

The Journey to Good Health



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Conan Milner
Senior Health Reporter

Dear Epoch VIP,

My name is Conan Milner, and I'm a health reporter for The Epoch Times. I've been writing for the paper since 2005, and exclusively for the Mind & Body section since 2014. This job has given me the opportunity to research and report on subjects I'm very passionate about, such as understanding how our bodies work and learning new ways I can take care of mine.

Health was not always my passion. For years, it wasn't even a concern. In college especially, I had about as unhealthy a life as you can imagine. I smoked compulsively, worked nights, and slept little. My diet consisted primarily of Coney dogs and Burger King. **But it all caught up with me by my early 20s. It seems so young, but I felt old—miserable both mentally and physically.**

Luckily, I met (and then married) an acupuncturist and my lifestyle changed dramatically. In addition to writing for The Epoch Times, I have helped my wife manage her clinic for over 20 years. In that time I've learned a ton about herbs, witnessed the power of natural medicine, developed an enormous respect for ancient Chinese wisdom, and have honed exceptional kombucha brewing skills.

My own health journey has served me well as a reporter because it has given me the kind of perspective that only comes with falling on your face, picking yourself back up, and walking a new road. This process has taught me that better health is often about making better choices. Even if you're born with great genes and enjoy top-notch health insurance, you still must eventually face the consequences of your lifestyle.

My articles give me a chance to share this journey with my readers. For example, after the opportunity

of talking to several trainers, physical therapists, and a couple of back surgeons, I began to see exercise in a whole new light. Previously, I had little time or interest for anything athletic, but I've since developed a regular weight lifting routine that is still going strong after more than three years. Likewise, I've learned how to take care of my microbiome, discovered that a simple walk in the woods can inspire and help me let go of anxiety, come to know how to meditate for a clear mind, and have found that I should always be kind to others and grateful for what I have.

For me, these habits have little to do with willpower, and much more to do with an understanding of what hurts me and what heals me. It's made me realize that getting healthy doesn't have to be about sacrifice or self-denial. When you know better, you naturally want to do better.

I choose the topics I write about primarily on what I would like to read, and I know I couldn't find such freedom at any other publication. The Epoch Times has given me the support and encouragement to tackle subjects that many other organizations shy away from. It's allowed me to cover controversial subjects such as vaccines, wireless radiation, GMOs, and other topics that are often ignored or censored due to corporate interests.

Of course, I always keep in mind that our success comes from our readers—individuals who are curious, thoughtful, and hold the truth in high regard. Thanks for sharing this journey with me.

In truth and tradition,

Conan Milner
The Epoch Times

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