

MIND & BODY

When we view stress as harmful, we 'try to escape or reduce the stress.'



Why Stress Is One of the Best Predictors of High Life Satisfaction

Embracing and adapting to stress can provide important opportunities for personal growth **7**

Love Only Lasts With a Growth Mindset **9**

9

Tips to Help You Kick the Overthinking Habit
PAGE 7

Our high-quality Full Spectrum CBD Rich Hemp Oil can bring balance, longevity and wellness to your life.



CALL NOW TO SAVE OVER **33%**



CBD Can Help People & Pets

- Reduce Anxiety
- Lower Stress
- Relieve Sleeplessness
- Manage Chronic Pain
- Improve Inflammatory Response
- Improve Focus
- Special Hemp/CBD Oil for PETS as well



100% SATISFACTION
Money Back Guarantee!

866-973-2214

Why Buy Amberwing Organics By NJ Farms CBD Oil?

- USA Grown, Not Overseas
- Lab Tested (Wisconsin / Minnesota)
- Environmentally Friendly Extraction
- Organic Farming Techniques
- MCT Oil Base, All Natural

FREE Shipping* & 20% OFF



Mixed Fruit Medley
WAS \$24.99
NOW ONLY
\$19.99

Send a box full of Winter Sunshine.

3 unique varieties + FREE Shipping!

These hand-picked, snack size fruit are specially nurtured and treasured for their ultra-sweet flavor. These will delight everyone on your list and for a very special price.

- 6 Ruby Red Gems
- 8 Tiny Tim Navels
- 4 Fresh Orchard Apples

1-877-648-5409

Visit PittmanDavis.com/M10062

Order Item #MXEM, mention Code PMVH-N125 and Save 20%

Only \$19.99 (reg. \$24.99), plus FREE Shipping. Satisfaction completely guaranteed. Order by December 17, 2019 for GUARANTEED Christmas delivery.

Call Now or go Online and SAVE 20% with FREE Shipping*

Limited time offer, good while supplies last. Not valid with any other offer. Limit 1 item per customer.



Pittman & Davis
Pittman & Davis, Inc.
Hartford, CT 06102

IC: PMVH-N125

*Free standard shipping



Looking back, it was a small price to pay for having a functioning colon now, and I'd do it again in a heartbeat if I had to.

CANCER UP CLOSE

My Experience Living With an Ileostomy

Living with a part of my intestine poking out of a hole in my side was gross but worth it

MICHELE GONCALVES

Cancer is one of the most common diseases of our age, and yet those who face it rarely know what's about to happen to them beyond the broadest terms. "Cancer up Close" is an open recount of Michele Goncalves's cancer journey from pre-diagnosis to life after treatment.

I'm not sure if anything can truly prepare you for seeing your stoma for the first time. Imagine looking down at your abdomen and seeing a thumb-size piece of your small intestine poking out of a hole in your side, which you are now going to the bathroom out of.

Just as with any other change in life, you get used to it.

It is gross and overwhelming in the beginning, I'm not going to lie. However, just as with any other change in life, you get used to it. At least that is what I experienced. Nevertheless, my nine months living with "Lilly" (the nickname I gave my ileostomy) wasn't always smooth sailing. There were some urgent trips to see my wound care nurse, and a messy leak during a public outing, but all in all, it wasn't as bad as I thought it was going to be.

The first big task was learning how to change my bag (where the waste collected) and caring for the skin surrounding the stoma. It took me a few weeks to master how to position my body so I could remove and replace my bag easily. Eventually, it became second nature.

However, what I don't recall being told was that the little intestine poking out shrinks to a smaller size a few weeks post-surgery. As a result, you must adjust your supplies accordingly to keep a snug fit to protect the skin. Not knowing this, I kept using the same size supplies, and a week later I had a large patch of raw (and extremely painful) skin where the acid from my waste was eating away at my flesh. Needless to say, this triggered an urgent visit to see my ostomy nurse, where protective sealants were put around the area until it healed.

Another thing that took adjusting to was the fact that my bag would of-

ten blow up like a balloon with air (or waste), and look quite obvious under my clothing. Although my nurse said that it wouldn't be noticeable and I could wear fitted T-shirts and even a bathing suit, I did not find this to be true.

I was extremely self-conscious and had to buy special clothes (baggy shirts and dresses) to disguise my pet "cauliflower" as I referred to it. This was one of the most difficult parts of the ileostomy journey for me to cope with. I hated the way I looked and tried my best to disguise things as best as I could.

Lastly, the biggest worry I had throughout my nine months living with my ileostomy was having a leak happen in public, and not being prepared with supplies. This happened to me only once. My wafer (the piece you stick to your skin that the bag clips onto) and bag hadn't been changed when it should have been (every 3 to 4 days), so the seal on the wafer began to wear out.

During a lunch date with a friend of mine, I suddenly started to feel itchy and a slight warm liquid oozing in one spot. I escaped to the restroom and noticed that my wafer had become unglued on one side, and my liquid waste was starting to come out. Sadly, since I wasn't prepared, I had to end my visit early and drive home holding my wafer against my skin with one hand to limit the mess as much as I could. I learned my lesson and never left home without a full kit of supplies after that.

Despite these unpleasant incidents, I knew that having this temporary ileostomy was a necessary part of my healing journey. The new colon connection constructed during my tumor reversal surgery was being given the time it needed to heal. Looking back, it was a small price to pay for having a functioning colon now, and I'd do it again in a heartbeat if I had to.

Join me next week when I will share my difficult experience of going through two cycles of simultaneous IV and oral chemotherapy.

Until then, breathe deep, be kind, and take it one day at a time.

Michele Goncalves is a financial compliance and fraud auditor for a Fortune 500 company by day and a passionate pursuer of holistic and functional medicine knowledge by night. She is also the author of the column The Consummate Traveler.

THE ROOT CAUSE

How to Determine Good Medicine From Bad Medicine

Health care is a complex field and to get the best care possible, we must know what to look for

ARMEN NIKOGOSIAN

The explosion in health care options now available to the average American can be daunting. But with a framework for what constitutes good medicine, bad medicine and everything in between, you should be able to dispel some of this uncertainty. To get a complete picture of both good and bad medicine, one has to look at that medicine in three dimensions.

The first dimension is the quality of the therapy itself. This dimension is a number line. You could think of quality scores existing on a scale from minus-10 to plus-10.

The second dimension is the approach of the clinician and how well they can deal with disease in two key regards: a holistic approach to deal with the whole body, and a reductionist approach, which focuses in on one part in isolation. This dimension can be thought of as a spectrum from holistic to reductionist and how well the clinician can cover that entire spectrum.

The third dimension is the goal of the patient, and is a spectrum that goes from illness to wellness.

The Quality of Therapy

This dimension represents the therapy itself—the medication, herb, supplement, medical device, surgery, procedure, etc.

If a form of medicine scores poorly here, it is very hard to make up for that with a better score in the other two dimensions we will use to evaluate it.

To evaluate the quality of a therapy, we need to look at four objective criteria that represent the spectrum between good and bad medicine.

The four objective criteria for therapy quality are:

- 1. Safety.** Primum non nocere or 'First, do no harm.' This point is by far the most important; risky therapies should only be performed in the gravest of circumstances—such as life-threatening or disabling illness.
- 2. Effectiveness.** How well does the treatment or therapy perform? This can be a



To get a complete picture of both good and bad medicine, one has to look at that medicine in three dimensions.

The art and science of medicine encompass science, creativity, holism, and reductionism—they all play important roles when the need arises.

straight-forward answer for most single therapies. For whole medical approaches (such as functional medicine, conventional medicine, traditional Chinese medicine, etc.) it can be challenging to answer this question without taking into account the second and third dimensions we'll discuss shortly.

3. Practicality. How practical is the treatment or therapy? A very safe, effective, evidence-based therapy is not good medicine if it costs \$100,000 per treatment or you have to travel halfway around the world every month to receive it.

4. Evidence. What level of evidence supports the therapy? The levels of evidence can range from experimental (no evidence—but may be a good idea) to clinician experience and case reports (some evidence—but may not have been validated by other clinicians or scientists) to various levels of scientific studies of which the gold standard of evidence is the double-blind randomized controlled trial.

The Clinician's Approach

A doctor's approach to the practice of medicine resides within a continuum between a holistic and reductionist view of disease.

In a reductionist view of medicine, the body's systems are treated in isolation. So, if you have a disease, the best course of treatment is usually to target the symptoms of that disease if the root cause is not apparent and immediately treatable.

This approach works particularly well in situations where acute care is needed to provide urgent treatment, like fixing a wound, or saving a patient from immediate death due to disease.

Holistic approaches work by treating disease within the context of the body as a whole, and usually the person's lifestyle as well. These approaches are particularly good for the chronic conditions that currently top the charts as cause of death, like heart disease. For example, they often aim to address nutritional deficiencies or lifestyle habits that are the root cause of disease.

The contest between a holistic approach and a reductionist approach has been called by some as the art of medicine versus the science of medicine, but I find that terminology misleading. It implies holistic practitioners are unscientific and reductionist (or conventional Western) practitioners

are not creative or imaginative.

The art and science of medicine encompass science, creativity, holism, and reductionism—they all play important roles when the need arises.

The ideal clinician can cover the full spectrum from holistic to reductionist treatment. Good medicine should encompass both views of disease, as the most profound answers arise from the synthesis of the two.

The style, philosophy, and experience of the individual practitioner are the greatest determining factors in how much of this spectrum is delivered to the patient, but the underlying medical approach that individual practitioners follow will have great influence as well.

The Patient's Goal

While the first dimension reflects primarily the therapy and the second dimension reflects the individual practitioner, this dimension represents patient's expectation and the medical tradition or system of medicine best suited to meet that goal.

Many medical traditions strive only for average health are neither good nor bad medicine—they are only as good as they get their patients: average.

Their primary goal is to pull the patient away from illness to average health but not necessarily go beyond this. An ideal approach would be to not only elevate the patient from the depths of disease, but to deliver them to the highest reaches of optimal wellness.

Conclusion

Good medicine, and by extension the best medicine, should deliver high marks on the quality of therapy, have a practitioner who looks at the patient holistically while reducing necessary components when needed, and always be striving for the optimal health of their patient.

Armen Nikogosian, MD, practices functional and integrative medicine at Southwest Functional Medicine in Henderson, Nev. He is board-certified in internal medicine and a member of the Institute for Functional Medicine and the Medical Academy of Pediatric Special Needs. His practice focuses on the treatment of complex medical conditions with a special emphasis on autism spectrum disorder in children as well as chronic gut issues and autoimmune conditions in adults.

Are Your Sleep Troubles as Simple as Self-Control?

MOHAN GARIKIPARITHI

This week is off to a rough start. To tell you the truth, I've done something I haven't done in at least 8-10 years: I watched my favorite sports team on its West Coast road trip. The late nights are taking their toll.

But it got me thinking about sleep and "sleep hygiene." So, many specialists recite recommendations like avoiding television, dimming the lights, or doing something relaxing like reading before bed. But does this stuff really work? I think part of the problem isn't necessarily that North Americans have poor sleep hygiene, but rather that there is stuff we'd rather be doing. For example, I made the conscious decision to stay up way past bedtime the past two nights. And I'm typically a great sleeper who doesn't necessarily follow the rules of sleep hygiene.

Some new research by the American Academy of Sleep Medicine is also showing that the nations' sleep crisis may be



Staying up late to take in a few more posts, episodes, or pages has become a major cause of people not getting enough sleep.

more about self-control—or a lack of time—than sleep hygiene.

For example, the poll noted that people stay up late to read, watch television episodes, or watch overtime in sports games. And as someone who's done all of those things, I can say that I have no trouble falling asleep once I've gone to bed. The blue lights on the TV don't seem to play

much of a role—what is keeping people up is choosing to pursue another episode or keep flipping the pages. But these decisions, of course, don't come without consequence.

A lack of sleep is associated with high blood pressure, weight gain, and other chronic illness.

Adequate sleep is essential to good health and no matter how or why you're losing it, there will be health implications. Too little sleep can lead to poor cognitive function, bad moods, and an increased risk of injury. A lack of sleep is also associated with high blood pressure, weight gain, and other chronic illness.

The poll found that most of the 2,000 re-

spondents ranked sleep as their second-highest priority behind family. It also discovered that 88 percent said they'd stayed up late to watch multiple episodes of a TV show or streaming service; 66 percent said they'd lost sleep to stay up and read; and nearly 60 percent had lost sleep to watch sports.

I'm sure sleep hygiene can help, but it's quite possible it's not the main driver behind sleeplessness. We just have to remember that the shows, pages, and scores will be there tomorrow.

Mohan Garikiparithi holds a degree in medicine from Osmania University (University of Health Sciences). He practiced clinical medicine for over a decade. During a three-year communications program in Germany, he developed an interest in German medicine (homeopathy) and other alternative systems of medicine. This article was originally published on Bel Marra Health.

INGESTING TOXINS

(Not a) Surprise: Glyphosate-Based Herbicides Are Bad for Your Mental Health

Widespread use of Monsanto's Roundup has had wide-reaching effects over our entire food system

KELLY BROGAN

"Eat your veggies" is no longer synonymous with health thanks to the increasingly documented deleterious health effects of chemical pesticides and herbicides.

In the approximately 80 years of human chemical herbicide use, countless health problems have been linked back to exposure. There was the Vietnam War's Agent Orange. There was DDT and associated obfuscation efforts. And since the 1990s, we have been increasingly exposed to glyphosate-based herbicides found in processed foods, on GMO crops like corn and soy, and as a post-harvest desiccant on others like wheat and potatoes.

In a precedent-setting case in 2018, Monsanto's Roundup, a glyphosate-based herbicide and the world's bestselling weedkiller, was found to cause cancer, awarding a school groundskeeper 289 million dollars in damages, and leading to a deluge of more than 8,000 similar cases being brought to court.

The chemical glyphosate is one of the most heavily used herbicides, as a critical component of more than 750 products. It has also been demonstrated that adjuvants in Roundup were 10,000 times more toxic than glyphosate alone, which has amply been demonstrated as toxic itself, and that toxicity effects amplify up to five times in 72 hours.

Glyphosate is used in the production of soy, canola, and corn, and as a result, the chemical is now present in our air, water, soil, and even breast milk. Scientists

and agriculturalists are so reliant on glyphosate-based herbicides (GBH) that they genetically manipulate produce like corn, soy, and canola to be GBH-resistant.

But in our bodies, glyphosate has a detrimental effect on the gut microbiome, chelates important minerals, disrupts our endocrine system, and depletes our body's supply of glutathione.

In this same vein, researchers have recently come back with yet another study showing just how these chemical glyphosate-based herbicides can affect not just our gut and hormonal health, but our mental health.

New Study on Herbicide Exposure Uncovers More

In a study published in the journal *Neurotoxicology and Teratology*, researchers examined the effects of GBH on gut microbes and how that, in turn, affected neurobehavioral function in mice.

The scientists directly injected either a salt solution or a solution that contained glyphosate-based herbicides, exposing mice to acute, sub-chronic, and chronic exposure of at 250 or 500 mg/kg/day. The acute group was treated and tested for only one day, while the subchronic and chronic groups were treated daily for six weeks and 12 weeks, respectively. To test how anxious or depressed the mice were, the researchers compared how the mice of different groups and exposure levels behaved in an open field, a maze, a tail suspension, and a splash test after either one day, six weeks, or 12 weeks, depending on their assigned exposure length.

Unsurprisingly, the mice that had subchronic and chronic exposure to GBH behaved with more anxiety and depression-associated behaviors. These mice spent more time immobile in the middle of an open field and less time trying to struggle when they were hung by just their tail. The scientists also would splash a sucrose solution onto the mice's fur, and while healthy mice would groom and clean themselves, the mice exposed to GBH spent significantly less time grooming themselves, particularly if they



GEORGE RUDY/SHUTTERSTOCK

▲ The prolific use of glyphosate-based herbicides has compromised our food, fresh or otherwise.

The chemical glyphosate is one of the most heavily used herbicides, as a critical component of more than 750 products.

had been exposed to 500 mg/kg/day. The control group showed no difference as a function of treatment duration. The researchers concluded that GBH exposure "elicited evident emotional behavioral alterations in mice."

The researchers also found that GBH significantly altered the gut microbiota composition in terms of abundance and diversity of critical intestinal microbes—specifically, decreasing corynebacterium, firmicutes, bacteroidetes, and lactobacillus species.

This study, looking at the gut microbiota as well as the associated behaviors after exposure to this toxic chemical, helps us further understand how GBH toxicity can induce intestinal dysbiosis which could, in turn, lead to neurobehavioral changes.

So What Does This Mean?

Given an increasingly well-documented gut-brain connection and the influence of diet on our mood and our feelings of well-being, ingesting these toxic chemicals, or even being exposed to them, is a danger to our health and our future generations.

And yet these chemicals are still being sold—evidence of the failings of our regulatory bodies.

Unfortunately, it takes the public, on average, 17 years to be appropriately concerned and push forward the appropriate action from the onset of initial safety concerns. In glyphosate's case, this process is egregiously lagging; the U.S. Environmental Protection Agency has evidence that proves Monsanto, which is now owned by Bayer, was fully aware of the potential of glyphosate to cause cancer in mammals early as 1981.

What can we do about this? In the interest of your own well-being, until biodynamic farming becomes more prevalent through consumer demand, vote with your dollars, prioritizing organic produce (Don't touch conventional soy, corn, or canola), pastured animal foods, and non-GMO labeled products.

Kelly Brogan, MD, is a holistic women's health psychiatrist and author of The New York Times bestselling book "A Mind of Your Own," the children's book "A Time for Rain," and co-editor of the landmark textbook "Integrative Therapies for Depression." This work is reproduced and distributed with the permission of Kelly Brogan, MD. For more articles, sign up for the newsletter at www.KellyBroganMD.com

OVERTREATMENT

Antibiotics:

Even Low Use in Children Can Have a Negative Impact

New research gives added cause for doctors to be hesitant about overprescribing antibiotics

OLIVER VAN HECKE

Primary care physicians in the United Kingdom carry out more than 300 million patient consultations every year and at least a quarter of these deal with children. Almost two-thirds of such appointments are for coughs, sore throats, or earaches—illnesses that young children commonly get.

Doctors and nurses group these types of illnesses as "acute respiratory tract infections." They are considered to be "self-limiting," meaning that antibiotics have little or no benefit and that the illness will go away in time. Yet, in at least 30 percent of these consultations, antibiotics are prescribed. That's an estimated 13 million unnecessary antibiotic prescriptions. This is not only wasteful but may also have unintended consequences for the child's health.

Indeed, in our new study of more than 250,000 children in the UK, we found that preschool children who had taken two or more antibiotic courses for acute respiratory tract infections in the preceding year had around a 30 percent greater chance of

not responding to subsequent treatment (including the need for hospital referral and admission) compared to children who hadn't taken any antibiotics. Our study specifically excluded children with long-term health conditions that would make them more prone to infections.

The Resistance Issue

It's well known that using antibiotics unnecessarily drives bacteria to change and can lead to antibiotic resistance developing. But people tend to think that resistance only occurs in people who use antibiotics too frequently, for too long, or in those patients with other medical conditions that make them sicker. This isn't true.

Taking any antibiotic (whether appropriate or not) makes developing antibiotic resistance more likely. As our research shows, even relatively low antibiotic use has potential health implications and brings home the impact of unnecessary

antibiotic use in children. And when you consider that many preschool children often have multiple illness episodes, potentially leading to several antibiotic courses, it makes the findings even more pertinent. At this stage, it is impossible to say for sure why children who have taken more antibiotics show a greater chance of not responding to subsequent treatments.

It may be, for example, due to the emergence of resistant bacteria. It could also be due to the disruption of the fragile gut microbiome in young children. And it may also be related to parental expectations of further treatment and the fact that they are perhaps unaware of the limited role of antibiotics in most childhood infections. Indeed, it is normal for children's coughs to last longer than you might think—indeed, half go on for 10 days and 1 in 10 go on for 25 days.

Long-Term Changes

Of course, doctors want to provide the best

care possible for their patients. But they grapple with the decision to prescribe an antibiotic—thereby lowering an individual patient's risk of coming to harm—versus not prescribing it, and lowering community risk.

This decision isn't always straightforward. And when uncertain, clinicians often err on the side of caution and prescribe. But our study found that children who received more antibiotics were also more likely to revisit a health professional within a 14-day period—which inadvertently will have increased the workload of doctors and nurses.

Given that our findings show that even relatively low antibiotic use has short-term health implications for children, it is clear that the less doctors are prescribing antibiotics in such instances, the better. But this isn't just on doctors and nurses, parents also need to be realistic about how long their child's illness might last.

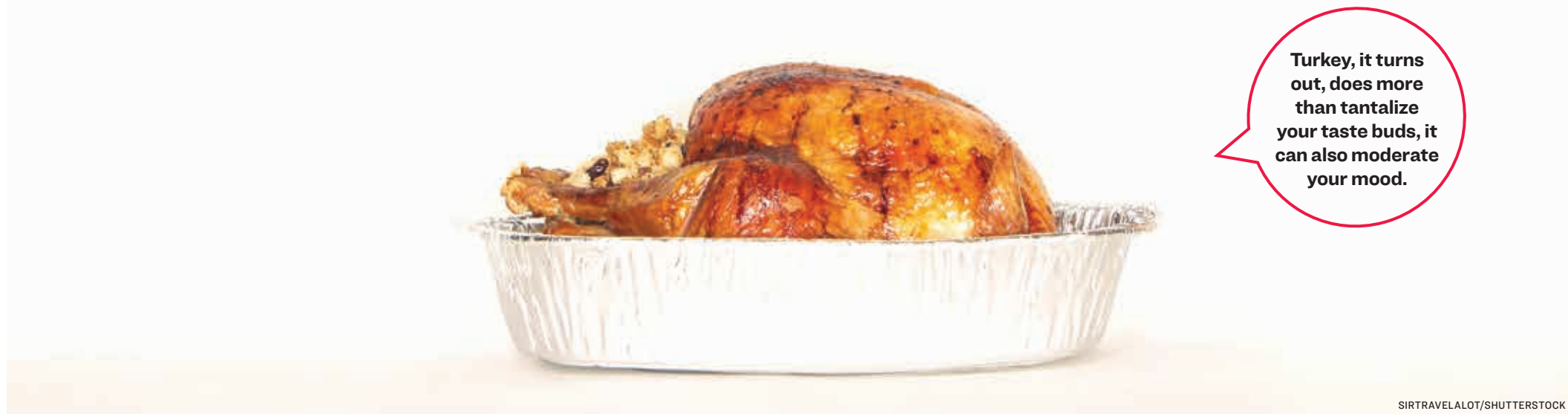
Oliver van Hecke is a clinical lecturer and general practitioner at the University of Oxford in the UK. This article was originally published on The Conversation.



GUINDAM, A/SHUTTERSTOCK

FOOD IS MEDICINE

3 Thanksgiving Foods That Boost Mood and Reduce Stress



Turkey, it turns out, does more than tantalize your taste buds, it can also moderate your mood.

SIRTRAVELLOT/SHUTTERSTOCK

What we eat has an effect on our hormones which have a powerful effect on our emotions

JAYA JAYA MYRA

Thanksgiving is a time of year where we get together with loved ones and reflect on what we are grateful for, but let's face it: Thanksgiving can be a stressful time for everyone. Visiting with family whose opinions you may not agree with, dealing with travel hassles, conversing with opinionated in-laws, and even just cooking all that food! What if there were a magic pill you could take to deal with all that stress so you could get back to being grateful?

While there is no "magic pill" per se, there is magic to be found in what you decide to eat this Thanksgiving. Yes, that's right; what you eat can have a drastic impact on your mood and mental well-being. Food is largely responsible for producing mood-boosting hormones in the body like dopamine and serotonin, and also supports good mental health through the gut-brain connection. If you're dealing with extra stress this holiday season, here are a few tips to curate your meal to better deal with it, and help everyone you're spending time with get along.

The Thanksgiving Turkey

Turkey is the quintessential Thanksgiving day food, unless of course you're vegetarian or vegan, then I'll have some other options for you. Turkey is well known to make people feel a bit drowsy and relaxed, and this is due to compounds it contains that

metabolize in the body to create tryptophan. Tryptophan is a precursor to both melatonin and serotonin production. Melatonin is the hormone that regulates sleep cycles, and serotonin helps you feel happy and relaxed.

These happy, sleepy feelings get amplified because most people eat turkey with either rice or stuffing, and these carbs increase the amount of tryptophan the body makes. Most of the serotonin in the body is made in the gut from what we eat, so feeling more relaxed and happy is directly connected to eating foods that support its production, like turkey. Vegans, don't worry! You can get the same serotonin benefits from eating spinach, seeds (mmm, pumpkin seeds), soy products, and most nuts.

Cranberry Sauce

While cranberries are well known for their health benefits (they increase immunity, are anti-inflammatory, and even make bacteria more sensitive to antibiotics), you may not know what a powerful ally they are for your mood. Eating cranberries has been shown to increase the amount of beneficial bacteria in your gut, which can have a direct impact on your mood and mental health. Having a healthy and robust gut flora is linked to less symptoms of depression and an elevated mood in general, likely due to all that serotonin produced in the

gut. This is particularly important for those eating a meat-based diet, where you may become exposed to more harmful bacteria than good. Regulating the balance is essential for physical, mental, and emotional well-being.

The anti-inflammatory benefits of cranberry aren't just physical: Depression is now known to be linked to inflammation. Eating anti-inflammatory foods like cranberries, turmeric, and ginger can help keep your mental health in order. Not a fan of the canned stuff? Try making a cranberry relish from scratch—you'll thank me when you do. Try adding a touch of ginger for some extra stress-reducing benefits.

Foods that are tart and sour like cranberry have also been linked to increased willpower. This is because sour foods reduce sweet cravings, and sugar is a known enemy to willpower, being the highly addictive substance that it is. Sugar is also an enemy of healthy gut bacteria, so a healthy dose of cranberry this Thanksgiving can help your health and your mood. Don't forget the healthy fiber in cranberries, a prebiotic that feeds your gut bacteria.

Pumpkin Pie

It just wouldn't be Thanksgiving without a healthy dose of pumpkin pie. Vegans, try it with some coconut whipped cream to

Food is largely responsible for producing mood-boosting hormones in the body like dopamine and serotonin.

Pumpkin Versus Sweet Potato: The Great Thanksgiving Debate

When it comes to side dishes, you can choose the superpowers of pumpkin or the satisfaction of sweet potato

JAYA JAYA MYRA

When it comes to Thanksgiving, there's one great debate: whether to serve pumpkin or sweet potato. Both can be made in healthy side dishes or tasty desserts, so which should you choose? Surprisingly, your choice may come down to mind-body well-being and what you or your Thanksgiving family most need this holiday season.

Sweet Potato Benefits

Ayurveda considers sweet potatoes to be a *rasayana*, a food with life-giving essence, and it's no wonder why. It's sweet with nearly nine times as much sugar as pumpkin and five times as many calories per cup. When prepared with additional sugars (like brown sugar) it becomes even sweeter to taste and more filling, making it the perfect holiday comfort food. It's also packed with potassium, calcium, iron, vita-

mins A and C, and fiber to aid in digestion.

While I don't recommend adding additional sugar to your sweet potato (you're sweet enough already), it's a great choice for your elderly or ill relatives that need that extra calorie punch per serving. Being a *rasayana*, sweet potato has more than just physical health benefits. It can also uplift your mood, help you feel satisfied more quickly than other foods, and feel emotionally comforted, which is something we all need a healthy dose of from time to time. Want to add more health and mood-boosting benefits to the mix? Try serving your sweet potato dish with ghee instead of butter.

Pumpkin Benefits

If you're looking to not gain weight this holiday season, consider serving a pumpkin dish or dessert instead. It's low in carbs and calories, and since it pairs very well with spices can give your food a flavor



ATOM STUDIOS/SHUTTERSTOCK

▲ Ayurveda considers sweet potatoes to be a *rasayana*, a food with life-giving essence. Pumpkin may as well be considered a superfood with all of its nutrients and high-fiber benefits.

kick without packing on the pounds. Pumpkin may as well be considered a superfood with all of its nutrients and high-fiber benefits. It contains alpha & beta carotene, lutein and vitamin A (all of which promote eye health), vitamin C and fiber, which are good for your heart, is high in antioxidants, boosts immunity, and may even reverse sun damage to your skin. The high fiber content can also slow the absorption of sugar into your bloodstream, which is great for diabetics and anyone that doesn't want to deal with the consequences of having too much sugar. Did you know that sugar has been linked with an increase in acne, depression, skin aging, energy decline, gout, cognitive decline, and inflammation in the body, amongst other health issues? Yikes.

Jaya Jaya Myra is a wellness lifestyle expert and go-to media expert on mind-body wellness, stress management, mindfulness, food for mood, and natural, healthy living. She's a best-selling author, TEDx and motivational speaker, and creator of The WELL Method for purpose-filled healthy living. Visit www.JayaJayaMyra.com

What This Means for Your Mental Well-being
A simple choice in what

NAVIGATING AGING

When Caring for a Sick Spouse Shakes a Marriage to the Core

It takes a dramatic shift in mindset to adjust when a spouse becomes dependent

When one spouse becomes dependent on the other, life plans and the patterns of the entire relationship often have to change.

JUDITH GRAHAM

For a dozen years, Larry Bocchiere, 68, didn't find it especially difficult to care for his wife, Deborah, who struggled with breathing problems. But as her illness took a downward turn, he became overwhelmed by stress. "I was constantly on guard for any change in her breathing. If she moved during the night, I'd jump up and see if something was wrong," he said recently in a phone conversation. "It's the kind of alertness to threat that a combat soldier feels. I don't think I got a good night's sleep for five years. I gained 150 pounds."

As her chronic obstructive pulmonary disease worsened and heart failure set in, Deborah was taking 24 medications each day and rushing to the hospital every few weeks for emergency treatments.

"Toward the end, I couldn't stay in the same room with her for too long because I couldn't stand to watch her being so sick," Bocchiere said. His wife died in 2013.

Marriages are often shaken to the core when one spouse becomes sick or disabled and the other takes on new responsibilities. "You have to rewrite the relationship's expectations. And the longer you've been married, the harder that is to do," said Zachary White, an associate professor of communications at Queens University of Charlotte. With Donna Thomson, he's the author of "The Unexpected Journey of Caring: The Transformation From Loved One to Caregiver."

Compared to adult children who care for their parents, spouses perform more tasks and assume greater physical and financial burdens when they become caregivers, an analysis of 168 studies shows. Symptoms of depression, as well as strains on relationships, are more common.

Communication often becomes problematic, as husbands and wives feel disoriented and uncertain about how to respond to each other. Especially early on, illness tends to "heighten emotion and short-circuit communication," write Bar-

bara Kivowitz and Roanne Weisman in their book, "Love In The Time of Chronic Illness: How to Fight the Sickness—Not Each Other."

Both women were cared for by their husbands (Kivowitz suffered from chronic pain; Weisman had a stroke). "We were gobsmacked by how much illness took over the relationship," Kivowitz said earlier this year in a video presentation.

Spouses can also become distant as they struggle with feelings of loss, fear, and, frequently, misunderstanding and anger.

Complicating these issues is isolation. "We often hear about family members who won't get involved or are overly critical of the well spouse but never pitch in or visit," said Robert Mastrogianni, 72, president of the Well Spouse Association, which offers support groups to members. "And then there are lifelong friends who drop out of the picture."

Most of the time (55 percent), older spouses are caregiving alone as husbands or wives come to the end of their lives, without help from their children, other family members, friends, or paid home health aides, according to research published earlier this year.

The risk is that marriages will be undermined by illness and essential emotional connections lost.

"The well spouse can go from being a partner and a lover to a nurse and a caregiver, which is an entirely different kind of relationship," said Mastrogianni, who cared for his wife, Kathleen. She had multiple sclerosis for 50 years before she passed away last year.

Spouses can also become distant as they struggle with feelings of loss, fear, and, frequently, misunderstanding and anger.

"He wouldn't talk to me. He would seem like he was angry at me, but I didn't really understand," said Terri Corcoran, 69, whose husband Vincent had Fragile-X associated tremor/ataxia syndrome, a neurodegenerative disorder.

It took five years for Vincent to get a diagnosis. During that time, Corcoran said, "I felt like I married someone I didn't know. It was devastating. It took

me a long time to realize his brain was impaired."

How can older couples navigate these challenges and protect their relationships—an essential source of comfort and support—when illness strikes? Several experts offered suggestions:

Reset expectations. Couples need to face what is being lost as a result of illness and, at the same time, focus on what remains intact.

Dr. John Rolland, an adjunct professor of psychiatry at Northwestern University's Feinberg School of Medicine and author of "Helping Couples and Families Navigate Illness and Disability: An Integrated Approach," tells of a couple in their early 70s he's counseling. Both were working when the wife started having symptoms of Parkinson's disease five years ago.

In retirement, the couple had planned to do a lot of biking, hiking, and adventure travel. Now her mobility is limited, he's down in the dumps, and tension has invaded the relationship.

Rolland's advice: Figure out what you can do together and what each of you can do separately. He helped them see that they can share some cherished activities—reading books together and attending the theater—and add new ones, such as cooking.

And the husband can still go biking, without worrying about making his wife feel bad, so long as they communicate openly about respecting each other's needs.

Couples need to face what is being lost as a result of illness and, at the same time, focus on what remains intact.

Divvy up responsibilities. Couples need to retain a sense of balance in their relationships, to the extent possible. Often this is threatened as one spouse becomes less able to function and the other takes on more responsibilities.

Kivowitz has a practical suggestion: Create a list of everything that needs to be done in your household, then divide up tasks. If there are things that neither of you wants to do, brainstorm ways to find help.

In her video, she describes how she and her husband Richard did this. Kivowitz signed up for laundry, meal preparation, keeping medical records in order, researching her condition, and arranging help at home. Richard took on grocery shopping, getting medications, dealing with insurance, paying bills, financial planning, and working to keep the household afloat. Neither wanted to do housecleaning—a task that could be given to someone else.

Include the ill spouse. Avoid assigning the ill spouse to a passive role of being "cared for." To the extent possible, set boundaries around caregiving and maintain reciproc-

ity in the relationship.

Rolland tells of a woman with polycystic kidney disease whose husband helped administer home dialysis three times a week: "They would go into a room where all the equipment was kept, and, when dialysis was over, close the door and focus on being a couple."

When Mastrogianni retired from an accounting job with the government, he and his wife bought a van with a ramp and traveled all over the country. When she could no longer feed herself, they'd still go out to restaurants where he'd feed her by hand—something the couple's therapist had encouraged.

When joint activities are no longer possible, just being with someone can express closeness and solidarity.

Although Corcoran's husband couldn't talk, she'd sit with him and talk to him about what she was feeling: "He would put his arms around me, and I would say 'I'm doing the best I can. I know this isn't your fault, but it's really hard.' And I always ended up feeling better."

Expand your network. If friends and family members don't seem to understand what you're going through, find people who do. Well and ill spouses may need to find support in different places.

Bocchiere, who's chairman of the Well Spouse Association, said that when a spouse is seriously ill, "we lose our best friend, our love, our future. But your children, friends, relatives—they don't get it."

The first time he went to one of the association's support groups and listened to other spouses tell their stories, "I was home," he said.

Make meaning. "At some point," White said, "you have to be able to make meaning of what you're going through as a caregiver and incorporate this into a new sense of identity."

For many people, meaning revolves around the notion of "fidelity"—commitment to their spouse, their vows and the "we" of their relationship, he said.

Corcoran converted to Catholicism the year that her husband was diagnosed and found solace in her faith and her church. "I kept praying that our marriage would have meaning," she said.

Learning that people from her church saw her marriage as "loving" gave a deep sense of satisfaction. Ultimately, Corcoran came to understand "this is a cross my husband and I were carrying together."

Kivowitz has observed a profound shift in herself and others, from "caregiving as a set of daily responsibilities" to caregiving as an expression of compassion.

"Measure success," she said, "by how well you connect, love, and feel loved."

Judith Graham is a contributing columnist for Kaiser Health News, which originally published this article. KHN's coverage of these topics is supported by The John A. Hartford Foundation, Gordon and Betty Moore Foundation, and The SCAN Foundation.

MINDSET MATTERS

Why Stress Is One of the Best Predictors of High Life Satisfaction

Embracing and adapting to stress can provide important opportunities for personal growth

BARRY BROWNSTEIN

My life is messed up, why can't I get my act together?" Most of us have heard a variation of this talk track in our heads, or we've heard it from others. "If only," we think, "I didn't have this problem, then everything would be all right."

We feel burdened by what seems to be our unique sticky problems. Immersed in such a mindset, our actions may not demonstrate our highest values and purpose. What if, Ryan Holiday asks, the adverse circumstances we face offer "a formula for thriving not just in spite of whatever happens but because of it?"

Holiday, in his book "The Obstacle Is the Way," draws on the wisdom of Marcus Aurelius and other Stoic philosophers. He points out that Aurelius saw every obstacle, every adverse circumstance, "as an opportunity to practice some virtue: patience, courage, humility, resourcefulness, reason, justice, and creativity." The more virtues we practice, the more meaning we create in our lives. Resisting our problems means we are forgoing opportunities to become the best version of ourselves.

The beauty in our lives often coexists with our burdens. The beauty remains long after the problem is gone.

"Obstacles," instructs Holiday, "are not only to be expected but embraced. Embraced? Yes, because these obstacles are actually opportunities to test ourselves, to try new things, and, ultimately, to triumph."

Adversity Creates Meaning

In Our Lives

In her book "The Upside of Stress," Stanford University psychologist Kelly McGonigal invites her readers to "[take] a moment to identify a time in your life that was a period of significant personal growth—a turning point that led to positive changes or a newly found purpose." Now consider this: "Would you also describe this time as stressful?" Most answer "yes." Echoing Aurelius,

McGonigal observes, "Adversity can create resilience, and trauma often inspires personal growth." Persisting, she explains, "is about maintaining the optimism needed to pursue meaning, even in the face of adversity."

McGonigal asks us to notice how often

“Persisting” is about maintaining the optimism needed to pursue meaning, even in the face of adversity.

Kelly McGonigal, Stanford University psychologist

we see the negative side of adverse circumstances, saying "This is so stressful" or "I'm so stressed." Our mindset matters. Reporting on experiments by Stanford psychology professor Alia Crum, McGonigal explains that when we view stress as harmful, we "try to escape or reduce the stress."

Attempts to escape can be worse than the problem. If we have a stress-is-harmful mindset, instead of addressing root causes, we try to get rid of our feelings by turning to smoking, alcohol, drugs, binge-watching television, checking our smartphones thousands of times a day, and other distractions.

There is a better way. Crum's research shows that those with a stress-is-helpful mindset view "stressful situations as a challenge, not an overwhelming problem."

The result of that mindset shift is more productivity at work, more satisfaction with life, "more energy and fewer health problems." Perhaps most importantly, those with a stress-is-helpful mindset "are better able to find meaning in difficult circumstances."

With a stress-is-helpful mindset, one taps into "a natural capacity to find hope, exert choice, and make meaning." Challenges in life are opportunities to experience

"strength, growth, and resilience."

Research shows the happiest people are not without adversity. McGonigal offers: "Happy lives are not stress-free, nor does a stress-free life guarantee happiness. Even though most people view stress as harmful, higher levels of stress seem to go along with things we want: love, health, and satisfaction with our lives."

Stress is one of the best predictors of a meaningful life. Why? "One reason is that stress seems to be an inevitable consequence of engaging in roles and pursuing goals that feed our sense of purpose." She adds that "the ability to find meaning in our lives helps us stay motivated in the face of great difficulties."

How Adversity Created Meaning in My Life

As a young boy, I was unaware that I stuttered. Well-meaning speech pathologists turned me into a "professional" stutterer by coaching me in techniques that kept me focused on controlling disfluency. By the time I got to high school, I was afraid to speak in class out of fear of being bullied.

A self-concept as a stutterer was fully formed. When a speaking challenge was on the horizon, fretful thoughts consumed my mental bandwidth. If only I didn't stutter, then my world would be all right, rang true.

Becoming a professor hardly seemed a wise career move, yet I had little doubt that teaching was my path.

At 24, while in graduate school, I taught my first principles of economics class. By 32, I had won the first of 10 major awards for teaching excellence.

Stutterers have difficulty with publicly reading; I was never tempted to cut corners and read my notes or PowerPoint slides. Along the way, I found that stuttering receded when I was outwardly focused, completely present in the classroom, responding to what was needed at that time and in that place. In these ways, stuttering improved my teaching.

Those early years as a professor were especially stressful. Yet, I knew there was more to life than my mental suffering, and that realization opened me to a lifelong interest in human development and spirituality. As McGonigal writes:

"Human beings have an innate instinct and capacity to make sense out of their suffering. This instinct is even part of the biological stress response, often experienced as rumination, spiritual inquiry, and soul-searching. Stressful circumstances awaken this process in us. This is one more reason why a stressful life is often a meaningful life; stress challenges us to find the meaning in our lives."

Success in the classroom led to students' requests for me to teach more courses in the MBA program. As a result, I developed a second area of expertise in leadership development, which led to fulfilling opportunities to deliver workshops.

Fretting about stuttering has not vanished in my life, but it occupies less of my mental bandwidth. I have benefited from working with speech pathologist Barbara Dahm. Dahm has studied the way normal speakers spontaneously transform thinking to audible speech. Instead of fighting disfluency with more controls, her approach helps remove a stutterer's self-created barriers to the natural speaking process.

Has stuttering helped me make more meaning in my life? Marcus Aurelius would have said yes, adversity pointed me forward: "The impediment to action advances action. What stands in the way becomes the way."

In the poignant "Star Trek: The Next

Generation" episode "Tapestry," Captain Picard has an opportunity to relive and change a past incident in his life; an incident for which he long regretted his actions. A thread in the tapestry of his life is pulled, and Picard's leadership abilities are diminished. In this alternative life, instead of becoming captain, Picard is an unremarkable junior officer. His lesson learned, the trajectory of Picard's life is restored.

It might seem that a life without adversity would be an easier path, but would the richness of our life be lost?

Turn to Your Values

Adversity can create resilience, and trauma often inspires personal growth.

Kelly McGonigal, Stanford University psychologist

McGonigal reports on research by psychologists Geoffrey Cohen and David Sherman. A simple mindset intervention of writing about your values leads to a huge payoff in your ability to cope with adversity:

"When people are connected to their values, they are more likely to believe that they can improve their situation through effort and the support of others. That makes them more likely to take positive action and less likely to use avoidant coping strategies like procrastination or denial. They also are more likely to view the adversity they are going through as temporary, and less likely to think that the problem reveals something unalterably screwed up about themselves or their lives."

People may spend their lives seeking permanent solutions to ease feelings of stress in their lives. Such solutions may seem tantalizingly close; in reality, they are out of reach. Aurelius advised looking in a different direction: "Objective judgment, now at this very moment. Unselfish action, now at this very moment. Willing acceptance—now at this very moment—of all external events. That's all you need."

McGonigal observes that life is "not about being untouched by adversity or unflustered by difficulties." She writes, "Although many people idealize a life without adversity, those who actually have one are less happy and healthy than those who have faced some hardship."

We can use adversity to find more meaning. Encouragingly, McGonigal writes:

"The good that comes from difficult experiences isn't from the stressful or traumatic event itself; it comes from you—from the strengths that are awakened by adversity and from the natural human capacity to transform suffering into meaning."

In "Man's Search for Meaning," Viktor Frankl taught us how to find hope and meaning amid great adversity. "Each man," Frankl wrote, "is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible." We all have the capacity to awaken to our strengths.

Barry Brownstein is a professor emeritus of economics and leadership at the University of Baltimore. He is the author of "The Inner-Work of Leadership." To receive his essays, subscribe to Mindset Shifts at BarryBrownstein.com. This article was originally published by the Foundation for Economic Education.

BECOMING MINIMALIST

Get Stupid Quick

Advice on Overthinking From a Zen Master

Our minds can help us with many challenges, but sometimes our minds can also be the problem

RICHARD PATERSON

I'll never forget a wonderful piece of advice I received from a Zen meditation teacher many years ago.

"Get stupid quick," were the profound words of wisdom he offered.

He explained how the village idiot is the happiest person in town because he has the least going on between his ears.

If we wish to live a simple, peace-filled life, it is necessary to free ourselves of clutter, both inner and outer.

The mind certainly has its uses. It is undoubtedly helpful to remember which

house you live in, how to get to work, or how to cross the road safely without getting run over. Not to mention the good we are able to bring into the world with it.

On the other hand, dwelling incessantly on your problems and shortcomings, wallowing in doomsday thoughts about the future, or blowing minor issues all out of proportion only serves to clutter your inner space and crowd out feelings of peace and calm.

In this way, the mind can be a beautiful servant or a dangerous master, depending on how you use it.

I have spent the past 25 years helping people with busy minds find more inner peace and happiness in their lives.

9 Tips to Help You Kick the Overthinking Habit:

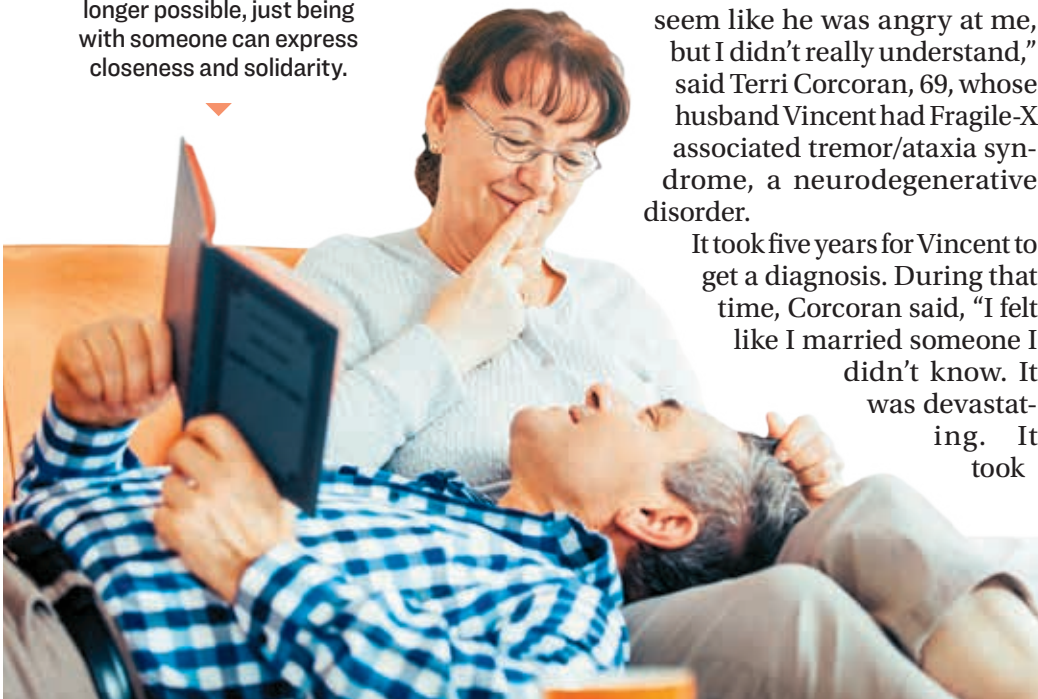
- 1. Become consciously aware.** Become consciously aware. Most of our overthinking happens on autopilot. The first step to freeing yourself is to notice when you are doing it. When you catch yourself fretting about the future or agonizing over a simple decision, stop for a moment, take a breath, and gently acknowledge, "OK. This is what is happening just now." Bringing your thought patterns into the light of awareness is an important first step.
- 2. Drop your resistance.** The more you resist and fight the mind, the more overwhelming and all-consuming it becomes. Resistance creates

more ammunition for the overthinking mind. If your patterns are there anyway, it is better to work with them than struggle against them. Step back and watch them objectively, with an attitude of nonjudgmental acceptance. The less you resist, the more peace you will experience.

- 3. Question the mind.** Take everything the mind tells you with a large grain of salt. Before you become enmeshed in an apocalyptic mind-movie where you get fired, lose your house, and become destitute, all because you missed a deadline at work, acknowledge that you are probably painting an overly pessimistic picture.

Continued on Page 8

When joint activities are no longer possible, just being with someone can express closeness and solidarity.



BECOMING MINIMALIST

Get Stupid Quick

Advice on Overthinking From a Zen Master

Our minds can help us with many challenges, but sometimes our minds can also be the problem

Continued from Page 7

A great question that will put an end to 90 percent of your overthinking is, "Do I know for certain that this is true?" You'll find the answer is almost always no. And you won't overthink what you know to be untrue.

4. Keep things in perspective. What kind of things upset you and trigger overthinking? Being stuck in traffic? Being treated unfairly? Not getting your way about something?

Consider how important these things are in the bigger picture. Is it the end of the world if somebody said something mean about you? Is it really worth sacrificing today's peace over it? Ask yourself, "Will this matter five years from now?" Or even five days from now?

5. Make time limited decisions. Being indecisive by nature, decision-making has always been an area where I can easily get sucked into overthinking. When you take too long to make a decision, you can think yourself into a state of analysis paralysis. I now have some simple rules I try to follow. For small decisions, such as where to go for dinner or which movie to watch, I give myself 30 seconds or less to decide. For bigger decisions, the time limit is one hour. The trick is to then stick with what you decide.

6. Focus on the present moment. A quick and simple way to stop overthinking in its tracks is to gently shift your attention to the here and now. Engage the senses. Feel the weight of your body on the chair, notice the warmth in the palms of your hands, feel the sensation of your feet touching the floor. What sounds can you hear around you right now? Notice what happens to your thinking mind when your attention is fully present in the moment.

A quick and simple way to stop overthinking in its tracks is to gently shift your attention to the here and now.



PRESSMASTER/SHUTTERSTOCK

7. Show the mind who's boss. Overthinking is a bit like bingeing on Netflix. You find yourself unconsciously gravitating over and over to the same old channels—the "worry" channel, the "self-doubt" channel or the "wanting to control everything" channel. But the truth is, you are the one holding the remote control. If you decide right now to hit the "stop thinking" button, the mind has to comply. The next time you catch yourself mid-episode in a replay of "The 101 Ways That My Life Sucks," tell the mind, "Enough! We are going to change the topic now." You're the one in charge.

8. Consciously distract yourself. When you catch yourself over-

thinking, it's a good idea to get up and move. Go for a walk or a run. Do some yoga. Moving will not only shift your mindset but also help release any pent up tension and emotion caused by overthinking. Lose yourself in a project—learn to play guitar, learn a language or, best of all, learn to meditate. This will give you the skills you need to kick your overthinking habit for good.

He explained how the village idiot is the happiest person in town because he has the least going on between his ears.

9. Practice Mindfulness. Mindfulness is a wonderful tool to help you stop overthinking and create a more harmonious relationship with the mind—and with yourself. It teaches us to embrace our thoughts, positive and negative, with an attitude of nonjudgmental acceptance and to develop an intimate relationship with the present moment, where the natural state of peace is to be found.

"You know, it is a little known fact that thinking is entirely overrated. The world would be a much better place if we all did a lot less of it." Laurie Viera Rigler

Richard Paterson blogs at *Think Less and Grow Rich*, a site dedicated to helping you break free from the clutches of an overactive mind to experience more joy, peace, and well-being in your life. He is also the author of "Kick the Thinking Habit." This article was originally posted on *BecomingMinimalist.com*



Someone with a growth mindset will embrace challenges and see setbacks as opportunities for further learning.

LOVE Only Lasts With a Growth Mindset

If you have a growth mindset, the journey towards being more loving is challenging and joyous

BARRY BROWNSTEIN

It won't be a surprise to most of us that up to 50 percent of marriages in the United States fail.

In his book "The All or Nothing Marriage," psychology professor Eli Finkel describes the increasing expectations that strain marriages: "In contrast to our predecessors, who looked to their marriage to help them survive, we look to our marriage to meet our needs for passion and intimacy and to facilitate our voyages of self-discovery and personal growth."

With material needs met, the desire for

"self-actualization" is natural, but Finkel's research confirms what we probably already suspect: "Just as we have increasingly looked to our marriage to help us fulfill higher-level needs, we have decreasingly invested the time and energy required for the marriage to meet these expectations."

We still believe in romantic relationships, but we often don't appreciate the effort required to build a healthy one. Worse yet, in combination with investing less time, we often hold dysfunctional mindsets about relationships.

"Most people," observed social psychologist Erich Fromm in his book "The Art of

“The tendency to misperceive benign motivation as malignant can trigger an escalating cycle of conflict and negativity.”

Eli Finkel, psychology professor and author

Loving," "see the problem of love primarily as that of being loved, rather than that of loving, of one's capacity to love."

Do you?

Perhaps you hold a destiny mindset about relationships? A destiny belief, according to psychologist Raymond Knee, leads to an idea that your partner in a relationship either is or isn't "meant to be." Finkel writes, "The science is clear that holding strong destiny beliefs is perilous" since, as Knee observes, those who hold a destiny belief get disillusioned quickly when they meet with difficulties in their relationship.

Finkel isn't trying to take the romance out of relationships. We all know the infatuation phase of a new relationship; the problem is when the inevitable challenging times occur.

Continued on Page 11

THE
EPOCH
TIMES

TRUTH and TRADITION

COVERING
IMPORTANT NEWS
OTHER MEDIA IGNORE

The very fabric of America is under attack—our freedoms, our republic, and our constitutional rights have become contested terrain. The Epoch Times, a media committed to truthful and responsible journalism, is a rare bastion of hope and stability in these testing times.

SUBSCRIBE TODAY
ReadEpoch.com

ECONOMIC WARFARE CORPORATE CYBER ATTACKS INTELLECTUAL PROPERTY THEFT

“

7Tao is a powerful Industrial Attack and Defence system. Built and tested with United Kingdom Government Funding – and 100% success.

Amar Manzoor,
Master of
Industrial
Warfare

THE BEST
METHOD OF
DEFENCE IS
ATTACK

DEFEND YOUR COMPANY

There is a clear trend to growth in countries the west considers unethical. The countries that are growing the fastest don't adhere to our standards, morals or ethics. Their success is because we have no effective defence and no systematic attack strategies. 7Tao is at home in an honourable ethical business environment, but when attacked by forces not sharing your values - 7Tao gives you the power to fight back.

7TAO.CO.UK/CONTACT

THE
EPOCH
TIMES

TRUTH and TRADITION

A NEWSPAPER GEORGE WASHINGTON WOULD READ

SUBSCRIBE TODAY
ReadEpoch.com

The Mindfulness Skill That Is Crucial for Stress

A new study suggests that practicing acceptance helps reduce our stress more than simple mindful awareness

JILL SUTTIE

Life can be stressful. Whether it's the stress that comes with having too much work to do in too little time, or having caregiving obligations, or dealing with a major illness or setback, sometimes it can be hard to cope.

In response to stress, many people turn to meditation or mindfulness apps (myself included). But not all mindfulness practices are equally effective for combatting stress, a new study suggests. It's possible that some of our practices may be missing a vital ingredient: acceptance.

In this study, researchers randomly assigned 137 stressed adults of various ages and ethnicities to one of three programs: an eight-week Mindfulness-Based Stress Reduction (MBSR) course, where they learned to mindfully pay attention to their present-moment experiences in an accepting, nonjudgmental way; an MBSR course without instructions on acceptance; or no course. The courses included many lessons—for example, how to pay attention to your breath and your body sensations, and how to eat food or take a walk mindfully—as well as practice time outside of class. Before, during, and afterward, participants reported five times daily about how stressed they felt in the moment and whether they'd experienced a stressful event since their last report.

Though all of the groups experienced less stress and fewer incidents of feeling stressed over time, the people who took the full MBSR course had a significantly steeper improvement than the other two groups. “Learning how to accept your present-moment experience is really important for reducing stress,” says Emily Lindsay, one of the study's co-authors. “It seems to be a key element of mindfulness training.”

Mindfulness practices that specifically emphasize acceptance teach us a non-judgmental attitude toward our experiences—meaning, learning not to label our thoughts, feelings, or experiences as good or bad, and trying not to change or resist them in any way. While many mindfulness courses include instructions in acceptance as par for the course, those that don't may not be as effective.

This finding fits in with other research on the centrality of acceptance in mindfulness practice, says Lindsay. People who learn to accept, and not just notice their experiences, become less prone to mind-wandering, which has been tied to well-being and becoming less reactive to stress. This means people show reductions in systolic blood pressure, the stress hormone cortisol, and feelings of stress in a stressful situation. Her recent study adds to these results by monitor-

ing participants daily, helping to show that acceptance makes a difference in everyday life situations and not just in the laboratory.

Why might acceptance be important? Lindsay argues that when people accept difficult experiences (like stress), it allows the experiences to “run their course and dissipate,” while resisting them only makes them stronger. And, she adds, accepting stress helps people to stop focusing only on what's wrong and to notice other feelings, sensations, and thoughts occurring at the same time, enabling them to see the “bigger picture.”

“**Learning how to accept your present-moment experience is really important for reducing stress.**”

Emily Lindsay, study co-author

“Stress diminishes as you take in more of your experience,” she says. “That's the transformative part.”

Acceptance is not about acquiescing to your fate, though, says Lindsay—like getting a diagnosis of a terminal illness and just accepting that you're going to die. That kind of “acceptance” leads to worse outcomes, she says. Nor is it about accepting poor treatment from other people. It's more about accepting your internal experience—your thoughts and feelings—which informs you about how to respond to your external circumstances in a wiser way. For example, if you feel angry and accept your anger in the moment, it may prevent you from lashing out at someone and help you see that your feelings aren't their fault.

Lindsay allows that some people find it hard to accept their unpleasant thoughts and feelings, but MBSR courses offer techniques that can help. For example, teaching people to name their feelings or thoughts in a calm, gentle tone (“I'm feeling sad and that's OK”) can promote more acceptance, she says, as can practicing self-compassion.

“Clearly, we need to emphasize acceptance techniques a little more,” says Lindsay. That's true in formal programs like MBSR, but also in our own individual practice.

1, for one, plan to do just that.

Jill Suttie, Psy.D., is Greater Good's book review editor and a frequent contributor to the magazine. This article was originally published in the Greater Good online magazine.

ELDAR NURKOVIC/SHUTTERSTOCK



Accepting stress helps people to stop focusing only on what's wrong and to notice other feelings, sensations, and thoughts occurring at the same time, enabling them to see the “bigger picture.”



Many relationships begin with infatuation and end when the reality of everyday living bumps up against our mental images.

LOVE Only Lasts With a Growth Mindset

If you have a growth mindset, the journey towards being more loving is challenging and joyous

Continued from Page 9

Getting Beyond Infatuation

Many relationships begin with infatuation and end when the reality of everyday living bumps up against our mental images. In his book “The Course of Love,” philosopher Alain de Botton writes, “We may so often have seen our partner pushing a buggy, arguing with a toddler, crossly berating the electricity company and returning home defeated from the workplace that we have forgotten that dimension in him or her that remains adventurous, impetuous, cheeky, intelligent, and above all else, alive.”

“The essential error of infatuation,” writes Botton, is “a failure to keep in mind a central truth of human nature”:

“Everyone—not merely our current partners, in whose multiple failings we are such experts—but everyone will have something substantially and maddeningly wrong with them when we spend more time around them, something so wrong as to make a mockery of those initially rapturous feelings.”

In other words, all human beings are flawed, and at times, we experience painful disappointment when our expectations aren't met. It isn't that all relationships will survive, but Botton reminds us that fulfillment is reached “not by avoiding pain, but by recognizing its role as a natural, inevitable step on the way to reaching anything good.”

Releasing Expectations
by Assuming Good Intentions

Day after day, our partner may violate our expectations. “Countless times over the course of a day, a year, or a marriage,” observes Finkel, “we generate an explanation for why a partner enacted a given behavior.” The explanations we construct via our thinking will go a long way toward determining whether our relationships flourish.

The worst type of explanation, according to Finkel's research, is one that involves attributing a stable internal characteristic to your partner, a fixed attribute or disposition. For example, your partner arrives late to an event that is important to you. “You never understand what is important to me” flashes through your mind. With that thought, you have attributed the behavior to a fixed disposition. Having made that attribution, it's easy to feel terrible about the relationship. Less corrosive is a temporary, external explanation for the behavior: “My partner was stuck in traffic.”

We aren't up to the task of judging, and our judgments eat away at our relationships. “Perceiving our partner's motives with precise accuracy has value but doing

so is virtually impossible,” explains Finkel, “and the tendency to misperceive benign motivation as malignant can trigger an escalating cycle of conflict and negativity.”

When my wife is working at home, she, like I, gets very focused and doesn't like to be interrupted. If I interrupt, I can expect a curt reply. Her curtness has nothing to do with me; she has a deadline, and if I am more considerate and wait for a more opportune time, she will again be her charming self. If I take her blunt response personally and get lost in my thinking, an insignificant event can be upsetting.

Thus, Finkel advises us to assume good intentions: “If we are confident that our partner is, by and large, a decent person who wants to do well by us, there is a strong argument that we should seek to make attributions that give him or her the benefit of the doubt.”

Finkel asks us to make “a deliberate effort to see the beauty underneath the anger and disappointment and boredom—to look with [appreciative] new eyes.”

With significant conflicts, Finkel recommends that partners think about a conflict in their marriage from the perspective of a neutral third party who'd want the best for all involved. Ask, “How might this person think about the disagreement? How might he or she find the good that could come from it?”

Finkel doesn't mention Adam Smith, but his advice harkens to Smith's “The Theory of Moral Sentiments” in which Smith advises us to consider our actions in light of how an impartial spectator would view it.

Of course, it's best to do this in real-time, as a conflict is brewing. Have a little willingness to doubt your interpretation, pause for a moment, and step above the fray.

Many expect their partner to make them happy. This is impossible. But a good relationship, Finkel writes, can promote “the successful pursuit of meaning.” The more meaning and purpose we build in our lives, the more happiness we experience.

Cultivate a Growth Mindset

Finkel builds his book, in part, on the research of Stanford psychologist Carol Dweck. In her books, such as “Mindset,” and her many articles, Dweck maps out two mindsets with opposing beliefs about ability and intelligence. One Dweck calls a fixed mindset, the other she calls a growth mindset. If your views about intelligence are of the fixed mindset, you believe a person's abilities are set in stone. If you have a growth mindset, you believe abilities can be developed and are built over time. (There are tools online to help you assess

“**Just as we have increasingly looked to our marriage to help us fulfill higher-level needs, we have increasingly invested the time and energy required for the marriage to meet these expectations.**”

Eli Finkel, psychology professor and author

your mindset.)

Understanding your mindset can increase your effectiveness in relationships. A person with a fixed mindset is frightened by challenges. They feel a constant need to prove themselves and appear successful. They would tend to hold the belief that some have a natural-born aptitude for relationship skills; thus, to make an effort in a relationship would be an admission that they are too inept to have a successful one.

If a relationship has challenges, those with a fixed mindset lose interest, eschew responsibility, and assign blame. Cultivating the capacity to love, they reason, is only for those who don't have their natural skills.

Someone with a growth mindset will embrace challenges and see setbacks as opportunities for further learning. Specifically, the capacity to love is something they grow throughout their lifetime. Challenges provide opportunities to grow even deeper relationships.

If you have a growth mindset, the journey toward being more loving is challenging and joyous. You get out of bed curious to see what lessons life will serve up and what you can learn.

If your idea of a committed relationship is limited to a mutually favorable exchange, you will soon be bitterly disappointed. Inevitably, your “deal” will go south, and you will have buyer's remorse.

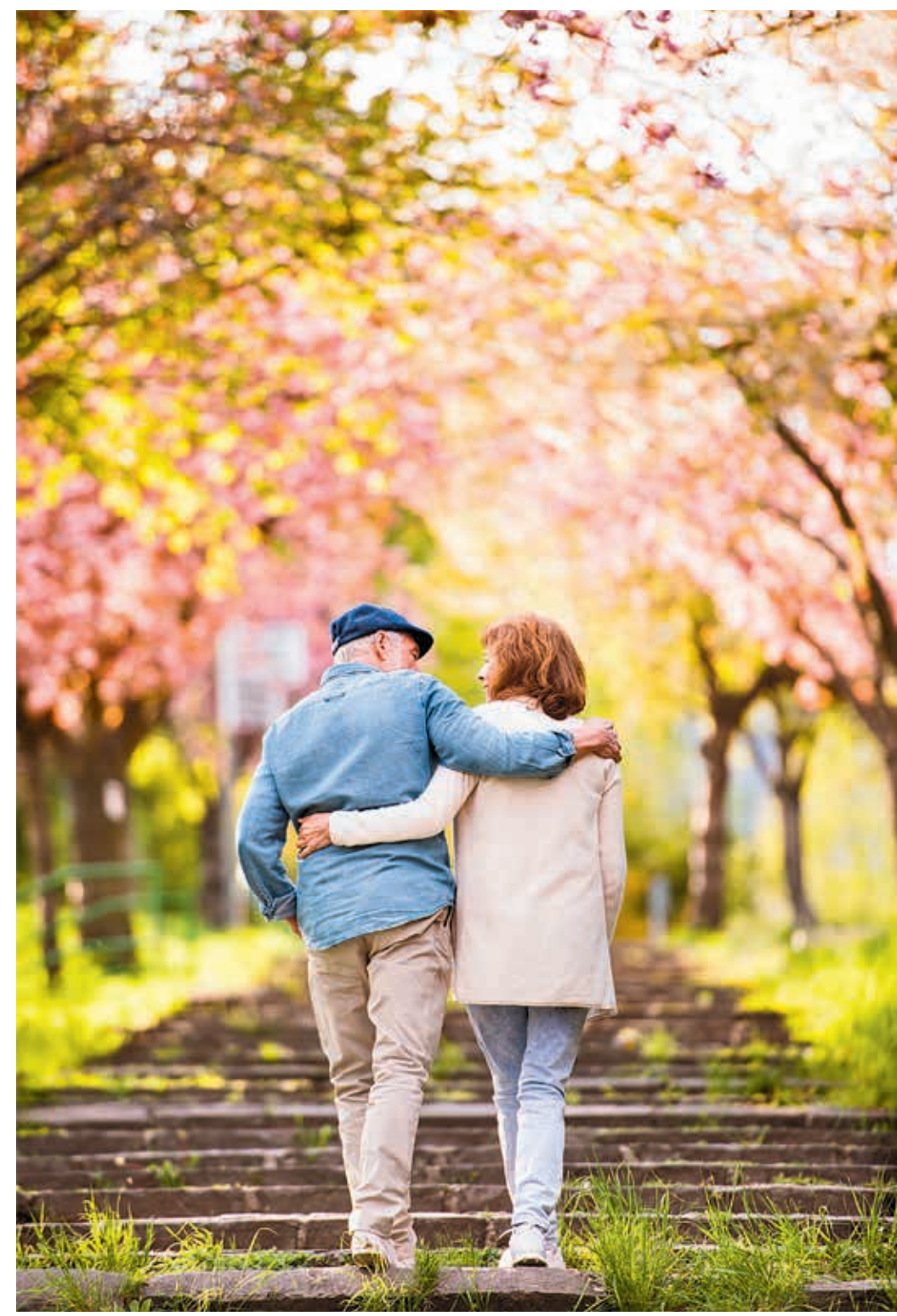
We aren't bound by our past. No matter how many times we have been mistaken, in this moment we can choose again. If you have become cynical about love, know that only mistaken beliefs are in your way, and committed relationships that promote the flourishing of both partners are possible.

If you have a fixed mindset about relationships, you can keep blundering ahead. Or, you can be open to another way. Rather than mentally demand others always behave according to your expectations, you can increase your capacity to love. This other way is simply written and easily said, but mastery of the other way is the journey of a lifetime.

Hugh Prather and Gayle Prather in their book “Notes to Each Other” ask this question: “Will the time come, when we won't have to work so hard on our relationship?” They responded, “No, the time will come when there will be no lapse in our efforts. The time will come when it will be unthinkable for us to take a break from kindness.”

Today, where on your list of priorities have you placed increasing your capacity to love? What excuses do you have for allowing your efforts to lapse? Your answers will determine the quality of your relationship.

Barry Brownstein is a professor emeritus of economics and leadership at the University of Baltimore. He is the author of “The Inner-Work of Leadership.” To receive his essays, subscribe to Mindset Shifts at BarryBrownstein.com. This article was originally published on the Foundation for Economic Education.



ROZCOCHKA/SHUTTERSTOCK



Feeling energized for your job often comes from a decision that the job helps fulfill your purpose for working—and that doesn't always mean money.

Why Employees Become Motivated to Stay or Leave

An employee's motivation to manage their career has more to do with them than what businesses do for them

JEFF GARTON

Businesses hope that by investing to make employees satisfied, this will motivate them to stay in their jobs and remain productive. It's feared that dissatisfied employees will become motivated to leave prematurely. Yet not all employees leave when faced with the same dissatisfactions and they still may leave after being made satisfied.

For example, Susanne and Brad were once coworkers who shared the same opinions of their department. Both were satisfied with their wages and benefits but dissatisfied with their boss and lack of advancement opportunities. Despite their shared opinions, Susanne felt motivated to stay while Brad eventually quit.

They each responded differently to the same stimulus. So there's got to be more to their motivation than meets the eye. To help you understand why this occurs, let's review the five common signs that your dissatisfactions are starting to wear on you.

- It's hard to get out of bed and you're arriving later to work each morning.
- It's become increasingly difficult to tolerate some of the people you work with.
- You care less about matters that were once important to you—you've lost interest.
- You feel you're not being sufficiently recognized for your efforts.

Career contentment was created when Susanne thought her job was meaningful to the fulfillment of her authentic purposes for working.

- Your contributions are no longer perceived as important.

While these indicators of dissatisfaction are unpleasant to experience, they're not the source of an employee's motivation to quit. They're actually the symptoms of an employee problem that is fueling their motivation to quit.

For clues to what that employee problem is, read each of those bullet points again but this time, rephrase them as questions and respond (e.g., why has it become harder to get out of bed, why has it become difficult to tolerate others, etc.).

Since Brad was motivated to leave, his responses to those questions are likely to create more of the same symptoms related to the same problem. They might sound like this:

- I don't get out of bed because my job sucks.
- I can no longer tolerate my coworkers because they really are jerks.
- I've lost interest because my work is boring me to death.
- I'm not recognized because no one cares how hard I work.
- My contributions aren't perceived as important because they're not.

But since Susanne was motivated to stay, her responses to these same questions are less likely to create more of the same symp-

oms. They might sound like this:

- I don't get out of bed because I need more rest and should take a vacation.
- I haven't made an effort to get to know my coworkers.
- I haven't lost interest so much as I've allowed my thoughts to become distracted.
- I'm recognized as much as anyone else so I shouldn't complain.
- Perhaps if I did a better job, my contributions would be perceived as important.

Do you see Brad's problem that led to his motivation to quit? He was allowing himself to think negatively about his work experiences. Susanne avoided that problem by choosing to think non-negatively about the same experiences. This enabled her to self-motivate the decision to stay and cope with her dissatisfactions.

It's a psychological fact that people are self-motivated by emotions that were created by their thoughts. This helps us understand how employees can be motivated to behave differently in response to the same stimulus. An employee's motivation to manage their career isn't the quality of their work conditions per se, but what they choose to think about those conditions.

This raises another important question. What were these two employees thinking about their work that motivated one to think negatively and the other to think non-negatively? They each had different motives.

More than likely, Susanne was thinking there was something about her job that was worth fighting for. This thought created an emotion that motivated her decision to think non-negatively so to keep the job she wanted. Brad must have thought that his job wasn't worth fighting for. This created the opposite emotion that motivated his decision to leave a job he no longer wanted.

Now we come to the final question. Which emotion and its opposite were responsible for motivating Susanne and Brad's different career choices?

One of the most powerful but overlooked emotions that employees rely on to manage their careers is contentment and its opposite, discontentment. For example:

Career contentment was created when Susanne thought her job was meaningful to the fulfillment of her authentic purposes for working, which may have been to support her family, or develop certain skills and experience. This emotion supplied her motivation to stay in the job she wanted and cope with the dissatisfactions. Susanne had career contentment without job satisfaction.

Career discontentment was created when Brad thought his job was unrelated to his purposes for working or his purposes had evolved. This emotion supplied his motivation to leave in pursuit of his purposes despite efforts to keep him satisfied. Brad had career discontentment and it didn't matter to him if he was being made satisfied or not.

These bullet points illustrate how an employee's thoughts can motivate how they manage their career, without regard to whether businesses make them satisfied or not.

Jeff Garton is a Milwaukee-based author, certified career coach, and former HR executive and training provider. He holds a master's degree in organizational communication and public personnel administration. He is the originator of the concept and instruction of career contentment.

The Emotion to Watch Out for on Your Path to Self-Improvement

It can be very easy to start developing contempt for the people you're passing

JAMES WALPOLE

There's a downside to self-development some of us are prone to: It can be very easy to start developing contempt for the people you're passing in those areas you are focusing on.

People who don't go to the gym start to look like slob. We can start to judge people who watch

TV instead of doing creative work, or look down on people who spend more money than they make.

You Have Only Begun

You may notice this contempt just as you are beginning to improve. If so, you have already forgotten that hardly a moment ago you were in the shoes of the people you find contemptible now.

Perhaps you also didn't use to know a barbell from a bellhop. Or you too used to watch TV for much of your waking (non-work) hours. You may have also run up a credit card balance last year that is still being paid off.

Your contempt isn't just a cause of memory loss—it is a pernicious lie that many of us tell ourselves to gain a feeling of superiority. We were just recently the same

way these people are now, but we didn't lock ourselves in a category of shame or judgment then, so why are we doing it to them now? One reason is how much easier it is to understand our own circumstances compared to how well we can understand others. Instead, we compare ourselves in those areas where we think we are doing better and perhaps overlook others.

We may still have many elements about ourselves that fail to meet our own highest standard, and it is likely we will judge ourselves less harshly for that than we would others. Maybe we haven't begun to go to the gym really consistently yet. Maybe we still wake up at 8:30 (or later) sometimes. Or are still late for things.

Pick Up Your Weight

When you dwell on your contempt for others, you're just shifting your responsibility. Instead of dealing with the root of your own self-loathing, you project your self-loathing onto others. Instead of being humble and grateful for that small self-improvement that has been achieved, our competitive heart can cause us to immediately use it as a weapon. Instead of facing our own weakness, this heart can cause us to seek out weakness in others.

For some of us, feelings of contempt are inevitable. Maybe they're part of the path of overcoming our own insecurities and faults and failures. But it's not in-



Instead of dealing with the root of your own self-loathing, you project your self-loathing onto others.

evitable that we should indulge in contempt.

If you are on the path of self-improvement, contempt will bring you low.

Watch for it, notice it, remember its toxicity, and move past it. If you keep your eyes ahead (and remember where you started from), you won't have much mental space for it.

James Walpole is a writer, startup marketer, intellectual explorer, and perpetual apprentice. He is an alumnus of Praxis and an FEE's Eugene S. Thorpe Fellow. He writes regularly at jameswalpole.com. This article was originally published on FEE.org

This Story Might Cause Alarm—or Apathy

California's Proposition 65 warnings inspire fear, apathy, and confusion

ANNA ALMENDRALA

For more than a decade, Raymond Ho has answered calls for California's poison emergency hotline.

One that sticks out came from a panicked mom who feared that she and her child had just eaten a chemical that would give them cancer.

Was it arsenic? Mercury? Asbestos? Hardly. It was "a very common seaweed snack," said Ho, director of the California Poison Control System's San Francisco division.

The package had a warning in small print that the mother spotted just after snack time. It said the product could expose them to heavy metals known to cause cancer.

Welcome to the world of Proposition 65 warnings, which inspire terror, apathy, or confusion among Californians.

Under Proposition 65, California has designated more than 900 substances as toxic, ranging from the seemingly benign aloe vera to the deadly chemical benzene. An unknowable number of products, grocery stores, medical offices, apartment buildings, and parking garages that may expose consumers to specific amounts of the substances must post warnings that they are "known to the state of California to cause cancer, birth defects or other reproductive harm."

Now the state's expert panel plans to weigh whether to add acetaminophen, an active ingredient in over-the-counter drugs like Tylenol, Midol and DayQuil, to the list.

The discussion about including the most commonly used drug in the United States has once again raised questions about the value of Proposition 65 warnings to consumers. Environmental advocates say the law has compelled companies to quietly make their products and emissions less toxic. But some economists who are critical of government regulation argue the law has gone too far, plastering the state with warnings so ubiquitous that they've become meaningless to most consumers.

"California overreaches on their warnings," said Roslyn Chaplin. She was shopping in the snack aisle of a Los Angeles Whole Foods store recently, examining a package of certified organic seaweed with a Proposition 65 warning on it. "I tend to ignore them because there's not much I can do about it."

California's Safe Drinking Water and Toxic Enforcement Act of 1986, adopted via Proposition 65, requires businesses with 10 or more employees to warn consumers if using their products may expose them to specific levels of state-identified toxic chemicals.

In addition to food labels, Proposition 65 warnings are posted in buildings where companies or landlords believe employees or residents may be exposed to things like lead and asbestos in construction materials, or car exhaust, or pesticides. Some managers and landlords post signs to prevent lawsuits, without verifying chemical exposure.

These warnings attracted nationwide ridicule last year when a judge ruled that cafes needed to warn customers about a chemical in coffee called acrylamide, which occurs naturally during the roasting process. Three months later, the state office that implements Proposition 65 proposed a new regulation that would exempt coffee. It went into effect in October.

No other states have laws that match the sweep of Proposition 65, especially relating to carcinogens, said Doug Farquhar, a spokesman for the National Conference of State Legislatures. Other states require warning labels in limited circumstances, such as Connecticut's law mandating warnings for products that can expose children to lead.

California's toxics list already includes several common drugs, including certain prescription antibiotics and birth control pills. But Proposition 65 warnings appear only on over-the-counter medicines.

Acetaminophen, a compound that reduces fever and relieves pain, is an active ingredient in more than 600



ALL PHOTOS BY SHUTTERSTOCK

Some economists who are critical of government regulation argue the law has gone too far, plastering the state with warnings so ubiquitous that they've become meaningless to most consumers.



The sweeping scope of California's Proposition 65 warnings can sometimes undermine their intent.

over-the-counter and prescription drugs, said Barbara Kochanowski, a senior vice president at the Consumer Healthcare Products Association, a trade group for the over-the-counter drug industry. Acetaminophen has been available over the counter since 1955, though research still uncovers new complications from the drug.

The Carcinogen Identification Committee, an independent panel that advises the state Office of Environmental Health Hazard Assessment, was scheduled to hold a public hearing on Dec. 5 to determine whether evidence shows acetaminophen causes cancer. Instead, it will consider the question in the spring, Sam Delson, spokesman for the state health hazard office, said Nov. 21.

The postponement will "provide more time and opportunities for public comment and review by the panel members," he said.

If the panel ultimately decides to add acetaminophen to the list, companies will have 12 months to reformulate their products or use warning labels if exposure poses a health risk.

The possibility of listing acetaminophen has generated a flurry of opposition letters from the pharmaceutical industry, patient advocates, and medical groups, as well as the U.S. Food and Drug Administration (FDA). Almost all warn that labeling these common medicines could push patients toward riskier painkillers like opioids.

Listing the drug "could prevent consumers from treating their aches and pains," or it could lead them to try "something stronger and unnecessary," said state Assemblyman Jim Wood (D-Healdsburg) via email. Wood co-signed an opposition letter with two other legislators.

Dr. Janet Woodcock, director of the FDA's Center for Drug Evaluation and Research, wrote that evidence doesn't support a link between acetaminophen and cancer. Therefore, a Proposition 65 warning "would misbrand these products" and be preempted by federal law.

But the state panel doesn't need to take potential conflicts with the FDA into account, Delson said. If acetaminophen ends up on the toxics list, the office may issue a separate regulation to address the labeling.

Proposition 65's achievements are likely unknown to most consumers because companies want it that way, Delson said.

"Most companies won't put out a press release saying, 'Gee, our product was dangerous, and now it's not so dangerous,'" Delson said. "They'll just quietly remove [the chemical] so they don't have to provide a warning."

Clifford Rechtschaffen cites the far-reaching removal of lead, an element for which there is no safe level,

from products, workplaces, and the air. Rechtschaffen, a commissioner on the California Public Utilities Commission, used to work on Proposition 65 litigation as a deputy attorney general.

And despite occasional panicked phone calls to the poison control hotline, Ho thinks Proposition 65 has been a net benefit for consumers.

"I want to know what this product has so I can make an informed decision to decide whether I want to eat it," he said.

But critics of the law say requiring so many warning labels has bred apathy about disease risk, without influencing consumer purchasing habits or decreasing cancer rates.

Michael Marlow, an economics professor at Cal Poly-San Luis Obispo, said there's no evidence that three decades of Proposition 65 have lowered cancer incidence or raised health literacy. (Marlow has accepted grants from the American Beverage Association and the American Chemistry Council in the past.)

But the law has lined the pockets of lawyers who have made a sport out of suing companies and landlords to enforce the law, Marlow said. From 2000 to 2018, companies had agreed to pay \$368 million in Proposition 65 settlements—68 percent of which went to attorney fees and costs.

On a recent visit to the Whole Foods on Third Street at Fairfax in Los Angeles, Robert Golden said he hasn't noticed the warning labels on food, but has seen them in apartment lobbies and museums. They have put him "on alert" and he appreciates them, he said. "They don't put those things out there unless they've got some, I would say, documented proof that there's been a problem in the past," said Golden.

But other shoppers simply ignore them.

Dennis Svatunek, a chemist from Austria who has lived in California for 14 months, said he noticed warnings on some plants he bought but doesn't put much stock in the Proposition 65 signs. "It's basically everywhere," he said. "Therefore, it kind of means nothing."

Anna Almendrala is a correspondent who covers the business of health care and health care policy. This article was originally published on Kaiser Health News.



These warnings attracted nationwide ridicule last year when a judge ruled that cafes needed to warn customers about a chemical in coffee called acrylamide, which occurs naturally during the roasting process.

The Consequences of Slouching

From a Posture Expert

How to correct your posture for better health

CONAN MILNER

Today we enjoy comforts unknown to our ancestors, yet the modern world can still be hard on the body. We now spend more time sitting—and slouching—than ever before, and researchers say this luxury comes at a price.

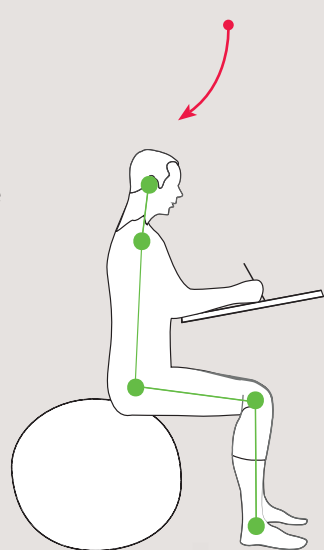
"We live in a sitting-centric society and the health risk is huge," said Dr. Steven Weiniger, a posture expert, appointed delegate to the White House Conference on Aging and author of "Stand Taller Live Longer: An Anti-Aging Strategy." Sitting feeds into slouching and being sedentary with poor posture can erode the body's architecture, says Weiniger. The human body functions best when the major structural elements—head, torso, and pelvis—are in alignment, with one neatly stacked on top of the other.

When we spend so much of our lives in a seated position, we begin to take on a hunched-over shape. Over time, the muscles that are supposed to hold us upright become weak and lose the ability to provide support as they were designed to. All those hours we spend in a car, behind a desk, or in front of the television gradually take a toll.

The Epoch Times talked to Weiniger about the impact posture has on our health, how our lifestyle can affect our body's structure, and how we can correct poor posture.

THE EPOCH TIMES: Why is posture important?
DR. STEVEN WEINIGER: The physical structure of our body is just as important as the chemical structure of our body, but we don't appreciate that subtle asymmetries can compound into greater issues over time. It's mechanical. If you take the body and fold it—with your head forward of your torso, and your torso forward of your pelvis (a common position for sitting or texting)—you can't breathe as well. There is more pressure on your visceral organs, and they aren't functioning as well as they should.

Sitting on the front third of a ball can help you to line up your head, neck, and torso.



Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

Correct posture alignment.

You can see this immediately by performing a quick exercise. In the position you're in right now, take a deep breath and notice how much air you're getting. Now, try to sit up or stand up taller. Lift your head tall, shrug your shoulders up, make your chest broad, then pull your shoulders back and down. Now take a deep breath.

You will notice you are able to take in more air because your chest cavity could expand more. Breathing is good for your health. Not only does it help you take in oxygen, but your lungs also help your body pump out toxins. They are your largest excretory organs. The muscles you used when you took that deep breath are muscles you are not using when your body is hunched forward. Over time, you'll find you'll return to the slouched position and go back to not breathing well.

You can really feel this when you're exercising. If your posture is folded, you're not going to be getting in enough air, and you're not going to exercise as effectively to make those muscles work, and that includes your heart. It can have a negative effect on cardiovascular health.

THE EPOCH TIMES: What other things affect our posture?
DR. WEINIGER: Everything you do affects your posture. If you're sleeping in a bed that is not supporting you with symmetry, it's the same thing as sitting in a chair that tilts to one side all day long at work. If you sleep on your stomach with your head turned to the right, your posture is subtly going to shift in that direction. It's not dramatic, but it will be over time.

There's an epidemic I'm seeing now that's not being recognized: Kids are becoming more hunched over than their parents. The reason is that these kids are spending more time than any previous generation hunched over their cellphones and devices.

Part of the problem is that when they're texting they're looking down, but what makes it worse is what they do with their hands. In

order to type accurately, you can't be wobbling around, so to keep this from happening you lock everything higher up the chain—your wrists, elbows, spine, and torso. You're training your body to be locked into this position for big chunks of the day.

THE EPOCH TIMES: Now that you're talking about it, I'm sitting up straighter. But I'm sure that later today I'll return to my familiar slouch. What can we do to get this to stick?

DR. WEINIGER: Awareness is the first step. We suggest people get a baseline awareness of what their posture actually looks like. We take a picture of a patient standing up straight and tall against a grid background so we can precisely measure the position of their head, torso, and pelvis and see the deviation. Then we track it by taking the same picture every year. Over time things can get better or worse depending upon what you do. If you start doing something different—taking control of your life and your body—then your posture improves. So the second thing we teach is control.

For control, we teach our own postural exercises, but there are many different types of postural exercises—things like yoga, Pilates, and Tai Chi. These are exercises that use intentional focus. They are not the same as gym exercises, which don't always focus with precision on different parts of your body.

Postural exercises strengthen balance, alignment, and motion so that people become more aware of their posture. It's not five minutes today and you're done. It's about developing a habit. We suggest people do these exercises on a daily basis.

The third thing we teach is building an intelligent posture environment. It's about tailoring your physical environment to your body. If you're sitting, have a good chair. Or even better, have a desk that goes up and down so that you're not sitting all the time.

THE EPOCH TIMES: Tell me about the exercises you recommend for good posture.

DR. WEINIGER: When we teach strong postural exercises, we call it BAM 321.

1. Three times a day, check in with your balance with real intention and focus on your posture. To demonstrate your strength of balance, stand up straight, and lift your left leg so that your

There's an epidemic I'm seeing now that's not being recognized: Kids are becoming more hunched over than their parents.

thigh is parallel to the ground. Keep on standing tall and hold that for about 15 seconds, then slowly put it down. Do the same thing on the right side. As you hold this position, be aware of what standing tall feels like. You probably have to shift things to keep your balance. Most people feel that both sides don't feel quite the same. One side usually has better balance. Depending upon how asymmetric your posture is, you're going to see a greater perception of what you need to do to balance.

2. Two times a day, check your alignment. Press the back of your pelvis, torso, and head against a wall so they're all on one level. Many people can't put the back of their head against a wall without putting their chin up. You want to push the back of your head against the wall without looking up, but if there's tightness in your neck at a point when you try to do this, that's the limit. Don't push past that. It's something you have to progress toward.

3. Once a day, check your motion. Sit on an exercise ball to move your body in three dimensions using your core and

find weak links in the chain by observing how smoothly you're moving. The goal is moving with control.

When you learn how to balance toward symmetry, align your body objectively using a wall, and practice motion using the exercise ball, it teaches you the asymmetries of how your body is standing and moving.

THE EPOCH TIMES: What is the function of the exercise ball in your posture exercises? And what do you think of the trend of using a ball as an office chair?

DR. WEINIGER: The cool thing about a ball is that it moves in three dimensions. The whole idea is getting it to roll.

When you're sitting on a ball with symmetry, you can balance. If you sit on it with asymmetry, you're going to fall off, and your body will react to keep your balance and stabilize. It forces you to use muscles subtly and gets your body to perceive where its imbalance is and correct it.

The problem with these balls is sometimes they're too small. When you're sitting on a ball you want your hips to be above your knees. If your hips are below your knees, then the hip flexor muscles are going to be in a shortened position. People are already folded when they're sitting, but you don't want to fold it past 90 degrees. People also often incorrectly sit directly on top of the ball, but you should be seated on the front third of it.

The problem with a ball, as with a chair, is getting your knees to fit under the desk. If you can get a desk that's high enough, a ball is great.

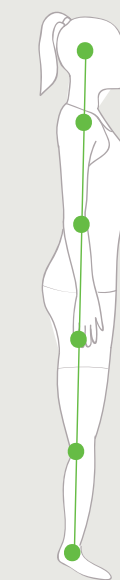
Answers have been edited for clarity and brevity.

Postural exercises strengthen balance, alignment, and motion so that people become more aware of their posture.

Dr. Steven Weiniger



INCORRECT POSTURE



CORRECT POSTURE

Blue Light Isn't the Main Source of Eye Fatigue and Sleep Loss—It's Your Computer

PHILLIP YUHAS

Blue light has gotten a bad rap, getting blamed for loss of sleep and eye damage. Personal electronic devices emit more blue light than any other color. Blue light has a short wavelength, which means that it is high-energy and can damage the delicate tissues of the eye. It can also pass through the eye to the retina, the collection of neurons that converts light into the signals

that are the foundation of sight.

Laboratory studies have shown that prolonged exposure to high-intensity blue light damages retinal cells in mice. But, epidemiological studies on real people tell a different story.

As an assistant professor at The Ohio State University College of Optometry, I teach and conduct vision research, including work with retinal eye cells. I also see patients in the college's teaching clinics. Of

ten, my patients want to know how they can keep their eyes healthy despite looking at a computer screen all day. They often ask about "blue-blocking" spectacle lenses that they see advertised on the internet.

But when it comes to protecting your vision and keeping your eyes healthy, blue light isn't your biggest concern.

Built-In Protection
One way to think about blue light

and potential retinal damage is to consider the sun. Sunlight is mostly blue light. On a sunny afternoon, it's nearly 100,000 times brighter than your computer screen. Yet, few human studies have found any link between sunlight exposure and the development of age-related macular degeneration, a retinal disease that leads to loss of central vision.

If being outside on a sunny afternoon likely doesn't damage the

human retina, then neither can your dim-by-comparison tablet. A theoretical study recently reached the same conclusion.

So, why the disconnect between blue light's effects on rodent eyes and human eyes?

Human eyes are different than rodent eyes. We have protective elements, such as macular pigments and the natural blue-blocking ability of the crystalline lens. These structures absorb blue light before it reaches the delicate retina.

That doesn't mean you should throw away those sunglasses; they provide benefits beyond protecting your eyes from the sun's blue light. For example, wearing sunglasses slows down the development of cataracts, which cloud vision.

Feeling the Blues
Just because blue light isn't harming your retina doesn't mean your electronic devices are harmless, or that blue light doesn't affect your eyes. Because of its wavelength,

blue light does disrupt healthy sleep physiology. Blue-light-sensitive cells, known as intrinsically photosensitive retinal ganglion cells, or ipRGCs, play a key role here because they tell the brain's master clock how light it is in the environment. That means, when you look at a brightly lit screen, these cells help set your internal clock for daytime-level alertness.

First, the truth is that any bright light too close to bedtime interferes with sleep.

Mounting evidence suggests that, compared to reading a paperback, screen time before bed increases the time it takes to fall asleep. It also robs you of restorative rapid-eye-movement sleep, dulls focus, and diminishes brain activity the next day. Holding your phone close to your eyes with the lights on likely exacerbates the problem.

Second, the products that my patients ask about don't block out much blue light. The leading blue-

blocking anti-reflective coating, for example, blocks only about 15 percent of the blue light that screens emit.

Does Blocking the Blue Make Sense?
You could get the same reduction just by holding your phone another inch from your face. Try it now and see if you notice a difference. No? Then it shouldn't surprise you that a recent meta-analysis concluded that blue-blocking lenses and coatings have no significant effect on sleep quality, comfort at the computer, or retinal health.

What Really Works
There are ways to make your screen viewing more comfortable and more conducive to sleep.

First, turn off your electronic devices before bed. The American Academy of Pediatrics recommends that bedrooms be "screen-free" zones for children, but we should all heed this advice. Outside of the bedroom, when you do look at your screens, lower the brightness.

Second, the products that my patients ask about don't block out much blue light. The leading blue-

blocking anti-reflective coating, for example, blocks only about 15 percent of the blue light that screens emit.

You could get the same reduction just by holding your phone another inch from your face. Try it now and see if you notice a difference. No? Then it shouldn't surprise you that a recent meta-analysis concluded that blue-blocking lenses and coatings have no significant effect on sleep quality, comfort at the computer, or retinal health.

What Really Works
There are ways to make your screen viewing more comfortable and more conducive to sleep.

First, turn off your electronic devices before bed. The American Academy of Pediatrics recommends that bedrooms be "screen-free" zones for children, but we should all heed this advice. Outside of the bedroom, when you do look at your screens, lower the brightness.

As for eye strain, ensure that you have the appropriate glasses or contact lens prescription. Only an optometrist or ophthalmologist can give you this information.

You also need to take care of the surface of your eyes. We don't just look at our computer screens, we stare at them. In fact, our blink rate plummets from about 12 blinks a minute to six. As a result, tears evaporate off the eyes, and they don't accumulate again until we step away from the screen and start blinking. This causes inflammation on the eye's surface. That's why your eyes feel dry and tired after a day spent at the computer. I counsel my patients to take two steps to ensure that their eyes stay moist during long computer sessions.

First, follow the "20-20-20" rule. The American Optometric Association defines this rule as taking a 20-second break every 20 minutes to look at something 20 feet in the distance. This will allow your eyes to blink and relax. There are many

apps available to help remind you to follow this rule. Second, use a lubricating eye drop before extended computer use. This tactic will reinforce the body's natural tears and keep the eye's surface hydrated. But, avoid those "get-the-red-out" drops. They contain drugs that cause long-term redness and preservatives that may damage the outer layers of the eye. I have found that artificial tears labeled "preservative-free" often work best.

Based on my research, my advice is don't believe the hype about blue light and don't waste your money on products you don't need. Instead, keep screens out of your bedroom and dim them before bedtime and keep your eyes lubricated. And don't forget to blink!

Phillip Yuhas is an assistant professor of optometry at Ohio State University. This article was originally published on *The Conversation*.

Phillip Yuhas is an assistant professor of optometry at Ohio State University. This article was originally published on *The Conversation*.

MADE TO MOVE

Rethink Your Exercise Priorities

If weight loss is your only goal for exercise, you need to think again

EVELYN PARR

As an aesthetic society, we often demonize body fat and stigmatize people with lots of it. There's often an assumption that people carrying excess weight don't exercise and must be unhealthy.

But that's not true: you can be fat and fit. In fact, as we age, low levels of fitness can be more harmful to our health than high amounts of fat.

For those considering starting exercise, try looking beyond weight loss for motivation. No matter how much you weigh, there are always benefits to exercise.

Exercise actually does a pretty poor job of getting us to expend enough excess energy to lose weight. This is partly due to a compensatory effect of our appetite, which increases after we exercise.

Exercise changes how much fat we have as a ratio to how much lean muscle tissue we have, but this doesn't always cause big changes on the scales.

Here are five ways exercise improves our health, no matter how much we weigh.

1. Better Cardiorespiratory Fitness

Cardiorespiratory fitness is a measure of how far and hard you can run without needing to stop, or how many stairs you can climb without being out of breath. Running for longer, or climbing more stairs, means you have a higher absolute cardiorespiratory fitness, which cannot be improved with

weight loss alone.

Having a high body mass index (BMI) may reduce the absolute intensity you can exercise but it doesn't mean it is less effective.

You may be able to jog between every third lamppost, for example, but not run consistently for 1 kilometer. While it may seem the periodic jogging is not as impressive, it's all relative to your baseline and any exercise is better than none.

If you're carrying a lot of excess weight, you might prefer non-weight-bearing exercise such as swimming or cycling indoors to minimize stress on your joints, but this will depend on you and what you like doing. After all, you're more likely to continue exercising if you enjoy it.

If you're thinking "but I hate running/swimming/cycling/dancing and I'd rather lift weights," then lift weights! Although lifting weights doesn't have the same effects as cardio training, the benefits are still as important for mobility, joint function, and maintaining muscle mass as we age.

2. Lowered Risk of Heart Disease and Stroke

Exercise reduces the risk of heart disease and stroke, even in those with a chronic disease such as diabetes, irrespective of body fatness.

Regular exercise helps lower blood pressure, improves delivery of blood throughout the body, and reduces inflammation, even in those with a high body mass index.

3. Reducing the 'Bad' Fat

Exercise improves our body's ability to use energy. We store large amounts of energy as fat, which is quite hard to break down, as it costs a lot of oxygen compared to "cheaper" fuels for the body to use like glucose.

But when we exercise regularly, we increase our body's ability to use fat as a fuel source as well as requiring more energy at rest.

This doesn't necessarily mean more exercise equals more fat loss, but it does mean more fat turnover and typically less fat stored in and around the organs (the "bad" visceral fat).

4. Mental Health Benefits

Research has consistently shown that people who exercise (regardless of body size and shape) have better mental health and lower levels of stress, depression, and emotional problems.

It does this via blood flow to the brain, increased release of endorphins that make us feel happy, and by helping to moderate the brain's response to stress.

Often, the hardest part is getting started with exercise or going to perform the exercise, but

once you are moving, the mental health benefits begin.

5. Preventing Weight Gain

While exercise may not help us lose a lot of weight on the scales, it's a good way to keep weight off and prevent weight regain.

Regular exercise continues to encourage the body to use stored fuels and remodel tissues (such as muscle) to grow healthier and stronger.

But preventing weight regain is tough. People who have lost weight may need greater amounts of exercise to counteract the physiological drive to return to the heavier body weight.

If you need some extra help getting started or finding a routine that suits you, talk to your general practitioner or consider seeing an accredited exercise physiologist.



Evelyn Parr is a research fellow in exercise metabolism and nutrition at the Mary MacKillop Institute for Health Research at the Australian Catholic University. This article was originally published by The Conversation.

What Our Readers Say:

“It's the only sane newspaper amidst all this insanity.”
STAN K., PASTOR

“It's bringing morality back to newspapers.”
LISSA T., BUSINESS OWNER

“It's the only paper that I know of right now that actually gives you the honest, old fashioned journalism.”
DRUE L., BUSINESS OWNER

“You're presenting the facts and letting the reader decide.”
TERRI B., BUSINESS OWNER

“Everything I read in it is fair and balanced, compared to other newspapers.”
JUNE V., RETIRED BANKER



Subscribe to **The Epoch Times**

Please visit: **ReadEpoch.com**

THE EPOCH TIMES
TRUTH AND TRADITION

Amazing Oranges!



WOW! Handpicked fresh from the grove!

4 unique varieties. 20 delicious oranges!

Handpicked and hand packed, our fresh, juicy oranges are delivered to your door fresh off the tree! Twenty plump, delicious oranges in 4 favorite varieties.

- 5 Navel Oranges Juicy, sweet and seedless, they're everyone's favorite!
- 5 Petite Red Navels Spicy sweet flavor with a bright red flesh.
- 5 Tangerines Rich Honey-Sweet flavor with easy-to-peel skin.
- 5 Petite Navel Oranges Snack-sized sweet treat.

Call 1-866-778-2763 to order item 487 or Visit HaleGroves.com/A12132

Order Item #487, mention Code HMVH-N130 for your \$18 savings.

Only \$19.99* (reg. \$37.99), plus \$5.99 shipping & handling. Satisfaction completely guaranteed. This gift ships in December at the peak of freshness. Order by Dec. 17, 2019 for GUARANTEED Christmas delivery.



IC: HMVH-N130

Call now and **SAVE 47%!**

*Plus \$5.99 handling to the 48 contiguous states. Limited time offer, good while supplies last. Not valid with any other offer. Limit 5 boxes per customer.