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PERMIT NO. 3814  
San Diego, CA

Doris A. Howell  
Foundation for  
Women's Health  
Research, Inc.  
PMB 320  
7514 GIRARD AVE # 1  
LA JOLLA, CA 92037



## JULY LUNCHEON RECAP

Dr. Vijaya Pratha gave an exciting lecture covering numerous topics that influence the optimal performance of the intestinal tract. These may be more important for women who have longer colons than men in spite of their smaller stature. Dr. Pratha addressed 1: the importance of food combining first studied in the early 1900s by Ivan Pavlov which dramatically effects food transit time through the digestive system (eat fruit alone, do not combine proteins and starches), 2: the over-consumption of protein in our diets (healthy elderly people lose less than one gram of protein per day), and 3: the importance of probiotics for gut health. A humorous, important and graphic discussion of other bowel function presented by Dr. Pratha may be reviewed at <http://www.continence.org.au/pages/bristol-stool-chart.html>. Hippocrates, the father of modern medicine, taught that "all disease begins in the gut". Those who attended this lecture are better able to strive for a healthy body through healthy gut function.

## HOWELL IN THE COMMUNITY

As part of our ongoing community outreach effort to connect with more women, and men, to inform them on the latest research in women's health, the Howell Foundation in June exhibited the Alere Pharmaceuticals Employee Health Fair. Our booth, available to more than 300 Alere employees in attendance, provided information on upcoming Howell Foundation events and the Howell Foundation Research Scholarship Program. As part of the event, two tickets were raffled off for the September 25th session of our upcoming two-part evening series "Intentional Happiness". The raffle winner is Alere employee: Dana Allison.

**Thank you to our 2012 Scholarship Donors for funding full research scholarships of \$3,000 each.**

**2012 scholarship donors YTD:** Barbara and Alex Bollinger, Jeanne Jones, Clay and Anne Perfall, Dr. Seuss Foundation, Soroptimists International of La Jolla



# "Keeping the Women We Love Healthy"

## HOWELL HIGHLIGHTS - SUMMER 2012

### DONOR SPOTLIGHT: THE BOLLINGERS

We recently interviewed Barbara and Alex Bollinger about their involvement with the Howell Foundation.

#### The Howell Foundation: How were you introduced to the organization?

The Bollingers: We were introduced to Doris Howell by Peggy Oechsle [Barbara's sister], in 1975. Doris has been a part of the family since then.

#### How is the Foundation special to you?

The Howell Foundation was one of Doris' dreams. Helping her continue to do good things in women's healthcare, as well as her other projects, is a "feel good" thing for us.

#### Why did you choose to become a donor?

Doris is our Mother Teresa. Her vision and work ethic put us all to shame. If our donations help put one more person on that path [to women's health research], then healthcare will improve.

#### How do you hope to enrich the life of a scholar through your donation?

In this time of restricted funds for everyone in every endeavor, particularly education, a financial "leg up" might be the thing that places the recipient in a position to realize their life goals.

### New Howell Foundation Evening Series

#### *Intentional Happiness: Current Research & Practical Tools for Increasing Happiness*

Please join us to learn how to increase your personal happiness. And here's the good news... You don't need to quit your job or run away from home to do it! Recent research is shedding new light on why individual happiness levels vary and what a person can do to increase their happiness level. One researcher estimates that our level of happiness is 50% genetically set, 10% life circumstances, and 40% personal habits and intentional activities. This new series focuses on the 40% you can control.

#### EVENT INFO:

**9/25/12 - Session 1: Increasing Your Personal Happiness**

**11/13/12 - Session 2: Increasing Your Family's Happiness**

5:00-7:30 pm

Liberty Station, McMillin Conference Center  
\$60 (for 2-session series) or \$35 per session

To **register** or learn more about the series, please visit [www.howellfoundation.org](http://www.howellfoundation.org). Invite your friends and join us this fall for this lively and informative new series.

### SAVE THE DATE! Howell Health Lecture Series Luncheon: October 10, 2012, 12:00pm

**"The New Normal: Navigating a Hospital Visit in the 21st Century"** New hospitals, new specialties and a plethora of new medical procedures...have you been to the hospital lately? Don't miss this opportunity to gain vital information from a panel of experts on the critical factors you need to know to navigate a hospital visit in today's medical arena. Register at [www.howellfoundation.org](http://www.howellfoundation.org).

The mission of the Doris A. Howell Foundation for Women's Health Research is to fund undergraduate scientists in their relevant research and to educate women to be catalysts for better family health. To support our mission, please visit [www.howellfoundation.org](http://www.howellfoundation.org), call us at (858) 454-7797 or email [admin@howellfoundation.org](mailto:admin@howellfoundation.org).