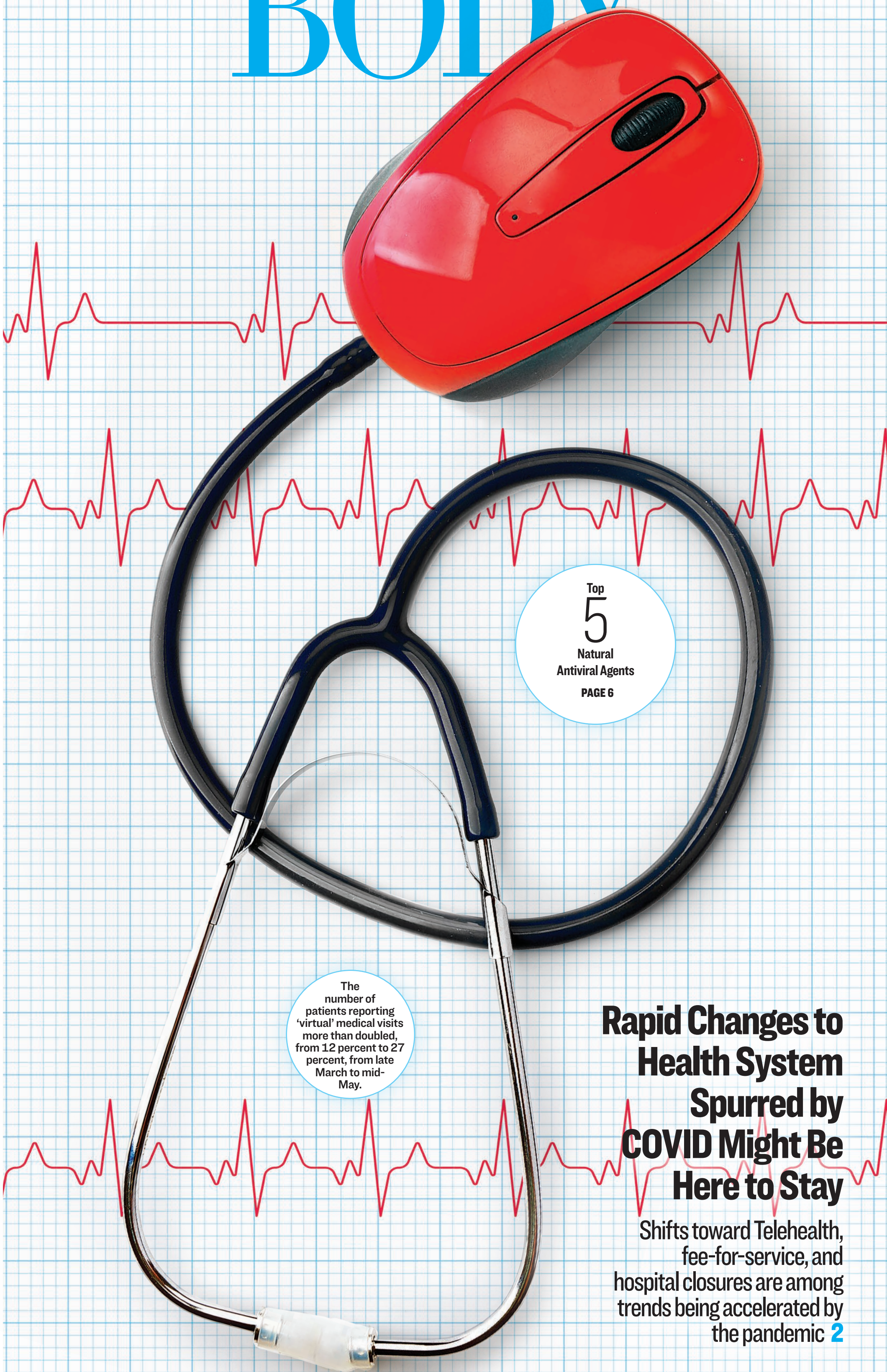


WEEK 26, 2020

THE EPOCH TIMES

MIND & BODY

ALL PHOTOS BY SHUTTERSTOCK



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The number of patients reporting 'virtual' medical visits more than doubled, from 12 percent to 27 percent, from late March to mid-May.

Rapid Changes to Health System Spurred by COVID Might Be Here to Stay

Shifts toward Telehealth, fee-for-service, and hospital closures are among trends being accelerated by the pandemic **2**

The Case for Caffeine

Caffeine can enhance memory and focus, but some people suffer side effects

NANCY BERKOFF

Caffeine is one of the most widely consumed stimulants in the world. So much is written about caffeine: Is it beneficial for health, bad for health, or does caffeine intake make no difference at all?

Let's investigate how caffeine acts in the body, what different schools of thought have to say about caffeine's possible health attributes, and some ideas about including caffeine in a healthy diet.

Caffeine is a central nervous system stimulant; it is tasteless and has no nutrients of its own. Caffeine belongs to a group of naturally-occurring chemicals called "methylxanthines." Methylxanthines can block the central nervous system's "braking" and messaging ability; this allows the central nervous system to work at "maximum" speed.

Some people feel that caffeine helps with their exercise routines. As a result of its blocking ability, caffeine may decrease feelings of fatigue and increase mental alertness. Caffeine may increase the force at which the heart beats, as well as relaxing the body's airways, which can lead to increased oxygen consumption. We can see how this might encourage us during exercise.

Recent Johns Hopkins University research indicates that caffeine may enhance long-term memory. Participants who were given 200-mg caffeine tablets after studying a series of images were better at distinguishing these same images from similar ones when tested the next day.

"We've always known that caffeine has cognitive-enhancing effects, but its particular effects on strengthening memories and making them resistant to forgetting has never been examined in detail in humans," said senior author Michael Yassa, an assistant professor of psychological and brain sciences at Johns Hopkins University.

It's not advised, or pleasurable, to take caffeine as a supplement. Caffeine can be found naturally in tea, coffee, or chocolate.



Drinking moderate amounts of coffee has been linked to lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease.

Caffeine may increase the force at which the heart beats, as well as relaxing the body's airways, which can lead to increased oxygen consumption.

Foods flavored with chocolate, coffee or tea, such as hot cocoa, chocolate pudding, coffee-flavored yogurt, green tea ice cream, and many types of soda can be sources of caffeine. Some over-the-counter medications are buffered with caffeine. If you would like to check on the amount of caffeine in your foods and beverages, you can search on the USDA database na.usda.gov/sites/www.nal.usda.gov/files/caffeine.pdf or the Centers for Science in the Public Interest caffeine chart cspinet.org/eating-health/ingredients-of-concern/caffeine-chart.

If you enjoy coffee as your caffeine of choice, drinking moderate amounts of coffee has been linked to lower risk of cardiovascular disease, Type 2 diabetes, and Parkinson's disease. Coffee contains caffeine and polyphenols, which can act as antioxidants. Although researchers have yet to determine the exact mechanisms of polyphenols, these compounds may assist in decreasing the severity of heart and respiratory diseases. If you add dairy or enriched plant milks to your coffee, you may increase your calcium and vitamin D intake.

Preparation methods affect the quantity of caffeine in brewed coffee. Different methods have different levels of extrac-

tion, explains Bob Arnot, M.D., an internal medicine doctor and author of "The Coffee Lover's Bible." Per Arnot, brewing methods with higher levels of extraction and higher water temperatures yield more caffeine and polyphenols. Immersion brewing techniques, such as a French press or siphon systems, where the coffee particles are completely enveloped by water, yield higher caffeine amounts than pour-over techniques, such as Mr. Coffee or coffee-pod style. Using more coffee and less water per cup of coffee provides more caffeine.

All tea naturally contains caffeine; tea brewed from black or green tea leaves contains polyphenols (about half the amount of polyphenols found in coffee) as well as natural substances that may decrease the incidences of some types of cancer. To brew the perfect black tea, bring the amount of water you need to a rolling boil. While the water is boiling, measure the amount of tea you're going to use into a clean glass or China container. You'll need different amounts of tea for different tea types, so read the package directions. Plastic and metal tend to pick up extra flavors.

Pour a small amount of boiling water over your tea and let it steep for a minute. Add

the remainder of the boiling water and allow to steep to the desired strength. The longer tea is steeped, the more caffeine is extracted but if you leave it for too long, it will develop an acid taste. As an alternative to drinking tea, brewed tea can be used as a marinade, sauce or salad dressing ingredient, cooking liquid, or tenderizer.

There are many types of chocolate preparations, and the caffeine amount varies depending on the type and amount of chocolate used. A small cup of hot chocolate, made with a packet of standard hot chocolate mix contains about 5 mg of caffeine; a larger coffee shop-style hot chocolate might contain more than 70 mg of caffeine. Milk chocolate can contain 3-6 mg of caffeine per ounce and dark chocolate can contain 5-20 mg an ounce. Good quality chocolate can contain theobromine, a substance that regulates serotonin levels. Serotonin is the body's natural mood elevator, helping to provide a feeling of calmness and happiness.

According to scientists at the FDA, caffeine can be part of a healthy diet for most people, but too much caffeine may be a health danger. Depending on health status, including body weight, medications are taken, and individual sensitivity, "too much" can vary from person to person. As a guideline, per the FDA, up to 400 mg of caffeine, a day is considered safe for adults who are able to tolerate caffeine. If you think your caffeine intake is related to restlessness, anxiety, nausea, insomnia, a fast heart rate, or headaches, you'll want to assess your daily intake. Pregnant and breastfeeding women are advised to limit their caffeine intake, as directed by their health care professionals. Caffeine is not recommended for children or teenagers.

As a reference, a small cup of hot cocoa may contain 5-20 mg of caffeine, a 12 ounce can of caffeinated soda may contain 30-40 mg of caffeine, an 8-ounce cup of green or black tea 30-50 mg, and an 8-ounce cup of coffee 80-100 mg. Caffeine in energy drinks can range from 40-250 mg per 8 fluid ounces.

It is not possible to completely decaffeinate coffee and tea. Decaf coffees and teas have less caffeine than their regular counterparts, but they still contain some caffeine. For example, decaf coffee typically has 2-15 mg in an 8-ounce cup. If you react strongly to caffeine in a negative way, you may want to avoid these beverages altogether.

People all over the world have enjoyed caffeine-containing beverages and foods for many years. Caffeine isn't an essential nutrient but may provide some health benefits. Consider the amount of caffeine in the beverages and foods you select and enjoy!

Dr. Nancy Berkoff is an international nutritionist, food technologist, and culinary professional. She divides her time between health care and culinary consulting, food writing, and healthy living.

CHINESE WISDOM FOR SEASONAL LIVING

Winter Illness Can Be Pushed Out During This Time

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.

In the Northern Hemisphere, the summer solstice falls on June 21 in 2020. According to traditional Chinese solar terms, the summer solstice marks the turning point in the balance of yin and yang.

The summer solstice solar term is when the days slowly grow shorter and the nights longer. Although the heat from the summer sun is still building up and the earth is getting warmer, the season has begun to shift, and yin energy is now building.

A plant called the crow-dipper, native to China, Japan, and Korea, exemplifies this emerging yin phenomenon. This poisonous medicinal plant grows in wet and shady environments, and it only starts to grow after summer solstice—a time when most plants are already peaking.

Kennin-ji, the oldest Zen temple in Kyoto,

Japan, holds an annual flower festival for the crow-dipper to mark the change in the balance of yin and yang.

Another manifestation of increasing yin during this time concerns the common deer. In traditional Chinese medicine (TCM), deer are classified as yang in nature because their horns grow forward.

As the yin energy becomes stronger from summer solstice onward, deer begin to shed their horns. Elk and moose, on the other hand, are considered yin, as their horns grow slanted and toward the back. Elk shed their horns when the yang energy is growing stronger, in the winter.

In Chinese history, the summer solstice was considered a public holiday. Everyone got time off for one to three days. During the Liao Dynasty, women would give each other colorful fans and aromatic pouches filled with fragrant herbs. They used the fans to repel the heat, and the herbal pouches to repel insects and cover up bad odors.

Living in Harmony with 'Summer Solstice'

TCM doctors say that when the yang energy reaches the extreme, it is a good time to treat winter diseases. Since winter diseases tend to appear when one's yang energy dips to its lowest point, one can draw on the abundant yang energy of summer to try



to reverse the disease in advance of the coming winter.

In TCM, the roots of winter diseases are often treated by identifying the proper acupuncture points, or by using the correct herbs to push the disease out of the body. This is especially helpful for those with a weak respiratory system, weak digestive system, or joint problems.

If one tends to cough or feel pain during cold days, that shows this person may have a weaker or infected respiratory system. It is highly recommended to use the hair blow dryer in low heat and a low-speed mode towards the center of one's chest. Keep a safe distance so you don't get burned. As the acupuncture point is Tan Chong, in the middle of

our lungs, and it can strengthen our respiratory system as well as boost our immunity.

Traditionally, it is considered a good idea to visit a reputable TCM doctor during this time, especially if you experienced health problems during the recent winter. Many Chinese people go for a checkup at this time of year.

For those who were healthy and happy last winter but are still having trouble adjusting to the summer heat, you can practice "earthing" or "grounding."

This involves walking with bare feet in nature or gently pressing the ground with the palms of the hands. For maximum benefit, wear only natural fabrics.

Seasonal Foods

At this time, beneficial foods include almonds, asparagus, bitter foods, broad beans, goose and goose eggs, duck and duck eggs, hawthorn berries, oolong tea, parsley, peas, pumpkins, red beans, seaweed, tomatoes, watercress, and watermelon.

Epoch Times contributor Moreen Liao is a descendant of four generations of traditional Chinese medicine doctors. She is also a certified aromatherapist and the founder of Ausganica, a manufacturer of salon-quality, certified organic cosmetics. Visit Ausganica.com

FOOD AS MEDICINE

You Can't Eat Sunscreen, but These Foods Could Have Same Effect

JAYA JAYA MYRA

Now that the weather is warming up and you're likely spending more time outside in the sun, it's time to think about how best to protect your skin.

You need a certain amount of sun every day to maintain adequate vitamin D, 10-15 minutes for someone with very pale skin, someone with very dark skin can need up to an hour.

Too much sun comes with risk, especially for pale-skinned people. There are nearly 5 million cases of skin cancer diagnosed each year, mostly due to the harmful effects of UV radiation. Luckily, there's a variety of options you can choose from, including topical sunscreen, sun-protection clothing, and even the food you eat.

Most people opt for topical sunscreen as their primary mode of defense against the sun, although it's important to know the potency and effectiveness of sunscreen is different depending on what part of the world you're in. The United States lags behind in quality sunscreen products due to FDA limitations on ingredients in sunscreen. When considering what sunscreen to use, there are also concerns around using products that contain chemicals like oxybenzone, because those chemicals themselves may lead to cancer, which is what you're trying to prevent by wearing sunscreen in the first place, right?

Oxybenzone is also toxic to marine life and very damaging to coral reefs.

Topical Sunscreen Is Just the Beginning

In addition to sunscreen, there are two more good options you have: Try clothing that blocks UV rays, and start eating foods that will help prevent sun damage, while avoiding the foods that can contribute to it. Yes, there are actually foods that help protect your skin, and some can even have direct SPF properties after consistent consumption (usually around 12 weeks of daily consumption) that can keep you not only from sun damage but from getting a sunburn in the first place.

Keep in mind that foods won't immediately provide SPF properties, but they can immediately help determine how your body deals with sunlight and UV rays it comes into contact with.

My favorite summertime food that also helps fight sun damage is watermelon. Lycopene is its key ingredient to protect your skin: It absorbs both UVA and UVB radiation and can make the skin more photo-protective over time, just like topical sunscreen would. Tomatoes are well-known for their lycopene content, but watermelon has far more lycopene per serving, and its high water content makes it perfect for staying hydrated in the heat of summer. If you want the highest lycopene containing food, go for guava fruit, although it may be harder to find.

Next on the list of awesome foods to add to your routine is blueberries, especially wild blueberries, and other berries that are high in antioxidants. Antioxidants fight free radical damage caused by UV radiation and help to protect your skin. An added bonus of blueberries is their vitamin C content, which helps the skin stay hydrated and less wrinkled. Carrots and leafy greens also provide vital protection from sun damage due to their high beta-carotene content, which over time, like watermelon, makes the skin more photoprotective.

Tea lovers can also rejoice. Not only does tea contain theanine which helps lower stress and promote relaxation, but the flavanol EGCG found in green and black tea has powerful antioxidant properties, like blueberries, that help protect you from sun damage. Green tea may even be potent in protecting directly against UVA damage and protects against collagen loss, which is key to skin integrity and health.

Did you know your skin contains a natural type of SPF to help keep you healthy? Urocanic acid, found in the outer layer of the skin, absorbs UV radiation and helps protect against sun damage, notably damage to the DNA caused by sun exposure. Urocanic acid is produced from foods containing histamine, including cauliflower, nuts, seed, fish, and poultry, so adding these to your routine could increase the amount of urocanic acid in the skin.

Foods Can Also Make Skin More Photosensitive

Just like there is a range of foods that can make the skin photoprotective and help prevent sun damage, there are foods known to make the skin more photosensitive and susceptible to sun damage. It would be best to avoid these before taking an afternoon stroll or a trip to the beach this summer. This list of foods includes limes, celery, dill, parsley, fennel, and figs, which are definitely all on my list of foods to enjoy this summer, and probably yours, too. You can also add white wine to that list.

The key is to consume these foods when you're not spending time in the sun; preferably at night.

So instead of having a margarita or white wine while you're lounging in the sun, opt for red wine, iced tea, or watermelon spritzer. If you love fresh fennel and figs, have them at dinner instead of lunch. Your skin, and overall health, will thank you.

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





ALL PHOTOS BY UNSPLASH

Compounds and nutrients discovered in foods like garlic, licorice, and various fruits are critical to effective immunity.

FOOD AS MEDICINE

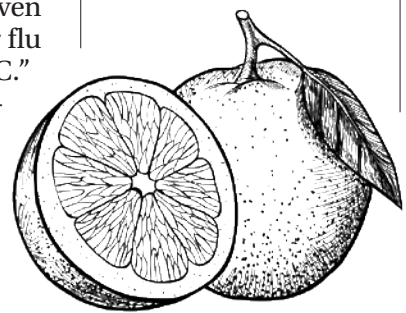
Top 5 Natural Antiviral Agents

Research shows these 5 substances can help the immune system face viral invaders

While much of the world is in lock-down mode over potential COVID-19 infection and global drug manufacturers work to fast-track a potentially risky vaccine, nature has provided us with an array of powerful virus fighters that can boost overall immunity and help protect against viral infections. Best of all, these all-natural health boosters are easy to source, economical, and have minimal risk of adverse effects. In short, they are a logical first line of defense against infectious health threats. Best of all, you don't need a doctor's prescription to

begin reaping the benefits of these super-supplements.

1. Vitamin C Perhaps the most common advice given when a person starts to feel a cold or flu coming on is, "take lots of Vitamin C." More than a myth or superstition, vitamin C is clinically proven to both prevent and treat the common cold. An upper respiratory tract infection (URTI), sometimes referred to as a cold, can be caused by a variety of viruses, including rhinovirus, coronavi-



rus, adenovirus, influenza, parainfluenza virus, and others, with the remaining 20 percent to 30 percent of cases being caused by bacteria. Colds are often diagnosed without the benefit of blood tests, but rather by symptoms such as coughing, sneezing, sore throat, runny nose, sinus congestion, and so on.

There are hundreds of scientific abstracts illustrating the benefits of vitamin C supplementation. In this meta-analysis conducted by the Department of Public Health at the University of Helsinki, Finland, researchers found a statistically

highly significant reduction in common cold incidence in groups supplemented with vitamin C as compared with placebo.

A more recent meta-analysis of nine randomized, controlled trials published in BioMed Research International in July 2018, found that an extra therapeutic dose of vitamin C taken at the onset of a cold shortened the length of the cold by a whopping 56 percent and significantly relieved symptoms, including chest pain, fever, and chills. These benefits were observed in individuals already taking routine vitamin C supplements.

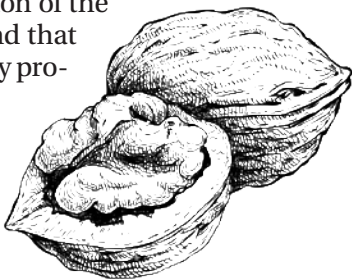
For overall immunity-boosting, a combination of vitamin C plus zinc at doses of 1,000 milligrams (mg) vitamin C plus 10 mg zinc has been shown to be effective in patients with the common cold.

2. Zinc

Zinc is indispensable for a healthy immune system. Since immune system functioning declines with age, some adults may benefit from a supplement, and it may also become more important during times of extreme stress and seasonal illness.

A study published in May 2008 in the journal, Experimental Gerontology, demonstrated that short term oral supplementation with zinc safely and efficiently induces the stress response in healthy white blood cells from elderly donors. Researchers believe that the stress response may be a candidate pathway connecting zinc deficiency with aging and immunosenescence, the natural degeneration of the immune system over time and that proper dietary zinc intake may protect neurons from stress.

Zinc supplementation has also been shown in clinical trials to improve symptoms of depression, a timely benefit considering the increasing fear and stress brought on by current events, and increasing social isolation. Zinc lozenges are a popular way to boost intake of this vital nutrient and have been shown to be very effective at wiping out common cold viruses 3.1 times faster than in those not taking zinc.



3. Echinacea

Upper respiratory tract infections are a frequent diagnosis when someone seeks medical treatment for acute symptoms of the common cold. Echinacea, an herbal supplement commonly taken at the onset of cold symptoms, has considerable scientific evidence to support its widespread use for this purpose, both as a treatment for, and preventative of, URTIs.

In May 2016, a team of researchers from Iran University of Medical Sciences performed a meta-analysis of more than 100 journal articles meshing the terms "echinacea" and "URTI," identifying 66 relevant articles for deeper review. After the in-depth analysis, the research team concluded that there is a considerable amount of evidence showing the effectiveness of echinacea products in the prevention and treat-



An extra therapeutic dose of vitamin C taken at the onset of a cold shortened the length of the cold by a whopping 56 percent and significantly relieved symptoms, including chest pain, fever, and chills.

ment of respiratory tract infections.

Another meta-analysis published in May 2015 in the journal Advances in Therapy concluded that "echinacea potentially lowers the risk of recurrent respiratory infections and complications thereof," noting that echinacea's immune-modulatory, antiviral and anti-inflammatory effects might contribute to these observed clinical benefits.

A meta-analysis from 2006 came to similar conclusions, stating that "the likelihood of experiencing a clinical cold was 55 percent higher with placebo than with echinacea," prompting the conclusion that echinacea is effective in the prevention of symptoms of the rhinovirus-induced common cold.

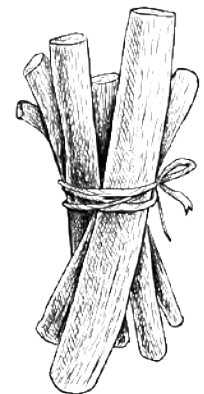
4. Licorice (Glycyrrhizin)

Licorice has a deep and ancient tradition of use as herbal medicine by numerous cultures around the world. Licorice supplements may be labeled under its botanical name, Glycyrrhiza glabra, or the name of the active compound that gives licorice its characteristic sweetness, glycyrrhizin.

Anecdotal, licorice has been credited with conferring benefits such as reducing inflammation, especially in the stomach, reducing symptoms of coughs and bronchitis, lowering cholesterol and triglyceride levels, and even protecting against microbial or viral infections. Preliminary studies of licorice's antiviral effect suggest this herb is a potent defense against global pandemics.

A June 2003 study published in the peer-reviewed medical journal The Lancet explored glycyrrhizin and its effects on the replication of SARS-associated coronavirus.

This ground-breaking study, performed during the global outbreak of SARS coronavirus and the subsequent search for antiviral compounds to treat the disease, tested the antiviral potential of glycyrrhizin against four common antiviral drugs, on two clinical isolates of coronavirus (FFM-1 and FFM-2) from patients with SARS. Of all the compounds tested, glycyrrhizin was the most active in inhibiting replication of the virus, prompting researchers to suggest that glycyrrhizin should be assessed as a potential treatment for SARS.



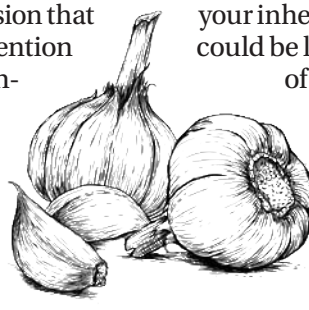
Studies on both SARS and MERS-type coronavirus have demonstrated that licorice extract breaks down the integrity of the viral envelope while also boosting the host's immune activity, giving rise to optimism over its potential use to treat the various coronavirus disease strains.

Glycyrrhizin is a concentrated extract from licorice, and is GRAS, or "Generally Recognized as Safe," in the U.S. Both licorice and glycyrrhizin supplements can be readily obtained in powder, pill or liquid form. However, individuals with high blood pressure, metabolic alkalosis, or low mineral levels should be advised that glycyrrhizin has been shown to aggravate these effects in some individuals.

Consuming licorice in herbal form rather than highly concentrated glycyrrhizin supplements can help to mitigate these concerns.

5. Garlic

Besides warding off vampires, garlic has been identified by natural health practitioners as one of the top five food-medicines. With the increasing prevalence of drug-resistant bacteria and the failure of common virus strains, building your inherent resilience to pathogens could be life insurance against some of the more serious—and potentially lethal—viral infections.



Garlic has several hundred therapeutic properties, confirmed by a growing body of scientific research, which you can view directly on GreenMedInfo.com. Some of these beneficial actions include inhibiting pathogens such as the parainfluenza virus, Haemophilus influenza, several strains of streptococcus, and pneumococcal infections.

While it's not necessarily helpful to hang garlic on your door or wear it around your neck, adding garlic liberally to your cooking or taking a high-quality supplement can provide a big health boost and help you stay safe from unwelcome viral visitors.

The likelihood of experiencing a clinical cold was 55 percent higher with placebo than with echinacea.

Guard Against Nutrient Deficiencies for Optimal Virus Defense

There is an abundance of peer-reviewed science supporting immune-enhancing nutritional supplementation as a safe and effective defense strategy against viruses. Boning up on these nutritional pillars of good health will ensure that you have fortified yourself against viral infection from the inside out.

To learn more about natural ways to combat opportunistic infections like coronavirus, consult the world's most widely referenced, evidence-based natural medical resource at GreenMedInfo.com.

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MINDSET MATTERS

Rushing to Be OK Before You Are OK

Spinning pain into positivity before its time can lead to feeling badly about feeling bad

NANCY COLIER

From the time we're young, we're taught to find the silver lining in every cloud, to search for the lesson in every challenge. Adversity is our teacher, darkness brings light, difficulty is an opportunity. Yes, that's all useful, but sometimes, we rush the positive narrative before we've allowed ourselves to feel the actual feelings ... the hard ones. The lessons we construct end up replacing the actual learning and we end up with a pseudo-well-being that isn't real or resilient. Not being OK, for real, is also OK, and even necessary.

I recently broke my foot two days before going on a long-awaited beach vacation. The break was a non-weight-bearing injury. I didn't know what that meant when the ER doctor first used the term, but I soon came to understand that it meant what it sounds like; you cannot put your

foot down on the ground for any reason, not without risking surgery or excruciating pain. And in my case, not for six weeks. While it's not something you think about until you need to, not being able to set your foot down for any reason is a big deal; it makes life very challenging. Essentially, with a badly broken foot, you have to just sit down and sit still.

At this moment in history, our world is not OK; we are not OK. Oddly, however, when things are not OK, we are told that we should be OK, should be able to get OK with not OK. The should police tell us that adversity is an opportunity for growth, and within all difficulty lies great teaching. Suffering is our guru, a gift. And yes, that may all be true. But I wonder, does our positive, spiritual narrative around life's challenges rush us into a pseudo-well-being, a flimsy mental construct, an OK that's not

I felt enormous pressure, most of it coming from inside myself, to find acceptance and peace about this situation.

entirely real, not earned? Is there a time and place for actually not being OK ... before we get to being OK with not being OK?

So here I was, in this adorable boardwalk beach town, a town with endless opportunities for walking and running, for exploring neighborhoods by foot, spectacular hiking, bike riding, and swimming. A town meant to be fully and physically enjoyed—and no possibility of doing any of it. I watched as my family (with my encouragement) traipsed off to explore the sweet town and neighboring towns, stroll the boardwalks, take sunrise jogs, participate in power yoga classes (on the beach), swim in the gentle waves, laugh their way through gigantic suburban grocery store aisles, and, basically, have a whole lot of fun.

In the grand scheme, having to sit down and sit still is not the end of the world, not the biggest deal, and certainly not even a blip

on the screen when it comes to what's happening in the world. But, for someone like me, it is a big deal—a monumental deal in fact. Moving is a fundamental ingredient in my well-being, like breathing and eating.

Strange though it may sound, I don't think a day has passed in the last 35 years when I didn't feel immense gratitude for being able to head out on my daily walk or run. When I was pregnant and on bed rest, I knew that I would do anything and everything in my power to never not be able to move again. I have relied on being able to move and move quickly in order to feel emotionally and physically well; it's my fix, my go-to feel-good drug that's served me for a lifetime. So, here I was, sitting in my seat at the beach, still as a sloth, unable to give myself what I needed to be well.

I felt really bad about not being able to walk or run or move much

at all. But I noticed that I felt almost as bad about feeling bad. Many people I talked to about the situation told me some version of the silver lining to every cloud adage, with a little "oh, what a pain" thrown in for good measure. My more spiritually-inclined friends were excited by the situation and the teachings that awaited me in this opportunity.

I felt disappointment in myself for thinking that this moment was anything other than perfect, and should be any other way, and sternly told myself to accept the present moment without resistance, since that's all there was. My family reminded me to practice the power of now, along with the power of surrender, neither one of which, apparently, I was practicing.

As my body atrophied on the sofa, my mind was soaking in shoulds, the ways I should be better-experiencing this unfortunate opportunity. I chided myself with Nietzsche's words, "He who has a why to live for can bear almost any how," thinking about all those who had suffered before me with a purpose. I went full-throttle on the self-throttling. I still felt awful about not being able to move and the

timing of this injury with my long-awaited active vacation, but I felt just as terrible if not worse about the fact that I was feeling so terrible.

But then it occurred to me that I was pushing myself to learn and feel something new and expansive in this mess before I had actually learned it or felt it. I was demanding that I be a person who walked through this with great optimism and a spiritual perspective. I realized that this idea of a hidden teaching, the "why" that made the "how" OK, and all the rest of the shoulds might just be a narrative that I was constructing. I was skipping an important step in the process, a step that needed to happen so that I could actually learn and grow.

I felt enormous pressure, most of it coming from inside myself, to find acceptance and peace about this situation. But I wasn't there, not yet anyway, if I ever would be. Rather than compel myself to use this as a teaching, I had to actually let myself feel bad, feel sad, feel upset, feel angry, feel irritated, feel disappointed about this situation, this unfortunate event—to live it as I actually experienced it. I had to let the teaching teach me rather than construct a

teaching that would work for my mind.

Getting OK with not OK is not about feeling good or even comfortable with what doesn't feel good or comfortable. It's not about manufacturing a positive lesson in a negative situation before that lesson has actually revealed itself. It is, however, about having the courage to allow yourself to not be OK, without judgment and the urgency to change it.

There's no reason to berate or shame yourself for feeling bad; bad things happen and we sometimes just feel bad. Feeling bad is part of the process and it leads to feeling good again. When you stop judging yourself for not being OK, you are indeed being OK with not being OK.

Nancy Colier is a psycho-therapist, interfaith minister, public speaker, workshop leader, and author of "The Power of Off: The Mindful Way to Stay Sane in a Virtual World." For more information, visit NancyColier.com

It's about having the courage to allow yourself to not be OK, without judgment and the urgency to change it.



TRUTH and TRADITION: *In Our Own Words*

WE ARE HOLDING THE LINE

In America, publishing news is easy.
But publishing the truth ... that's very difficult.



You might've seen some of the videos we've produced over the last year. But you likely

don't know the difficulty of creating this type of honest news content to be published on the big tech platforms.

Because The Epoch Times has the courage and fortitude to both investigate and report stories that most media don't as well as to call into question the "established" narratives when the facts don't seem to line up, we have been attacked, demonized, and de-platformed by the giant tech conglomerates, the legacy media

outlets, and even certain service providers.

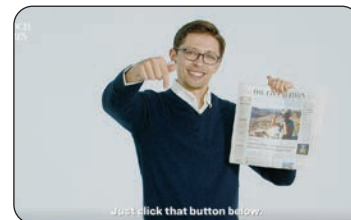
That's not to even mention how over the last 20 years, there were dozens (maybe even hundreds, but we never thought to count) of times when the Chinese Communist Party's consulates around the world have used threats to force businesses and ad agencies to

pull their advertising from our publication.

I believe that open public discourse is vitally essential to our nation. It is paramount to a free republic.

Working here over the last eight years, at a truly independent news organization, has opened my eyes to the many forces attempting to restrict your access to truthful information. And contrary to what it seems like on the surface, **these forces are not censoring our mouths. They are actually censoring your ears and your eyes.**

They are engaged in an act of theft: robbing you of the truth.



For instance, when we examined claims about the CCP virus's origins that didn't line up with the established narrative or when we looked beneath the surface of FISA abuse that took place during the 2016 election and reported inconsistencies with the mainstream narrative, we were further attacked, censored, and de-platformed—directly limiting your access to a treasure trove of our investigative findings.

So what we are doing here at The Epoch Times is not simply reporting stories or conducting investigations.

We are holding the line.

We are taking the attacks so that you may be informed of the truth, and so our future generations may know what truth is.

We seek to be a stalwart bastion of objective reality which can stop the descent of our society into a place where our grandkids and great grandkids have internalized ever-encroaching politically correct thought confines to the point where even forming an independent idea is a crime.

To me, that might've seemed like hyperbole 10 years ago, but having seen this encroachment first-hand, I believe it is a grim possibility that we might just "naturally" slide into if we don't take a strong stand against it right now.

I hope you are enjoying this paper. I hope you share it with your friends, your family, and your entire community so that we can restore decency in this country's public discourse.

And I hope when that happens, you'll be there with us to see it.

In Truth and Tradition,

Roman Balmakov
The Epoch Times



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Roman
Balmakov
Video Producer



TRUTH and TRADITION



Why Good Manners Matter

In the digital age, old-school courtesy still key to success, peace of mind, and a better world

CONAN MILNER

Author Danny Wallace just wanted a hot dog. He went to a diner, paid, and waited for an hour, but the food never came.

When he politely asked what was taking so long, he was kicked out for being a nuisance.

The incident haunted Wallace for days afterward. He turned to a review website to vent his frustration, and punish the restaurant that had treated him so unfairly. When his tale of bad service turned into an 85,000-word diatribe, he decided to explore the influence of rudeness on a deeper level.

For his book, "F You Very Much: Understanding the Culture of Rudeness—and What We Can Do About It," Wallace looked to studies that explore the psychological and sociological impact of rude behavior.

Some researchers describe rudeness as a kind of contagious neurotoxin. Anyone who has been the target of rudeness knows how devastating it can be. It can prey on your mind, and even twist your thinking. Suddenly, everyone seems out to get you.

"It's why we sometimes assume people are being sarcastic or mean

in emails, when, in fact, they aren't," Wallace said. "But it's not your fault. You've just been infected."

The reason that rudeness stings so badly is that it falls below the standards of basic decency—thinking of others, waiting our turn, and saying "please" and "thank you." When someone breaks these sacred rules with us, we're both offended and confused. Why did they do that? And why to me?

It can be either cruel and deliberate, or just plain inconsiderate. Rudeness is a display of disrespect, and it brings out our worst.

"It plays to our baser instincts," Wallace said. "We immediately want revenge of some kind."

Even if we're able to control our impulse to retaliate, science has shown that rudeness still harms our ability to concentrate and make decisions. It doesn't just ruin your day—the ripple effect can have serious consequences. One study found that a moment of rudeness temporarily reduces a surgeon's ability by 50 percent.

If rudeness impairs our thinking, Dr. Joyce Mikal-Flynn, an associate professor at California State University-Sacramento, believes good manners may improve it. That's why

she encourages decorum in all her courses, but especially her neuroscience class.

"In brain science, manners influence our happy neurotransmitters and allow for great personal connections," Mikal-Flynn said. "From a biochemical basis, manners make a difference. It gives people a sense of security and pleasure."

On the first day of class, as Mikal-Flynn lays out her syllabus, she talks to her students about punctuality and speaking to each other with respect. She takes inspiration from the Ritz Carlton motto—"We are ladies and gentlemen serving ladies and gentlemen"—and says students respond immediately to the higher standard.

"I want to set a positive tone because it really does make a better learning environment," she said.

But if we respond so well to good manners, why has rudeness become so prevalent? Wallace points to the highly polarized views that have emerged in our culture, where common ground is hard to find, and politeness is often perceived as a sign of weakness. Modern pop culture just adds fuel to the fire.

Continued on Page 11

Etiquette can seem antiquated, but everyone likes to be treated with kindness and courtesy.

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Studies have shown that depression, anxiety, and post-traumatic stress disorder are all linked to a higher risk of developing dementia in older age.

Negative Thinking Linked With More Rapid Cognitive Decline, Study Indicates

Certain patterns of thought can feed chronic stress, elevated blood pressure, and higher levels of the hormone cortisol

NATALIE L MARCHANT

Dementia affects an estimated 54 million people worldwide. There is no cure, but reports indicate that approximately a third of dementia cases may be preventable, which is why many researchers have begun to focus on identifying risk factors. This would allow for better personalized interventions that may be able to reduce the risk of developing the disease, delay onset, or even prevent dementia for some people altogether.

Current research shows that genetics, high blood pressure, and smoking are all risk factors for developing dementia. But many people don't realize that there is also a relationship between mental ill-health and higher dementia risk too. Studies have shown that depression, anxiety, and post-traumatic stress disorder are all linked to a higher risk of developing dementia in older age. Our recent study builds on this research by examining whether a style of thinking that is common to these mental health conditions is associated with indicators of Alzheimer's disease, the most common type of dementia.

Repetitive negative thinking is seen as a behavioral marker of chronic stress by causing elevated blood pressure and higher levels of the stress hormone cortisol.

People experiencing mental ill health frequently engage in a style of thinking called “repetitive negative thinking.” This style of thinking involves the tendency to have negative thoughts about the future (worry) or about the past (rumination), and these thoughts can feel uncontrollable.

In 2015, I developed a hypothesis called “cognitive debt” which proposed that repetitive negative thinking could be the “active ingredient” common in all these mental health conditions that may help explain the increased dementia risk we observe. Our recently published study tested this hypothesis for the first time. We found that repetitive negative thinking was indeed associated with indicators of Alzheimer's disease.

Our study looked at 292 older adults aged 55+ from the PREVENT-AD project in Canada. Their cognitive function was assessed, measuring memory, attention, spatial cognition, and language. Of these participants, 113 also had their brain scanned, which allowed researchers to measure deposits of tau and amyloid. These two proteins are biological

markers of Alzheimer's disease when they build up in the brain. A further 68 people from the IMAP+ project in France underwent PET brain scans to measure amyloid.

We found that people who exhibited higher repetitive negative thinking patterns experienced more cognitive decline over a four-year period. They also had specific declines in memory (which is an early sign of Alzheimer's disease) and had more amyloid and tau deposits in their brain.

We also examined symptoms of depression and anxiety. We found that both were associated with cognitive decline, but not with deposits of either amyloid or tau. It may be that these symptoms are more indicative of decline that happens with aging or dementia that is not due to Alzheimer's disease. Equally, participants in this study had very low levels of depression and anxiety which would make it unlikely to be able to detect a relationship. These findings do suggest that repetitive negative thinking could be one reason why depression and anxiety are associated with Alzheimer's disease risk—which is in line with my “Cognitive Debt” hypothesis.

However, it is important to point out that although the hypothesis proposes repetitive negative thinking increases risk for dementia (specifically Alzheimer's), the opposite may also be true. People who experience a decline in their condition may become more concerned or worried about their health—leading to repetitive negative thinking. Or, amyloid or tau could have accumulated in the brain, disrupted its circuitry, making it more difficult to disengage from negative thoughts. At this point, we are unable to know which came first.

But how could our thoughts be associated with a disease of the brain? On a biological level, negative thinking is associated with increased stress. In fact, repetitive negative thinking is seen as a behavioral marker of chronic stress by causing elevated blood pressure and higher levels of the stress hormone cortisol. There's increasing evidence that chronic stress is both harmful to your body and your brain. But more research is needed to understand this link.

Given that repetitive negative thinking is responsive to treatments such as cognitive-behavioral therapy or mindfulness, future research will look at whether reducing these thinking patterns also reduces dementia risk. In the meantime, there is evidence to suggest that many lifestyle habits—such as maintaining a healthy diet, exercising, and staying socially active—are all linked with a lower risk of dementia. Although we don't know whether reducing repetitive negative thinking could delay dementia in the future, taking steps to look after your mental health is still important for your well-being in the present.

Natalie L Marchant is a senior research fellow at University College London in the UK. This article was first published on The Conversation.

Why Good Manners Matter

In the digital age, old-school courtesy still key to success, peace of mind, and a better world

Continued from Page 9

“[With] the rise of social media and reality television—both arenas in which punchy, snarky put-downs and telling it like it is thrive—you have a perfect greenhouse in which to let rudeness grow,” Wallace said.

The Power of Respect

It may seem like a small thing, but good manners may be fundamental to success. Paige Arnof-Fenn, CEO of marketing firm Mavens and Moguls, says she has won much of her business just for being polite. One client actually told her he hired primarily for manners because everything else can be learned on the job.

“[With] the rise of social media and reality television—both arenas in which punchy, snarky put-downs and telling it like it is thrive—you have a perfect greenhouse in which to let rudeness grow.”

Danny Wallace, author

Arnof-Fenn credits her good manners to growing up in the southern United States—a region where old-fashioned pleasantries have managed to survive. But she insists you don't have to be a Southern lady or gentleman to rise above the current standard.

“It is amazing how low the bar actually is today,” Arnof-Fenn said in an email. “Just getting back to someone by the end of the week, when that is what you committed to, can be considered good manners.”

This scarcity of civility is what inspired Marianne Parker to found Manor of Manners—a San Diego-based company that specializes in international etiquette and protocol training for children and adults. Parker previously worked in corporate finance. She traveled the world but found the same thing wherever she went: Otherwise talented business people lacking in basic diplomacy were sabotaging their own success.

Parker describes manners and etiquette as a sophisticated language. There are rules, of course, but they're easy to pick up and accessible to anyone. Best of all, they serve a noble purpose: To make those around you feel at ease.

“Etiquette is influence. It makes people want to associate with you,” Parker said.

Codes of social conduct have been enforced throughout antiquity, but Parker traces the roots of modern manners and etiquette to Louis XIV. The great French “Sun King” of the 17th and early 18th century, Louis was able to keep his court in line simply by making them adhere to a strict canon of dress and decorum. Nobles were so busy practicing the king's complex system of social rules that there was never time to plot a revolution.

As kings gave way to elected officials, much of the formality was abandoned, and the culture took on an increasingly casual character. But in the process of losing the stuffy rituals of the past, we've also lost the heart of good manners—showing respect.

“People don't realize that knowing how to behave and how to communicate is very beneficial,” Parker said. “The way we treat each other is very crucial, otherwise, we'll be living in a chaotic world.”

And when it comes to etiquette, it's not so much about which fork to use or how to properly pass the pepper. More formal occasions may require a few more rules, but respect is the true goal no matter the event. Simply focus

on the basics, Parker says: Smile, be punctual and sincere, and dress appropriately. Ask politely for guidance if you're not sure what to do. When you're introduced to someone new, stand up and shake hands.

“Those elements add up,” Parkersaid.

Raising the Standard

The opportunity to practice these social niceties is lost when so much of our interaction now takes place online. And it may be another reason why rudeness is especially vicious there. Although we often hear it's anonymity that emboldens internet users to broadcast nasty comments, it may have more to do with facing a screen. Research has shown it's much more difficult to be rude to someone if you look into their eyes.

One of the ways that Mikal-Flynn ensures good manners in her classroom is by having everyone put away their gadgets. Students may grumble at first, but they end up being much more engaged in the discussion. To make it stick, Mikal-Flynn applies the standard to herself.

“If my phone goes off in the classroom, that's rude, and everybody in the class will get five points,” she said.

It's hard to show respect to others around you if you're constantly staring at your phone. But it's also easy to justify—if everyone else is doing it, we might as well, too. We copy the behavior of our role models, whether they're good or bad.

However, if we all insist on a higher standard of behavior, rudeness can't survive. Likewise, we have a duty to call out rudeness when we see it, as long as we do so politely, says Wallace. Otherwise, the contagion will spread.

“Calling it out reminds people they are dealing with society at large and for it to work properly we have to have empathy and think of others,” he said. “There is a choice: If we want to keep our civilization, we can choose to be civil.”



Simply focus on the basics: Smile, be punctual and sincere, and dress appropriately.

TRUTH and TRADITION

In Our Own Words



“

To me, that's simply what a newspaper is supposed to do: Provide an accurate account of events so that a reader can be properly informed.

Karen Cheng
Software Developer

A Truthful Media Is a Key Pillar for a Society

Dear Epoch VIP,

Not too long ago, I was only a subscriber of The Epoch Times—just like you—while working as a programmer at ESPN.

It was April 2019 when the Mueller testimony was unfolding; the broadcast was playing in the background while I was at work. I remember being frustrated with how few questions were answered during the hearing, and out of curiosity, I checked out how different news organizations were covering this (rather uneventful) event.

The headlines shocked me, to say the least. If you hadn't watched the event yourself and only read these articles, you would have thought the president was about to be impeached for obstruction of justice! I started to question why journalists thought it was acceptable to spin a story a certain way: did they expect most Americans to not have watched the hearing and just take whatever they said as the ultimate truth?

I then pulled up articles from The Epoch Times to see how they covered the story, and when I read the headlines, I thought: "Wow, if I were to summarize to a friend who's apolitical what happened in the Mueller testimony, this is exactly how I would explain it." To me, that's simply what a newspaper is supposed to do: Provide an accurate account of events so that a reader can be properly informed. I believe that to be able to summarize events as if you're talking to a friend is a sign of respect to the reader, and is a bit of a lost art today.

Though my job at ESPN was comfortable and taught me the ins-and-outs of being a professional developer, it was at that moment when I knew that I had to join The Epoch Times. My parents, both Chinese immigrants, often tell me how lucky I am to have grown up in a free country that celebrates free thought and speech. And now I understand, more than ever, that a truthful media is a key pillar for such a society. Without the basic foundation of Truth, you lose the sacred bond of trust that should be maintained between the press and the reader.

I read somewhere that a "dream job" consists of three elements: your passions, your skills, and your values. Coming to work at The Epoch Times has felt like coming home, to a place where my values align with my work, to a place where I can use my skills to help further grow the company, and to a place where I feel the work itself resonates with my own sense of right and wrong.

As a reader, I hope you can also appreciate the factual reporting that our journalists strive to deliver every day. I'm constantly in awe of the work our editorial staff does, and it's been an absolute honor to work alongside people whom I had only previously admired from the sidelines.

Thank you again for being here with us!

In Truth and Tradition,

Karen Cheng
The Epoch Times

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