

CNC&F kicks off fall with Yoga for Nature Lovers

CNC&F Happenings

MOTHER NATURE STORYTIME: WORMS, Wednesday, Sept. 21, from 10 to 11 a.m., Visitor Center. We find them in the ground helping make our dirt healthy. Come to the Nature Center to take a closer look at these wiggly guys and see what makes them work. For preschoolers and their caregivers. \$5 per family.

ESTATE PLANNING IN THE HILL COUNTRY, Wednesday, Sept. 21, from 6 to 8 p.m. CNC library. What every landowner needs to know! At the Cibolo Nature Center we offer classes to educate landowners about strategies to protect your heirs and the land. One strategy we get lots of questions about is the conservation easement. This workshop has been approved for one course hour by the Certified Financial Planners Board. \$15 for CNC or Cibolo Conservancy members; \$20 non-members. Register at www.cibolo.org or nature@cibolo.org.

FARMERS MARKET AT THE CIBOLO, Saturday, Sept. 24, 9 a.m. to 1 p.m., Herff Farm. Enjoy fresh air and delicious local produce, live music and more at the only Farmers Market in Texas on the grounds of a historic 1850s pioneer farm. Buy fresh local vegetables and farm-fresh eggs, original arts and crafts, homemade breads, jams, jellies, pastries and locally produced honey.

JUNIOR GARDENERS CLUB: EDIBLE INSECTS! Saturday, Sept. 24, 10 to 11 a.m. Herff Farm. Does a crunchy grasshopper taco sound yummy? Bug fans say insects are not only tasty, they are also nutritious. Many are packed with protein, vitamins and minerals. Come find out more about insects being good enough to eat and maybe try a few yourself! \$5 per family.

FALL INCIDENTAL BIRD COUNT, Monday, Sept. 26, from 8 to 10 a.m. CNC Pavilion. Join a team of citizen scientists and bird enthusiasts to conduct a census of migrant and resident birds at the Nature Center. This event is also on Sept. 26 and 28 and Oct. 1. Learn census birds in your own backyard while enjoying an easy walk with a friendly group of birders. For more information and to sign up, contact Donna Taylor at donna@cibolo.org

YOGA FOR NATURE LOVERS, Monday, Sept. 26, 5:30 to 6:45 p.m. Classes meet at CNC Visitor Center every Monday evening and are conducted by Kristen Walker of Wellspring Yoga in Boerne. Classes may move to different outdoor sites at the nature center each week depending on weather and size of the group. Cost is \$10 per class. Pay at the door by cash, credit card or check.

The Cibolo Nature Center is at 140 City Park Road in Boerne; the Herff Farm is at 33 Herff Road, also in Boerne.



Claire Jenkins

Earlier this month, the Cibolo Nature Center and Farm (CNC&F) began offering Yoga for Nature Lovers at a new time with a new instructor at the nature center.

The class, which began in fall 2015, has garnered a following among local yogis.

Each session begins at 5:30 p.m. Mondays under the tutelage of Kristen Walker, owner and instructor at Wellspring Yoga of Boerne.

Yoga for Nature Lovers fits in well with the many types of continuing education workshops available at CNC&F. From gardening and wildlife workshops to ones focusing on sustainable living and land stewardship, the nature center continues to stretch the mind and, with yoga the body!

Walker has been teaching yoga since 2012 and practicing since 2000. Her philosophy is all inclusive:

"A wellspring is an abundant source of something. It is my desire as a

teacher of yoga as a philosophy and way of life to help people see yoga as an abundant source upon which to draw for a life well and meaningfully lived.

"Yoga is for everybody. My teaching method includes the use of blankets, bolsters and straps to help everyone receive all the benefits each posture has to offer without compromising the integrity of the posture or forcing the body beyond its limits.

"It is a tool which the health conscious may use to live life, externally and internally, as beautifully as possible. Namaste."

Yoga class attendees meet at the CNC&F Visitor Center. Sessions may move to different outdoor sites at the nature center each week depending on weather and size of the group.

The cost is \$10 per class with a portion of proceeds donated back to the nature center. Attendees can pay at the door and cash, credit card and check are accepted.

More details are available at cibolo.org. To learn more about Kristen Walker and Wellspring Yoga, visit www.mywellspringyoga.com.



Kristen Walker, owner of Wellspring Yoga in Boerne, will be conducting Yoga for Nature Lovers every Monday evening at the CNC&F.

HEALTH, MIND & BODY

Aching for Pain relief?

By Chelsea Beck-Smith, PharmD
Annie's Apothecary

Millions of people suffer from chronic or acute pain every year. According to the Institute of Medicine, it costs society \$560-\$635 billion dollars a year for treatment and loss of productivity at work. Back pain, nerve pain, cancer pain, migraines, or any other number of painful ailments can negatively affect sufferers' quality of life, sometimes on a daily basis. In support of pain awareness month and those suffering from pain, we want to educate the public on how people are impacted by pain and what we may be able to do to help them.

Musculoskeletal pain is something that people can face after a car accident or a sports injury. Sometimes the usual anti-inflammatory medication may not be enough to get rid of the pain or it may cause some unwanted side effects like upset stomach. Patients can seek out chiropractic care

to help with back or neck pain and even headaches. Some supplements that may help with joint and muscle support are Curcuxel and SynovX by Xymogen. Fibromyalgia is one of the most common musculoskeletal conditions characterized by muscle and joint pain and fatigue. This pain can be so crippling that it can lead to depression and isolation. Unfortunately, women are ten times more likely to get this disease than men. Exercise is an encouraged form of therapy for fibromyalgia. A treatment option that may be less well known is the use of the female hormone progesterone. Used topically in a cream, such as Progens can be applied to the painful area(s) for pain relief. We can also compound a specific strength of progesterone cream or other dosage form just for you with a prescription from your doctor. Progesterone has also been used to help with the sleep in these patients. Studies have found that compounded low dose naltrexone may help reduce chronic pain in patients with different autoimmune diseases.

Many people suffer from diabetic neuropathy and peripheral neuropathy. Nerve pain can be described as a feeling of numbness, tingling, burning pain, or even muscle weakness. Supplementing with certain B vitamins (B12, B6, and B9 (folic acid)) along with Acetyl-L-carnitine, and alpha lipoic acid may help ease nerve pain. Several medications used to treat nerve pain may have unwanted side effects. We can compound pain cream specific to your needs that can be applied topically where it hurts the most. Migraines and headaches can be debilitating. They can be triggered by stress, fatigue, or even certain foods. It is important to keep a log of what you ate or did when the migraines occurred so you can try to avoid those triggers in the future. Supplementing with magnesium and vitamins B6 and B2 may help prevent headaches and migraines or at least decrease the frequency. Several other painful health conditions such as lupus and multiple sclerosis have been linked to gut health. For in-

stance, leaky gut syndrome is a condition when undigested food particles, bacterial toxins and germs can pass through the gut wall and into the bloodstream. This in turn causes persistent inflammation throughout the body. The human microbiome project has identified the microorganisms which are associated with healthy humans. Changes found in this microbiome can

be linked to different disease states. Since the majority of microbes live in the gut they have been linked to several different gastrointestinal diseases such as Crohn's disease and ulcerative colitis. We offer several pharmaceutical grade supplements like IgG 2000 CWP, ProbioMax, and GlutoAlomine that may help support overall gut health by assisting in repair of tissue in

the gut, boosting the immune system and balancing the microbial environment. Let us know if you are not getting adequate relief from your current pain therapy. We'd be happy to talk to you about compounded pain creams we can provide, as well as, supplements. We want to help alleviate your pain, so please call or come visit us at Annie's Apothecary.

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