The Way to Stronger Knees

Avoid the common trials and tribulations of the body’s most complex joint.
CANCER UP CLOSE

The Cancer Circus Begins

The immediate whirlwind that follows a cancer diagnosis

MICHELE GONCALVES

It just imagine being hit by a bus, then being asked to get up, shake it off, and run a marathon right afterward. Sounds unmistakable, right?

Well, that is exactly how I felt about receiving the shocking diagnosis of colorectal cancer. A call from my gastroenterologist pulled strings for me to see a surgeon 10 months after I was diagnosed with rectal cancer.

I bawled and cried for a night and cried alone in my empty house. My mind was in shock and disbelief. I knew how seriously ill I was just from reading. I was diagnosed with rectal cancer.

I could just say that I have a change of plans, or I could subcontract for a later time, or I could just not show up, I thought myself.

While lying in bed, that calculated that I would need to make up an extra a.m. to arrive at the hospital by 9.00 a.m. I was actually excited to fill paperwork. When the clock struck 6.30, I surprisingly decided to get up and go. I figured it would be helpful to talk to the expert and learn more about what I was facing. I would just use this time to gather information, and hopefully, nobody would be taking any taxis or I’m not just yet.

I was beyond exhausted from not sleeping well and crying, but I managed to drive myself to the hospital on time. Of course, I was scheduled to have an immediate colonoscopy.

It was Dec. 15, 2017, and absolutely freezing in the New Jersey suburbs where the hospital was located. The dark and frigid atmospheric mood had exactly how it felt inside. Cold, dark, and black.

I wandered through sterile hospital hallways and finally found the office. I walked in, and with sweaty eyes, told them I was here, and had it be to my surprise, Dr. X. I didn’t know I was in the twilight zone, but it was the most surreal moment I couldn’t expect from the weights coming out of my mouth.

The main question I had for him and wanted answered as soon as possible was if he could tell me what stage I was in.

Of course, I had to fill out the usual paperwork. My hands were shaking and I couldn’t see very well because I was crying. I thought to myself, “Who can concentrate on filling out their entire medical history and listing all of the medications they are on at a time like this?”

I told him I could sail right down. I was called and taken into an exam room a few moments later.

A nurse came in to take my temperature and vitals (something you will get very used to if you have a serious illness), and then the surgeon stepped in.

“Hi my name is Dr. X, how are you doing today?” He said in a chatty voice. With my sarcastic self still alive and kicking, I smacked myself in the face.

“I’m, I’ve been better, thanks.”

He listened to my heart rate and commented, “I see that I obviously very stressed because of your halogen lamp. I think maybe... Could this go by the way?”

“I would say I apologize about that. I thought it was going to be a cancerous lamp.”

We discussed how thin all started, the conclusion from the colonoscopy I had the day before, and then he asked me to get undressed from the waist down for a rectal exam. I was not prepared for that. Yet, I accepted and then I was presented with another reality.

This is another thing that a rectal cancer patient needs to know.

He examined me manually with his fingers and took a look and could tell it wasn’t double double. He was trying to find the location of the tumor and how much space I had left for him to connect the colon and stomach to the rectum. Because the tumor was very low in the rectum, you may be faced with a permanent colostomy. It is high, enough, and they have enough room to reconnect everything after removing the tumor, you will likely only need a temporary diverting colostomy, while your rectum heals after surgery.

He even asked me to look up and see the tumor on the monitor in front of us. That was my first glimpse of the beast. There it was, the thing that could potentially kill me.

After the exam, he called me into his office to discuss what he saw and his thoughts about the back. He said, “I think I can do it.”

Being an auditor by profession, I immediately understood that he was interpreting the notes during our talk and I appreciated it. If he could share more to what was he was explaining to me so I could have a record of that.

The main question I had for him and wanted answered as soon as possible was if he could tell what stage I was in.

He was actually very helpful and carefully explained it to me (with drawings to help with the understanding). It was made up of two factors, overall cancer score in the body outside of the tumor location, and cancer presence locally within the rectum lymph nodes.

There was some construction to be made to get a clear picture of the stages. He explained each stage to me, and I concentrated on the relevant information I needed to move forward. He sat with me, and I took it all in, and I put it all in his words.

“I knew I was in a bad place,” Newhall said.

I was actually very helpful and carefully explained it to me (with drawings to help with the understanding). It was made up of two factors, overall cancer score in the body outside of the tumor location, and cancer presence locally within the rectum lymph nodes. Through some passable miracle, I was able to focus on a discussion of what I was hearing and the importance of the facts.

Therefore, the news I received was not great. He said I put my stage between 3 and 4 with the information he had right now. This was more than I thought. But, in a good way, he thought my tumor was high enough that I may not need a permanent colostomy.

He then explained that the protocol to treat this was chemotherapy and radiation, a break, more chemotherapy, then surgery many weeks later. Well, it turns out this is only one protocol for rectal cancer, which I didn’t think, so more on that in a future article.

He also boasted about some recent patients who didn’t need any surgery because the chemotherapy and radiation had apparently made the tumor disappear.

While interesting, this didn’t make me feel any better.

You see, I am not generally a fan of conventional medicine, and very much embrace holistic approaches to health. With this being talk going on, my blood really made personally kick in, and I quickly informed him that I didn’t want chemotherapy, and that I was hesitant to go this route.

As we were playing tennis, his alpha male side kicked in. He didn’t let me finish my thoughts and suggested I meet with his oncology partner at the hospital.

I just raved about how wonderful Dr. X was and that he could put me on a waitlist. Since I was completely exhausted and didn’t want to fight, I gave in and agreed to talk to the oncologist. He said I would contact him for an appointment as soon as possible.

He wrote a prescription for me to get a rectal MRI and with no contact worse than possible. This would help him see in detail how much the tumor had infiltrated the surrounding area and lymph nodes, and would give him a more accurate estimate of what stage I was in. He also wrote another prescription for a CT scan with contrast and mentioned something about insurance.

I didn’t fully hear or care what he was saying at this point, and I took the prescriptions and put them in my purse. My mind was only thinking about the fact that I had Stage 3 or 4 cancer at this point. I was starting to fall apart inside.

As I was walking out of the door, I started tocry.I was feeling so empty that I didn’t have any energy. I put my hand on my shoulder and said, “I’m going to try it.” I thought to myself, “Easy for you to say.”

As I wrote this article and reflect back on that day, I am extremely proud of myself for keeping the appointment and keeping my wits about me during this while being so soon after diagnosis. It was actually very brave, although it didn’t feel that way at the time.

Was it difficult? Would I do it again? Yes, but I think it would have worked a day two or three to thrive. I felt this was all too methodical and two over-whelmed.

While getting the ball rolling quickly with diagnosis is very important with a fast-growing cancer in your body, the truth is, you are not going to do it in a few days. It takes time. What makes a cancer diagnosis such a critical microcosm is the speed at which doctors want you to act. They almost seem to force and prop you upon your vulnerability to make you act as quickly as possible within the next 48 hours, you will be dead.

On Cancer, actually not the case. My advice is to give yourself a day or two for things to breathe, research, re- group and think about what you want to do and what matters to you. If you want medical help and cancer is important to you, go for it. In the coming weeks, I will share what was most important for me.

Can I be my own doctor? Absolutely not. After what I went through, I am not sure about what I think. After I was walking out of the door, I shared the news with my family and friends. Until then, I would be sick, and take it one day at a time.

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ithout knees, your legs would be useless, your ability to extend columns extending into the floor from your back would be severely impaired, the ability to climb stairs, sit cross-legged, kicking, and dancing would become far more awkward and painful. Knees that are weakened or standing would become too monotonous and seldom relinquish their support.

Like everything else we take for granted, we don’t typically consider our knees until they become a problem. But when this joint starts to hurt or fail, it’s clear how much we depend on it.

Doctors who work with this joint say knee problems have become increasingly common, and they are impacting a quarter of all adults. The primary complaints of knee pain have increased by nearly 6 million primary care visits annually. Some of these visits are for replacement parts; the number of knee replacement operations performed in the United States has increased from 300,000 in the 1970s to 600,000 in 2011. Experts predict that by the year 2030, we will see about 1 million knee replacements annually.

So what makes this joint so important?

It’s a joint capable of doing almost anything that requires strength. The knee is a hinge joint, yet it can act as a fulcrum. It is a joint that can move in almost any direction, from back to front to side to side, with a range of motion that can be exploited in almost any activity. It is a joint that allows us to perform much more.

Charles says it is what allows us to perform a squatting, climbing, sitting position.

ECCENTRIC TRAINING

Visits are for replacement parts. Many of these knee replacements are for simple removal of torn tissues. The most common of these is a tear of the meniscus—a cushion inside the knee joint that prevents bones from rubbing directly on one another. The meniscus is a joint that prevents bones from rubbing directly on one another.

There’s an easy-to-read indication for end-stage arthritis. Pain is an easy-to-read indication for end-stage arthritis. For many people, pain is a sign that it’s time for a knee replacement. For many people, pain is a sign that it’s time for a knee replacement. For many people, pain is a sign that it’s time for a knee replacement.

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I woke in a tent, a bit disoriented, and my attention immediately traveled to my feet. The morning of Day 2 was to be a long day. A 40-mile hike through Porcupine Mountains State Park was ahead.

The hike began on the trail known as Portage Overlook, an easy, steady incline through the woods. The terrain changed from rolling hills to steep slopes, with occasional rock outcroppings. As we made our way up the trail, I noticed the change in the vegetation. The trees became taller and more lush, indicating a richer soil. The sounds of birdsong filled the air, and the occasional rustling of leaves added to the peaceful ambiance.

We continued up the hill, and as we reached the top, I was able to see a panoramic view of Lake Michigan. The vast expanse of water stretched out before us, its surface shimmering in the sunlight. The view was breathtaking, and I couldn’t help but feel a sense of accomplishment.

After a brief rest at the summit, we continued on our journey. The path became steeper and more challenging, with occasional muddy patches that made the going difficult. We had to be careful not to slip or fall, as the terrain was treacherous.

As we hiked through the forest, I noticed the change in the trees and the vegetation. The colors were more vibrant, and the leaves were fuller and greener. The air was fresher, and the scent of pine filled the nostrils.

After several hours of hiking, we finally made our way to the campsite. We set up our tents and settled in for the night. The sounds of nature surrounded us, and I could hear the distant calls of the wolves. It was a peaceful evening, and I was grateful to be able to escape the hustle and bustle of everyday life.

The next morning, we awoke to the sound of birdsong and the smell of fresh coffee. We packed our gear and continued on our journey, ready to face whatever challenges lay ahead.

Breaking a routine, even in small ways, is uncomfortable. We have a natural inclination to resist change, to stick with what we know.

But breaking routine can be beneficial. It can introduce variety into our lives, which can help us feel less bored and more engaged. It can also provide opportunities for growth and learning.

This week’s topic is the practice of surrendering. It is about letting go of control and allowing the world to unfold in its own way. It is about embracing the unknown and the unexpected.

Surrender is not about giving up or losing control. It is about recognizing that there is a force greater than our own, that we are not in control of everything, and that sometimes the best decisions are made when we let go and let things unfold naturally.

This week’s practice is to try making decisions without resistance. Instead of fighting against a decision, try to accept it and allow it to unfold.

For example, if you are trying to decide what to eat for dinner, instead of forcing yourself to stick to your usual routine, try to let the decision unfold naturally. Perhaps you will find a new recipe you like, or you may decide to try something new.

Surrender is not easy, and it requires practice. But the benefits are worth it. When we let go and allow things to unfold, we can find a sense of peace and contentment, and we can become more open to the possibilities and opportunities that life has to offer.
The Ridiculously Awesome Practice of Surrendering

Surrender

Surrender can alleviate our need to constantly think and analyze, and allow us to be fully present in the moment. And we can accept how things are, no matter how opportuni
ties and benefits hidden from us when we were trying to control things.

To practice surrender we

1. Notice how we’re feeling.
2. Welcome the sensations of
   the moment, notice what’s
   happening inside us.
3. Notice some things may happen or patterns.
4. Notice what we’re thinking about, what we’re concerned,
   worried, or focused about.
5. Notice what we’re doing.
6. Notice any sensations that we feel in our body.
7. Notice how we’re reacting.
8. Notice any emotions.

When we move into the present

1. We can practice accepting things as they are.
2. We can practice surrendering to the
   uncertainty of the moment.
3. We can practice releasing the
   thought of the joy these could bring.
4. We can practice surrendering to the
   anxiety about it. If you open up and
   let yourself rest in openness, you
   find ease in the openness of this
   moment, this state, this place.
5. We can practice surrendering to the
   intention to love myself with nour-
   ishing food and movement and feel
   the thought of the joy these could bring.
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How to Practice Surrender

1. Start by practicing giving up on things that are
   all control. That could lead to financial
   ruin, loss of relationships and unemploy-
   ment.
2. But what if we were to keep control, we
   can’t surrender an approach with
   whatever comes up. Before reacting, we
   can practice accepting things as they
   are.
3. For example, I might feel like my
   health is out of control and I’m anxious
   about it. I want to go on a diet and set
   up an exercise plan to get things under
   control. These are not bad inten-
   tions, but this kind of fear-based
   approach often doesn’t work. In fact,
   anxiety could make it harder to make
   good diet decisions.
4. So instead, I practice surrendering
   and feel the fears coming up for me. I
   relax a bit and see that I’m suffering,
   that could cause some self-love. I can
   set an intention to love myself with nour-
   ishing food and movement and feel
   the thought of the joy these could bring.
5. Surrendering doesn’t mean I don’t
   take action. It means that I ac-
   cept things that are hard to ac-
   cept and all this moment.
6. We start to appreciate the moment
   more, noticing how freaking amaz-
   ing this moment is if you open up
   and pay attention. See it with fresh
   eyes, as if you’ve never experienced
   this moment before. Bring wonder
   and curiosity into this new view-
   ing of the world.

Surrendering practices

1. Let yourself rest in openness: you
   don’t need to control things, you
   don’t need to know exactly what
   will happen, but instead, you can
   find ease in the openness of this
   moment, the unknown quality of
   a beautifully shifting landscape.
2. How can you love yourself and ev-
   erything around you in the middle
   of this openness? Can you fall in
   love with this moment?
3. What loving intentions can you set
   for yourself in this situation? Com-
   ing from a place of love instead of
   fear, what would be the best next
   small step to take?

What a wonderful life is only if we can
fully accept. Surrendering is the way to
move into that.

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ers, and the creator of several online programs to help you master your
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Eating Healthy Can Become
More Than Just Help You Lose Weight

Mindfully eating—becoming aware and accepting
of the world all around you as you
eat—can contribute to weight loss, a decline
in negative emotions, and a healthier
relationship with food. It can also
help you find a deeper connection to
the foods you eat, nourishing you
in ways you may never have experi-
enced before. Eating healthy can become
both easier and more enjoyable
for you and your loved ones.

Some things are simply too fluid to be
held to strict controls.

To get to know how your body re-
acts to food, you first need to
learn some fun, creative ways to cook
for healthy eating, but
never expected.

If you're a pleaser, you could
imperfect. If you're a pleaser, you could
compassion or acceptance so you're not
fighting off your body. The goal is simply
not think eating is prepared, and how it is digested.
And it might involve paying attention to
the dynamic process of eating—

For example, what changes occur in your
body when you eat a particular food, a particular amount of food, or
food prepared in a particular way?

When you fully listen to your body's
reactions to food, you pay attention not
only to your true senses: taste, smell,

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FOOD IS MEDICINE

Watermelon’s Remarkable Health Benefits
There is something truly delightful about researching finding that fruit can be medicine.

SAY JR
Watermelon is so much more than just a highly refreshing summertime treat. From the perspective of growing body of clinical research, it is a truly medicinal food.

There’s an abundance of clinical research that shows these delicious melons possess properties of common foods such as watermelon. For instance, research published in the Journal of Agricultural and Food Chemistry found watermelon juice is an effective remedy for reducing the recovery heart rate and muscle soreness in athletes who were given 500 milliliters of watermelon juice (6.6 ounces) containing 17 grams of the naturally occurring amino acid L-citrulline.

Additional research indicates watermelons possess the following health benefits:

Boosting Your Antioxidant Levels: Watermelon is exceptionally rich in lycopene (which is red) and other carotenoids such as lutein and beta-carotene. A 2015 study published in the Journal of Nutrition found that regular watermelon juice consumption resulted in significant increases in blood plasma concentrations of lycopene and beta-carotene. Keep in mind that lycopene has been found to have more than 40 potential health benefits, and beta-carotene (especially in food, normal form) has equally plentiful health benefits, adding extra strength to these findings. Also, the watermelon (increased in plasma antioxidants) may lend explanation to why an epidemiological study of Chinese women found greater watermelon intake to be associated with a lower risk of cancer.

Reducing Blood Pressure: Improving Arterial Health: A 2012 study published in the American Journal of Hypertension found that middle-aged obese subjects with prehypertension or stage 1 hypertension who were given six weeks of treatment with two watermelon extract containing 6 grams of L-citrulline and L-arginine daily, experienced reduced ankle wave reflection, an indication of ankle blood pressure and altered capillary response associated with the production of improved arterial function.

The inability of the blood vessels to dilate and function properly is known as endothelial dysfunction, and to keep the most well-known initiating step on the pathogenesis of atherosclerotics.

If information can accumulate or reverse this process, it would certainly provide a breakthrough alternative to many of the drugs used for primary prevention, such as the cholesterol-lowering statin drug class, whose side effects, numbering in the hundreds, include heart muscle dysfunction and damage.

Increasing Plasma Arginine Concentrations: A 2007 study published in the Journal Nutrition found that watermelon juice consumption increases plasma arginine concentrations in adults, proving that the L-citrulline from this plant origin was effectively converted into arginine. This is a highly significant finding because arginine has a great number of health benefits, separable for ameliorating endothelial dysfunction.

There are at least 20 studies in the biomedical literature documenting in therapeutic role in improving endothelial dysfunction, and more than 150 potential health benefits of arginine have been explored in the GreenMedInfo database.


This study is of particular interest because it lends support to relatively new research showing that fruit consumption isn’t harmful in type 2 diabetes.

The new study results were described as “the first evidence that knowledge for a beneficial effect of watermelon on arginine deficiency as a functional food for increasing arginine availability, reducing serum L-arginine oxidation, improving endothelial function, and ameliorating vascular dysfunction in obese animals with type II diabetes.”

Watermelon Seeds: A Rich Source of Polyphenols: It behooves us to recognize the fact that all parts of the watermelon have health benefits, especially the seeds. In fact, are an excellent source of protein. A 2018 study published in the Journal of Cancer Research and Clinical Oncology found that “lithium medicinal and functional properties of watermelon seeds, and in specific, the use of these medicinal properties in food formulations.”

While seeds watermelon is far more common to eat, keep in mind that they don’t have as high a bioavailability of bioactive compounds as other parts of the fruit, but there are several green reasons to choose seed varieties.

Conclusion

So, next time you are in the mood for watermelon and are concerned about its sugar content, “weight-promoting effects,” and possible diabetogentic and cardiotoxic properties—think again. Just because you are concerned about this doesn’t mean you should avoid them. There are no right or wrong answers. Rather, aim to be more aware of what’s happening inside your body so you can better understand the habits, drivers, and experiences you have in relation to food.

Watermelon is a highly refreshing summertime treat. When you really experience and begin to understand all of your hungers, you can finally learn how to satisfy them. You may find that if you address the type of hunger you are experiencing, you’ll achieve the type of fullness you want.

5. Be Mindful about Each Bite

To stay open to your body’s signals as you eat, focus on each bite using all of your senses. Ask yourself questions to help you actually experience the food. For example, ask yourself: Is it warm or cold? Is it savory or sweet? Is it crunchy or soft? Explore even further by trying to identify the smart flavors. Ask yourself: What herbs or spices are in this food? What other ingredients are in this food? What other ingredients do you taste? Why is this food special?

Next, explore the food emotionally. By tuning in to the effects of different foods on our emotions, we start to see ways we use food to regulate and moderate certain emotions.

To ask yourself: Does eating this food make you feel calm, relaxed, contentment, elated? Does it make you feel sad, anxious, loneliness, shame, or guilt? If so, dig a little deeper and see if you can identify why.

6. Pause Sometime Mid-Meal: Pause when you’re eaten enough

We may start to see ways we regulate and generate certain emotions.

Eye hunger: Did you see food and then want to eat?

Nose hunger: Did you smell food and then want to eat?

Ear hunger: Did you hear food cooking or being eaten and then you want to eat?

Mouth hunger: Did you taste food and then want to eat more?

Stomach hunger: Did your stomach feel empty or full and then you wanted to eat?

Mental hunger: Did you realize it was a certain time of day or think that you “should” eat more of a particular kind of food and then want to eat?

Emotional hunger: Did you feel sad, lonely, or anxious and then want to eat?

Cardiac hunger: Did you get an intuitive craving for a specific food and then want to eat?

For example, your mouth hunger might want something crunchy; or your mind hunger might need some vegetables.

When you really experience and begin to understand all of your hungers, you can finally learn how to satisfy them. You may find that if you address the type of hunger you are experiencing, you’ll achieve the type of fullness you want.

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6. Be Mindful about Each Bite

To stay open to your body’s signals as you eat, focus on each bite using all of your senses. Ask yourself questions to help you actually experience the food. For example, ask yourself: Is it warm or cold? Is it savory or sweet? Is it crunchy or soft? Explore even further by trying to identify the smart flavors. Ask yourself: What herbs or spices are in this food? What other ingredients are in this food? What other ingredients do you taste? Why is this food special?

Next, explore the food emotionally. By tuning in to the effects of different foods on our emotions, we start to see ways we use food to regulate and moderate certain emotions.

To ask yourself: Does eating this food make you feel calm, relaxed, contentment, elated? Does it make you feel sad, anxious, loneliness, shame, or guilt? If so, dig a little deeper and see if you can identify why.

6. Pause Sometime Mid-Meal: Pause when you’re eaten enough

We may start to see ways we regulate and generate certain emotions.

Eye hunger: Did you see food and then want to eat?

Nose hunger: Did you smell food and then want to eat?

Ear hunger: Did you hear food cooking or being eaten and then you want to eat?

Mouth hunger: Did you taste food and then want to eat more?

Stomach hunger: Did your stomach feel empty or full and then you wanted to eat?

Mental hunger: Did you realize it was a certain time of day or think that you “should” eat more of a particular kind of food and then want to eat?

Emotional hunger: Did you feel sad, lonely, or anxious and then want to eat?

Cardiac hunger: Did you get an intuitive craving for a specific food and then want to eat?

For example, your mouth hunger might want something crunchy; or your mind hunger might need some vegetables.

When you really experience and begin to understand all of your hungers, you can finally learn how to satisfy them. You may find that if you address the type of hunger you are experiencing, you’ll achieve the type of fullness you want.

Food that it has reached your stomach and the digestive process has begun. During this process, listen to your body to see if you can experience how it’s recovering the food. Pay attention to things like hunger rumbling, satiety, bloating, intestinal noises, tingling, gassiness, or any other bodily sensations.

Next, check on your stomach hunger. Ask yourself: Is your stomach feeling full? Does your body want to keep eating? Or are you still trying to satisfy another type of hunger? There are no right or wrong answers. Rather, aim to be more aware of what’s happening inside your body so you can better understand the habits, drivers, and experiences you have in relation to food.

7. Reflect Mindfully at the End of Your Meal

Once you decide to stop eating—whether this be meal, when your plate is empty, or after you’ve eaten several helpings and dessert (no judgment!)—take a moment to reflect on the entire experience.

Start by asking yourself if each of the eight types of hunger leaps, nose, ear, mouth, stomach, mind, emotional, and cardiac have been satisfied. Make a mental note or scribble on a piece of paper the hangouts that weren’t satisfied by the meal.

Take a few extra moments reflect on each of the hangouts that weren’t satisfied. What are the lessons you can learn from this? What could you do differently the next time you eat?

Food is medicine

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MIND & BODY

Week 33, 2019

1. Adrenal Fatigue

Adrenal fatigue is a syndrome that occurs when the adrenal glands, which control the release of the hormones necessary for kidney function, among other things, are overworked. Vitamin B12 typically depletes many of the body's needs and may be the cause of adrenal fatigue. It's estimated that up to 25% of people suffer from it. Vitamin B12 deficiency may also result in adrenal insufficiency, a condition that develops in the absence of the hormone

2. B12 Deficiency

Vitamin B12 is essential for the formation of red blood cells, optimal functioning of the nervous system, and absorption of folic acid, among other things. A deficiency of vitamin B12 typically results in megaloblastic anemia, a condition that affects the red blood cells and can cause symptoms such as weakness, fatigue, and difficulty concentrating.

3. Candida

Candida is a fungus-type yeast that can affect the mouth and intestinal tract and skin. It's common on the skin and in the mouth and can cause a variety of symptoms such as redness, itching, and irritation.

4. Depression

There are many factors that can cause depression, including physical problems, stress, and chemical imbalances in the brain.

5. Food Hypersensitivities

Food hypersensitivity is a condition where the body overreacts to certain foods, often causing symptoms such as rash, hives, and swelling.

6. Fatigue

Fatigue is a common symptom of many conditions, including sleep disorders, anemia, and thyroid problems.

7. Insomnia

Insomnia is a common sleep disorder that affects the quality and duration of sleep.

8. Low Thyroid

A low thyroid is a common condition that affects the production of hormones necessary for metabolism.

9. Menopause

Menopause is a natural part of the aging process that affects women's health and well-being.

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11. Menopause

Menopause is a natural part of the aging process that affects women's health and well-being.

12. Postpartum

Postpartum is a period of time after childbirth during which women may experience physical and emotional changes.

13. Seasonal

Seasonal affective disorder (SAD) is a type of depression that is related to changes in the seasons.

14. Low Thyroid

A low thyroid is a common condition that affects the production of hormones necessary for metabolism.

15. Sugar Hangover

Sugar consumption affects many organs in your body, from your brain to your small intestines.

16. Underlying Disease

Many underlying diseases or conditions are associated with tiredness and fatigue. If you don't have any of these, it's possible that your fatigue is due to an underlying condition.

OVERTREATMENT

The Dangers of Taking Antibiotics Without Prescription

There are healthy, natural ways to build up your immunity without the risks of antibiotics.

MOHAN GARKARAPURTI

Antibiotics have saved a lot of lives. They are a necessary health intervention that can offer serious health benefits. However, they are not always required, and taking antibiotics without prescription can harm your health and well-being.

A review of several studies, recently published in the Journal of Internal Medicine, found that many people who take antibiotics do so without prescription. This practice can lead to antibiotic resistance, which means that antibiotics may not work for future infections. It is also important to note that antibiotics are not the only treatment option for many conditions.

Instead, there are many natural and healthy ways to build up your immunity and improve your overall health. For example, getting regular exercise, maintaining a healthy diet, and getting adequate sleep can all help to improve your immune system.

DEBORAH MITCHELL

Why Your Energy Is Low or Depleted

There are many causes and effects for long term persistent tiredness.

16 Reasons Why You Have Low Energy

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How to Help Children Get a Good Night’s Sleep

There is help for parents struggling with children that won’t sleep or won’t sleep alone

MICHAEL GRADASS and RACHEL MILLER

The day ends and the evening begins, some parents are getting ready for a serious task. Not because they are prepared for the inevitable, but because they are about to confront their children’s bedtime battles. And we’re not talking about infants or toddlers. These are school-aged children who suffer from insomnia.

Until fairly recently, insomnia was largely thought of as an adult sleep problem. Then, in 2014, the diagnosis of insomnia in children was confirmed with the behavioral sleep problems seen in children. This means that insomnia in school-aged children is now diagnosed with an insomnia diagnosis.

There are a number of symptoms of insomnia that overlap between children and adults, including difficulties in falling

without wanting to be awake—called night terrors. The other symptom of insomnia is daytime excessive somnolence—called sleepiness.

A good sleep environment and bedtime routines are important. This includes making sure your child has a consistent bedtime and wake-up time. A consistent bedtime and wake-up time will help your child fall asleep more quickly and ultimately make your child get a better night’s sleep.

Michael Crowley is a professor of clinical child psychology at Flinders University in Australia, and Rachel Miller is a doctoral student in clinical psychology at the University of Bath in the U.K. This article was first published in The Conversation.

You start by taking a step back to think about what is really important to you and your family. This means that you need to make sure your family is aligned in their thinking about what is important.

How do you decide when there is no certain answer? It is a difficult question, but it is one that we must answer before we make a decision about what to do.

You have to pick the best option given your limited information.

How do you make a small decision that’s easier, and take action? It might give you more information about the decision. And in the end, the real benefit is that you can gain more information about the decisions that you make.

You can’t be 100 percent certain that you are not sure. Can you make a small decision that’s easier, and take action? It might give you more information about the decision. And in the end, the real benefit is that you can gain more information about the decisions that you make.

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As we were preparing for that mission, he called me in and said, “I think we’re doing too much show-and-tell and we’re not working ourselves out of a job.” Here is what he meant by that. The most important thing we could do on this deployment, Homer explained to me, wasn’t to demonstrate our prowess or capability, or provide a short-term fix, but to help the Paraguayan army stand up on its own. This was something I’d been taught early on in my training, that all Green Berets are taught, and Homer’s words brought me back to center.

From that point on, we reduced our mission and looked hard at not only what we would teach when we were in there in the short term, but how we could show them what “right” looked like and then start stepping back into more of a tactical oversight to let them take the lead and demonstrate their capability. Even if they stumbled, we’d intervene to demonstrate their capability. Even if they retain the organic capacity and use “crawl, walk, run,” method, by which you teach your client to get on their feet and do what they need to do.

I recently did this with the senior leadership team of a commercial bank. We looked at what the leadership requirements were and using “crawl, walk, run,” we started to move them in terms of how they needed to work with each other. We got faster and faster until eventually, I wasn’t really participating in their meetings at all. I was stepping back in more of a tactical over-watch position. Once that demonstration of capability is there, step back and then just intervene as necessary.

People appreciate anyone who teaches them something they need, and then steps back and lets them run with it. It builds trust and loyalty. And when you think about that with your clients, that’s everything. Because in loyalty, people will forgive you even when you make a mistake. And in trust, you’ve built a relationship that’s bigger than the transaction.

This is the mindset that will keep you in training higher relevancy with your clients and in your organization.

SCOTT MANN

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MIND & BODY

Work Yourself Out of a Job
Empowering others to play your role is a skill that makes you more relevant

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This builds a deep sense of reciprocity and trust, paving the way for a lasting relationship and repeat business.

If you’re a trainer or leader who teaches skills to another organization, then take it a step further. Go in there and demonstrate what “right” looks like and then use a “crawl, walk, run,” method, by which you teach your client to get on their feet and do what they need to do.

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