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photo by Vickie Jenkins

Loving, Caring and Attentive - Qualities that Still Describe

Even though Jane Pickelsimer, RN is retired after 26 years, she still has a big heart, volunteering her time to helping others.

by Vickie Jenkins

Jane Pickelsimer, RN is a pleasant individual with years of experience in caring for others. Working at Mercy hospital for 26 years she retired in 2006. Her last job was in Surgical services at Mercy Health Center in Oklahoma City. Pickelsimer was one of the first nurses in Oklahoma to be certified

in Operating Room Nursing (CNOR) and as a Registered Nurse First Assistant (CRNFA). While her husband was in the Navy, she traveled to several different states, working in Med-surgical, critical care, Neurology and home health. She was always active in professional organizations. With several of her colleagues she worked to establish Oklahoma's

State Council of Perioperative Nurses (AORN) and later served as president of that organization.

Pickelsimer graduated from St. Anthony's Hospital School of Nursing in Oklahoma City in 1970. St. Anthony's was a hospital school of Nursing and she has a diploma in Nursing. This is where she attended classes, worked, ate and lived for 3 years (year round). St. Anthony's school of nursing was established in 1908 and was the first accredited nursing school in Oklahoma, becoming the Kramer School of Nursing Oklahoma City University in

Pillars of success Life Choice Hospice is purchased by Hospice Compassus



photo by James Coburn

For Christy Coppenbarger, RN, time means making each moment consistent in achieving excellence when it comes to hospice care.

by James Coburn, Staff Writer

Good work brings great rewards in life.

Life Choice Hospice in Oklahoma City is joining with a company called Hospice Compassus, said Christy Coppenbarger, interim executive director of Life Choice Hospice.

"So within a few months, we will be Hospice Compassus, said Coppenbarger, RN.

"To me, that's exciting because I've practiced hospice for a long time," she said from her office at 50 Penn Place.

Coppenbarger will have the same duties as an administrator, but with the title of executive director. She has served as director of clinical operations here for four years.

Coppenbarger said she is excited about the means of support and education that Life Choice will receive under

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MERCY

Continued from Page 1

the mid 1980's. "At that time, I was at school, everyone advised me to go to St. Anthony's if I wanted to be a good nurse," she said.

"How many places have you worked as a nurse?" I ask. "I began working as a student nurse at the hospital in 1967 at the age of 17. After graduation, I worked for Ardmore Memorial Hospital at age 20. They paid for my tuition, room and board and I was to work for them for 1 year. Then, I got married and moved away. I worked in Florida, Virginia, Pennsylvania and Oklahoma while my husband was in the Navy. We stayed in Oklahoma and one of my classmates invited me to join her at Mercy," she replied. "I stayed at Mercy until I retired," she added.

Asking Pickelsimer what she thinks makes a good nurse, she said, "I think a good nurse is one that has love and respect for people and the human body. They need to be attentive to detail and a little OCD! Good surgical nurses are usually really OCD and they need to have good assessment and

management skills." "How would you describe yourself in 3 words?" I ask. "Loving, caring and attentive," she says with a smile. Asking Pickelsimer what her best quality is as a nurse, she replies, "The ability to make quick assessments and react appropriately."

"If you were giving advice to someone going into the medical field, what would you tell them?" I ask. "They can expect long hours, hard physical work, stressful situations and great fulfillment. Also don't neglect a quality education, it is the foundation of your career." Asking Pickelsimer if anyone had influenced her to become a nurse or if she had a mentor, she replies, "I had two aunts that were nurses and I greatly admired them. There were several surgeons that mentored me to develop my surgical skills and become a First Assistant."

"What was your favorite thing about being a nurse?" I ask. "I think the human body is a fascinating organism. I loved doing surgery and have always been in awe of the beauty and perfection of God's creation." "If you could have changed anything in the medical field, what would it have been?" "I

would have taken away the need to spend more time documenting than hands on caring for the patient."

Now that Pickelsimer has retired, she has more time to spend on her hobbies. She does volunteer work at Hope Pregnancy Center where she does pregnancy tests and parenting classes for young moms. She also volunteers at Hope 4 Generations clinic once a month. She teaches young single ladies at her church and reads with a child at Whiz Kids. She has 4 grandsons and a granddaughter on the way. Their children live in North Carolina and Arizona so she loves to travel to visit them. "My husband and I love to travel with friends," she adds. She also makes furniture and does woodworking.

Pickelsimer's life as a nurse was interesting and she wouldn't have changed it for anything. One last question for her. I ask, "Do you miss working at the hospital?" With a big smile on her face, she replies, "Absolutely not. I loved it at the time but now I can spend more time with my husband, children and grandchildren. Love it."

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CAREERS IN NURSING

FRIENDLY FACES: COMPASSION GOES A LONG WAY AT NURSING CENTER

by James Coburn - Writer/Photographer

Daphne Lacquement has witnessed many seniors live life to their best during her 26-year-career as a licensed practical nurse.

Today, she shares her compassion, empathy and concern for the welfare of others at Warr Acres Nursing Center. Most of her nursing career has focused on the long-term care of the elderly.

"I just feel a need to take care of people," said Lacquement, a graduate of the Caddo Kiowa Technology Center in Fort Cobb. She has cared for the residents at Warr Acres Nursing Center for two years.

"I always wanted to work in the medical field," Lacquement said. "I've always been interested in science."

Lacquement stays dedicated to Warr Acres because she believes in the team spirit and the management of the facility.

Nursing Director Debi Sims leads a strong leadership structure. The department heads are experienced,

she said. The layout of the building, is well suited for long-term care, skilled nursing and physical therapy. Warr Acres has about 100 licensed beds.

The size of the building makes it easier to wrap your arms around and get a strong pulse of what's going on, Sims said.

"I enjoy the people I work with and the people I take care of," Lacquement said. "They're very dedicated to their jobs. A lot of them have worked in this field for a while. On my hall, they know their jobs very well and I know I can count on them knowing the people they are responsible for are being taken care of."

The nurses have a love for their work with the patient population and their delivery of good care. They bring customer satisfaction for the families, Sims said.

"Give them a good orientation, encouragement, and check with them

along the way for troubleshooting for any problems that they have so you can rectify those," Sims said.

Anyone who works in a nursing home needs to show compassion and empathy toward people, Lacquement said. Residents need one's time and attention.

A home should be a place where residents are comfortable if a nurse works from the premise that a nursing home is someone's home, Sims said.

It is a home where people congregate for social needs and eat together, Sims said.

"That's what I really wanted to see, especially more laughter in the halls," Sims said. "A happy staff makes happy residents."

The nursing staff brings in the news of the world. Nurses become the lifeline of the residents, their connection to the world, Sims said. There is always an open door for residents to bring their questions and

concerns.

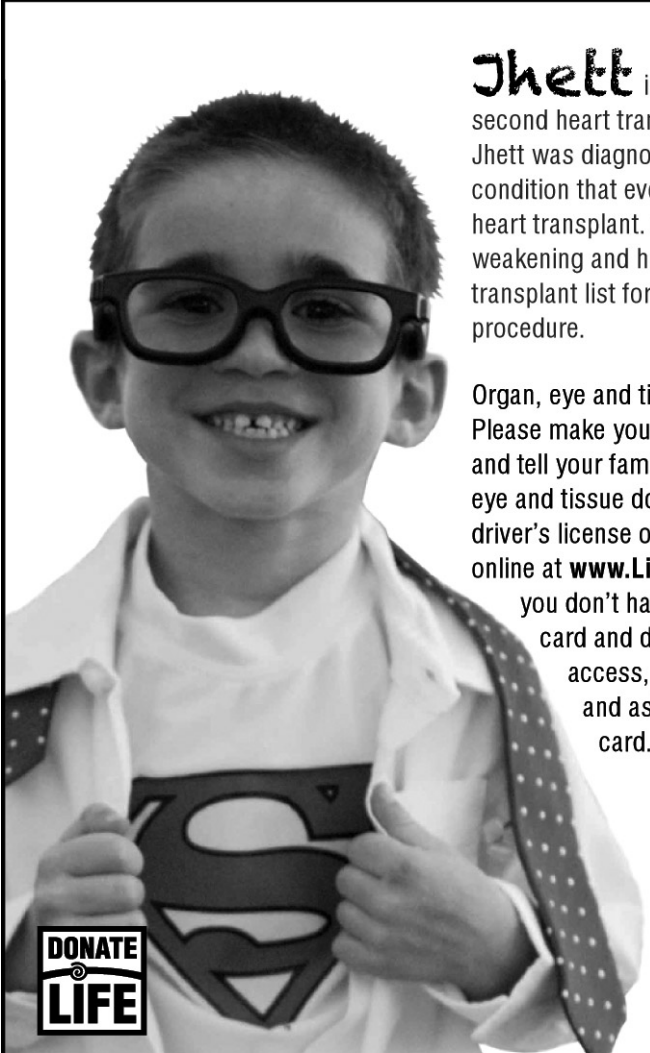
The staff mixes with the residents during monthly birthday parties with cake and ice cream, Lacquement said. Many of the residents like playing Bingo. There is a general store they go to and spend their paper Bingo money.

"I think they really enjoy having the little knickknacks and pretty things they have in the store," she said. "They have a little auction, also once a week, and they enjoy that, too. I always like to help with activities in some way to try and help them."

Lacquement said Warr Acres Nursing Center is family. And family keeps her motivated.

"There's a couple of ladies who remind me of my mom," Lacquement said. "Just the little things they say, their attitudes and their expressions remind me of my mother. She's living but she's an hour away so I don't get

Continued on next page



Jhett is currently awaiting his second heart transplant. At a young age Jhett was diagnosed with a rare heart condition that eventually led to his first heart transplant. Now Jhett's heart is weakening and he has been put back on the transplant list for a second lifesaving procedure.

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PILLARS

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Hospice Compassus. There will be a lot of training that Coppenbarger looks forward to in further developing her leadership skills as well as the nursing staff, she said.

Hospice Compassus has 60 different offices in 32 states. Oklahoma City will be its first office in Oklahoma.

"They call us colleagues. We're their biggest asset so they really invest in our education and training," Coppenbarger said. "They want to keep us. They want to retain the people they have and train them to be leaders for the company. We give the best care we can to the patients. We want to tell the community all about it and let them know that we're blessed."

Hospice Compassus follows six Pillars of Success, Coppenbarger continued. Life Choice meets the criteria of those pillars, she added, but they have not been structured the same way.

The first pillar is Regulatory Compliance, which Life Choice has been successful in meeting all Medicare regulations, she said. Otherwise, a company cannot be a hospice without meeting ethical standards, she said.

The second Pillar is Colleagues and Culture. Hospice Compassus believes that communication should flow between the home office in Oklahoma City to the corporate office in Brentwood, Tenn.

"We should call if we need anyone. And everything should be transparent," Coppenbarger continued. "There's just this whole culture. We're doing a service to the community. We need to make sure that we're all doing it the same way, with the same standards."

The Quality Care that Hospice Compassus gives its patients is another Pillar. Coppenbarger said the standard of care rendered by Life Choice is higher than most companies. In fact, the company won the Hospice Excellence Award and has maintained the vision the award represents.

"Without being compliant and without wonderful employees, we couldn't give that wonderful quality of care," Coppenbarger said. "So we're following those Pillars."

Service Excellence marks the fourth Pillars of Success. It shows the hospice is committed to its families and referral sources. Life Choice takes care of the people in the community it partners with, Coppenbarger said.

"They look at it as a partnership, that we want to take care of their patients," she explained. The nursing

staff abides by all of a nursing home's rules when entering a facility. So the Life Choice staff will share its notes coordinated through computer charting.

"We are committed to providing care in a manner that exceeds the expectations of our patients, our families, our referral sources and our communities," Coppenbarger said. "When you go into someone's business, you want to make sure they stay in business as well."

Coppenbarger said she believes the company will grow by meeting these Pillars as set forth in the fifth Pillar of Program Growth.

"The goal of Hospice Compassus is to be the best," Coppenbarger said.

Growth is also a measure of the company's health and the response of the community, showing they trust the company to care for their loved ones, Coppenbarger said.

The sixth Pillar of Fiscal Responsibility enables Hospice Compassus to enhance its services and reach patients and families that are not receiving adequate hospice services, Coppenbarger said.

"When Hospice Compassus came to our office, they looked at everything we have already, because they wanted to know if they wanted to be here," Coppenbarger said.

They found that Life Choice was a good place to start in the state. Hospice can be a difficult endeavor, so it takes a strong team of caring people, she said.

"It's education and talking to one another to depend on each other that lets us go out there and support these families when they need it most," Coppenbarger said. "We have a good group here. It's important. It makes me want to stay around."

Coppenbarger said it's an honor to be in the Nursing Times.

"We want the community to know what we are doing," she said.

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Daphne Lacquement says each day provides fresh opportunities to serve the nursing home residents she loves at Warr Acres Nursing Center.

Continued from Page 4

to see her that often. I see a lot of her expressions in them and it just makes me feel good to be close to them."

Among the residents are a few marriages that have lasted for a long time. Lacquement said it makes her feel good to be with people who are committed to one another with love in their relationships.

"We have a few that have been married for over 70 years," she said.

Every day brings new opportunities for both the residents

and Lacquement. Each day is a little bit different, she added. She checks on all of the residents she is responsible for, noting if they are having a good or bad day.

She also takes care of herself by catching up on her sleep on her days off, she said with laughter.

"Usually I go home and put my feet up for a little bit. I usually just think of my day," Lacquement said. "I kind of ponder and think about the people here a lot."

She will watch a basketball game to unwind in order to take her mind off of work and relax, she said.

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We are seeking a Dietary Manager with 5 plus years dietary experience.
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CIMA HOSPICE (formerly Professional Home Hospice) has an immediate opening for a PRN Nurse Practitioner for face-to-face encounters. Hospice/ Home Health experience is preferred but not required. Qualified applicants can apply by faxing their resume to 918-516-0700. 907 S. Detroit Avenue, Suite 905, Tulsa, OK 74120

We are taking applications for Registered Nurses, Licensed Practical Nurses, Certified Medical Assistants and Certified Nurse Assistants.
Artesian Home of Sulphur is taking applications for RNs, LPNs, CMAs and CNAs. Please apply in person at 1415 W 15th between 8:00AM to 4:00PM Monday thru Friday. Ada, OK 74820

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Nursing experience in psychiatric facilities preferred. Please submit resume and salary requirements to 3334 W. Main, PMB 414; Norman, OK 73072.

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Oklahoma's NURSING TIMES

OMRF names 12 Fleming Scholars for 2015

OMRF has selected 12 Oklahoma high school and college students as Sir Alexander Fleming Scholars for 2015.

The students were selected following a competitive statewide application and interview process. Those chosen as Fleming scholars will spend eight weeks working side-by-side with senior-level OMRF scientists on specific research projects on topics such as autoimmune disease, cancer and heart disease. At the end of the program, the students will write scientific papers and deliver seminar presentations to OMRF's scientific staff.

"These students inject a sense of excitement and curiosity into our summers," said OMRF Fleming Scholar Program coordinator Carlisa Curry. "A summer at OMRF is an experience like none they've had before, and this unique program allows them to learn not only about science but about themselves, as well. It's a one-of-a-kind opportunity for students at this point in their educational journey that is both challenging and rewarding. It can be a game-changer."

Since it launched in 1956, the Fleming Scholar Program has provided more than 500 Oklahoma students

with a first-hand look at careers in medical research and medicine. Two OMRF senior scientists, Judith James, M.D., Ph.D., and Rodger McEver, M.D., started their research careers as Fleming Scholars.

The 2015 Fleming Scholars, their hometowns and current schools, are: **Jake Gregston**, Duncan, Southwestern Oklahoma State University, **David Gutierrez**, Woodward, Northwestern Oklahoma State University, **Laura Jardine**, Muskogee, Oklahoma City University, **Krishna Manohar**, Tulsa, University of Oklahoma, **Savannah Martin**, Duncan, Duncan High School, **Kyle McCauley**, McAlester, University of Oklahoma, **Katie McDonald**, Stillwater, Oklahoma School of Science and Mathematics, **Jacy O'Dell**, Claremore, Oklahoma Baptist University, **Jillian Schlecht**, Oklahoma City, University of Tulsa, **Farris Tedder**, Norman, Norman High School, **Michael Thellmann**, Edmond, Oklahoma Christian University and **Eric Wu**, Edmond, Edmond North High School.

For more information on the Fleming Scholar Program, visit www.omrf.org/fleming.

Special to the Nursing Times

"Nursing Beyond the Bedside"

By Susan Stinson, Senior Vice President, Operations Lash Group, a part of AmerisourceBergen

As the healthcare industry quickly evolves, so too does the role of nurses within it. Nurses today face a number of new challenges, such as addressing non-adherence, delays or disruptions in patient care, and increasingly personalized and complex treatment regimens. To most effectively attend to these responsibilities, the nursing profession is evolving beyond the traditional work in hospitals, offices and clinics, or in other words, our job is evolving beyond the bedside. As a result, there are more opportunities than ever before within the profession; nurses looking to provide the highest quality of care for patients are no longer limited to a traditional setting.

Lash Group, part of AmerisourceBergen, is a patient support services company that implements programs to support therapy adherence and remove or lower barriers to care and treatment, increasing positive outcomes for patients. We employ nurses to support patients in a variety of ways, including roles like telehealth, field education, and management/operational concentrations. These positions allow nurses to focus on patient outcomes in a new way. In these roles, nurses interact one-on-one with patients or manage the systems that help them recover or lead fuller, healthier lives with their diagnoses.

Telehealth nurses, as the name suggests, deliver quality patient care remotely instead of in-person. While certainly not a replacement for in-person treatment, telehealth nurses are often the first to speak with patients after a diagnosis or update on their illness. Telehealth nurses frequently assist with emotional support for patients and their families, discussing compliance and adherence and identifying barriers to care that the patient may face. Telehealth nurses increase access to care by removing many of the obstacles patients may deal with, including time and travel. This



Susan Stinson, Senior Vice President, Operations - Lash Group.

results in limiting costs for patients and providers through a decrease in hospital admissions and an increase in adherence.

As medical care becomes more sophisticated and personalized, treatment regimens can be intricate and perplexing to both patients and healthcare professionals. This is where field nurse educators are critical. Our nurse educators, particularly those with a specialty in a specific treatment or disease, go into the field and train healthcare providers (per the manufacturer's guidelines) to ensure that they properly administer medications and therapy regimens. At Lash Group, we work as an extension of the manufacturer to properly train providers, and in many cases, we also train the manufacturer sales team. Our team of nurse educators are able to ensure that patients have access to potentially life-saving care.

Another option that is increasing in popularity across the healthcare industry is what is known as "travel nursing." Once viewed as a temporary solution to staffing shortages, is now a viable career path for many in the nursing field. Typically, travel nurses take short, two to six month positions through

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BEDSIDE

Continued from Page 8

an accredited agency (there are several agencies nationwide) that help secure positions and handle logistics, such as pay, housing and benefits. Travel nursing gives nurses the opportunity to work in different settings and impact patient lives around the world.

The nursing profession doesn't only cover positions with patient-

nursing career or are looking to take years of experience in a new direction, as a nurse you have the advantage of exploring many different roles within the field. By researching and understanding the variety of roles nurses can play in a patient's healthcare journey, nurses looking for a nontraditional career option can begin to seek out new opportunities to impact patient lives, including jobs that support patient access and adherence programs. Healthcare doesn't end in a clinical setting and nursing careers that go beyond the bedside allow nurses to become true champions of health.



nurse interaction. Nurses, like myself, working in a management or operational role have a meaningful impact on patients by coordinating and overseeing programs and initiatives and working directly with a clinical team.

Whether you're beginning your



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volunteer coordinator/chaplain
- Alleve Hospice:** 405-605-7787
- Autumn Bridge Hospice:**
405-440-2440
- Autumn Light Hospice:**
580-252-1266
- Carter Healthcare & Hospice:**
OKC - Adam Colvin, Vol. Coordinator,
405-947-7705, ext. 134; Tulsa - Mike
Gregory, Vol. Coordinator,
918-425-4000, ext. 114
- Centennial Hospice:**
Becky Johnson, Bereavement
Coordinator 405-562-1211
- Chisholm Trail Hospice:**
Tiffany Thorne, Vol. Coordinator,
580-251-8764
- Choice Home Health & Hospice:**
405-879-3470
- City Hospice:**
Beth Huntley, Vol. Coordinator,
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- Comforting Hands Hospice:**
Bartlesville: 918-331-0003
- Companion Hospice:**
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Coordinator, 405-948-4357

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- Hometown Hospice:**
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Arrow: 918-251-6441; Muskogee:
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- Crossroads Hospice:**
Elizabeth Horn, Vol. Coordinator,
405-632-9631
- Cross Timbers Hospice:**
Ardmore-800-498-0655
Davis-580-369-5335 Volunteer
Coordinator-Shelly Murray
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Toni K. Cameron, Vol. Coordinator
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- Faith Hospice of OKC:**
Charlene Kilgore, Vol. Coordinator,
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- Freedom Hospice:**
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Coordinator, 405-789-2913
- Full Life Hospice:**
Vicki Barnhart, Vol. Coordinator,
405-418-2659
- Good Shepherd Hospice:**
4350 Will Rogers Parkway Suite 400
OKC OK 73108 405-943-0903
- Grace Hospice Foundation:**
Sharon Doty, Dir of Spec. Projects -
Tulsa 918-744-7223

- Harbor Light Hospice:**
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73107 405-949-1200
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Shawnee: Vol. Coord. Karen Cleveland,
405-214-6442; Norman: Vol. Coord. Lisa
Veauchamp, 405-579-8565
- Heavenly Hospice:**
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- Hope Hospice:**
Bartlesville: 918-333-7700, Claremore;
918-343-0777 Owasso: 918-272-3060
- Hospice by Loving Care:**
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- Hospice of Green Country:**
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918-342-1222, Sapulpa: 918-224-7403
- Hospice of Oklahoma County
& the INTEGRIS Hospice House**
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405-848-8884
- Hospice of Owasso, Inc.:**
Todd A. Robertson, Dir. of Marketing,
877-274-0333
- Hospice of the Cherokee:**
918-458-5080
- Humanity Hospice:**
Kay Cole, Vol. Coordinator
405-418-2530
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Spencer Brazeal, Vol. Director,
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- Indian Territory Home Health &
Hospice:** 1-866-279-3975

- Interim Healthcare Hospice:**
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- Image HealthCare :**
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- LifeSpring In-Home Care
Network:**
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Bereavement Coordinator 405-801-3768
- LifeLine Hospice:**
April Moon, RN Clinical Coordinator
405-222-2051
- Mays Hospice Care, Inc.**
OKC Metro, 405-631-3577; Shawnee,
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- McCortney Family Hospice**
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OKC, OK 73112 405-848-3779
- Oklahoma Hospice Care**
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Johnson, Durant, 800-648-1655
- Physician's Choice Hospice:**
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- Professional Home Hospice:**
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- PromiseCare Hospice:**
Angela Shelton, LPN - Hospice
Coordinator, Lawton: (580) 248-1405
- Quality Life Hospice:**
405 486-1357
- RoseRock Healthcare:**
Audrey McCraw, Admin. 918-236-4866
- Ross Health Care:**
Glenn LeBlanc, Norman, Chickasha;
April Burrows, Enid; Vol. Coordinators,
580-213-3333
- Russell Murray Hospice:**
Tambi Urias, Vol. Coordinator,
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Weatherford-580-774-2661
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Coordinator, 918-745-0222
- Sequoyah Memorial Hospice:**
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Coordinator, 918-774-1171
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Mommy, I'm sorry you're tired!



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but they know what you said
7 months ago at 6:40pm



**Vicki L Mayfield, M.Ed., R.N.,
LMFT Marriage and Family
Therapy Oklahoma City**

*If you would like to send a
question to Vicki, email us at
news@okcnursingtimes.com*

Q. I am thinking about becoming a foster parent but people keep telling me I will get in way over my head. I recently read something called reactive attachment disorder and worry that I won't know what to do if a child has this problem. Can you tell me more about it?

A. Reactive Attachment Disorder can develop when children have received grossly negligent care and do not form healthy emotional attachments with their primary caregivers. This is usually with their mothers and develops before the age of 5.

When children form an attachment with loving and protective caregivers a young child learns to love and trust others. They develop empathy and form healthy relationships.

Some of the causes of reactive attachment disorder are the following: Repeated changes of primary caregivers that prevent formation of stable attachments, for example, frequent changes in foster care. Persistent disregard of a child's physical and emotional needs.

These are some of the symptoms exhibited by the child: •detached •unresponsive or resistant to being comforted •excessively inhibited (holding back emotions) •withdrawn or a mixture of approach and avoidance (related to the belief that if I get close this person will leave me or hurt me)•depression •aggressive and/or disruptive behavior •learning difficulties/behavior problems in school •inability to form meaningful relationships •low self esteem •problems sleeping

Treatment involves two important goals:

1. Provide a safe, consistent environment
2. Help a child develop a healthy relationship with an appropriate caregiver.

The good news, it is possible for children with reactive attachment disorder to learn to trust others and to lead healthy productive lives.

A dead end job does not become fulfilling if you are in the wrong place. Don't continue to let one day roll into another. Get a blank canvas, paint, brushes and create your new life.

4 Plants With The Healing Power To Cure What Ails You

Doctor Says More Americans Realize The Effectiveness Of Remedies Found In Nature

By Virender Sodhi, M.D., N.D.

A fever, stomach pains or a simple case of the sniffles can send people rushing to the pharmacy for a drug to battle their symptoms.

But Mother Nature provides a number of medicinal plants with healing properties that also can nurse you back to health, a fact more Americans are beginning to discover.

"The use of herbal medicine, although traditional in many Eastern cultures, had been only a minor fad in Western medicine until recent decades," says Dr. Virender Sodhi, founder of the Ayurvedic and Naturopathic Medical Clinic (ayurvedicscience.com), which provides complementary and alternative medicine.

That trend has been shifting as a growing body of studies and research has demonstrated the effects of traditional remedies on chronic diseases, such as diabetes and hypertension, says Sodhi, author of the new guide, "Ayurvedic Herbs: The Comprehensive Resource for Ayurvedic Healing Solutions" (www.ayush.com).

That's not necessarily news to ailing people in other parts of the world, such as Asia and Africa. For centuries, they have found relief through herbal medicines derived from shrubs, vines, trees and other plants, Sodhi says.

Here are four examples, a couple of which are recognizable by better known names and purposes.

- Glycyrrhiza glabra. Most people would recognize this plant by its more common name – licorice. It has been used for centuries in the traditional and folk medicines of Asia and Europe to treat ailments ranging from the common cold to liver disease, Sodhi says. Most Americans likely encountered licorice as children because the sweet root of the plant is used to make candy. Licorice can cure more than a sweet tooth, though. It can protect people from the influenza virus. In cell line studies it was

shown to reduce titer of the influenza virus by 90 percent and have strong immune modulation properties. It's an important ingredient in many herbal preparations, Sodhi said, especially for bronchial conditions. Because of its expectorant properties, powdered licorice has been used for centuries to treat coughs. Modern cough syrups often contain licorice extract.

- Piper nigrum. This flowering vine's berries, when still unripe, are used to produce black pepper, but spicing up food isn't its only talent. Piper nigrum has anti-inflammatory, antimicrobial and anti-spasmodic properties that make it ideal for treating digestive disorders, Sodhi says. It doesn't stop there. Drug resistance is a major concern in cancer patients. Piper nigrum can reverse multiple drug resistance many fold and significantly increase the apoptotic effect of many pharmaceutical drugs.

- Boswellia serrate. Commonly known as Frankincense, this herb has powerful anti-inflammatory effects. Several patients with ulcerative colitis and Crohn's colitis have gone in to remission using a Boswellia preparation. In brain tumor patients it has reduced cerebral edema by 75 percent. Sodhi has mentioned case studies of many patients with rheumatoid arthritis, psoriatic arthritis, polymyalgia rheumatica and ulcerative colitis who went into remission.

- Bael. This fruit-bearing tree indigenous to the hills and plains of central and southern India has numerous uses. The fruit promotes healthy digestion and is used medicinally to treat such conditions as diarrhea, dysentery and cholera. The leaves, roots and bark of Bael also have medicinal value. They help relieve acute bronchitis, heart palpitations, intermittent fevers and many other ailments. Dr. Sodhi has observed 100 percent success in treating patients of clostridium difficile, who did not

See CURE next page



NURSE + TALK

Read what other health care professionals have to say...

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Berri Culliton, RN

Nurse practitioner. I just want to learn more.



Juanita Spencer, RN

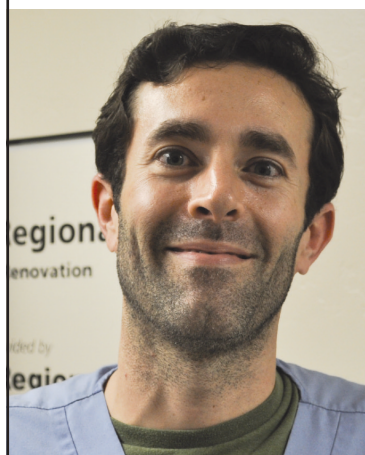
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Baseball catcher with the Dodgers, Red Sox, Cubs ... whoever will take me.



Chris Miller, RN

I don't want to grow up. Don't tell my son that.



Amber Wagaman, LPN

CURE

Continued from Page 8

respond to standard medical protocol of metronidazole (Flagyl), Difid (fidaxomicin), or vancomycin.

Dr. Virender Sodhi was the first Ayurvedic and Naturopathic physician in the United States. He is the author of "Ayurvedic Herbs: The Comprehensive

Resource for Ayurvedic Healing Solutions," (www.ayush.com) and founder of the Ayurvedic and Naturopathic Medical Clinic, (ayurvedicscience.com). Dr. Sodhi earned his M.D. (Ayurved) in 1980 from the Dayanand Ayurvedic Medical College in Jalandar, India. He served as a college professor in India until 1986, when the Indian government selected him to share Ayurveda with Western society as part of a cultural exchange program.

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We are extremely grateful for you!

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