



Patricia Neufeld, R.N., LMFT
Contributing Writer

Patricia Neufeld, R.N. and Marriage & Family Therapist provides therapy for women experiencing depression and anxiety during and after pregnancy. She conducts a thorough assessment and provides a specific strategy for recovery. She also provides tools to set up a plan of action for pregnancy and postpartum wellness. Of late, in partnership with Mother's Resource Center, she has started educational wellness groups for women focusing on discussing the changes a baby brings. www.patricianeufeldlmft.com

Tom & Sandra Kaye
Contributing Writers

Tom and Sandra Kaye have been Interior Designers for over 30 years. Their business, Your Home Interiors, has designed thousands of homes in the Central Valley. Tom and Sandra Kaye recently decided to take their design to the next level by becoming Certified Aging in Place Specialists (C.A.P.S.). By combining their design talent with "Barrier Free" living, Tom and Sandra help their clients to "stay safely at home" as they age.



Mark McAfee
Contributing Writer

Mark is the owner of Organic Pastures Dairy Company (OPDC). OPDC was founded on the principle that whole unprocessed, living, bio-diverse, enzyme rich, raw milk brings healing and health to its consumers. To produce safe, raw milk and meet the standards for California's strict raw milk standards, OPDC established 400 acres of green pastures and milk the cows at the edge of the pastures with North America's first Grade A mobile milk barn.

Edward Karahadian, D.D.S. & Kary Karahadian, D.D.S.
Contributing Writers

Drs. Edward and Kary Karahadian, brothers and life-long Fresno residents, have practiced dentistry locally for 27 years. Graduates of UCLA and UOP respectively, the doctors have studied extensively at the L.D. Pankey Institute of Advanced Dentistry in Miami, Florida. They have lectured to both dentists and physicians and are co-founders of Advanced Dental Concepts, a local study group dedicated to providing a venue for the worlds foremost dental authorities to share their knowledge and expertise.



valley Health magazine

living healthy in the central valley

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**THE FUTURE
OF MEDICINE
IN THE CENTRAL VALLEY**

WOMEN
Postpartum Depression

SENIOR
Aging in Place

DIET & NUTRITION
Whole Foods

MENTAL
Happiness & Optimism

DENTAL
Keeping your Teeth