

To: ALL Maryland House of Delegates
Re: House Bill 0482 Redistricting
From: Jean Benhoff, Baltimore County
Date : 1/25/2026

All Representatives,

I pray that you will listen to your good conscience and do not support and will vote against the new congressional redistricting maps.

I grew up in Baltimore City and have lived all of my adult life in Baltimore County. I am now 72 years old.

As for congressional districts, I have and will always support fair districts. I respect that Maryland is majority democrat and I respect that there are minority parties that also need fair representation. Currently, the Democrats currently have 51.4% of the active voter registrations in Maryland. The actual numbers are:

Maryland		
Party	Active Voters	Percentage
DEM	2,211,863	51%
REP	1,022,316	24%
UNA	987,897	23%

The sole reason and outcome for the mid-census redistricting is to have 100% democrat representation at the Federal level. You have to know this is wrong on many levels and at the most basic level it removes fair Congressional representation for at least 25% of active voters in the state and over 30% in Baltimore county.

You have to see this is an authoritarian move by the majority party in power.

The result will more likely be an increase in the numbers of residents who move out of this beautiful state I love and increase the rate of change of voters who move their registration to UNA.

Please do not support and vote against the mid-census congressional redistricting.

Respectfully, Jean Benhoff

[Struggling With Fatigue and Frequent Urination? TCM Tips for Kidney Wellness](#)

[Suffering From Frequent Urination? 2 Training Routines Can Help](#)

Naiwen Hu, a traditional Chinese medicine doctor in Taiwan, shared with The Epoch Times the following exercise method to strengthen pelvic floor muscle:

How to do it:

- Lie flat on your back with your knees bent, back touching the ground, and arms resting at your sides.
- Slowly lift your hips while simultaneously contracting the pelvic and gluteal muscles. Hold for about 10 seconds, then lower your hips and relax.
- Repeat this movement five to 10 times, and make it a habit to perform the exercise every night before bed.

The Epoch Times

Pumpkin Power: Nutrition for the Prostate

TCM views food as medicine, with certain ingredients serving as therapeutic agents. Hu notes that pumpkin and pumpkin seeds offer protective benefits for the prostate. [Studies](#) have shown that extracts from pumpkin seeds and soybean germ can effectively improve urinary urgency, incontinence, nocturia, and overactive bladder syndrome.

Pumpkin Soy Milk

Pumpkin soy milk is an easy-to-prepare daily drink that supports prostate wellness.

Preparation: Add 14 ounces of cooked pumpkin to a blender and mix until smooth. Add 24 fluid ounces of soy milk and blend thoroughly until well combined. Serve immediately.

Nervous System Disorders Lead to Frequent Urination

Emotional stress can contribute to frequent urination. Ken treated a 30-year-old female patient with panic disorder and frequent urination symptoms. Her symptoms included fear of driving alone, discomfort in crowded spaces, avoidance of public transportation like trains or planes, and pronounced urinary frequency.

Story continues below advertisement

Reluctant to rely on Western medications such as tranquilizers, she turned to TCM, and after four acupuncture sessions, her condition improved considerably. She regained the confidence to drive independently,

occasionally used public transit, and saw a substantial reduction in frequent urination. Seeking a deeper transformation, she embraced Falun Gong, a traditional qigong practice that combines meditative exercises with the principles of truthfulness, compassion, and forbearance. This holistic approach resolved her physical and emotional challenges long-term.

Personalize Your Path to Wellness

Hu noted that if frequent urination lacks a clear medical cause, it may be rooted in excessive stress or anxiety. He suggests practicing relaxation techniques, lightening work and life burdens, ensuring ample rest, or taking a brief vacation to alleviate stress and anxiety. Once stress is reduced, urinary frequency often improves.

Ken noted that frequent urination may indicate various underlying conditions. For optimal TCM outcomes, a qualified practitioner should thoroughly assess the patient's constitution to craft a personalized, effective treatment plan.



Ellen Wan
Author

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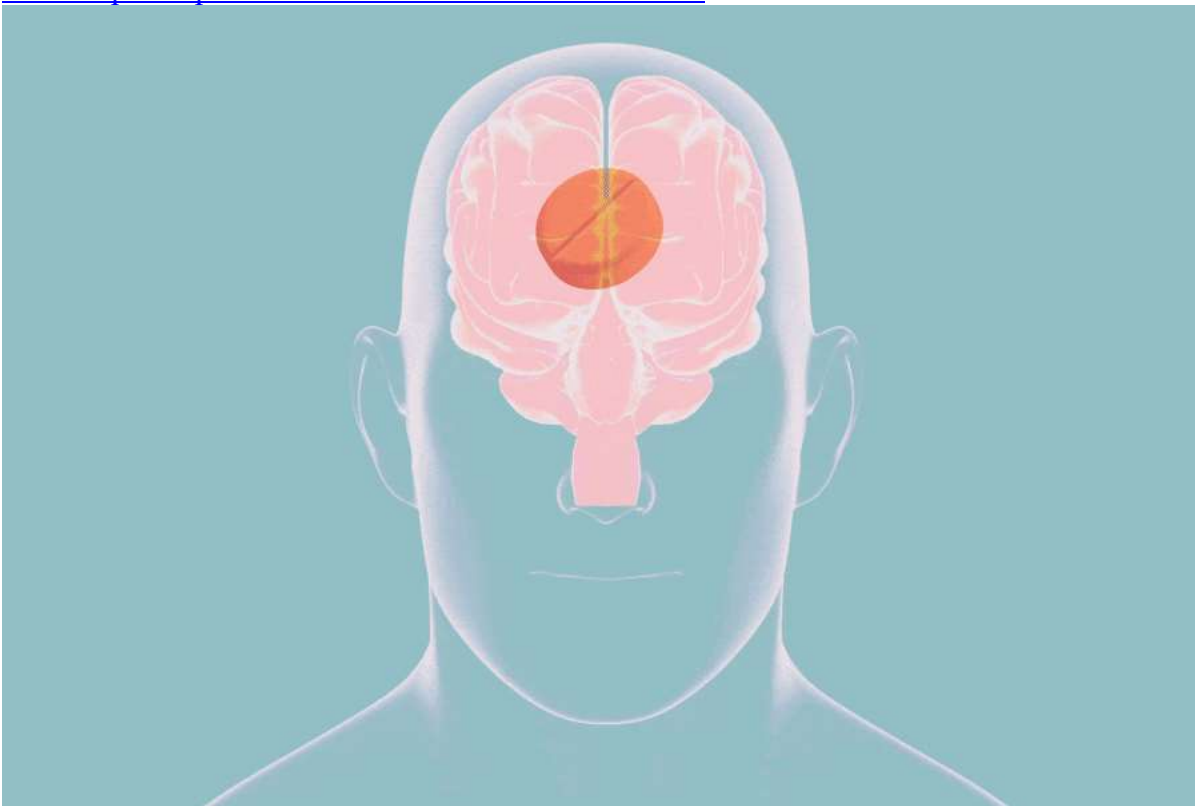
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