



The Kidney Corner:

New year's resolutions for your kidney health

By Dr. Mark Saddler
Durango Nephrology Associates



Happy new year to everyone! As we enter a new year, this is a good time to think about the things we can do to positively impact our health this year. As a kidney doctor, I am always interested in the things my patients can do to help prevent kidney disease and improve their health in general.

So let's think about some healthy new year's resolutions.

First, if you expose your body to harmful toxins, how about eliminating these? Tobacco use increases the risk of various types of cancer. In addition, the harmful chemicals in tobacco smoke also cause increased deposition of cholesterol in the arteries, resulting in an increased risk of heart disease and stroke.

It also damages the lungs, causing chronic bronchitis and emphysema. Less well known is the fact that it can also cause kidney disease. It's never too late to quit, but the sooner the better!

Quitting is usually accompanied by withdrawal symptoms, so it's never easy, but there are some medicines that can help with tobacco cravings. So, if you smoke, set a quit date early in 2012, tell your friends and family when it will be so that they can

support you, and then stick to that date for a total withdrawal!

Heavy alcohol use is another harmful habit with many potential bad effects. It can cause severe liver damage, heart disease and hypertension. There are also many indirect harmful effects, including risks of motor vehicle accidents, failed relationships, and so forth.

It is recommended that women drink not more than one alcoholic drink per day, with a two-per-day maximum for men. Many people who have problems controlling their alcohol intake should not drink alcohol at all.

This year, how about addressing another lifestyle-related health issue if it applies to you: obesity. This problem has reached epidemic proportions in the United States, and the obesity problem seems to get worse every

time a new measurement is made of Americans' body weight.

This can be one of the most difficult lifestyle issues to correct. Although there are many diets out there, some of which will enable short-term weight loss, my opinion is that unfortunately there is no substitute for simple calorie restriction to promote long-term weight loss.

Support groups can help with all the lifestyle changes discussed above. Exercise can also help with weight loss, though results are often disappointing unless there is calorie restriction to go with it. However, exercise has so many other advantages for cardiovascular health, bone strength and psychological well-being that it is strongly recommended, even independent of its contribution to weight loss.

The benefits of these therapeutic lifestyle changes extend to many medical conditions. For example, patients with diabetes benefit from weight loss and exercise by improvement of blood glucose, lower blood pressure, and improved kidney function. It's also a great feeling to know that you are doing everything you can for your body's health using natural lifestyle measures that are simple, save money, and are without side effects.

I wish you the best health and happiness in 2012!

Who am I: What is my purpose?

By Tim Yaw
Nuuciu Bible Baptist Church

This is the third article of a series in our search for genuine love. We have proposed that living together in peace is not possible without love for one another.

We have further shown that love for others coming from within ourselves is contradictory because love as we know it is based on attraction, affection and assurance toward us from others. If we demand to be loved individually, how can we adequately love others?

So because genuine love cannot come from within, the only other place it can come from is external. Thus we shifted our focus from the natural to the spiritual by proving that we are a soul or spirit as well as a physical body.

With a spiritual focus, we then affirmed that humans are created beings by an intelligent creator. From this we agreed that intellect implies personality, which implies personage. Thus this creator, though a spirit, is a person because he has a personality. Since he is a person, we need to give him a name. Let us call him God.

Remember that we previously established by definition that a god is supreme; thus, there can only be one god. So when we use the name God, we are referring to the only supreme being. If we are still in agreement, let us move forward. According to research studies, the majority of people — nearly 96 percent — believe they were created rather than evolved from a lesser life form. Since we are created beings, God must have made us for a purpose.

Though most believe God is the human creator, opinions about the human purpose is where spiritual belief systems splinter, leading to various ideas about who God is and how to

relate to him.

No matter what the core beliefs of the numerous belief systems are, their focus is spiritual, thus narrowing God down to one of two types of a god: either subjective or objective.

Subjective imagery of a god is formed from within a person, making this god suit their imagination or belief. Usually subjective formation fits the person's lifestyle, thus not making them accountable to a real god. In other words, the person forms the god they want to worship which conforms to their conscience, eliminating any guilt.

God, the creator, is objective in that he exists no matter how a person perceives him or even if they never think about him. In other words, God is real.

Here's an example of the above: A writing pen is designed to make words on paper. It can be used as a weapon or even a coffee stirrer, but it is still what it was designed to be: a pen. If you laid the pen down, walked away from it and did not think about it, it would not cease to exist.

Because not thinking about it or perceiving it as something else does not make it something else, it is still a pen! Whether one worships a self-made god, does not think about the objective God, or even denies God, God does not cease to exist.

As to our purpose in this life, adhering to a subjective god makes one's own happiness the purpose of his life. The idea is that the end of all being is the happiness of man. This is humanistic thinking because it is self-centered with the goal of life being self satisfaction.

This thinking is fueled by human pride and attempts to make God into a "genie in a bottle" or Santa Claus. What sense would it make for God to create such complex and intricate humans only to be pleasing to them and asking

nothing in return? It is not very logical to me.

So what is the other side of this ideology?

What if God created such human complexity to have a meaningful relationship with? This ideology is centered on the thinking that the end of all being is the glorification of God. Here the idea of the goal of life is to enter into an intimate relationship with the creator, to be pleasing to him by willfully adhering to his desires and in return being blessed by him.

Remember that we affirmed that there is nothing higher than a supreme being, which gives him sovereignty over his creation. So, can we logically affirm that we were created by God and exist at his will in order to glorify him? By using the reasoning we have shown in this series so far, I think we have affirmed it.

Knowing where we came from and why we exist, it appears we are getting closer to finding the external source of genuine love for which we have been searching. It should now appear clear that God is that external source, but you are going to be surprised at what genuine or real love consists of.

As we have been saying, humans are not capable of genuine love without God sharing it with us and allowing us to use it in helping others. Here is a hint: Genuine love involves sacrifice, but our human pride stands in the way.

Do not miss the next issue of The Southern Ute Drum, because genuine love will be exposed in monumental fashion by God himself as we answer our last question: Where am I going when my body dies?

I pray that you all have a happy and safe New Year's weekend and that the exposure to genuine love from the next issue changes your life forever.

Nutrition bytes of health

By Wendy Rice
Shining Mountain Diabetes Program

The holidays are not just about the food — they are also about the people you share it with. Take some time to enjoy the company and conversation. Did

you know that this time of year is when we tend to do most of our weight gain for the year?

Of course, enjoy your meal. But for starters, slow down: put your fork down, take a breath, and talk between mouthfuls. Enjoy whomever you are with.

The second challenge is to chew each bite of food at least five times before swallowing. It sounds simple enough, but it will help you to calm down, taste and enjoy what you are eating, and — most importantly — it lets your stomach tell you when it is full.

Education update

January classes for tribal members

Scrapbooking: Saturday, Jan. 14, 9 a.m. – 4 p.m. in the Higher Education Classroom. Participants will use paper crafting, stamping, stickers for scrap booking, mementos, souvenirs, concert tickets etc. Contact Luana Herrera at Higher Education 970-563-0237 to sign up.

Education announces GED test dates

The Department of Education would like to announce the GED test dates for the upcoming months: The January test date has been moved to Jan. 13, Feb. 3 and March 2. The test is held at the Education Building on Burns Ave. Registration and payments are due by Tuesday before the test. Scholarships are available for Native Americans who live within 50 miles of the service area, spend 12 hours in class, score a 450 on practice tests and submit paperwork two weeks in advance. For more information, call Pine River Community Learning Center at 970-563-0681 or Donna Broad at 970-563-0237 or 970-749-1953.

Holiday School Closures

Ignacio School District: Dec. 19 – Jan. 2
Southern Ute Indian Montessori Academy: Dec. 19 – Jan. 2
Southern Ute Montessori Head Start: Dec. 19 – Jan. 2
Bayfield School District: Dec. 22 – Jan. 6

Community Meeting



Organize AND Strategize COMMUNITY HEALTH NEEDS

Wednesday, January 18th 5:30 p.m.
Southern Ute Higher Education Building

CONTACT INFORMATION:
Health Services, 970-563-0154
Shining Mountain Diabetes Program, 970-563-4741

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