



Wilton Rotary Drummer

Wilton, Connecticut

www.wiltonrotaryclub.org



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Where is Wendy? Rumors continue to circulate concerning the disappearance of President Wendy. While Wendy is reportedly on vacation, some wonder whether our new president has been deposed and the club's democratic processes undermined. In Wendy's absence, Long-Past President Paul runs a tight ship. Today, nineteen Rotarians turned out on a rainy summer day to hear Dr. Gary Gruber speak concerning the naturopathic approach to health care.

Announcements:

1. Pat announced that the club will be getting into the moving business. Given the members' general brawn and fitness, the club is exploring several opportunities to assist individuals move. Pat will provide additional details at our next meeting.
2. Much excitement centers around the Beer Tent that the club will operate at the Wilton Center Street Festival on July 21. John Lemke and Victor have carefully planned out the operation. Officially, sales run from 11:00 a.m. to 4:00 p.m. We'll have to see about that. Additional help is welcome.

Program: Dr. Gary S. Gruber – The Naturopathic Approach to Health Care

In a fast moving presentation that covered a broad field, Dr. Gruber introduced the club to an alternative, naturopathic approach to health care. The approach takes into consideration many factors that affect overall health. In addition to traditional disease oriented factors, the approach considers the individual's genetic predisposition, diet, environmental toxins, allergens and spirituality, among other factors. Dr. Gruber described the Allostatic Load Test as being a predictor of general wellness. He also described some of the means employed in naturopathic medicine to address unsatisfactory Allostatic Load Test results. Dr. Gruber noted that disease falling into the autoimmune category is a leading health issue in this country. Dr Gruber indicated that often the first step in evaluating general wellness is to identify food sensitivities. The leading food sensitivity suspects are gluten, yeast, dairy, soy and eggs. Of course, if you are partial to beer you may want to skip the food sensitivity test. In response to a question from the floor, lunch ended with Dr. Gruber's description of the food sensitivity test. The complete details are available at www.sciencemeetsnature.com.

NEXT MEETING: Friday, July 27, 2012 – Marly's in Wilton