalNutrition.com

As annoying, disrupting, painful and/or disabling as symptoms can be, they are not the disease, but the “Messengers” of a biological system of communication sent from your suffering cells to your Brain. And if you are currently Symptom Free or your Messengers (Symptoms) went away, that does not necessarily mean you are Healthy.

A truly biochemically-healthy body is symptom free; however, you can be symptom free and still not be healthy; in the latter case, it means that the cause has not “yet” become so severe that your body must communicate to your brain, through symptoms, that it needs your help!

This is Part 1 of a 4-part article to answer the questions below, in four-upcoming issues of *The Villager*.

1. What are my Symptoms (The Messengers) communicating to me?
2. What help do my cells need?

3. What interferes with my body’s ability to heal?
4. How can killing the Messengers, by suppressing or manipulating my symptoms, make me worse?
5. When do Symptoms leave during the healing process?
6. Why do Symptoms leave before I am truly healed?
7. When can I count on Symptoms not returning?
8. Why Symptoms leaving may not be a sign that I am healed?
9. When is being in regression not the same as being healed?
10. Why are Symptoms NOT a reliable source for buying nutritional supplements?

WHAT ARE MY SYMPTOMS (MY MESSENGER) COMMUNICATING?

When your cells and tissue begin suffering with 1) nutritional deficiencies or excesses, 2) toxicity, 3) biochemical imbalances and/or 4) dysfunctions of one or more organ, gland or body system, they produce Symptoms (The Messengers) to get your brain’s attention and to motivate you to take the following actions to help your body heal itself:

- A. Identify and correct the cause of your symptoms (#1 to #4 above).

- B. Stop what is interfering with its ability to heal itself.

The human body is divinely and innately designed to heal itself and is constantly at work doing this every moment of every day, unless hindered. In fact, the human body was designed to live for hundreds of years, if not forever. However, due to the cumulative and adverse effects of our lifestyle, diet, activities, drugs, and environment that cause #1 to #4 above, the body is challenged to do so, not to mention hereditary factors and injuries through accidents, abuse, or violence.

IN OTHER WORDS....

When you cut your hand with a piece of glass, you do not stand back, point to your injury and say, “Hand Heal!” Instead, when your body has the “nutrients” to heal your hand itself, it automatically and innately sets about doing so at the moment of injury.

However, if you are not careful to remove every piece of glass from the wound, the glass “interferes” with its ability to heal itself and then a new “interference” occurs, called “infection.”

A-Z SUCCESS STORIES AND CASE HISTORIES (continued)

CARPAL TUNNEL AND DEGENERATIVE KNEE PAIN:

Bill (69y) was quite satisfied with the improvement he received in both his wrists and knees through our Clinical Nutrition Therapy. In fact, he was so confident in his progress, he cancelled his knee replacement therapy that was scheduled the next month.

CONSTIPATION, IBS,

SPASTIC COLON: For over 10 years, Janet (29y) had tried everything she and her various types of doctors (MD, DC, etc.) recommended, but without sustainable results, and she did not want colon surgery. So, her current physician referred her to me.

Janet had only one bowel movement every two weeks with daily spasms and diarrhea. After testing her, I identified that the cause was not colon, which was focus of the last 10-years of treatments because this was the area producing the symptoms. Instead, it was a different organ in her body that was dysfunctional and adversely affecting the function of her colon. Within 24 hours after starting our Clinical Nutrition Therapy, Janet began having daily bowel movements; after one week, no spasms; and after one month, no more diarrhea.

For more information about this A-Z section of my articles, refer to “What Clients Say,” The Villager, Part 1 (01/06/22, Page 18) and Part 2 (01/13/22 Page 12) or email me at “Villager@AdvancedClinicalNutrition.com. Subject: What Clients Say 1 and 2.

In Part 2 of this 4-Part article, on Symptoms, I will continue to answer the above 10 questions and more!

Please call me – I am here to help you, no matter what your current health concerns. My services and fees are tailored to your individual needs. First consultation is FREE!

Dr. Smith’s clients reside in 37 U.S. states and seven international countries, so she can help you where you live, too! She continues to hold a successful track record of over 90% in helping her clients improve their health. Dr. Smith is the owner of ADVANCED CLINICAL NUTRITION in Wichita Falls, Texas (Est. 1981).

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.