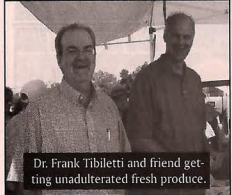


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Dr. Frank Tibiletti and friend getting unadulterated fresh produce.

The new Longview Historic Farmers Market has held its second monthly open air agricultural sales day. The market place was scheduled to open at 8:00 a.m., but local residents were already buying produce at 7:30.

The first Market Day back on the 15th sold out in just one hour. Locals did not want to risk missing out on the choicest selection of East Texas produce. Customers arrived early and swept up the vendors' delectable crops. There is also the attractive personal touch.

In the good old days people went to market to buy produce from local farmers who were their friends, neighbors and relatives. The crops sold were grown and harvested without the pesticides and artificial colors included in modern grocery store produce. Consumers at the Farmers' Market purchase veggies from the men and women who grew it, and can ask them questions about their methods. At this venue there is no need for "buyers beware" warnings.

Dr. Frank Tibiletti, Eleanor Kirk, Christina Massey, Evalonia Bolton, Ana Walker, her family and many other health-conscious Longview residents made the rounds of the booths, buying nutritious produce. Gynecologist Tibiletti brought a shopping list that included squash, potatoes and herbs. Still, a healthy diet was not his sole reason for coming.

"We definitely want to support this," he said. "It is good for downtown revitalization."

Professional photographer Christina Massey found the market both healthy and entertaining.

"I am here to get the very best," she gushed. "This is locally grown, tastes better and [is] loaded with nutrition."

Massey also bought homemade soap and urges everyone who has not come to the market to do so.

"You need to come and experience the market," she said. "There are good people all over the place, and there is something for everyone."

Wisconsin natives Steve and Cody Husman and their daughter Cheyenne and their horses love both the market and the Texas weather.

"We have been trying to get down here," said Steve. "The ranch we bought around Liberty City has solar and wind turbines and all kinds of fruit trees."

The family believes the property is just right for them, and they are vendors themselves in the Farmers' Market, selling their home grown green beans. They plan to bring their elderberries for sale on the 29th.

They grow their crops strictly organically, using compost fertilizers.

"This is locally grown, fresh picked and chemical-free," said Cody. Janet McKinney from Lanesville brightened up the array of edible merchandise by bringing her flowers for sale.

"We grow these beauties with the help of our five kids," she said. "We sell wholesale and retail," adding that her business phone number is (903) 854-2468.

Lowell Tanksley of Tanksley Farm recalled how early he sold out in the previous market, so he brought twice the amount of his crops this time. His busy booth was one of many where customers bought and socialized, meeting old friends and making new ones.

The Farmers' Market still needs singers, musicians and other entertainers. Also, volunteer workers are needed to help set up and dismantle the booths before and after the market. Market Vice-President Danielle Heard described the market as a part of the local sustainability movement that will help the community grow and prosper. This makes volunteers even more vital.

The Longview Historic Farmers' Market is located at the confluence of Cotton, High and Center streets. For now it opens Saturdays at 8:00 a.m., with plans to eventually also be open during the week as increasing volumes of produce are harvested and brought in by vendors. For more information call 903-746-2708.

Complimentary Medicine



Dr. Stephen E. Lewis

Women's Hormones

This proper balance allows for proper implantation of the fertilized egg or the continuation of the cycle.

I have talked about stress in an earlier column and how this can upset our balance of health. Stress also affects our adrenal glands which make the precursors to sex hormones.

Some of the problems from hormone imbalances include cysts, painful menstruation or PMS, cancer, abnormal bleeding, absence of menses, vaginal infections, infertility, endometriosis, painful intercourse, uterine growths, abnormal facial hair growth, etc. If this sounds familiar then read on while we discuss the "why's" and the "how-to's".

While many people want to blame genetics, usually problems can be mostly attributed to nutritional, environmental, and emotional stressors.

The nutritional deficiencies are well illustrated in Dr. Westin Price book, when it talks about how harsh chemical fertilizers and pesticides depress and destroy the important biological activity of the soil, forcing our plants to live on a "fast food" diet of nitrogen, phosphorus, and potassium. This leaves plants weakened and more vulnerable to pests and diseases and diminishes their nutritional value.

We now have to eat three apples to equal the nutrients of one apple from 1940. Oranges in some areas can now be picked fresh from the tree that contains no vitamin C! So even though we need more fruits and vegetables it is absolutely necessary to supplement with high quality vitamins and minerals to make up for the lowered nutritional levels prevalent in our food.

On the topic of environmental causes it gets really frustrating. Please understand that there are supplements that can help you detoxify since you can not avoid most of the toxins that cause your hormones to work incorrectly. The toxins are estrogen mimickers like plastics, phthalates, pesticides, and heavy metals. Since they have an estrogen like effect we end up with more estrogen than progesterone. This makes women more susceptible to emotional is-

suates and cancer. (J. Cancer Research).

I have a power point presentation, "Estrogen Overload - The Danger Every Woman Should Know. If you have a group I am available for presentations and education. 903-663-1008 Doctor's Nutrition.

One of the most effective detoxifying supplements called dimethylmethane or DIM, DIM contains very concentrated amounts of cruciferous vegetables known to have major detoxifying properties that help in cancer and hormonal-balancing properties. (J. Cancer Research).

B-Complex is also very important as they have a role in almost all processes of the body. Healthy intestinal bacteria also protect against cancer and hormonal problems by building the immune system.

So an imbalance of intestinal bacteria can actually lead to cancer of the sex organs! (J. Letters Applied Microbiology). The research is there and I have many patients that can attest to the value of these supplements both in how they feel and their lab results that improved. Emotional stressors contributing to hormonal imbalance usually give the quickest indication of working. I have had patients that call some of our emotion balancing supplements the "Peace of God in a bottle." This is very gratifying to see people that enjoy decreased stress, anxiety, and depression! No discussion about emotional stress and hormonal imbalances would be complete without examining the thyroid. It is closely linked to the endocrine system and must be nutritionally supported and balanced in "optimal" ranges for the patient to feel at her best. This is also extremely important in weight loss.

So whether it is a minor problem or becoming worse it is easy to find out what it is and how to detoxify and how to nutritionally support your own innate potential.

Come on men, now it is your turn to support the land in your life and encourage her and help her to fix that unresolved health issue. Hey, it might even make your life better so she is able to take better care of you.

Call- 903-663-1008 or exdsnutrition.com. Remember there is no charge for consultations!

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This Texas Lottery Commission Scratch-Off game will close on June 13, 2010. You have until December 10, 2010, to redeem any tickets for this game:

Game #1211 **Gold Bar Bonanza** (\$10) Overall Odds are 1 in 4.21

This Texas Lottery Commission Scratch-Off game will close on June 18, 2010. You have until December 15, 2010, to redeem any tickets for this game:

Game #1180 **Blackjack Showdown** (\$5) Overall Odds are 1 in 3.88

These Texas Lottery Commission Scratch-Off games will close on July 28, 2010. You have until January 24, 2011, to redeem any tickets for these games:

Game #1159 **Treasure** (\$2) Overall Odds are 1 in 4.76

Game #1202 **Triple It** (\$3) Overall Odds are 1 in 4.84

Game #1213 **The Money Game** (\$1) Overall Odds are 1 in 4.97

Game #1216 **Pot O' Gold Tripler** (\$1) Overall Odds are 1 in 4.43

Game #1259 **Loteria® Texas** (\$3) Overall Odds are 1 in 3.87

Game #1260 **Wild 10's** (\$10) Overall Odds are 1 in 3.35

Game #1263 **Bonus Word Crossword** (\$3) Overall Odds are 1 in 3.44

The odds listed here are the overall odds of winning any prize in a game, including break-even prizes. Lottery retailers are authorized to redeem prizes of up to and including \$599. Prizes of \$600 or more must be claimed in person at a Lottery Claim Center or by mail with a completed Texas Lottery claim form; however, annuity prizes or prizes over \$1,000,000 must be claimed in person at the Commission Headquarters in Austin. Call Customer Service at 1-800-OTLOTTO or visit the Lottery Web site at www.lottery.org for more information and location of nearest Claim Center. The Texas Lottery is not responsible for lost or stolen tickets, or for tickets lost in the mail. Tickets, transactions, players, and winners are subject to, and players and winners agree to abide by, all applicable laws, Commission rules, regulations, policies, directives, instructions, conditions, procedures, and final decisions of the Executive Director. A Scratch-Off game may continue to be sold even when all the top prizes have been claimed. Must be 18 years of age or older to purchase a Texas Lottery ticket. **PLAY RESPONSIBLY.** The Texas Lottery Supports Texas Education. ©2010 Texas Lottery Commission. All rights reserved.