

WEEK 32, 2020

THE EPOCH TIMES

MIND & BODY

LENETZ/ANSHUTENSTOCK

Doctors simply need more time for their patients.



Slow Medicine Saves Money, Improves Care

Industrial approach of modern medicine has had serious side effects **3**

Why Vaccines Are Less Effective in the Elderly, and What It Means for Covid-19

PAGE 5

Domestic Violence Surged During Quarantine, New Study Finds

While lockdowns have helped slow the spread of COVID-19, drug abuse, suicide, and domestic violence have risen

JON MILTIMORE

The unintended consequences of the COVID-19 lockdowns have been severe: mass unemployment, increased drug overdoses and suicides, and widespread social unrest.

This month, the National Bureau of Economic Research released a paper detailing another: increased domestic violence.

Analysing government-mandated lockdowns in India, researchers Saravana Ravindran and Manisha Shah found evidence of a 131 percent increase in complaints of domestic violence in May in “red zone districts,” or districts that experienced the strictest lockdown measures relative to districts that had less strict measures (“green zones”).

The researchers, who used a difference-in-differences empirical strategy, found the increase in domestic violence complaints was consistent with a surge in Google search activity for terms related to domestic violence over the same period.

The authors say their findings “contribute to a growing literature on the impacts of lockdowns and stay-at-home policies on violence against women during the COVID-19 pandemic.”

The findings, which also found a decline in reported sexual assaults because of decreased mobility, are similar to those from research that found lockdowns led to a 100 percent increase in intimate partner violence calls in Mexico City. A study analyzing data from police departments in four U.S. cities showed smaller

increases in domestic violence, 10-27 percent, during lockdown periods.

Globally about one-third of women experience “intimate partner violence” (IPV), which negatively impacts female earnings, labor participation, earnings, mental health, and household consumption.

“**The lockdowns triggered violence in so many ways. People can’t work, there’s alcoholism, overcrowding; it’s a lot.**”

Perla Acosta Galindo, director of Más Sueños A.C., a women’s community center

Unseen Costs of Lockdowns

The global increase in domestic violence during the lockdown period has received relatively little attention, though CNN recently reported on the increase south of the American border.

In Mexico, federal lawmakers shut down most of the economy on March 23, urging people to stay indoors. Activists told the network the action spurred “an onslaught of domestic violence,” and data show 911 calls for domestic violence are up 44 percent from the same time the previous year.

“The lockdowns triggered vio-

lence in so many ways,” Perla Acosta Galindo, director of Más Sueños A.C., a women’s community center, told CNN. “People can’t work, there’s alcoholism, overcrowding; it’s a lot.”

Lockdowns Are Destructive
To some degree, the COVID pandemic has been portrayed as a morality play. Some would have you believe those who care about people support lockdowns; those who don’t care about people oppose them. We’re presented with false choices: We can support the economy or protect American lives.

These types of arguments only serve to divide. They can also obscure a basic truth: There are human costs to lockdowns, besides the economic ones, that can ravage lives just as badly as disease.

The Washington Post, for example, recently reported on “a hidden epidemic within the coronavirus pandemic”: drug overdoses. One Ohio coroner said he can’t process the bodies fast enough.

“We’ve literally run out of wheeled carts to put them on,” Anahi Ortiz told the paper.

Statistics suggest the trend is national in scope. Data from the Overdose Detection Mapping Application Program show that overdoses were up 18 percent in March, 29 percent in April, and 42 percent in May from the same periods the previous year.

These statistics should come as no surprise. Social scientists have been writing about the deadly consequences of social isolation for years.

It’s not just higher stress levels,



Lockdown conditions, unemployment, and the stress of disrupted routines have likely contributed to an observed rise in domestic violence.

disrupted sleep patterns, and altered immune systems. One 2015 study determined that social isolation substantially increased the risk of stroke (32 percent) and heart disease (29 percent).

Social isolation is also linked to suicide. While there is no comprehensive 2020 data on suicides, anecdotal evidence suggests many are struggling to cope with quarantine life. In May, during the peak of the lockdowns, one California doctor told local media his hospital has seen “a year’s worth of suicide attempts in the last four weeks.”

Lockdowns Have Victims

As the French economist Frédéric Bastiat stressed, every policy “produces not only one effect, but a series of effects.” The immediate and intended effects are what he calls “the seen,” while the indirect, unintended consequences are “the unseen.” “The seen” usually gets all the attention, while “the unseen” often goes neglected.

In this case, “the seen” are the victims of the virus and those who hopefully avoid spreading or catching the disease because of

the lockdowns. They are, without a doubt, worthy of our care and attention.

But we also must not ignore “the unseen”: the millions of human beings who, as a result of the lockdowns, have become victims of domestic violence, drug overdoses, depression, suicide, and more.

As Antony Davies and James Harrigan wrote, “The uncomfortable truth is that no policy can save lives; it can only trade lives.” It may one day be determined that the lockdowns saved more lives than they destroyed, although recent evidence suggests the correlation between lockdown severity and COVID-19 deaths is weak. But let’s not underestimate the devastating human toll of this policy.

The lives ruined or snuffed out by the lockdowns deserve better than that. They deserve to be seen.

Jonathan Miltimore is the managing editor of FEE.org. His writing/reporting has been the subject of articles in TIME magazine, The Wall Street Journal, CNN, Forbes, Fox News, and the Star Tribune. This article was originally published on FEE.org



The Simplicity of Discipline

How to thrive without the baggage of expectations

LEO BABAUTA

The clients I work with almost all put incredible expectations on themselves—they have higher standards than almost anybody I know. It’s why they work with me.

It can be hard to see, but the expectations they’ve set for themselves often stand in the way of what they want the most.

It’s hard to see because they became successful because of those expectations. It’s

The breakthrough to the next level for many of us who perform at high levels—is to let go of all expectations.

what got them this far.

But after a certain point, the expectations become the anchor, not the engine.

The breakthrough to the next level for many of us who perform at high levels—and actually for people of all kinds—is to let go of all expectations.

Tony Robbins is famous for saying, “Turn your expectations ... into appreciation.” It’s a beautiful saying and helps us to start to see where expectations are getting in the way.

Let’s take a look.

Expectations Don’t Always Help

I know lots of people who improved their lives because they had an expectation that they should be better.

“I should be in better shape. I should have a better job. I should be more productive. I should be more disciplined. I should be more mindful. I should eat healthier.”

I know these expectations well. That was me at the start of my journey. It’s how almost all of us start out.

Continued on Page 11

Made from Purslane

NATURE’S OMEGA-3 GOLD

Puritang plant based Omega-3,6,7,9 is made from purslane and perilla seeds. It contains over **61%** concentration of omega-3 – the highest possible without chemical additives, not possible to derive naturally from fish or other plants, and this combined with omega-6,7,9, accounts for more than **90%** of product content!

Purslane is nature’s gold mine of omega-3, containing the highest level of any green plant, making pure high concentration possible. Our purslane and perilla are grown on South Korea’s beautiful Hwangmaesan Mountain, an area where use of chemical fertilizers and pesticides are prohibited.

0% trans fat and 0% hormones, this product is 100% organic and 100% natural. It has no fishy aftertaste or risk of ocean-borne contaminants. It is also non-GMO. Made in Korea.



Order Online!

Puritang Green Vegetable Omega 3, 6, 7, 9 Inspired by Nature. Made from the Heart.

www.Puritang.com

Sitting on the Floor Versus Sitting on a Chair

Sitting on the floor offers unique benefits and risks—depending on how you do it

**NACHIAPPAN CHOCKALINGAM
& AOIFE HEALY**

For thousands of years, humans have rested on the ground using variations of a squat, cross-legged, or kneeling position. And despite the availability of chairs and things to sit on, sitting on the floor is still common in many cultures.

According to reports, many English-speaking people refer to floor sitting as “Indian style,” though it’s also known as “Turkish style.” In Korea, it’s called “Yangban style”—named after the traditional ruling class. In Japan, the formal way to sit is called seiza, which involves kneeling on the floor with the buttocks resting on the heels.

In yoga, sitting cross-legged on the floor is known as sukhasana or lotus—claimed to have been designed to stretch the muscles, improve posture, and bring peace of mind. Some people claim that if you sit in this position while eating it helps digestion.

These cross-legged, squatting, and kneeling positions stretch your hips, legs, pelvis, and spine helping to promote natural flexibility and movement. Given that people now spend increasing amounts of time sitting during the day, should we be opting for the floor over a chair in the interest of our health and well-being?

Effects on the Body

Anecdotal and clinical evidence shows that different ways of sitting place different physical stresses on our bodies. Sitting for a long time in the same position normally affects the structure of your low back, (called the lumbar region of the spine) and the movement characteristics of your pelvis. Health professionals and re-

searchers advise us to make use of appropriate supports or assistive devices and to switch positions often when sitting for a long time.

Researchers and doctors have looked at the ergonomics of sitting on chairs and have provided a variety of tips on sitting upright and how to avoid long-term health problems. But there is actually little scientific research into sitting on the floor.

Despite this, some health professionals advise sitting on the floor as a way to help maintain the natural curvature of the spine and improve posture. Chairs, especially the over-size, over-stuffed living room furniture of today, make it all but impossible not to slouch. Sitting on the floor can force you to use your own body to keep yourself upright, thus improving strength and flexibility, which can in turn help you avoid lower-back pain.

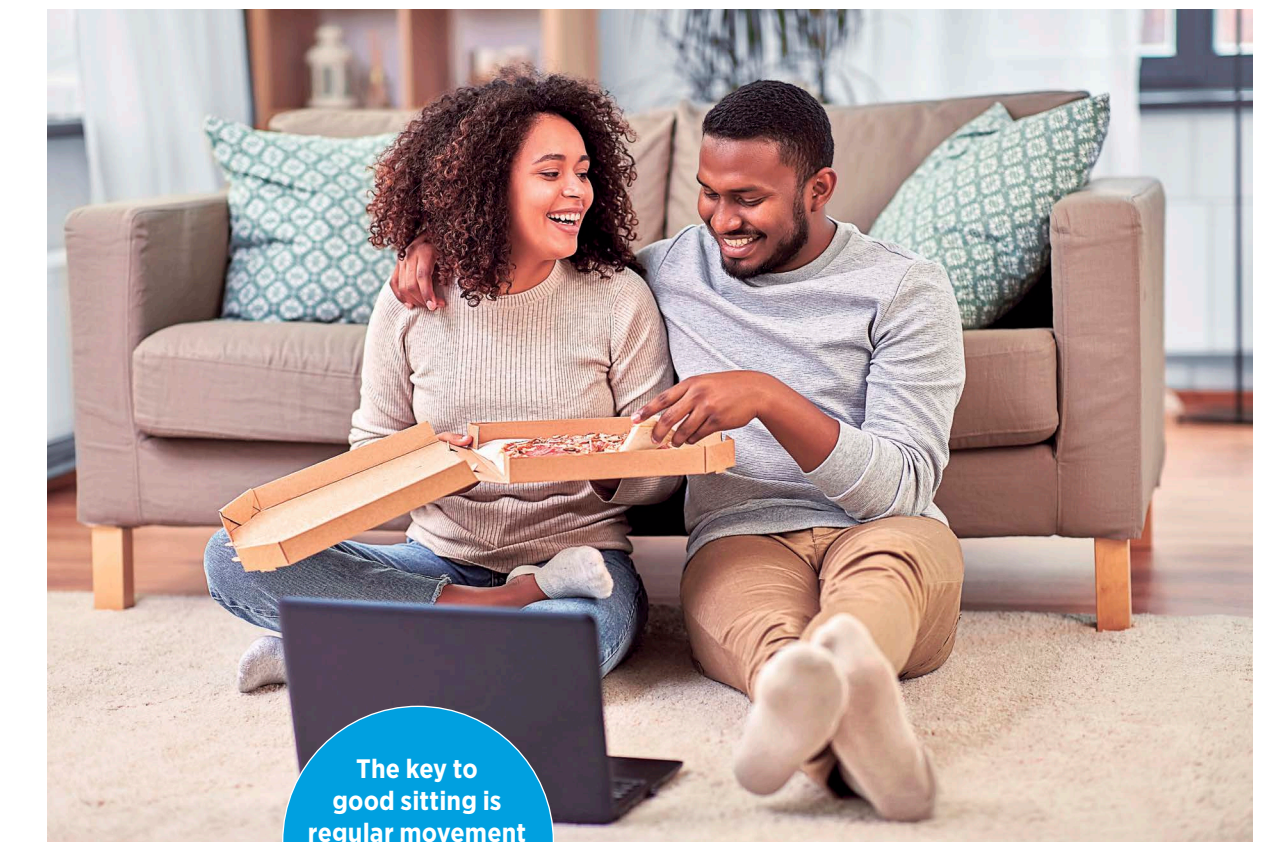
Spinal Structure

Though there is limited research on floor sitting, there may be some truth to these claims. This is because the spinal structure shows an inward natural spine curvature at the lower back called lumbar lordosis. When sitting on the floor, the lumbar lordosis is relatively low, which is closer to our natural position and posture.

Sitting cross-legged can also bring about the natural and correct curvature both at the upper and lower back, effectively stabilizing the lower back and pelvis region. But that said, certain sitting postures rotate the pelvis backward and the lumbar lordosis is more flattened than it is when sitting on a chair, which can cause problems.

Current Evidence

A Korean study published in 2012 found that when sitting on the



SYDA PRODUCTIONS/SHUTTERSTOCK

floor, the changes in the lumbar lordosis mostly occur at a vertebral or the segmental level at the lower end of the spine. In this respect, sitting on the floor can easily aggravate lower back pain. To avoid this, it is important to maintain a sufficient lordotic lumbar curve at the base of the back while sitting on the floor.

Studies also claim sitting with your legs crossed on a chair induces a greater load on the intervertebral discs and spine, especially when in a slumped position as this can further increase disc pressure and aggravate chronic low back pain. This is why it’s very important to use the correct sitting posture.

The exact relationship between sitting posture, muscles, and lower back pain still needs to be

established. But scientific research shows that some lumbo-pelvic muscles, the muscles in our hip regions, play an important role in postural stabilization.

A 2016 study by researchers at Vidyasagar University found that sitting on the floor with folded legs is less harmful when compared to other sitting postures, such as squatting and sitting on the floor with stretched legs. Indeed, a 2009 study found that squatting along with cycling were both risk factors for knee osteoarthritis.

While high-quality scientific evidence is still lacking on the benefits of floor sitting, it is becoming a growing trend—particularly among people choosing to adopt more minimalist

or furniture-free lifestyles.

So what’s the best way to sit? While a comfortable sitting position will probably vary from person to person, the key to good sitting is regular movement and changing your position often. These changes could be as simple as moving side to side in the chair or standing up and stretching every now and again. Basically, listen to your body, it will tell you what it needs.

Nachiappan Chockalingam is a professor of clinical biomechanics at Staffordshire University in the U.K., and Aoife Healy is an associate professor of human movement biomechanics at Staffordshire University. 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
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