



In Bounds: The Miracle Cure?

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"Your blood pressure is a tiny bit up," the nurse said as she adjusted her snowflake tattooed smock, "are you a little nervous about your visit today?"

Damn straight I was. A crimson blood red message written on bright white tissue paper had gotten my attention earlier that day after my morning constitution. Yes, my blood pressure was a bit up. Yup, today was beginning to rate right up there with the time my siblings fed me dog worm pills in my youth to see what would happen.

"But your pulse is just fine," the perky blonde nurse said with a smile. Soon my doctor arrived and after a short interview about

family history, length of symptoms, current pain and color of blood, my doctor he told me I was to get a colonoscopy sooner rather than later but not until after he and I developed a closer relationship which after a bit of probing showed the blood was from a deep recess within my digestive system, a sure sign that something may be wrong with me.

Two weeks later, and following thorough education about cancer, the colonoscopy....

What an experience. The colon cleanse wasn't as bad as I had expected, although I did heed the advice to stay near a toilet. But I am either resistant to the meds or perhaps the IV missed because the chemical punch didn't put me down for the count at any time during the invasive photo session! In fact, I had the uncomfortable pleasure of watching the whole procedure on the 32-inch flat screen monitor located three feet in front of my face. Regardless of my extreme surprise and discomfort, the conclusion of the show turned out pretty good as the physician and I didn't

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see polyps or anything else abnormal.

On the flip side my now too familiar doctor friend has encouraged me to revisit the removal of my gallbladder, an organ I am intimately fond of as it is a part of my total package, as it could be the cause of my issues.

Whoa Brother! Maybe before going under the knife and exposing myself to potential damage maybe I should look for alternative and perhaps unconventional methods of improving the plumbing of my temple. Thus after thorough investigation and consultation with several people whom I greatly respect, I underwent the process of a parasite purge in conjunction with a liver and gallbladder cleanse. This naturopathic method of killing the bad bugs and flushing my system with Epsom salts solution followed by olive oil and grapefruit juice did indeed produce an end product worthy of my total amazement...a whole boat load of black and dark green pellets, some larger than peanut M&Ms.

The pressure release in my lower right quadrant is dramatic and noticeable. Also I have lost weight and feel much more energetic. Now that my liver and gallbladder are doing a better job my constitution is much easier to deliver; no more reading material for me! Can this personal situation possibly have anything to do with golf course management? Sure, just follow my train of thought.

The fine turf areas at North Oaks Golf Club are really pretty good. Typically the turf is dense, healthy, blemish free and playing nice. However to get to this ultimate quality many inputs are necessary. Plant protectants, growth regulators, macro and micro nutrients and consistent irrigation procedures are important applications introduced to my stand of turf. Cultural practices such as aerification, spiking, vertical mowing combined with sharp and well-maintained equipment also help to produce a product that looks really good. During a time when expectations continue to increase are there other practices I can implement to improve my playing surfaces?

In the adolescence of my turf management years I recall advertisements on the back cover of several professional

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In Bounds-

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magazines for "Super" products that when applied in tiny amounts would produce amazing horticultural results. The claims looked too good to be true and at the time I considered them snake oils.

Today however, there are many Superintendents who have included similar products derived from sea weed extracts in an effort to take their turf to the next level. This has triggered my curiosity as more and more of my respected peers tried out the benefits of these products from the ocean organics. Nope, not new to the market, but processed seaweed are not yet part of my beneficial "soup."

Sea weed extracts are cold pressed to squeeze out beneficial goodies such as the hormones cytokinins and auxins in a

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liquid for packaging. Cytokinins are important in the physiological processes of cell division and cell growth and auxins act like a plant's nervous system reacting with other plant hormones to decide growth responses to external conditions.

Cytokinins also regulate antioxidants and anti-senescence chemistry inside the turf plant. The antioxidant enzymes are active in heat stress relief; acting just like they do in our bodies, they limit damage to cells. Anti-senescence chemicals limit premature aging. Combined these plant growth substances improve summer stress and thus make the plant resistant to diseases, high temperatures, drought and direct UV damage.

Are seaweed extracts the "miracle cure"? During a time when fast and firm describe optimum playing surfaces and expectations demand turf managers to be at their best, it is only logical to look into alternative options to achieve these goals and limit dramatic inputs such as super low mowing and continuous hand watering. This summer, after some more research, I am going to dabble in the new, old science.

I am also going to continue with my naturopathic health practices. The amount of material I pass after first cleansing my colon and then cleansing my liver is UNBELIEVABLE. The scientist in me has dissected one of the largest "stones" (gross) and the mash of crystals and dense unidentifiable junk justifies a maintenance program in the future. Never would I have thought that an age old natural practice would allow me to feel so good.

By thinking outside the box, doing research and visiting with credible sources I have gained an appreciable amount of knowledge... information I can use to improve both my personal and professional life. -JM

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