

WEEK 24, 2020

THE EPOCH TIMES

# MIND & BODY

## Lessons to Remember When Lockdown Ends

Let's not forget what we lost and what we learned from going through a pandemic **6**

9

Amazing Foods for Healthy Teeth

PAGE 15



# 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.”

DRUEL, 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

**THE EPOCH TIMES**

TRUTH and TRADITION

**A NEWSPAPER THE FOUNDING FATHERS WOULD READ**

**SUBSCRIBE TODAY**

**ReadEpoch.com**

## CHINESE WISDOM FOR SEASONAL LIVING

# It’s Time to Avoid Viral Infections, Flu, and Allergies

Exploring Solar Terms: ‘Seeding Millet’

MOREEN LIAO

A solar term is a period of about two weeks and is based on the sun’s position in the zodiac. Solar terms form the traditional Chinese calendar system. The calendar follows the ancient Chinese belief that living in accordance with nature will enable one to live a harmonious life. This article series explores each of the year’s 24 solar terms, offering guidance on how to best navigate the season.

**Characteristics and Meaning** “Seeding Millet” (June 5–20) is the time when farmers harvest early grain crops and plant new seeds for those crops that need to be in before the weather reaches its peak of heat and humidity.

Too much dry weather during this time forebodes that drought in the coming months could challenge summer crops.

With the change in season, spring blooms start to wither. A traditional ceremony used to be held to bid farewell to the flower gods as they journeyed back to heaven, and to express wishes that they return again next year.

**Shower with lukewarm water, rather than hot, to promote blood circulation and thus reduce heat in the body.**

It was said that the birthdays of the writer of the famous Chinese novel “Dream of the Red Chamber,” as well as the main male character in the book, Jia Baoyu, are both during Seeding Millet.

The key female character, Lin Daiyu, buried dead flowers on the day of Seeding Millet, and wrote a famous poem titled “Burying Flowers” on this day. For Daiyu, the burial was symbolic of sending off a beautiful spring and this beautiful time in life.

As for those plants that haven’t yet bloomed, most likely they won’t produce much fruit this year.

### Impact on People

It’s believed by ancient Chinese people that Seeding Millet is the peak time for viruses, infections, or inflammation. That’s probably because of the high amount of rain and relatively high temperature at this time of year. It promotes the growth of the bacteria both inside and outside our bodies.

For this reason, it’s best not to eat the types of foods that trigger allergies or weaken our immune system at this time.

There is good news, though, for those who are allergic to pollen. The end of the flowering season comes during

Seeding Millet and means relief.

### Wellness Tips

1. Get up early to take advantage of the cooler morning hours and align yourself with the rising sun. Then, consider lying down at midday for a short nap. An afternoon nap can be very beneficial for the body.
2. Go swimming. It’s the perfect exercise for this time of the year as it moves the body gently and helps with fluid circulation.
3. Shower with lukewarm water, rather than hot, to promote blood circulation and thus reduce heat in the body.
4. Bathe your feet in warm water, which can help to relax and assist those who are not able to fall asleep on hot nights.
5. Embrace the heat, but wipe away the sweat and keep your skin dry. For those who suffer from coldness in the winter, this is an ideal time to push out the hidden problems from the inside to the outside, and from our hearts as well. The increasing heat helps to draw out the remaining coldness inside our bodies. This is very important for those who often suffer from flu or cold, as the remaining coldness often resides in places in our body where viruses tend to attack, or the healthful energy can not penetrate.
6. For those who suffer from an upset stomach, try massaging four inches from the top of the belly button. This helps to relieve tension on the digestive system.
7. Use essential oils of wormwood, lavender, eucalyptus, lemongrass, and citronella to repel insects and minimize the impact of bacteria.

### Foods to Eat

Drink plenty of fluids, eat plenty of fresh vegetables, and avoid greasy food. This will balance the body and help it to adjust to the coming heat.

Enjoy plenty of endive, arugula, celery, chard, cucumber, eggplant, green beans, kale, spinach, zucchini, mushrooms, seafood, and watermelon.

To replenish fluids and quench your thirst, drink green tea, honeysuckle flower tea, hawthorn berry juice, and plum juice.

Artichoke, broccoli, celery, tomato, water chestnut, yam, and all bitter vegetables are good to eat, to bring balance.

*Epoch Times contributor Moreen Liao is a descendant of four generations of traditional Chinese medicine doctors.*

*She is also a certified aromatherapist, former dean of the New Directions Institute of Natural Therapies in Sydney, Australia, and the founder of Ausganica, a certified organic cosmetic brand. Visit LiaoMoreen.com*



HALFPOINT/SHUTTERSTOCK  
Get up early to take advantage of the cooler morning hours and align yourself with the rising sun.



MELISSA ASKEW/UNSPASH  
Vitamin D regulates the immune system by reducing levels of certain inflammatory cytokines and reduces the risk of certain cancers as well as cardiovascular disease.

# Why are We So Vitamin D Deficient?

A statistical error has reduced our daily required dose of the ‘sunshine vitamin’ to our own detriment

WILLIAM F. SUPPLE JR.

There are many benefits of vitamin D and many risks that come with vitamin D deficiency but many people don’t have enough of this easy-to-get vitamin.

The “sunshine vitamin” supports the musculoskeletal system by rddszeregulating calcium use for optimal bone strength and density, in addition to enhancing muscle tone. Vitamin D also regulates the immune system by reducing levels of certain inflammatory cytokines and reduces the risk of certain cancers as well as cardiovascular disease.

It is essential we get enough vitamin D,

yet, American’s blood levels of vitamin D don’t measure up according to government data (NHANES). How can this unfortunate situation occur? First, we do not go out in the sun to get adequate amounts of natural, solar-generated vitamin D, and second, the dietary recommendations for vitamin D, specifically intended for those who don’t get vitamin D from sunlight, are wrong.

Consider this: Pale young adult skin exposed to the summer sun will produce 10,000 IU of vitamin D within 15 minutes (Holick, 2008) yet the Institute of Medicine (National Institutes of Health Office of Dietary Supplements) has determined a recommended dietary allowance (RDA) of only 600 IU per day is required. Why are

these values so far apart?

Consistent with how the skin generates vitamin D when exposed to sun, vitamin D researchers at the University of California—San Diego, Creighton University, and elsewhere have shown that 600 IU per day is only about one-tenth the amount needed to support vitamin D levels linked to reducing incidence or risk of diseases related to vitamin D deficiency (Heaney, Garland).

How did the Institute of Medicine get vitamin D dosing so wrong?

The RDA is the intake considered necessary to meet the nutritional needs of 97.5 percent of the population. The measurement the IOM used in their calculations was the blood level of vitamin D derivative (25-hy-

droxy vitamin D) at 20 ng/ml to achieve the 97.5 percent criterion, however, due to a statistical error, the 20 ng/ml value was actually the level to ensure almost the opposite. sd

Investigators from the University of Alberta published a paper in the journal Nutrients in which they showed that the IOM had made this statistical error in defining the intake needed to reach and maintain a vitamin D level of 20 ng/ml. Had the IOM calculated it correctly, the RDA would have been ten times greater in agreement with Heaney and Garland.

Using the same studies on which the IOM had based its calculation, Veuglers & Ekwaru determined 8,895 IU of vitamin D per day would be necessary to achieve 20 ng/ml in 97.5 percent of the population. Again, using the same set of IOM studies, Heaney’s group found that 7,000 IU would bring 97.5 percent of people above 20 ng/ml.

Those who don’t get much or any vitamin D from sun exposure due to indoor lifestyle, time of year, age, sunscreen use, or other factors must supplement to get healthy levels of vitamin D.

Conventional thinking among vitamin D scientists and physicians is that between 3,000 and 5,000 IU per day is appropriate for most healthy adults. While these amounts may seem like a lot, keep in mind that your body ‘uses’ 4,000 IU per day and that the skin can generate 10,000 IU of vitamin D after 10 minutes of full-body summer sun exposure.

Despite what you may have read elsewhere, vitamin D toxicity is very rare. In fact, the vast majority of physicians have never encountered it (ask your doctor about their experience). It can happen to those that take 40,000–50,000 IU a day for months or as a result of rare manufacturing errors, and in such isolated instances the treatment is to simply stop taking the additional vitamin D until blood levels normalize. Interestingly, it is impossible to ‘overdose’ from sun-generated vitamin D as there are checks and balances in place to prevent overproduction. Have you ever seen an unhealthy looking lifeguard?

During these sunnier months, it is important to practice sensible sun exposure to load up your vitamin D stores for winter. If you’re a younger adult under age 40, this means going out into the sun in a bathing suit with skin exposed with no sunscreen for 10–15 minutes. In that time period, your skin will produce enough vitamin D for that day’s needs and the extra will be stored. After that time period, apply your SPF 15 and you’ll reduce vitamin D production by 99 percent. Do this as often as you can. If you’re older, have darker skin, or are obese, you’ll need longer sun exposure to achieve the same goals.

Quiz: Why do cold-blooded animals sun themselves? To get warm, right? Wrong. Lizards injected with vitamin D prior to being placed in the sun don’t sun themselves as long as lizards injected with a placebo. Furthermore, the effect is dose-dependent; the more vitamin D that’s injected into the lizard, the less time it spends in the sun. The lizard is responding to blood levels of vitamin D and regulating sun exposure based on those levels. The lizard is ‘smart’ enough to go into the sun to get its vitamin D. Do you go in the sun?

*William F. Supple Jr., Ph.D., received his doctorate in neuroscience from Dartmouth College in 1986. He is one of the founders of StarPower LifeSciences, a research and educational foundation in South Burlington, VT, that serves to inform regarding the power and benefits of vitamin D in health, disease, and longevity. Learn more about the health benefits of vitamin D at StarPowerLifeSciences.org*

# Help Your Heart by Getting Creative With ‘Vacations’

Take the time to unwind, renew, and explore—even if you can’t get far away from it all

DEVON ANDRE

You may have had to cancel your summer vacation. Perhaps the time you were supposed to be in the Jamaican sun has come and gone and for the first time in years, you’ve experienced winter without a break.

Thanks, COVID-19. The pandemic has halted plans and led to all kinds of additional stressors. Stressors that can harm your heart. And even if you don’t necessarily realize it, those vacations can play a major role in your mental and physical well-being.

Getting away from it all can allow your brain to recharge and your adrenaline and cortisol levels to regulate. Research has also shown that going on annual

holidays can reduce the risk of dying from a heart attack and other cardiovascular diseases.

There is also work to show that vacations can reduce heart-disease markers and metabolic syndrome, including lower cholesterol levels. One study showed that annual vacations could cut the risk of dying from heart disease by up to 30 percent.

There are too many benefits of pleasurable travel to list. And I’m sure at this point you’re thinking of memories past. This year, however, travel might be out of the question. But if you get creative, you may still experience some of its health benefits.

What do you love about vacations? Is it alone time? The adventure? What about the idea of

having zero deadlines? Maybe it renews the warmth in your relationship. Whatever it is, try tapping into that at home.

Schedule a few days a week where you just forget about it all: the financial stress, chores, or anything else you “have” to do. Take your mind, or body, away from your usual environment to release.

Exploring a park or trail nearby, developing a new hobby, or planning a romantic getaway at home can all help relax your nerves and ease the burden on your heart. Schedule some time alone to sit with a book and a drink. Getting out for a walk can also be helpful and refreshing.

If you’re craving some of the unpredictability of a vacation,



JAROMIR CHALABALA/SHUTTERSTOCK  
Exploring a park or trail nearby, developing a new hobby, or planning a romantic getaway at home can all help relax your nerves and ease the burden on your heart.

consider a video conference with friends and dressing up for a holiday, music, or movie-themed party. Slap on your vacation-only hat and step out of your environment without actually going anywhere.

Just because you can’t physically get away, you can still find ways to escape the monotony and transport yourself. It just takes a little creativity, and you can get the benefits of travel at home.

*Devon Andre holds a bachelor’s degree in forensic science from the University of Windsor in Canada and a Juris Doctor degree from the University of Pittsburgh. Andre is a journalist for BelMarraHealth, which first published this article.*

# Can Walking Barefoot Heal Your Heart?

An odd-sounding idea has been linked to surprising results in recent research

NICK POLIZZI

**W**hy do so many people equate relaxation and pleasure with walking barefoot along the beach as the waves roll in? How come my son River's first instinct is to take his shoes off when he sees a field of green grass? Is it kooky human behavior that is simply hard-wired into our genetic makeup, or is there something more to this urge to remove footwear?

## The Shoe-Less Revolution

Historically speaking, it seems like we're right in step with our forebearers. Long before we had cushiony sneakers, our distant ancestors often walked barefoot over rock, rubble, dirt, stick, and stream. Their feet were strong and nimble, able to sense and react to any surface they encountered. More recent native cultures often walk through nature on their naked soles, instead of wearing moccasins or similar footwear. Commonalities like "barefootedness" that we see repeated among ancient groups beg for further investigation, especially in cultures where simple footwear was already an option.

Thankfully, there is good science behind shoelessness and the findings are fascinating.

## Current Research on Grounding

It turns out that the sensation we feel when our feet make contact with moist sand is more than just a feeling. This therapeutic touch of the Earth is laden with remarkable health benefits including reduced inflammation, higher antioxidant levels, improved sleep, and healthier blood flow.

The primordial practice of walking barefoot, sometimes referred to as "grounding," is only just beginning to be studied by modern science. One of the most groundbreaking findings is the powerful heart health effect of direct skin contact with the Earth.

A study published by the Journal of Alternative and Complementary Medicine from 2013 states that walking barefoot "reduces blood viscosity, which is a major factor in cardiovascular disease."

Blood viscosity is a term used to describe the thickness and stickiness of blood. The lower the viscosity, the easier your blood flows through your blood



One of the most groundbreaking findings is the powerful heart health effect of direct skin contact with the Earth.

vessels and circulates throughout your body. The higher your blood's viscosity, or thickness, the slower it moves.

To test the effects of grounding on blood viscosity, subjects had their red blood cells (RBCs) examined under a microscope to determine the number of clumped groups of RBCs in each sample. High instances of aggregation (or clumping) in human blood increases your blood viscosity and can result in cardiovascular disease. This experiment was intended to measure whether grounding to the earth's innate electrical charge would have a positive effect on this blood condition.

Long story short, walking barefoot substantially lowered the instance of unwanted blood cell clumping in every one of the subjects and promoted healthier circulation.

A later study in the same journal found that "grounding" or "earthing" may help regulate both the endocrine and nervous systems as well.

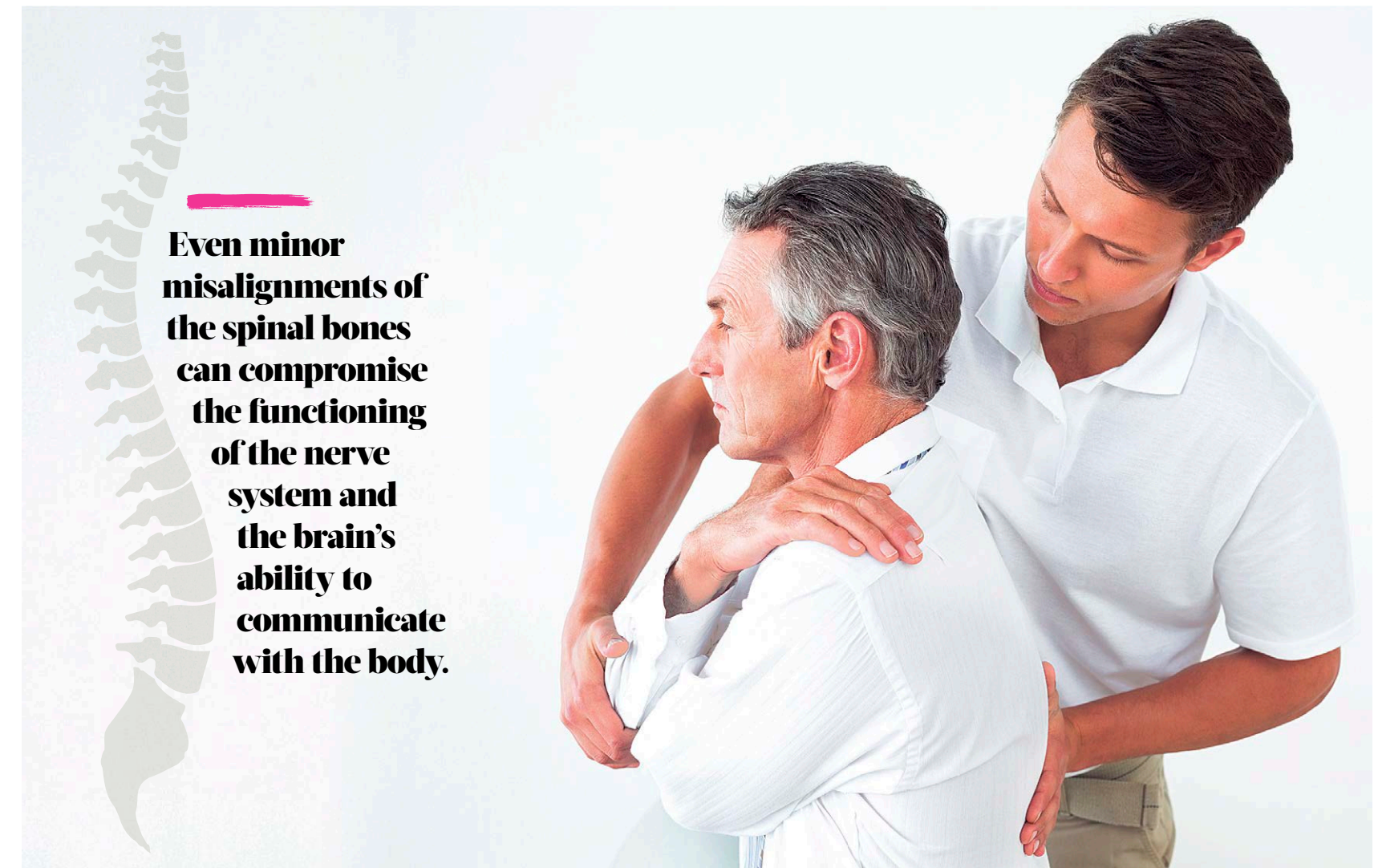
We present-day humans live in a sea of electromagnetic waves radiated by mobile phone signals, Wi-Fi, automatic doors, etc. This is referred to as "dirty electricity" or "electromagnetic pollution." Luckily for us, the Earth's surface is rich with electrons that can neutralize this dirty electricity, much like how houses have a copper cable that is sunk into the Earth to ground out their electrical wiring. Grounding allows currents within us to get back into a healthy neutral state.

This can boost our energy, balance our mood, clarify our thinking, and perhaps even save our lives.

So the next time you're in front of an appealing patch of earth, remove your shoes and socks and step forth onto terra firma and feel the sensation that runs through your body.

I'd recommend you do this at least a few times a week for better heart health and overall happiness.

*Nick Polizzi has spent his career directing and editing feature-length documentaries about holistic alternatives to conventional medicine. He is the director of "The Sacred Science," which aims to honor, preserve, and protect the ancient knowledge and rituals of the indigenous peoples of the world. This article was first published on GreenMedInfo.com*



## CHIROPRACTIC CARE

# Why a Back Problem Becomes a Brain Problem

The brainstem plays a critical role as the control center our brain uses to reach the body

JOSEPH A. GIGLIOTTI

**I**n the medical system today, there are specialists for every part of the human body. Cardiologists, pulmonologists, ophthalmologists, and the list goes on. As a consequence, many people understand the body to be a group of separate mechanical parts, and with that mindset, the heart, lungs, and eyes are distinct and unrelated. This is akin to a car, as the odometer climbs, the brakes wear independent of the wipers, yet both components are critical to the safe operation of a vehicle on a rainy day.

While we can thank modern medicine for innumerable advancements, we must also acknowledge that it falls short in many regards, mostly because it doesn't factor in the body's innate healing abilities.

While medical science is exceptional for crisis and trauma, an outside-in approach to healing is perhaps most evident in the pharmacological treatment of illness. Designed in most cases to manage and suppress surface symptoms, chemical therapeutics often fail to address the underlying imbalance or cause of illness and result in side effects and possibly further complications. Many healing arts, on the other

hand, see the body as an integrated system. Some even acknowledge it as a living ecosystem given the presence of billions of microbes that live inside us and play essential roles in keeping us well. Most traditional medicine systems recognize that we are part of nature not separate from it. This can sound New-Agey to some, but consider this, our food grows from the soil and, in combination with the air we breathe, creates all of our living tissues. We are made from the world around us, literally.

Within all of us, there is an innate intelligence from birth, keeping us alive when we are both asleep and awake. "The power that made the body heals the body" as the developer of chiropractic, Dr. B.J. Palmer once said. Ultimately, we are designed to heal, and healing is an inside job. Think of what would happen if you cut a steak and let it sit, compared to what happens when you get a papercut. The absence of life means the steak will not generate new cells or heal. On the other hand, our bodies immediately react to paper cuts where tiny blood cells called platelets gather to create blood clotting and a host of other chemical changes protect us from infection at the sight of the wound and accelerate healing. Eventually, a scab is formed and new cells are made to seal the

wound. If we are designed to heal, why does everyone not enjoy good health? There can be a variety of factors ranging from environmental to lifestyle. But one major overlooked factor in why people may experience poor health relates to our backs.

How could a back problem become a brain problem, you might ask. Surely that only applies to people who have had severe spinal injuries or who have undergone surgery and need rehabilitation? The truth however is that even minor misalignments of the spinal bones can compromise the functioning of the nerve system and the brain's ability to communicate with the body. This can impair the function and healing work of the body.

When you think of any organ or tissue in your body, the lungs, or heart, for example, ask yourself what controls them. What instructs your lungs to take in a breath and your heart to carry out normal rhythmic pumping? Intuitively, we all know that our brain and the central nervous system controls these things. Our brain plays a central role in coordinating every cell, tissue, and organ in our body, by way of the nerve system.

The brain is floating in the skull in a nutrient-rich fluid called the cerebral spinal fluid. At the base

of the skull, there is a large round opening called the foramen magnum (meaning big hole). From this opening, the brainstem emerges and continues on as a spinal cord within the spinal column.

**Many people understand the body to be a group of separate mechanical parts, and with that mindset, the heart, lungs and eyes are distinct and unrelated.**

The top two vertebrae of the spine, called atlas (think Greek God holding the earth) and axis, protect the brainstem. The brainstem is our master control center, like ground control in Houston when a space shuttle leaves the Earth. It keeps us alive. There are an estimated 450 million nerve fibers that crisscross at this area. It's more specifically referred to as the "cranial cervical junction." All life flows through this neurology from the brain to guide the rest of the body.

Consider that the brainstem is the main entry point of the brain into the spinal column. Nerves branch out from between the 24 moveable bones of the spine to innervate the various parts of our body. Nerves go to the thyroid gland, they go to the tonsils, they go to the postural muscles, the lungs, the heart, the digestive tract, the various glands, the pancreas, the appendix, the colon, the arms, the legs, and so on.

Signals from the brain travel down through the spinal cord in our back at a speed of 269 mph, back-and-forth constantly. So if the nerve system is the super-highway that the brain depends on to communicate with all the tissues of the body, could bones out of alignment in the spine (spinal misalignments) cause dysfunction and symptoms in the tissues connected to the end of those nerves?

The simple and obvious answer is: yes. It is analogous to poor phone reception. In fact, this is what traditional chiropractors have known for over 100 years—that these misalignments create spinal cord tension, irritate the nerves, and ultimately compromise a person's health.

As an upper cervical chiropractor, my main focus is to locate and correct spinal misalignments with a gentle specific and scientific adjustment, especially in the upper neck.

I have seen first-hand how patients with kinks in their upper neck from the stress and traumas of life recover from symptoms and conditions that were related to their spine when a gentle adjustment is given.

Many of them have enjoyed renewed health and life from having their spine checked and corrected for nerve interference on a regular basis.

It all seems pretty straightforward when you consider the spine's role, even if our acute care model of modern medicine rarely takes these matters into account.

It's important to understand that chiropractic does not treat, cure, or manage any condition or disease. It merely serves to restore proper nerve supply from the brain to the body, and improve the biomechanics of the spine. Then the body can heal itself.

*Dr. Joseph A. Gigliotti is an upper cervical chiropractor at Full Life Family Chiropractic in Hamilton Ontario, Canada. He specializes in the upper neck and its relationship with brain health and the overall functioning of the nerve system. Dr. Gigliotti and his team serve the community in their growing practice, oftentimes helping those who have failed to find answers in conventional health care. For more information visit [www.FullLifeChiro.ca](http://www.FullLifeChiro.ca)*

## THE ROOT CAUSE

# Herbal Hangover Remedy Points to Effects of Alcohol

Toxic byproduct of drinking is a class 1 carcinogen and the likely cause of morning-after miseries

ARMEN NIKOGOSIAN

**T**he hangover has been a part of human existence for as long as we've consumed alcohol but new research suggests a combination of fruits, leaves, and roots can relieve the underlying causes of this unpleasant condition.

The causes of veaisalgia, commonly known as a hangover, are poorly understood but we do have some understanding of how alcohol affects our metabolism, which is the chemical reactions that take place inside the body to keep us alive.

Drinking alcohol is linked to sleep deprivation, dehydration, electrolyte imbalance, altered glucose usage, malnutrition, and suppression of the immune system. Drinking alcohol can also lead to the body producing too much acid (metabolic acidosis) and can disrupt the body's ability to synthesize prostaglandins, which have diverse hormone-like effects throughout the body.

Drinking alcohol can also cause acetal-

dehyde to accumulate in the body and this seems to drive many of these other changes. Acetaldehyde is a byproduct of our liver detoxifying the alcohol. It is an irritant to living cells and has been classified as a Group 1 carcinogen by the International Agency for Research on Cancer (IARC).

**The plant extracts included ginkgo biloba, Barbados cherry (Acerola), ginger root, prickly pear and willow.**

In response to the presence of acetaldehyde, the body produces a series of downstream effects that likely drive many hangover symptoms. The most prominent of these effects is edema, an inflammatory response that leads to the commonly expe-

rienced post-celebratory syndrome of headache, brain fog, body aches, and fatigue.

Anti-inflammatory drugs such as ibuprofen and naproxen have been used for decades with some success in countering these problems but there seems to be something missing. Even when this treatment was combined with known effective treatments, like hydration, electrolytes, and anti-histamine medications, there was still evidence of hangover effects. This lingering effect has driven a search for natural remedies but only one remedy, potentiated cinoptilolite, has been supported by research. Good luck finding it though.

Researchers from the Institute for Molecular Physiology in Germany recently discovered that a combination of plant extracts helped alleviate a hangover in a randomized double-blind placebo-controlled study.

The 214 participants were broken into 3 groups who each received their "treatment" before and after drinking. The first group received the plant extract and a vi-

tamin/mineral blend; the second group received only the vitamin/mineral blend; the third group received only a placebo solution of glucose. The average amount of alcohol consumed was virtually the same in all three groups during a four hour period after which participants were sent home to sober up. Twelve hours later, the participants filled in a questionnaire about the type and intensity of perceived hangover symptoms. Hangover symptom intensity varied widely among the participants.

The group taking both the plant extract and vitamin/mineral blend reported less severe symptoms including a 27 percent to 42 percent decrease in headaches, nausea, apathy, and restlessness. This was in comparison to the placebo group as well as the group which received only the vitamin/mineral blend.

The plant extracts included ginkgo biloba, Barbados cherry (Acerola), ginger root, prickly pear, and willow. The vitamins and minerals included riboflavin, thiamine, folate, magnesium, potassium, sodium

bicarbonate, and zinc.

While popular belief has held that the hangover results primarily from the effects of dehydration and electrolyte imbalance, the research tends to say otherwise. According to the investigators, the familiar effects of the hangover are multifactorial with a driving force being the presence of excessive levels of acetaldehyde, the residual toxic product formed in our body after the alcohol has been metabolized by our liver.

Based on the results of this study and those that came before, dehydration and electrolyte imbalance are at best minor contributing factors. It is the effect of the acetaldehyde on the various organs of our body which likely produces many of these hangover symptoms.

The fruit, leaf, and root components of the plant extracts given to the study participants had been shown to either increase the body's action of detoxifying the acetaldehyde or protecting organs, such as liver and brain, from the effects of this toxic metabolite. This enhanced alcohol detoxification effect has also been found in Asian ginseng, fenugreek, mango, asparagus, spur flowers, and Asian pear.

The researchers stated, "It seems to be clear that hangover symptoms are predominantly caused by alcohol and its metabolites.... this study significantly supports the finding that the homeostasis of electrolytes and minerals inferred by alcohol consump-

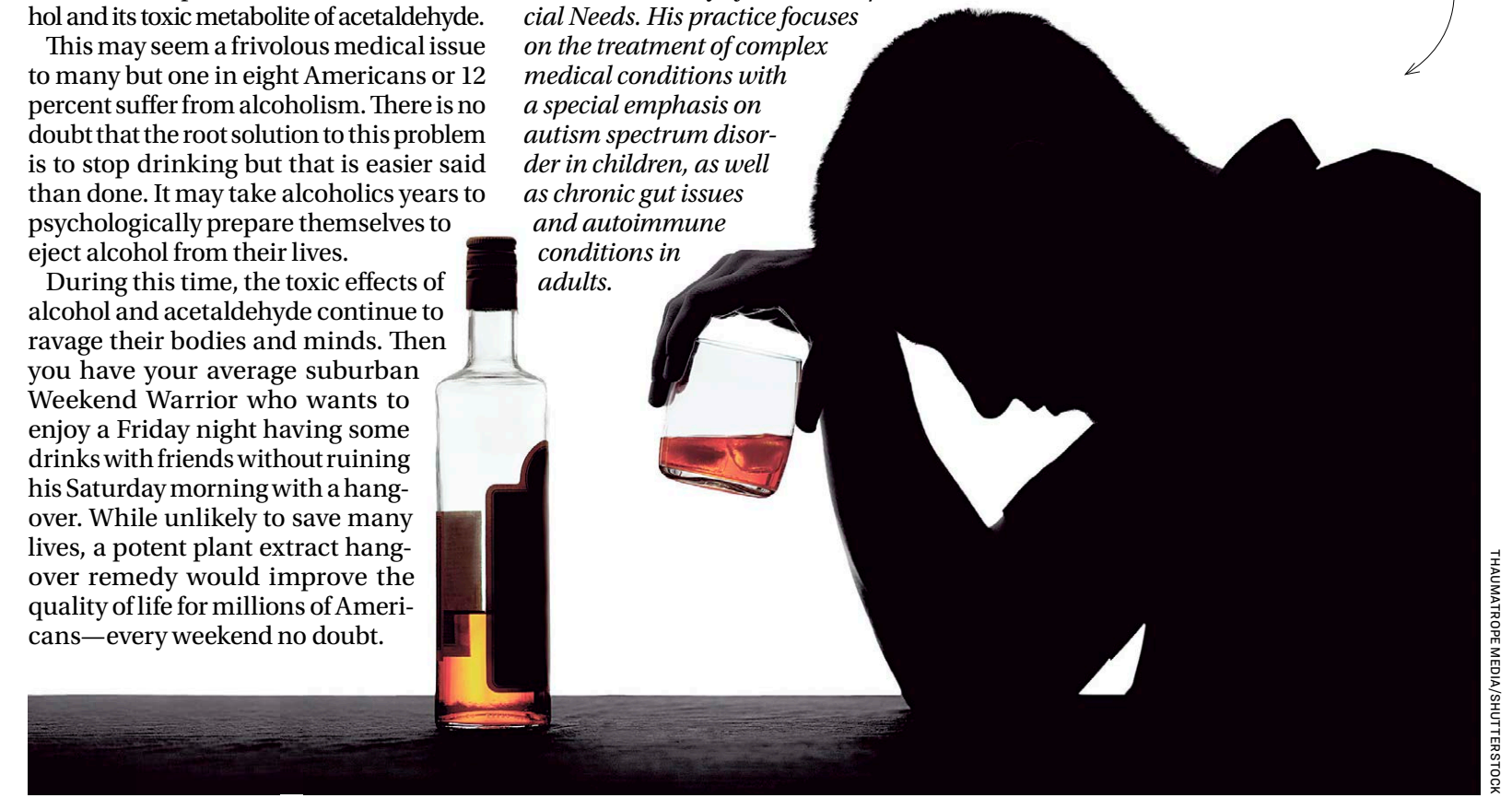
tion might not be as strongly affected as believed, as any significant dehydration process due to (moderate) alcohol consumption also could not be observed."

Armed with this knowledge, future researchers can now focus their efforts on substances that impact the detoxification of alcohol and its toxic metabolite of acetaldehyde. This may seem a frivolous medical issue to many but one in eight Americans or 12 percent suffer from alcoholism. There is no doubt that the root solution to this problem is to stop drinking but that is easier said than done. It may take alcoholics years to psychologically prepare themselves to eject alcohol from their lives.

During this time, the toxic effects of alcohol and acetaldehyde continue to ravage their bodies and minds. Then you have your average suburban Weekend Warrior who wants to enjoy a Friday night having some drinks with friends without ruining his Saturday morning with a hangover. While unlikely to save many lives, a potent plant extract hangover remedy would improve the quality of life for millions of Americans—every weekend no doubt.

*Armen Nikogosian, M.D., 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.*

Drinking alcohol is linked to sleep deprivation, dehydration, electrolyte imbalance, altered glucose usage, malnutrition, and suppression of the immune system.





# As States Reopen, Tensions Flare Between the Rule Followers and Rule Breakers

MICHELE GELFAND

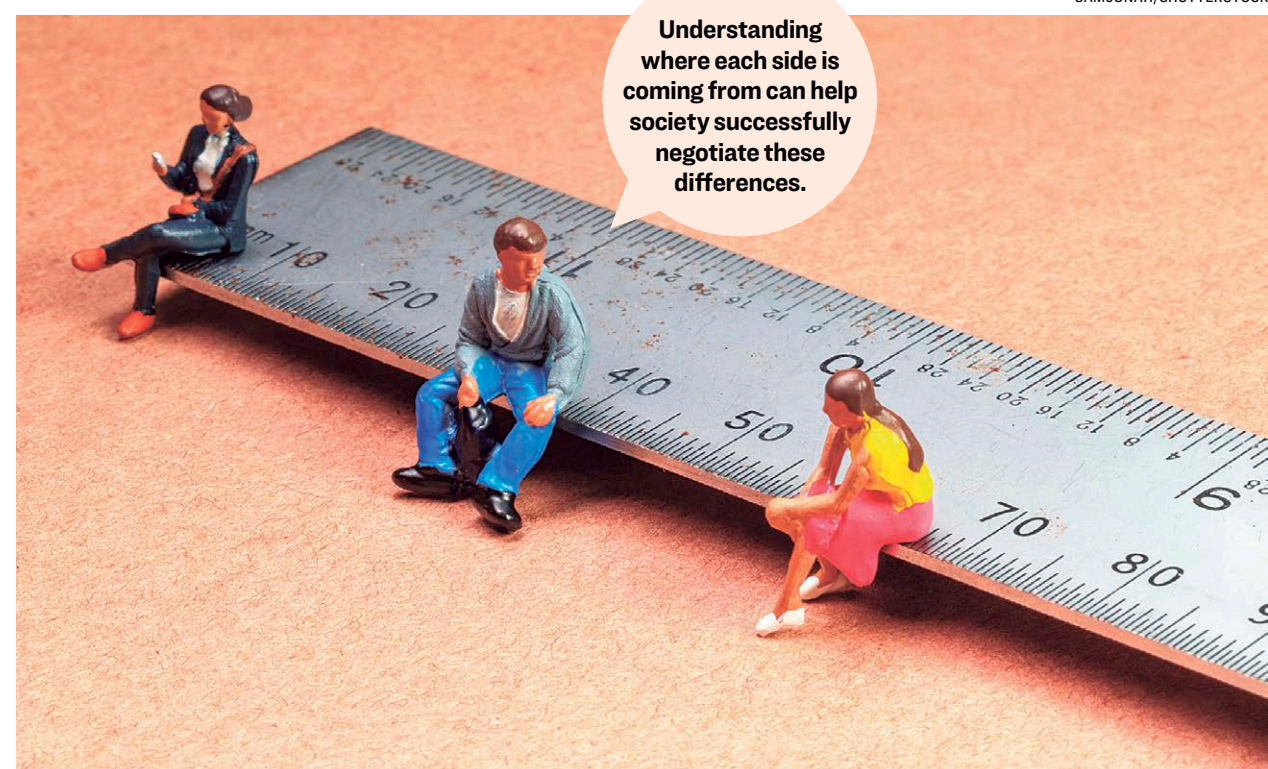
Since Republicans, on average, are five times more likely than Democrats to believe it's safe now to resume normal business activity, reopening the economy has often been framed as a partisan issue.

But within households, many families are having their own arguments about how lax or strict they should be about the threat of the virus. Can dad golf? Can mom get a haircut?

Some are uneasy about opening up and going against official guidance like wearing masks. Better be safe than sorry, the thinking goes. Others balk at being told what to do and feel anxious or even angry about the restrictions being put in place.

**These tight-loose differences can reflect the history of a nation or an individual—whether they've experienced war, famine, and disease, or higher stress and trauma.**

These differences aren't just random personality types; they reflect our primal social mindsets. And unless these differences are better understood, it will be that much more difficult to navigate life under COVID-19.



As a cultural psychologist, I've spent the last 25 years researching the relationship people have toward rules.

Some tend to have what I call a "tight" mindset. They notice rules around them, have a strong desire to avoid mistakes, have a lot of impulse control, and love structure and order.

Others have "loose" predispositions. They can be skeptical about rules, they're willing to take risks, and they're comfortable with disorder and ambiguity. Neither of these mindsets is intrinsically good or bad.

At a macro level, think about the immense cultural differences between Singapore and Brazil. According to our research, the former is a tight country. This means that there are many laws and rules in place, and punishments are severe. In Singapore, you can

be fined for spitting, and bringing chewing gum into the country is forbidden.

Brazil, on the other hand, tends to be a loose country and is much more permissive. Loose cultures can seem more disordered, but they also tend to be more tolerant of differences and celebrate creative expression—just look at images from the country's annual Carnival.

At a micro level, think of all the ways these tight-loose tensions play out in households. Are you a helicopter parent or more laid-back? Do your children follow the rules or do they challenge them frequently?

These tight-loose differences can reflect the history of a nation or an individual—whether they've experienced war, famine, and disease, or higher stress and trauma. The greater the history

of experiencing these threats, the higher likelihood of adopting a tighter mindset.

The sweeping lockdowns related to COVID-19 have accentuated these inclinations. Embracing order and constraint in the face of threat, tight-leaning friends and family members are even more fastidious. Our looser family members and friends, however, are feeling claustrophobic.

It's no wonder some families are experiencing high levels of anxiety and friction in their homes.

#### The Tight-Loose Dance

This struggle need not be paralyzing, though. Instead, understanding where each side is coming from can help society successfully negotiate these differences.

A basic principle—backed by a lot of evidence—is that when there is a real threat, tightening

can serve a purpose. For example, when a community has an increasing number of COVID-19 cases, it's critical to collectively abide by rules regarding social distancing, masks, and hand-washing. People with loose mindsets, who take encroachments on their personal autonomy very seriously, may find this challenging.

But shaming them, or holding them in contempt isn't going to be effective. It's more useful to remind everyone that these constraints are temporary and that the more diligently they're practiced, the sooner they can be relaxed.

On the flip side, when the threat subsides, people can loosen up with vigilance. Tight-minded citizens struggle with this because the relaxation of rules makes them feel vulnerable.

The key here is gradual steps. Tighter folks may panic at a crowded mall or beach. But slowly acclimating them to visits with a trusted friend could make reopening smoother.

As countries begin the long journey back to a new normal, we'll all be doing the equivalent of a tight-loose dance with our friends and fellow shoppers. Above all, learning to appreciate the basis for our social differences will go a long way toward defusing potential conflicts.

And the more we can be ambidextrous—tightening when there's a threat and loosening when it's safe—the better off we'll all be.

*Michele Gelfand is a distinguished university professor in the department of psychology at the University of Maryland. This article was originally published on The Conversation.*

# For Seniors, COVID-19 Sets Off Pandemic of Despair

Social isolation weighs more heavily on older generations who face extended restrictions

Some seniors fear that their lives may be seen as expendable in the rush to reopen the country.



## Send FREE Newspapers to Your Friends

Are you looking for a way to introduce The Epoch Times to your friends?

Thousands of subscribers asked us to send free copies of the paper to their friends and family. Now we can!



### Let's spread the news!

If you're currently a subscriber to The Epoch Times, simply follow these steps:

<p><b>1. Log In</b> Log into your account at TheEpochTimes.com.</p>	<p><b>2. Click</b> Click your name to manage your account.</p>	<p><b>3. Request FREE Papers</b> Click "Request Free Papers" on the left menu bar.</p>
<p><b>4. Enter the Name</b> Enter the name and shipping address of your first friend.</p>	<p><b>5. Add More Friends</b> If you want to submit info for more friends, click "Add More Friends".</p>	<p><b>6. Submit</b> Click "Submit" after you finish entering info for all friends.</p>

**Request as many as you'd like—there's no limit!**

For any questions, please call (917) 905-2080 or email: [subscribe@EpochTimes.com](mailto:subscribe@EpochTimes.com)

**THE EPOCH TIMES**  
TRUTH AND TRADITION

JUDITH GRAHAM

Even as states relax COVID-19 restrictions, in most cases, older adults are advised to keep sheltering in place. But for some, the burden of isolation and uncertainty is becoming hard to bear.

"This 'stay at home awhile longer' advice recognizes that older adults are more likely to become critically ill and die if infected with the virus. At highest risk are seniors with underlying medical conditions such as heart, lung, or autoimmune diseases.

Yet after two months at home, many want to go out into the world

again. It is discouraging for them to see people of other ages resume activities. They feel excluded. Still, they want to be safe.

"It's been really lonely," said Kathleen Koenen, 77, who moved to Atlanta in July after selling her house in South Carolina. Georgia residents age 65 and older are required to shelter in place through June 12, along with other vulnerable populations. Koenen is living in a 16th-floor apartment while waiting to move into a senior housing community that has had cases of COVID-19.

"I had thought that would be a new community for me, but everyone there is isolated," Koenen said. "Wherever we go, we're isolated in this situation. And the longer it goes on, the harder it becomes."

Her daughter, Karestan Koenen,

**“Wherever we go, we're isolated in this situation. And the longer it goes on, the harder it becomes.”**

Kathleen Koenen, 77

is a professor of psychiatric epidemiology at Harvard University's T.H. Chan School of Public Health. During a Facebook Live event this month, she said her mother had felt in March and April that "everyone was in [this crisis] together." But now, that sense of commonality has disappeared.

Making it worse, some seniors fear that their lives may be seen as expendable in the rush to reopen the country.

"[Older adults] are wondering if their lives are going to end shortly for reasons out of their control," said Dr. Linda Fried, dean of the Mailman School of Public Health at Columbia University, in a university publication.

Continued on Page 10

## 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

# For Seniors, COVID-19 Sets Off Pandemic of Despair

Social isolation weighs more heavily on older generations who face extended restrictions

Continued from Page 9

“They’re wondering if they’ll be able to get the care they need. And most profoundly, they’re wondering if they are going to be cast out of society. If their lives have value.”

On the positive side, resilience is common in this age group. Virtually all older adults have known adversity and loss; many have a “this too shall pass” attitude. And research confirms that they tend to be adept at regulating their reactions to stressful life events—a useful skill in this pandemic.

“If anything, I’ve seen a very strong will to live and acceptance of whatever one’s fate might be,” said Dr. Marc Agronin, a geriatric psychiatrist and vice president of behavioral health at Miami Jewish Health, a 20-acre campus with independent living, assisted living, nursing home care, and other services.

Several times a week, psychologists, nurses, and social workers are calling residents on the campus, doing brief mental health checks, and referring anyone who needs help for follow-up attention. There’s “a lot of loneliness,” Agronin said, but many seniors are “already habituated to being alone or are doing OK with contact [only] from staff.”

Still, “if this goes on much longer,” he said, “I think we’ll start to see less engagement, more withdrawal, more isolation—a greater toll of disconnection.”

Erin Cassidy-Eagle, a clinical associate professor of psychiatry at Stanford University, shares that concern.

From mid-March to mid-April, all her conversations with older patients revolved around several questions: How do we keep from getting COVID-19? How am I going to get my needs met? What’s going to happen to me?

“

**If this goes on much longer, I think we’ll start to see less engagement, more withdrawal, more isolation—a greater toll of disconnection.**

Dr. Marc Agronin, geriatric psychiatrist and vice president of behavioral health, Miami Jewish Health

But more recently, Cassidy-Eagle said, “older adults have realized the course of being isolated is going to be much longer for them than for everyone else. And sadness, loneliness, and some hopelessness have set in.”

She tells of a woman in her 70s who moved into independent living in a continuing care community because she wanted to build a strong social network.

## COVID-19 Public Health Restrictions Shouldn’t Mean Dying Alone

PHOTOGRAPHEE.EU/SHUTTERSTOCK

Dying alone is so potentially harmful that we need to balance harms using a harm-reduction approach

BARBARA PESUT

One of the most heartbreaking aspects of the COVID-19 physical distancing has been accounts of people dying alone in hospitals or in long-term care facilities.

These incidents have devastated family members and disturbed many people with the sense that something has gone wrong with how our society cares for aging or vulnerable people and responds to illness and dying.

On May 19, the Canadian Hospice Palliative Care Association (CHPCA) launched a campaign called “Saying Goodbye” that calls on health authorities to “implement a more compassionate approach to end-of-life visitations across Canada during the COVID-19 pandemic.” The CHPCA states that “while certain provinces have taken steps to relax visitation protocols for end-of-life situations, many hospitals and long-term care homes still do not allow family access, even with personal protective equipment (PPE).”

**Dying in Long-Term Care**  
In my province of British Columbia, the B.C. Centre for Disease Control guidelines suggest that there is indeed room for “essential visits” in long-term care facilities.

These are described as including but

not being limited to “visits for compassionate care (end of life and critical illness), visits considered paramount to resident care and well-being, such as assistance with feeding or mobility.”

But there is a great deal of room for interpretation of what constitutes an essential visit.

One might argue that those in long-term care aren’t imminently dying and so perhaps the right of family to be present doesn’t outweigh the risks of COVID-19.

Firstly, however, families with people in long-term care will tell you that their visits are essential. The COVID-19 crisis has revealed many of the fault lines in our long-term care system.

Those in residential or long-term care can be at risk and it is often the vigilance of family members that ensure that these vulnerable persons receive adequate care. A family member who visits regularly is a powerful surveillance system.

Secondly, what health care practitioners call an “end-of-life situation” exists on a continuum.

The Office of the Seniors Advocate British Columbia notes that the average length of stay for residents in long-term care is 871 days—less than two-and-a-half years. That means that, if following best practices, all people residing in long-term care should receive a palliative approach to care.

The World Health Organization defines hospice and palliative care as “... an approach that improves the quality of life of patients and their families facing the problems associated with life-threatening illness.” It seeks to prevent and relieve “suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial, and spiritual.”

Since March, activities and group dining have been canceled. The community’s director recently announced that restrictions would remain until 2021.

“This woman had a tendency to be depressed, but she was doing OK,” Cassidy-Eagle said. “Now she’s incredibly depressed and she feels trapped.”

Especially vulnerable during this pandemic are older adults who have suffered previous trauma. Dr. Gary Kennedy, director of the division of geriatric psychiatry at Montefiore Medical Center in New York City, has seen this happen to several patients, including a Holocaust survivor in her 90s.

This woman lives with her son, who got COVID-19. Then she did as well. “It’s like going back to the terror of the [concentration] camp,” Kennedy said, “an agonizing emotional flashback.”

Jennifer Olszewski, an expert in gerontology at Drexel University, works in three nursing homes in the Philadelphia area. As is true across most of the country, no visitors are allowed and residents are mostly confined to their rooms.

“I’m seeing a lot of patients with pronounced situational depression—decreased appetite, decreased energy, a lack of motivation and overall feelings of sadness.

“If this goes on for months longer, I think we’ll see more people with functional decline, mental health decline, and failure to thrive,” Olszewski said.

Some are simply giving up. Anne Sansevero, a geriatric care manager in New York City, has a 93-year-old client who plunged into despair after her assisted living facility went on lockdown in mid-March. Antidepressant and anti-anxiety medications have not helped.

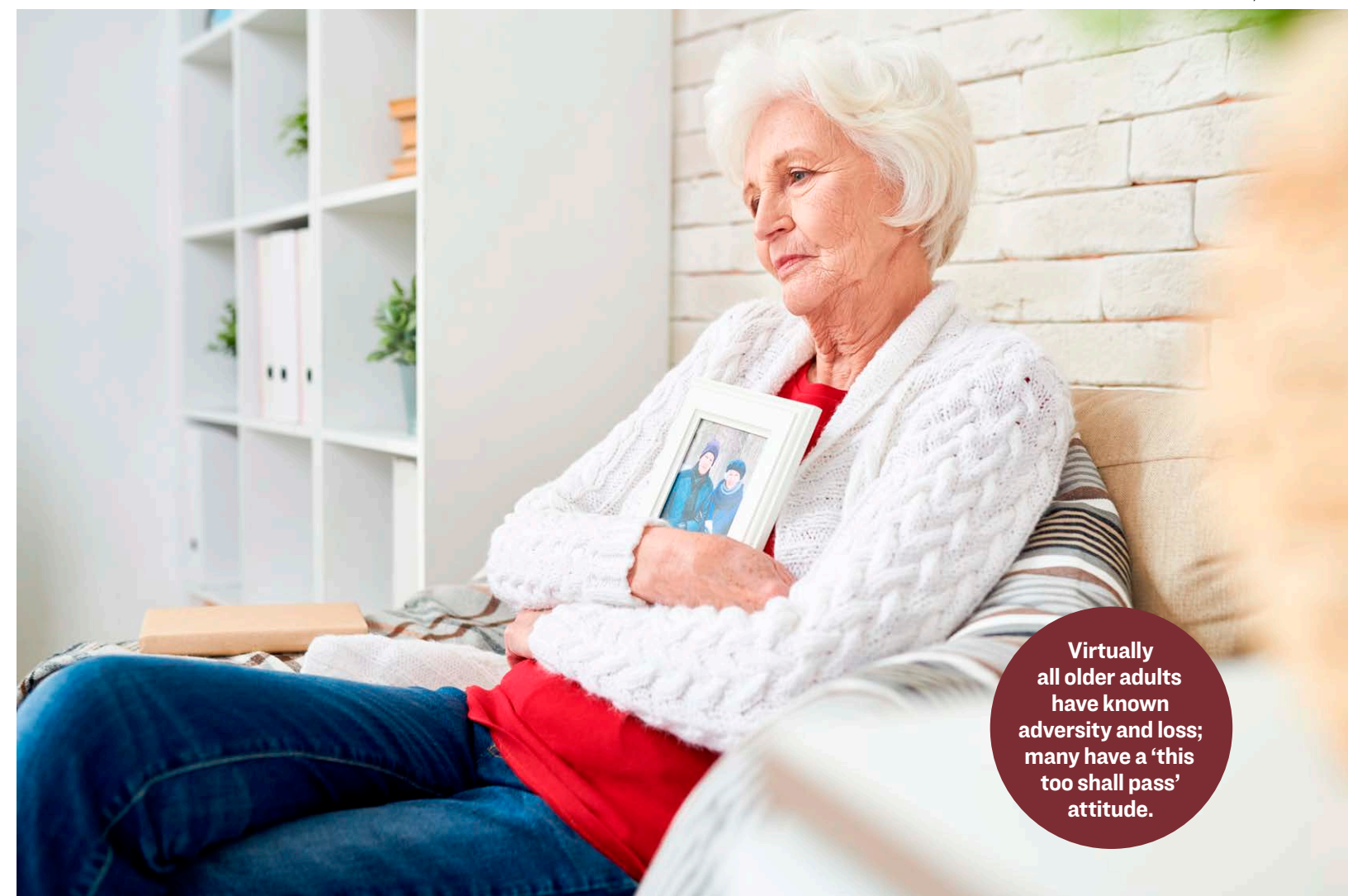
“She’s telling her family and her health aides, ‘Life’s not worth living. Please help me end it,’” Sansevero said. “And she’s stopped eating and getting out of bed.”

The woman’s attentive adult children are doing all they can to comfort their mother at a distance and are feeling acute anguish.

What can be done to ease this sort of psychic pain? Kennedy of Montefiore has several suggestions.

“Don’t try to counter the person’s perception and offer false reassurance. Instead, say, ‘Yes, this is bad, no doubt about it. It’s understandable to be angry, to be sad.’ Then provide a sense of companionship. Tell the person, ‘I can’t change this situation but I can be with you. I’ll call tomorrow or in a few days and check in with you again.’”

“Try to explore what made life worth



Virtually all older adults have known adversity and loss; many have a “this too shall pass” attitude.

“

**Older adults have realized the course of being isolated is going to be much longer for them than for everyone else. And sadness, loneliness, and some hopelessness have set in.**

Erin Cassidy-Eagle, clinical associate professor of psychiatry, Stanford University

living before the person started feeling this way,” he said. “Remind them of ways they’ve coped with adversity in the past.”

If someone is religiously-inclined, encourage them to reach out to a pastor or a rabbi. “Tell them, I’d like to pray together or read this Bible passage and discuss it,” Kennedy said. “Comforting person-to-person interaction is a very effective form of support.”

Don’t count on older adults to own up to feeling depressed. “Some people will acknowledge that, yes, they’ve been feeling sad, but others may describe physical symptoms—fatigue, difficulty sleeping, difficulty concentrating,” said Julie Lutz, a geropsychologist and postdoctoral fellow at the University of Rochester.

If someone has expressed frequent concerns about being a burden to other people or has become notably withdrawn, that’s a worrisome sign, Lutz said.

In nursing homes, ask for a referral to a psychologist or social worker, especially for a loved one who’s recovering from a COVID-19 hospitalization.

“Almost everybody that I’m seeing has some kind of adjustment disorder because their whole worlds have been turned upside down,” said Eleanor Feldman Barbera, an elder care psychologist in New York City. “Talking to a psychologist when they first come in can help put people on a good trajectory.”

The National Alliance on Mental Illness has compiled a COVID-19 information and resource guide, available at nami.org/Covid-19-Guide. The American Psychological Association has created a webpage devoted to this topic and recently wrote about finding local mental health resources. The Substance Abuse and Mental Health Services Administration has a 24-hour hotline, 1-800-662-4357. And the national suicide prevention hotline for those in acute distress is 1-800-273-8255.

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.



Being alone in our final moments is a fear many have endured as COVID-19 restrictions keep families from a loved one in their final moments.

Of note in this definition is that palliative care seeks to address people holistically as individuals in relationships.

Although most Canadians wish to die at home, circumstances often lead to an institutional death. Long-term care has increasingly become a site for palliative care. Wishes for care are obtained upon admission and the supportive principles of palliative care are applied to ensure that people in care enjoy the highest quality of life possible for the limited time they have left.

But the fact that many people still need institutional care at end of life has proven exceedingly challenging in the context of the physical distancing requirements of COVID-19.

**Community Versus Individual**

In times of pandemic, ethical decision-making tends to emphasize the good of the community over the good of the individual.

But paradoxically, the good of individuals is also harmed when they are

prevented from honoring their community and family ties. How we approach these difficult decisions reveals a lot about what we see to be most valuable in life and how we perceive the good.

From a public health ethics perspective, the harm principle means that “a society has a right to protect itself from harm, real or threatened. The government is justified in intervening and possibly impinging on the rights of individuals to protect the community from harm.”

But if impinging on the rights of an individual is actually a matter of harm—insofar as it violates ancient social and ethical values about care for elders or the dying, and thereby hurts the dying and their loved ones—we need to think differently.

Deliberating such challenging ethical decisions, and having the adequate resources to respond to them, can rarely be accommodated ad hoc. Rather, it requires careful planning at a systems and institutional level and significant

resources, space, education, screening, and infection control measures.

At a higher level, it also means our research investments and policy deliberations about COVID-19 must not abandon questions related to what it means to die with the disease or in the context of the pandemic.

**Harm-Reduction Approach**

Those we love are an integral part of our dying journey. So much so that a recent court case in the United Kingdom concluded that patients have a fundamental right to be with their family at the time of death.

In a context where patients are receiving a palliative approach to care, we need to start from the assumption that living and dying alone is so potentially harmful that we need to balance harms using a harm-reduction approach.

We have come to know of the value of harm reduction primarily from people who are vulnerable because of addictions.

We provide treatment that seeks to

attenuate harm, even if there is some risk involved. Perhaps we need to be applying this same strategy to keeping dying persons and families together in palliative care.

**How we approach these difficult decisions reveals a lot about what we see to be most valuable in life and how we perceive the good.**

Perhaps particularly in the context of a limited life span, for individuals in care, the harm of separation must be considered alongside the harm of infection. Respecting the rights of those who are dying would then mean we need to allow them and their loved ones to take some risks. This means, of course, ensuring that facilities are adequately resourced not only with the equipment they need to protect staff and visitors but also with personnel who can collaborate across care teams.

Until we reach herd immunity, find a treatment, or develop a vaccine, COVID-19 is here to stay—but these precious lives are not. Giving people permission to be together at the end of their lives will take some ingenuity and money. But it’s the right thing to do.

Barbara Pesut is a professor at the school of nursing at the University of British Columbia in Canada. This article was originally published on The Conversation.





Omega-3 substantially slashed total myocardial infarction, especially among African Americans.

## FOOD AS MEDICINE

# Vitamin D and Fish Oil May Help Prevent Cancer Death, Heart Attacks

While cancer rates were not affected, those who participated in the experiment had better cancer survival rates

*Sought-after nutritional therapies vitamin D and omega-3s found in fish oil have gone through intense scrutiny with the largest study to date, called VITAL. Results of the study on whether they can effectively prevent cancer or cardiovascular disease have shown that these therapies are popular for a reason, and the benefits simply cannot be ignored.*

In a span of more than five years of research and treatment, the VITamin D and Omega-3 Trial, or VITAL, has tested the rigor of benefit claims around vitamin D and omega-3 fatty acids (found in fish oil) against the rates of cancer mortality and heart attacks.

While the primary endpoints of the study, which involved 25,871 men and women in a nationwide survey, showed no significant reductions, notable benefits emerged and offered a strong case for both further studies and supplementation.

**Study Details**

The randomized clinical trial set out to prove whether taking daily supplements of vitamin D3 (2,000 international units of D3 or cholecalciferol) or omega-3 fats (1 gram of fish oil) reduced the risk of developing cancer, heart disease, and stroke in individuals without a prior history of these conditions.

Prior to the trial, results were mixed but show promise for certain outcomes, now confirmed by updated meta-analyses. According to the scientists, large primary pre-

vention trials on the two therapies using adequate dosing in general populations were previously lacking.

The subjects were randomly assigned to one of four groups: daily intake of vitamin D and omega-3s, daily vitamin D and omega-3 placebo, daily vitamin D placebo and omega-3s, and daily vitamin D placebo and omega-3 placebo. All of them took two pills every day, as well as filling out a short questionnaire every year on their health, lifestyle habits, family history of illness, and new medical diagnoses.

Nearly 17,000 of the participants provided an optional blood sample at baseline, while about 6,000 provided a follow-up blood sample from year 1 to 5 of the trial. At the start, year two and year four, a sub-cohort of 1,054 subjects had a clinical exam and underwent further evaluations.

**Significant Benefits That Cannot Be Ignored**

After more than five years of research, the study concluded that major cardiovascular events and total invasive cancer weren't significantly reduced by omega-3 or vitamin D3. However, several important benefits surfaced from the findings:

Fish oil reflected a small yet insignificant decrease in the primary cardiovascular endpoint of major heart disease events but was linked with meaningful reductions in heart attacks.

Omega-3 substantially slashed total myocardial infarction, especially among African Americans and those who had lower fish intake at the beginning of the study. The associated heart benefits have been confirmed by recent meta-analyses of omega-3 randomized trials.

Vitamin D supplementation didn't decrease major cardiovascular disease events or total incidence of cancer, yet was associated with a statistically important re-

duction in total cancer mortality among people who participated in VITAL for at least two years. Vitamin D's effect in reducing cancer death has been confirmed by meta-analyses, too.

Dr. JoAnn Manson, a lead study author from Brigham and Women's Hospital, said the pattern of findings suggests a "complex balance of benefits and risks" for every intervention, identifying the need for further research on who will most likely benefit from the supplements.

**Why You Need Your Fix of Sunshine and 'Good' Fats**

The health benefits of vitamin D are widely documented. GreenMedInfo.com has collected research documenting more than 200 health conditions that may benefit from optimized vitamin D levels.

These vitamin D benefits include pain-killing or analgesic properties, increased subcutaneous fat metabolism or better fat loss, and even longer human lifespan. You can find some 1,000 abstracts with vitamin D research on GreenMedInfo.com.

Sunlight is a well-known source of vitamin D, but in the absence of adequate sun exposure and other factors, supplementation proves to be an effective source of the nutrient.

Meanwhile, have you ever wondered why you may need to supplement essential fatty acids? Ideally, eating cold-water fatty fish 2 or 3 times a week is an efficient way to obtain enough omega-3s in your diet, particularly the anti-inflammatory (EPA) and brain-assisting (DHA) fatty acids.

However, the standard American diet has been found to sorely lack the omega-3s you need, being disproportionately filled with omega-6s. Even with fish oil supplementation, absorption is only improved when the supplement is consumed with a meal that includes fat. Multivitamins also typically don't contain essential fatty acids in their roster.

The human body contains some 15 percent to 30 percent fat, and that dietary fat offers an alternative fuel source when there isn't glucose. Healthy fats are satiating, help burn fat, and balance a number of fat-regulating hormones in the system.

The GreenMedInfo.com database provides about 600 abstracts with research on omega-3 benefits, including against inflammation, Type 2 diabetes, depression, and cardiovascular diseases.

*The GMI Research Group is dedicated to investigating the most important health and environmental issues of the day. Special emphasis will be placed on environmental health. Our focused and deep research will explore the many ways in which the present condition of the human body directly reflects the true state of the ambient environment. This work is reproduced and distributed with the permission of GreenMedInfo LLC. Sign up for the newsletter at [www.GreenMedInfo.health](http://www.GreenMedInfo.health)*

**Vitamin D's effect in reducing cancer death has been confirmed by meta-analyses.**

Vitamin D provides many benefits including analgesic, better fat loss and extending lifespan.



The standard American diet lacks the omega-3s you need, being disproportionately filled with omega-6s.

# Intravenous Vitamin C as a Potential Antiviral Treatment

Case studies point toward potential protocols for four viruses using ascorbic acid

Vitamin C is an essential nutrient for humans and has been studied for its potential benefits in treating a variety of conditions including the common cold, lowering cholesterol, improving fertility, and reducing the risk of cancer. Recently, four separate case studies have tested the efficacy of intravenous vitamin C against a series of viral infections.

*[Editor's note: Case studies are limited in nature but provide potential insight and often inspire researchers to conduct larger studies.]*

Each study showed positive results, concluding that intravenous vitamin C is a potential treatment and can be used to effectively alleviate symptoms for four specific viral infections.

**1. Infectious Mononucleosis**  
Infectious mononucleosis, often referred to as "mono," is a viral infection of the Epstein-Barr virus (EBV) that's transmitted by saliva. Symptoms include sore throat, fatigue, headache, upper respiratory symptoms, fever, and loss of appetite. Researchers estimate that roughly 90 percent of the world's population is infected with EBV, although most don't show symptoms.

However, the severe fatigue that often accompanies infectious mononucleosis can be debilitating and have long-term effects on school or work attendance. An EBV infection can also trigger autoimmune diseases through the excessive stress it puts on the immune system. Most conventional treatments of EBV are supportive in nature, meaning they treat the symptoms and not the viral infection.

Researchers have tested a variety of natural compounds to find

if any could suppress viral replication and shorten the duration of illness. Studies have found that high doses of intravenous vitamin C can effectively reduce EBV antibody levels, shortening illness, and lessening symptoms.

In a case report, researchers described the effects of intravenous vitamin C on a 30-year-old woman suffering from an EBV infection, reporting that the treatment (using 50 grams (g) of vitamin C for three consecutive days) reduced symptoms after only five days, with no adverse side effects.

Researchers believe that vitamin C's efficacy is due to its ability to increase cytokine production and neutralize the oxidative stress caused by the viral infection.

**2. Chikungunya Fever**  
Chikungunya fever is a viral infection transmitted by mosquitoes and is most commonly found in Africa, Asia, and India. Symptoms include fever, joint pain, muscle aches, headaches, and rash, with most symptoms lasting for a week.

While not usually fatal, the joint pain caused by the Chikungunya virus can be debilitating. Symptoms are often treated with acetaminophen, but no consistent patient protocol is in place. As an antioxidant, vitamin C possesses potent antiviral properties and is also effective at increasing the production of T-cells and natural killer cells, both of which increase the immune system's response to viral infections.

In a recent case report, a 54-year-old Hispanic patient was treated with high doses of intravenous vitamin C for two days and experienced a significant reduction of symptoms on the first day and a complete absence of symptoms on the second day.

Researchers found that vitamin C is able to effectively increase immune response, may inactivate RNA and DNA viruses, and reduces pain and inflammation caused by a viral infection. For these reasons, and based on the recent case report, researchers are eager to continue testing the efficacy of ascorbic acid against the Chikungunya virus.

**3. Influenza**

Ascorbic acid has long been studied for its mitigating effects on influenza symptoms and duration, but a recent case study found that intravenous (IV) use of vitamin C may be an effective treatment protocol for severe cases of the flu. The report tracked the efficacy of intravenous ascorbic acid in a 25-year-old male who had been suffering from flu-like symptoms for over a week.

Symptoms included weight loss of 15 pounds, fever, chills, nausea, and joint pain. As in other case reports, the patient was treated with 50 grams of intravenous vitamin C daily and experienced no adverse side effects. The patient noticed significant improvement within 24 hours after starting the initial IV, including an improvement in appetite, lack of headache, and increased strength.

**Studies found that high doses of intravenous vitamin C can effectively reduce EBV antibody levels, shorten illness, and lessening symptoms.**

IV treatments lasted for four days, after which the patient felt "normal," but continued to take smaller amounts of vitamin C orally following the IV. Given that acute influenza symptoms can last five to seven days or longer and that coughing and exhaustion can last much longer, the fast recovery following intravenous ascorbic acid treatment led researchers to determine that this treatment could be used for a variety of viral infections.

**4. Zika Fever**

Zika fever is an arthropod-borne viral infection that causes fever, joint pain, and red eyes, and may increase the risk of congenital birth defects in infants when transmitted to pregnant women. No official treatments exist, but a recent case study found that intravenous vitamin C resolved symptoms after only three days of treatment.

Researchers believe that the correlation between oxidative stress and viral infection may explain the efficacy of vitamin C in reducing Zika fever and other viral infection symptoms, as vitamin C is known to have potent antioxidant properties.

Based on numerous studies and the case reports listed here, it seems plausible that intravenous vitamin C could be a key to reducing the severity of viral infections and alleviating symptoms, in some cases perhaps even more quickly than the standard protocols currently in place. To learn more about this body of research and to view a complete list of the studies being done, please visit our GreenMedInfo.com intravenous vitamin C database.

*The GMI Research Group is dedicated to investigating the most important health and environmental issues of the day. Special emphasis will be placed on environmental health. Our focused and deep research will explore the many ways in which the present condition of the human body directly reflects the true state of the ambient environment. This work is reproduced and distributed with the permission of GreenMedInfo LLC. Sign up for the newsletter at [www.GreenMedInfo.health](http://www.GreenMedInfo.health)*

Intravenous treatments of vitamin C are often tried with a variety of conditions because of the relatively safe nature of the treatment.

# Amazing Foods for Healthy Teeth

Sink your teeth into something that can help keep them strong and healthy

LISA ROTH COLLINS

Teeth are one of the first things that someone notices when you smile, talk, and eat. Maintaining your dental health is also important to living a healthy life.

Fortunately, there are tasty and healthy foods that can help you keep a sparkling set of teeth. You might even notice your teeth getting whiter and brighter after welcoming these food items in your life.

**1. Cheese**

If you are the one who orders food with extra cheese, you are already on the right track. Cheese has calcium to strengthen your teeth. Also, it has a milk protein called casein which can help to control the loss of minerals from tooth enamel. Eating cheese also increases your pH which lowers the risks of tooth decay. If you avoid cheese, no worries, we have other non-dairy solutions for you.

**2. Yogurt**

Yogurt with no added sugar is another one of the best foods, not just to increase the strength of your teeth but also for your gums. Not all bacteria are bad, and yogurt contains bacteria which may reduce the chances of cavities. It helps to protect your teeth enamel with its significant amounts of calcium, casein, and phosphorus. Make sure you choose no sugar yogurt or add a bit of fresh fruit to plain yogurt. There are also many cultured non-dairy yogurts available.

**3. Leafy Greens**

Broccoli, spinach, kale, and other leafy green vegetables are great. They have a lot of minerals, fiber, and calcium—which is often more absorbable than the calcium in dairy. They're also low in calories. A great way to whiten your teeth at home—and improve your overall health—is just by adding one of these to your daily diet.

**4. Kiwifruit**

Kiwis contain a lot of nutrients and few calories. They have a lot of calcium and protein, which help strengthen your teeth. Those minerals, and kiwi's high fiber content, are great for saliva and can reduce acid harmful to teeth. Did you know you can eat the skin of a kiwi, too? That makes it even more nutrient-dense.

**5. Avocado**

Avocado has vitamin C, Vitamin B5, potassium, and prebiotic fiber. This nutritious fruit is a must for your oral health. It contains many vitamins and proteins that benefit tooth enamel and strengthen your teeth. Avocado can help you avoid damage from acidic foods and cavities and is great for your overall health and digestion.

**6. Carrots**

That nice sound you hear while taking a bite of a carrot is fiber. Fiber helps you increase saliva and flush bacteria from your mouth. Also, carrots have vitamin A, which is great for your teeth and helps whiten them.

**7. Celery**

Just like the carrots, celery has fiber and water content. They help produce saliva to wash away bacteria while massaging your gums as you chew. Carrots and celery also have nutrients to strengthen your eyes, liver, and teeth.

**8. Almonds**

Just like the leafy green vegetables, almonds have a large amount of calcium and protein. These nuts are full of antioxidants and vitamin E, which help you strengthen your teeth. Almonds also keep your cells strong and may slow down the process of aging because of their vitamin E content.

**9. Apples**

An apple a day keeps the doctor away—and also the dentist. If you love apples, you just found another reason to eat them. Apples also have lots of fiber and water content, and their crunchy bite strengthens your gums.

Eat more of these foods to give your teeth the nutrients, fiber, and chew that can keep them healthy. And make sure you drink enough water to keep yourself hydrated and your mouth moist.

*Lisa Roth Collins is a registered holistic nutritionist and the marketing manager at NaturallySavvy.com, which first published this article.*



# Coffee Versus Cardio:

## Can Exercise Offer the Same Mental Boost as Caffeine?



ANISA MORAVA &  
MATTHEW JAMES FAGAN

Your alarm goes off and it's time to start another day. What's your first step? Perhaps making a cup of coffee? You may want to consider a brisk walk instead.

In Canada, and the United States, coffee is second only to water as the beverage most commonly consumed by adults. Although caffeine—the psychoactive ingredient present in coffee—is associated with several positive effects such as an increase in alertness, energy, and mood, caffeine is not all good news for everyone. Some individuals experience negative effects from caffeine consumption, such as increased anxiety symptoms and muscle tremors.

Concerns about caffeine consumption have also been raised for both children and pregnant women, prompting reduced consumption guidelines for these groups. At some point, the majority of caffeine consumers have experienced the adverse effects of withdrawal symptoms. These can feel like a headache, tiredness, and grouching.

The question then becomes: what could provide similar benefits to caffeine without the side effects? The

answer may be aerobic exercise.

### Caffeine Versus Exercise

Our lab examines how exercise can improve various health outcomes, one being cognition. In a recent study, we put aerobic exercise and caffeine head to head, to look at their ability to provide a “boost” to a measure of cognition called working memory.

Working memory refers to our ability to temporarily store and manipulate information to complete a task. Working memory is what you are using when you are at the grocery store trying to quickly recall the items on your list while updating that information with the price tags you are seeing in front of you. It is used in our everyday life and is associated with how well we perform at school and work.

In our study, we examined what would happen to working memory when we got healthy adults to complete a brisk, 20-minute walk on a treadmill versus when we gave them a dose of caffeine equivalent to what people consume in a small cup of coffee.

Our results indicated that a dose of moderate-intensity exercise was essentially equivalent to a dose of caffeine in improving working memory in both

adults who regularly consume caffeine and those who don't. This result would suggest that replacing coffee with a single bout of aerobic exercise could not only provide a cognitive boost similar to coffee but may also provide other health benefits that come along with exercise.

### Walk to Reduce Withdrawal Symptoms

To dig a little deeper into the issues surrounding caffeine, exercise, and cognition, our team wanted to examine what would happen during caffeine withdrawal.

This time, we asked our caffeine consumers to undergo a 12-hour caffeine deprivation period. Then they had to come into the lab so we could assess their caffeine withdrawal symptoms, including fatigue, difficulty concentrating, grouchy mood, lack of motivation, and headache. We also assessed their working memory and found that it was not affected by caffeine withdrawal.

Then we tested whether a brisk walk or caffeine consumption could reduce their withdrawal symptoms and improve their working memory. Interestingly, our results showed that the brisk 20-minute walk was able to reduce their withdrawal symptoms, particularly fatigue and depressed mood. However, working

memory, which had not been affected by withdrawal, remained the same.

So how exactly does aerobic exercise provide this cognitive boost and reduce caffeine withdrawal symptoms? Although there is still a lot of debate, and investigations are underway, previous research has suggested improved blood flow in the brain, the release of neurotrophic factors (which are like food for brain cells) and the release of hormones such as dopamine and epinephrine that are associated with mood and energy, may all be in some part responsible for these effects.

These findings are encouraging, as they suggest something as simple as taking a brisk walk during your lunch break may help fight off the afternoon energy slump. Furthermore, for individuals who may want to avoid coffee, engaging in short bouts of aerobic exercise may be a compelling alternative for improving several health outcomes.

*Anisa Morava is a doctoral student of the psychological basis of kinesiology at Western University in Canada, and Matthew James Fagan is a doctoral student of kinesiology at the University of British Columbia. This article was first published on The Conversation.*

## How to Share The Epoch Times With Your Friends and Family



**As an Epoch VIP,** you're passionate about the traditional journalism and in-depth reporting you get in The Epoch Times. You've even sent us ideas on how to spread the word. Here are some of the best suggestions from readers like you!

### Request FREE Newspapers to Be Sent to Your Friends\*

Submit the names and shipping addresses of your friends. You can request FREE newspapers for as many friends as you want. The Epoch Times will send the newspapers on your behalf for free.

### Newspaper Sharing

Simply pass your copy of The Epoch Times, or a section of it, to someone

else after you've read it. Consider neighbors, friends, family, relatives, co-workers, teachers, golf buddies, and your boss.

### Newspaper Placement

Place a copy of The Epoch Times at places where people typically wait such as doctors' offices, dentists' offices, hotel lobbies, airline terminals, barbershops, and beauty salons. Also consider placing copies at community centers, company cafeterias, break rooms, coffee shops, gyms, churches, automobile dealerships, or in your car. Visit EpochShop.com.

### Bumper Stickers

Put a bumper sticker on your car plus ask friends and family to put stickers on their cars as well. Visit EpochShop.com.

### Getting the Word Out

Word-of-mouth is always a great way

to spread the news about The Epoch Times. Talk it up at your local library, meetings, birthday parties, special events, and with friends and family over the holidays.

### Using Email and Social Media

Use technology to share stories from The Epoch Times. Forward our daily email MORNING BRIEF to friends and family. Share postings from our Facebook site and YouTube channel. Simply copy the URL and then send it with a brief note such as: “Here's a story I thought you'd like to read.”

### Displaying Your Poster

The Epoch Times SPYGATE poster has become legendary—so consider posting it on a wall at your home or office. When friends or business associates ask, explain what the poster is about and how they can get their own copy.

**Not a subscriber yet?**  
Visit [ReadEpoch.com](http://ReadEpoch.com)  
to learn more

# THE EPOCH TIMES

\* (1) Please log into your account at TheEpochTimes.com (2) Click your name to manage your account (3) Click “Request Free Papers” on the left menu bar and follow steps