

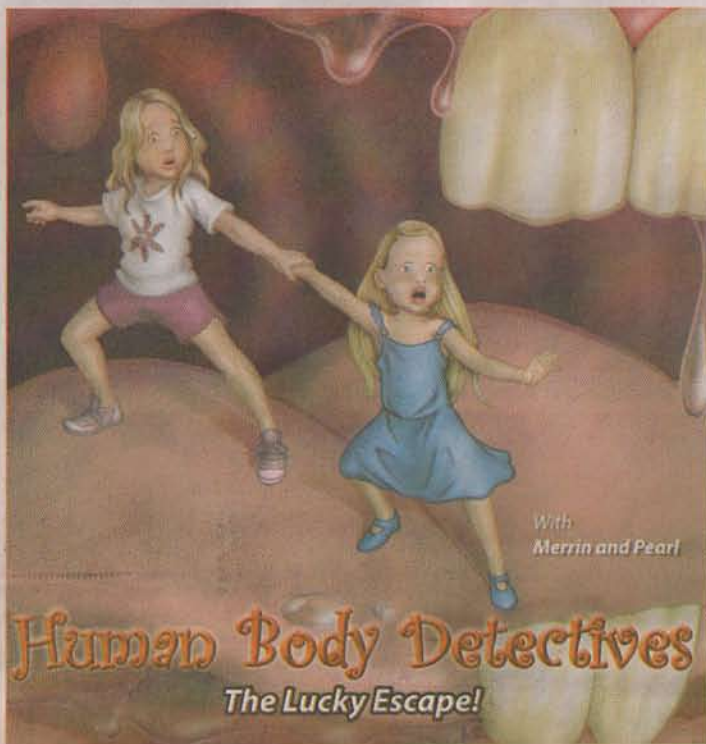
# Waimea doctor turns author

BY KATIE CALLENDER  
North Hawaii News

Dr. Heather Manley wants your children to live healthier and happier lives.

The Waimea naturopathic physician has come up with a way to help children understand how important nutrition and a healthy lifestyle are to maintaining healthy bodies. She just published the first in a series of audio books highlighting two girls' adventures through the different body systems. Her first is entitled, "The Human Body Detectives: The Lucky Escape from the Poopy Diaper." The main characters, Merrin and Pearl, are based on Manley's own young daughters of the same names.

In the tradition of educational adventure series like "Magic School Bus" and "Magic Tree House", this story magically catapults the girls into their baby brother's digestive system where they quickly realize they must help him by extracting a penny he swallowed. Through their action-packed adventure from the mouth, down the esophagus, into the stomach,



MANLEY

and through the intestines, they experience some close calls like almost being squirted with hydrochloric acid and being bumped by gas bubbles. Their encounters force them to learn first hand, all about the digestive system and why it is so important to eat healthy foods. Prospective readers may wonder how the girls actually avoid the inevitable of emerging at the other end. Luckily, a bit of magic comes to the rescue just in time, hence the "lucky escape" part of the title.

Manley coordinated the release of her first audio book with the launch of her website,

drheathernd.com. The site represents Manley's dream of providing a resource for people, especially parents of young children, to learn about preventative health care and take charge of their own and their family's health.

Originally from Canada, Manley moved to the Big Island in January of 2002 with her husband, contractor Fred Dickson, and their two daughters after completing medical school at the National College of Naturopathic Medicine in Portland, Ore.

Manley recalls always being interested in health and nutrition. Even as a young child, she would spend her allowance at the health food store, and in school, chose projects where she could use or write about herbs and spices.

Since moving to Hawaii, Manley has worked part time seeing patients, mainly children. What she enjoys most is helping parents set up a preventative care plan and their own "pharmacy" of natural remedies.

Lyn Utsugi, a mom of two

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## DOCTOR: Two daughters are characters in book

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who recently moved from Waimea to Kauai, said, "Having Heather help me develop a preventative pharmacy has been great, especially when the kids get sick or under the weather, or while we are traveling. Heather gave me the basic natural remedies and then we expanded it to cover our special needs: allergy symptoms and sinus stuff for Kamryn and bronchial stuff for Alex."

"My goal is for people to become proactive and confident in their own healthcare," Manley said. "Innately, we all know how to do it and our bodies don't want to be sick, period. If you have the right tools, then you can support your body and take care of yourself and your family."

She began lightening her practice load to concentrate on health education. She started by visiting pre-schools, and later elementary classrooms, helping students develop an awareness of the importance of taking care of their bodies. She had them fill out "doctors' forms" and listen to each other's heartbeats through a stethoscope. She emphasized

to them that eating naturally colorful foods means you are eating more vitamins that keep you healthy and strong.

"I believe in focusing on things the kids should be eating, like colorful, whole foods, rather than what they shouldn't," she said. "And in teaching children balance. I don't believe in being hard core. Kids need treats once in awhile. The key is to teach them self-care, to understand how their bodies work. Then they are more apt to make good choices. I'm really into kids being proactive that way. This led me to start writing children's books. As my kids got older I really saw a need for these books. There's nothing out there except technical reference books."

"I wanted to start with the digestive system," she said, because "to me that is the basis of health. If you are not digesting optimally, nutrients won't go where you need them."

Manley said publishing her story as an audio book rather than a traditional book at this stage was more cost efficient and she felt it would be more interactive and fun. Once she made that choice, "everything fell into place," she

said. She hired local business consultant, Ginger Hall, who helped set up her business and marketing plan, not only for her books but also for her website. Then she met local music producer Karl Kasberg, who did the music, sound effects and production of the audio book.

With the help of Parker School third-grade teacher, Paige Brown, Manley is completing a workbook to accompany the audio book.

"It will be full of fun activities and will reinforce what is learned listening to the book," she said. "I also have plans for an animated DVD which will hopefully be released next summer," she said.

Manley's goal is to expand the series to between five to eight audio books, along with corresponding workbooks and DVDs. She is currently polishing up the "Human Body Detectives: The Heart Pumping Adventure" through the circulatory system and is almost finished with one on the immune system. Next will be the nervous system, then brain and muscular system. Each will contain tidbits on the important role nutrition plays in keeping each system healthy and functioning optimally.

She hopes the CD, workbook and DVD packages will serve as tools not just for families, but also for teachers and homeschool parents, to supplement their current science and/or health curricula.

Early on, imagining the series of books led her to the idea for her website.

"I really wanted the basic stuff out there, like hydrotherapy and homeopathy," she said. "It's a right that everyone should have, to be exposed to this information, and to be able to do it themselves at very little cost. It's so powerful. I realized the website is a way I could reach more people."

Manley emphasizes that the information and suggestions provided on her website are non-invasive and non-harmful,

however, she encourages people to check with a doctor if they have any questions. And in the case of acute, serious conditions, people should absolutely be seen by their doctor.

There is a section on quick, emergency relief for things like bee stings and cuts. It also has a pharmacy shop where customers can order high quality vitamin supplements, herbs and homeopathic remedies, and a "green" shopping page, where they can find quality environmentally and family friendly products.

Following Manley's commitment to empowering kids to take charge of their own health, the "Healthy Kids" section is designed for kids to navigate. Manley's daughter, Merrin, 10, runs a blog here, an "Ask Merrin" column, as

well as instructional videos she narrates on techniques for kids to help themselves when they are sick, and of course, ideas of how to stay well.

Manley is excited that through her books and website, her dream of helping people help themselves in regard to wellness, is being realized.

"This is what being a doctor is all about: giving people the tools to keep themselves healthy so they don't have to keep coming to see me," Manley said. "That philosophy may not make me a lot of money, but it feels good because it stays true to how I want to practice and help people."

For more information, visit [drheathernd.com](http://drheathernd.com) or call 808-640-1159.

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human body  
detectives

# 1 WHAT'S HOT

## Keep Your Stuff Shipshape

Ahoy there Mateys! Get on board with the latest fun way to keep your stuff shipshape. California-based 44 knots™ makes fabulous bags from vintage old sails, recycling them into durable, washable and – of course – adorably green tote bags. The cute designs, based on nature and nautical themes, are cut by hand and stitched at a local boatyard.



44 knots™ bags are richly detailed with

zig-zag stitching and appliquéd with colorful seaworthy motifs: palm leaves, anchors,

crabs, lobsters, sea-horses, octopuses and pirate skull and bones. The bags are topped off with nautical rope handles. Each bag is designed from each individual sail, so they may vary in dimensions and color.

The company donates a portion of all sales to the Surfrider Foundation helping to maintain our world's oceans.

All bag orders come with a free 44 knots™

scarf. Sail on over to the website today!

[www.44knots.com](http://www.44knots.com)

## Bend Me, Stretch Me

Hi, my name is Ann Green. I am a Canadian Olympian and a Master Yoga teacher. I want to share with you something that has made an impact on me personally and professionally.



To the masses, perhaps two of the most overlooked and yet most vital components of our fitness lives are flexibility and mobility. Strength, power and speed have very little importance if you cannot move freely and pain free.

Stretching is what many people do not

## CSI Human Body

Dr. Heather Manley, a naturopathic physician from Hawaii, announces the release of *Human Body Detectives (HBD): The Lucky Escape*, the first Activity Workbook and Audio CD in her HBD series.

HBD is a series of educational adventure stories where two young "Human Body Detectives," Merrin and Pearl, magically enter different systems in the body to solve a health mystery. Through action-packed fiction stories, listeners learn how the various systems work and what foods best fuel that system.

The accompanying workbook, filled with games and puzzles, reinforces what kids have learned and help them further understand the importance of maintaining a healthy system.

As a physician and a mother, Manley discovered that there are no books currently on the market that help kids learn, in a fun way, about how their bodies work especially by focusing on a specific body systems. Her philosophy is that if children understand how their bodies work, they are more apt to make

healthy food and lifestyle choices.

The activity workbook and audio CD, and DVD packages are geared to serve as tools for families, teachers and home school parents, to supplement current science and/or health curricula.

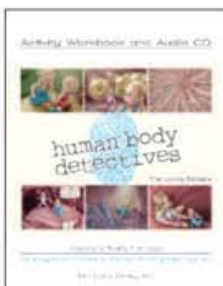
Manley's goal is to expand the series to at least five books with corresponding DVDs. *HBD: The Battle with the Bugs* is set for publication in October 2009 and will be followed by adventures through the circulatory, nervous, and muscular systems.

The *HBD: Lucky Escape* release coordinates with the recent launch of Manley's website, [www.drheathermd.com](http://www.drheathermd.com). The site provides a resource for people, especially parents of young children, to learn about preventative health care and take charge of their family's health.

Dr. Manley is a naturopathic physician licensed in the state of Hawaii. She is a member of the American Association of Naturopathic Medicine and the Hawaii Naturopathic Medicine Association.

For more information visit

[www.humanbodydetectives.com](http://www.humanbodydetectives.com)



The LEBERT STRETCH STRAP is for just about anyone I can think of and I know you will begin to see measurable results and enjoy your stretching more and more.

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