

Carlyle holds first Pathway to Health seminar

By Pamela Permar-Shierling

Since Dr. Phillip Carlyle moved to St. Simons in June 1999 and opened Carlyle Chiropractic Clinic “Specific Hands On Care,” he has worked toward educating his patients as well as

the benefits of a Ketone diet can lead to but are not limited to the following:

- Regulated energy levels
- Reduced oxidative stress and inflammation



Dr. Holland, at the front of the room in the new Carlyle Wellness Center, speaks to and answers questions from the public. Islander staff photo

the public on how to be healthy.

Last week Dr. Carlyle opened the first chapter in his “Pathway to Health” Series with Dr. Maleah Holland, PhD, who is a Performance Enhancement Specialist and Certified Sports Nutritionist.

“I have a passion to help people to health,” he said. “It should be easy to grow old, and I want my patients to learn how to grow older easier.”

Dr. Carlyle’s vision for the Pathway series was to bring in experts to speak and have those in attendance ask questions.

His first speaker, Dr. Holland, is from Louisville, KY; bachelors from the University of North Carolina, Chapel Hill, in exercise science; a masters from Indiana University Bloomington in Exercise Physiology; a PhD from Auburn University in Exercise Physiology. She currently serves as an Assistant Professor in Kinesiology and Nutrition at Augusta University in Augusts, Ga.

Because she was concussed in college with all the symptoms that go along with a concussion, she began to research her diet and tried that with a Ketogenic diet, her symptoms went away.

Now she focuses her research on ketosis, in regards to cognitive performance, systemic health markers, body composition, and exercise performance.

What Dr. Holland told her audience last week is that ketosis may benefit a stressed brain. She explained how to eat to achieve ketosis and that eating this way is very beneficial for those with type 2 diabetes.

Ketones provide cellular energy and

BUSINESS UPDATE

Job fair in Brunswick

The Georgia Department of Labor is hosting a job fair at the Brunswick Career Center Wednesday, Aug. 1 from 9 a.m. until noon at the Brunswick Career Center, 2517 Tara Lane.

Some of the positions employers are recruiting for include: housekeeping, HVAC, carpenters, painters, servers, hostess, stewards, banquet setup and administrative personnel.

Job seekers interested in attending this event may visit employgeorgia.com to create an account and upload, or prepare, a resume. Having an Employ Georgia account expedites the interview process.

Applicants are encouraged to bring their resumes, driver’s licenses and dress business casual to improve their chances to be hired.

Visit dol.georgia.gov to learn more about career opportunities, Employ Georgia and other GDOL services for job seekers and employers, and to connect with us on social media.

Brunswick posts positive jobs numbers in June

According to the Georgia Dept. of Labor for June Brunswick’s three-county metropolitan statistical area posted increases in the labor force, number of employed and jobs, and all indicators remain positive for the year.

During June, the labor force grew faster than could be absorbed through hiring, causing the unemployment rate to rise. The labor force saw typical gains in June as students and recent graduates sought summer employment. It grew by 685.

As a result, the June unemployment rate increased to 4 percent, up .6 percent from the previous month but down from 4.8 percent one year ago.

Brunswick gained 500 jobs for the month, its total growing to 45,200. This puts Brunswick up 300 jobs for the year.

The number of employed also increased in June, with Brunswick gaining 314 employed residents. At 52,646 total employed residents, Brunswick is up by 1,177 for the year.

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• Improved body composition
Dr. Carlyle said, “Dr. Holland is on the leading edge of current research and that’s why I brought her here.”

For more Ketone information, call Dr. Carlyle at 912-638-5909.

The next Pathway to Health seminar is scheduled on August 21 at Carlyle Wellness which is located at 50 Aviator Plaza, Suite 102 (across from Home 2 Suites), St. Simons Island.

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