

MIND & BODY

ANNA TARAZEVICH/PEXELS

Your pursuits and possessions may be distracting you from what your soul truly wants.

MIND OVER MATERIALISM

Reflect on What You Truly Need and You'll Make Your Wants Few

We are compelled to constantly want, and those wants start to feel like needs—but only if we let them

CHERYL SMITH

In this consumerism-obsessed, materialism-driven age, is it possible to transform ourselves from being obsessed with what we want to being content with what we actually need?

I am here to tell you that yes, it's possible and easier than you might think. My family and I have been making this transition over the past few years, and we are amazed when we compare our mindset today with what it was when we began.

Continued on Page 6



People suffering long-haul COVID may need additional support in the form of lifestyle changes to help them recover.

ESTRADA ANTON/SHUTTERSTOCK



Holistic Ways to Fight Lasting COVID-19 Symptoms

Long-haul symptoms mimic fibromyalgia. Here are some things that can help.

JAYA JAYA MYRA

Many people who have endured COVID-19 have found themselves dealing with lasting symptoms, even months after testing negative for active infection. Some of these

symptoms include tiredness or fatigue, difficulty thinking or concentrating, dizziness, headaches, and joint or muscle pain. Some COVID-19 survivors also find themselves

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Although the summer heat continues to build, Summer Solstice marks the turn of the year with yang energy retreating and yin growing.

CHINESE WISDOM FOR SEASONAL LIVING

Release Summer Heat With a Hand or Foot Massage

Solar Term: 'Summer Solstice'
(June 20 to July 5)

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.

Solar Term: 'Summer Solstice'

2021 Dates: June 20 to July 5

In the Northern Hemisphere, the "Summer Solstice" falls on June 21 in 2021. According to traditional Chinese solar terms, the summer solstice marks the turning point in the balance of yin and yang.

The Summer Solstice term refers to 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 bad odors.

Living in Harmony With 'Summer Solstice'
TCM doctors say that when the yang energy reaches the extreme, it's 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 on cold days, that shows this person may have a weaker or infected respiratory system. It is highly recommended to direct a hairdryer on low heat and a low speed toward the center of one's chest. Keep a safe distance so you don't get burned. The Tan Chong acupuncture point is here, in the middle of our lungs, and it can strengthen our respiratory system as well as boost our immunity.

As the yin energy becomes stronger from Summer Solstice onward, deer begin to shed their horns.

Traditionally, it's 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.

For those who are still feeling excess heat and sweating a lot, you can massage the center of each palm with your knuckles, or the center of the soles of your feet. This reduces tensed muscles and opens energy channels. Regular massage enhances Qi circulations and improves skin quality as a bonus.

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, 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](https://www.LiaoMoreen.com)

How to Diagnose Small Intestinal Bacterial Overgrowth

This problem in the small intestine can lead to a variety of symptoms and disrupt digestion

ASHLEY TURNER

In part one of this series (published on this page last week), we gave an overview of small intestinal bacterial overgrowth—otherwise known as SIBO. It can be an insidious disease because so many of its symptoms overlap with other gut ailments. Misdiagnosis, or missing a diagnosis altogether, is very common.

Yet the longer SIBO goes untreated, the more difficult it can be to resolve.

Furthermore, its treatment is specific and must be handled in the right way in order to achieve full recovery. That makes an accurate diagnosis all the more imperative. This article will cover the various kinds of SIBO, as well as the tests used to reveal them.

A Quick Refresher

Your digestive system has several sections with specific roles. After food is chewed and broken down by digestive juices, it lands in your small intestine. This is where the work of drawing nutrients from your food really takes place. Then, what's left passes into your large intestine, where a host of microbes help finish the job, and waste products make their way out of your body.

While those bacteria are essential in the large intestine, they can wreak havoc in the small intestine. When bacteria proliferate in the small intestine, that is the condition known as SIBO.

SIBO Variations

It's important to note that there are three types of SIBO. This is because multiple bacteria—as well as microorganisms—contribute to overgrowth in the small intestine. The way they combine can produce a buildup of three different gases in your gut: methane, hydrogen, or sulfide. While there are foundational aspects to treating SIBO as a whole, it's essential to determine the type of SIBO you have, as it could determine the treatment you receive.

Hydrogen-dominant SIBO occurs when food lingers in your small intestine for too long and begins to ferment before it can be broken down. This creates excess hydrogen gas in your gut and can cause symptoms unique to this kind of SIBO: diarrhea and flatulence that smells like rotten eggs.

Methane-dominant SIBO occurs when the normal digestion process is slowed and excess methane accumulates, causing abdominal pain, bloating, and constipation. While essential at nor-



Bacteria play important roles in digestion—when they stay in the right places.

KATERYNA KON/SHUTTERSTOCK

Small intestinal bacterial overgrowth can lead to pain, nausea, malnutrition, and more.

mal levels for regulating hydrogen and carbon dioxide in the gut, an excess of methane produced by archaea in the small intestine slows down intestinal motility and increases the transit time of food going through the gastrointestinal tract. Sometimes people with this form of SIBO feel inadequate evacuation of the bowels, straining, or will go extended periods of time without a bowel movement.

Hydrogen sulfide-dominant SIBO is when there's an overproduction of hydrogen sulfide in the small intestine. In a balanced body, hydrogen sulfide is a beneficial gasotransmitter, which is a gaseous molecule that acts as a neurotransmitter. At balanced levels, hydrogen sulfide is a protective anti-inflammatory agent with antioxidant and immune-supporting properties. If hydrogen sulfide levels proliferate, this can cause damage to the gut, immune system, and cells along with initiating systemic inflammation.

There's also a condition called small intestinal fungal overgrowth (SIFO). This is when high levels of fungi are found in the small intestine, which contributes to various symptoms similar to SIBO. Oftentimes, those with unexplained gastrointestinal symptoms who test negative for SIBO actually have SIFO.

Diagnosing SIBO

Currently, the most commonly used

and least invasive way to test for SIBO is a breath test.

Preparation for the test can range from 2 to 4 weeks beforehand if you're on certain medications or probiotics. Usually, about 48 hours before the test, a strict diet and the elimination of nonessential medications are required to reduce baseline gases in your small intestine and produce a more accurate result. Restrictions on smoking, alcohol, and exercise are also recommended just prior to the test.

It's essential to determine the type of SIBO you have, as it could determine the treatment you receive.

During the testing process, patients will consume a sugar solution—such as glucose or lactulose—and then, at various intervals over a several-hour span, blow into a special vial. If bacteria are fermenting in your small intestine—that is to say, the sugar isn't being properly metabolized by your system—elevated levels of hydrogen, methane, or hydrogen sulfide will be detected. This indicates the likelihood of SIBO. In the past, hydrogen sulfide gas wasn't able to be found with breath testing. Thankfully, reliable breath testing for hydrogen sulfide-dominant SIBO is now available.

Although this method of breath testing is widely available and relatively easy, false negative and positive results are common. If results are unexpected or symptoms persist, it may be recommended to test further or repeat testing. Small bowel aspiration procedures can be done, but these are incredibly invasive and usually utilized for research purposes only.

At-home breath test kits are available through many functional and integrative medicine doctors. It's highly recommended to not only test for SIBO, but also work to resolve SIBO with the supervision of your physician.

Next Up

In the third and final part of our SIBO series, we'll discuss treatment options, as well as dietary and lifestyle changes you can make today to avoid developing SIBO in the future.

For links to studies mentioned in this article, please see the article online at [TheEpochTimes.com](https://www.TheEpochTimes.com)

Dr. Ashley Turner is a traditionally-trained naturopath and board-certified doctor of holistic health for Restorative Wellness Center. An expert in functional medicine, Turner is the author of the gut-healing guide "Restorative Kitchen and Restorative Traditions," a cookbook comprised of non-inflammatory holiday recipes.

Research Links the Western Diet to Inflammatory Bowel Disease

MAT LECOMPTÉ

Inflammatory bowel disease, or IBD, is a historically Western occurrence. Although mainly a problem in the United States, as the standard American diet has gone global, IBD has become more common across the globe.

All that fast food, fat, and sugar could be promoting the proliferation of IBD.

A recent study has found that eating a Western diet can harm the immune system in the gut and may boost the risk of infections or inflammatory bowel disease.

One of the ways a high fat, high sugar diet may influence immunity is its effect on Paneth cells. Paneth cells are immune cells in the gut that are responsible for keeping inflammation in check.

When these cells become impaired, the gut becomes more prone to inflammation, and the risk for IBD increases. Poorly, or non-functioning Paneth cells, for example, are a key feature of Crohn's disease.

Researchers looked at data on 400 people and assessed their Paneth cells. They found that body mass index (BMI) played a factor

in the cells. The higher a person's BMI, the worse their Paneth cells looked.

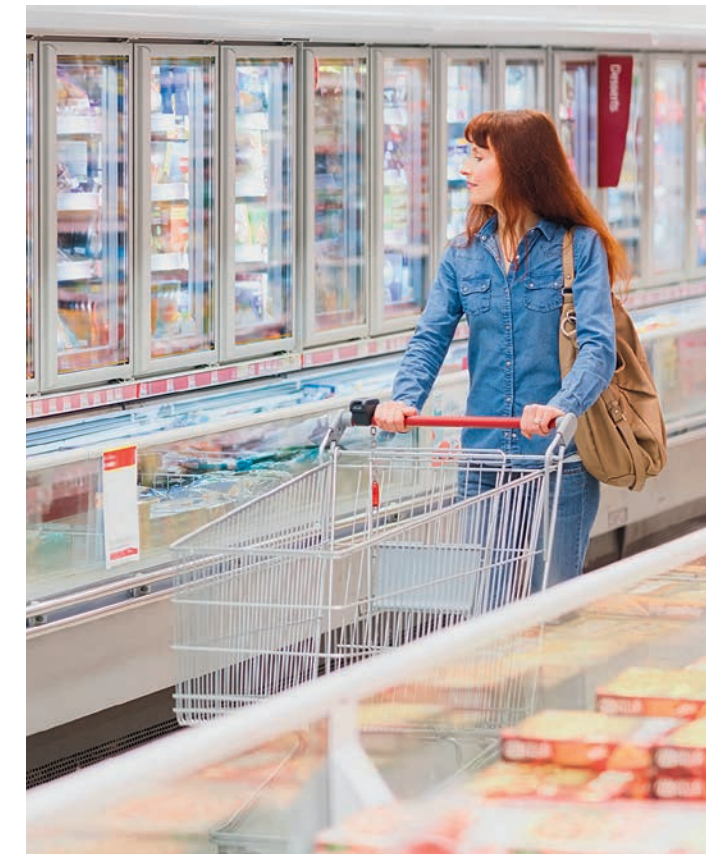
Researchers then fed healthy mice a Western diet to see if changed Paneth cell activity. It did, causing the researchers to suggest that it wasn't obesity, per se, that led to problems, but a high-sugar and fat diet.

Paneth cells in mice returned to normal after being fed a healthy diet for a couple of weeks.

There could be several factors that contribute to gut inflammation and IBD, but this data sends a strong signal that diet is part of the problem. Eating a Western-style diet, rich in processed foods, fat, and sugar, may impair the immune system and increase the risk for IBD.

The best defense is a healthier diet. Cutting back on unhealthy fats and sugar, and eating more fiber, fruits, vegetables, healthy fats, and whole grains may be the best way to reduce the risk of IBD and potentially aid in treating the condition.

Mat Lecompte is a health and wellness journalist. This article was first published on [BelMarraHealth.com](https://www.BelMarraHealth.com)



WAVEBREAKMEDIA/SHUTTERSTOCK

All that fast food, fat, and sugar could be promoting the proliferation of IBD.

Eating a western-style diet, rich in processed foods, fat, and sugar, may impair the immune system and increase the risk for IBD.

CONNECT TO LEAD

How Do We Trust Each Other Again?

Bridging trust is key to building a society of abundance and individual freedom

SCOTT MANN

How do we learn to trust each other again? That question has been on my mind a lot lately and it's probably been on yours, too. There's been so much damage to the fabric of our society over the past year that it's hard to imagine how we're going to bring it back together.

It's part of the social tension between us and everyone else that interferes with our higher purpose and goal to maintain a society of abundance and individual freedom. It's really pronounced right now—and it could get even tougher.

There's been so much damage to the fabric of our society over the last year that it's hard to imagine how we're going to bring it back together.

There are three components to this tension: distraction, disengagement, and distrust. Distrust is by far the worst. I've seen this play out all over the world as a Green Beret working in low-trust societies, and I've developed a very specific mindset and perspective on it that I want to share with you.

In Afghanistan in 2010, a Special Forces team was working to empower locals to fight back against Taliban insurgents. There was a split between the two tribes in this village. The larger tribe, the Alikozai, had a lot of land and wealth. The smaller tribe, the Kakars, were sharecroppers who lived on the outskirts of town and didn't own any land.

There was fierce distrust and resentment between these two groups. The Green Berets who worked with these tribes knew they were going to have to overcome this tension. Those two tribes had to learn how to trust each other, overcoming a mindset of visceral hatred. This was a primal feeling growing from resource scarcity and ongoing feuds that drew in issues of status, honor, and revenge dating back hundreds of years.

The Green Berets worked individually with each tribe. They focused on creating a vision and purpose that was bigger than any single tribe. In this case, that vision and purpose was water and arable land. The Green Berets were able to soften the emotional temperature and bring folks together around that vision. Common goals helped the tribe reach beyond entrenched grievances and start to restore trust. In less than a year, those tribes were working together on a hydrology project that's still in place to this day.

I equate what was happening in that dusty village then to what is happening in our country right now.

Sebastian Junger, in his book, "Tribe," writes: "People speak with incredible contempt about, depending on their views, the rich, the poor, the educated, the foreign born, the president, or the entire U.S. government. It's a level of contempt that is usually reserved for enemies in wartime, except that it's now applied to our fellow citizens." It's the same contempt I saw between the



CHARLOTTE MAY/PEXELS

Alikozai and the Kakar, and we're getting caught up in it, too. As a result, we're losing our bridging-trust society. We're losing the social capital that values abundance and the individual. We're reverting to bonding trust where we are driven by scarcity and as a result, only trust people in our in-group; the people who are like us. That's a very dangerous place for us to go.

Junger goes on to say: "Contempt, unlike criticism, is particularly toxic because it assumes moral superiority in the speaker. It's often directed at people who have been excluded from a group or declared unworthy of its benefits. People who speak with contempt for one another will probably not remain united for long."

Are you demonstrating contempt for people who wear masks or don't wear masks? Are you demonstrating contempt in how you speak of people for one political party or another? No matter how justified you think you are, if you hold contempt toward the other party, you're pushing down a dangerous path that only ends one way: tribal blood feuds and deep conflict. Contempt makes it impossible to bridge trust and experience abundance.

No matter how justified you think you are, if you hold contempt toward the other party, you are pushing down a dangerous path that only ends one way: tribal blood feuds and deep conflict.

Here are three things you can do to develop a bridging-trust mindset and leave this world better than you found it.

First, make a conscious decision to bridge with other groups. Rise above your primal instincts. Get outside of your in-group and bridge beyond it.

Second, listen as if your life depended on it. Ask thoughtful, open-ended questions of people who are different than

you. Allow them to respond to you in story and tell you about their journey. Try to find some common ground between their story and your own.

Third, be curious and pursue discovery. Even though it feels uncertain, entering these divided territories with curiosity and openness is one of the most powerful things you can do. And it costs you nothing. The Green Beret team figured this out, and they helped a divided village develop a shared perspective. Former rivals gained mutual respect for each other and that led to reciprocity and a willingness to take a chance on the other party without knowing what would happen next.

Those are the leaders we need in this world, and it starts with learning how to trust again.

Scott Mann is a former Green Beret who specialized in unconventional, high-impact missions and relationship building. He is the founder of Rooftop Leadership and appears frequently on TV and many syndicated radio programs. For more information, visit RooftopLeadership.com.

The Emotional Side of Money



NDAB CREATIVITY/SHUTTERSTOCK

Many of us combat stress with retail therapy: buying things we don't need with money we don't have in order to lift our spirits.

How stress, fear, and denial can hurt our health and our bottom line



AFRICA STUDIO/SHUTTERSTOCK

CONAN MILNER

Money is basically a unit of measurement, but it covers a lot of ground.

Strictly speaking, money measures the market value of goods, services, and investments. But for some, it can also function as a measure of our self-worth. It can reveal fears about not having enough, resentment for having less than you feel you deserve, or guilt for not being able to provide the standard of living you want.

It's hard to translate these emotional reactions to money into dollars and cents. But left unresolved, these thoughts and feelings may have an even bigger impact on the stability of our personal finances

than how much we earn.

CPA and personal finance coach Ben Watson has seen clients from a wide range of ages and incomes. He also works for a personal finance blog geared toward the particular money issues millennials face.

Watson previously worked at an accounting firm, but he left that job because he noticed his clients needed more than what traditional financial services could provide.

"People keep sinking deeper and deeper into debt, but they can't figure out why they can't stop spending," Watson said. "It's the emotions, the stress, and the lack of sleep that really drives people to ask for help. Not because they can't get another credit card."

Continued on Page 14

We're advised to save, and yet we're constantly urged to spend.

JOSEPH MERCOLA

Saffron is one of the most expensive spices in the world, and for good reason. Evidence suggests this unique and costly spice may have a significant impact on the development and progression of Alzheimer's disease.

Saffron is harvested from the stigma of *Crocus sativus*, a perennial plant belonging to the iris family. The flower has three stigmas of saffron that must be harvested while the flowers are still closed, during the one week every year when the plant flowers.

It's believed that saffron is native to Greece, but today most of the spice is grown in Iran, Greece, Morocco, and

India. The spice has a complex flavor profile that is difficult to describe. On its own, saffron smells woody with an earthy scent.

To buy the real deal, saffron can cost up to \$13 per gram, or about \$365 per ounce. To produce one ounce of saffron takes 3,000 stigmas, or 1,000 flowers. When you're buying saffron, look for a dark red or red-orange color, in which you should be able to see individual threads.

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VAHID NAGAHANI/SHUTTERSTOCK

FOOD AS MEDICINE

Costly Spice Surprisingly Effective for Alzheimer's

This tiny stigma, collected from thousands of flowers for only one week of the year, may hold multiple therapeutic uses

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Hiking Workouts Are Good for the Body and Great for the Mind

There are important differences between a walk around your neighborhood and a hike amid the beauty of nature

LINDSAY BOTTOMS

Before COVID-19, the popularity of hiking was on a downward slope among both adults and children. But its popularity has climbed during the pandemic, as more people take to the trails. Hiking is a great way to experience nature and offers those who do it several physical and mental health benefits.

Hiking differs in many ways from taking a regular stroll around your neighborhood. Unlike a sidewalk, the terrain on many hiking routes is uneven or rocky. There's typically also some change in elevation as the trail winds up or down hills. People also tend to wear different footwear—such as hiking boots—which can be heavier than what they're used to wearing.

These differences in terrain and footwear mean that hiking has a higher energy expenditure—and more calories burned—than walking on flat ground. We also need to use additional muscles to stabilize ourselves on uneven terrain—muscles that are normally unused when walking on flat, even ground.

While brisk walking at a speed of around 3 miles per hour (5 km/h) uses up to four times as much energy as sitting down and resting, hiking through fields and hills uses more than five times that energy. This means you can achieve the recommended 150 minutes of moderate to vigorous physical activity without going for a run or heading to the gym.

The benefits of getting enough exercise are clear: It improves your physical health, sleep quality, and stress management. It also reduces your chances of developing certain chronic diseases, such as dementia, Type 2 diabetes, cardiovascular disease, depression, and certain cancers. In older adults, some research suggests hiking may be able to improve hypertension.

who suffer from balance issues or joint problems can hike using trekking poles to reduce the load on the legs.

A popular form of hiking called Nordic walking—in which participants use trekking poles to help them along—is also shown to engage the upper body and increase the intensity of their stride. Research shows this form of hiking increases cardiovascular health, weight loss, and muscle strength in people without any pre-existing health conditions, as well as those with chronic conditions, such as Parkinson's disease.

A further health benefit of hiking is that it's classified as "green exercise." This refers to the added health benefit that doing physical activity in nature has on us. Research shows that green exercise decreases blood pressure and boosts mental well-being by improving mood and reducing depression to a greater extent than exercising indoors can.

This research suggests health care professionals should recommend hiking to patients as a low-cost way of improving health when possible. In the UK, there's even an initiative being piloted by the National Health Service to assess the health impacts of green prescribing—where patients are being prescribed outdoor activities, such as hiking or gardening—to improve their mental and physical health.

Get Outdoors

Even if you've never hiked before, it's easy to get started. There are plenty of apps you can download on your phone to help you navigate and find routes. These usually work with your GPS and are easy to follow for those who have a poor sense of direction.

You can also try the 1,000 mile challenge if you want to start hiking. This encourages people to walk 1,000 miles in a year. This has helped many people—including my own parents—to be more active, especially during COVID-19.

If you have a young family—or simply want to make hiking more interesting—a more interactive way of getting out into nature is geocaching. This is where you following a GPS route to a location where someone has hidden a box or trinket of some kind. You can also record what you've found using an app. Geocaching is a worldwide phenomenon, so it can be done almost anywhere in the world.

Hiking is a great way to get active and improve mental and physical well-being. And with many of us still likely to be vacationing locally this year, it can be a great way to get away from home and explore new sights.

Lindsay Bottoms is a reader in exercise and health physiology at the University of Hertfordshire in the UK.

This article was first published by The Conversation.



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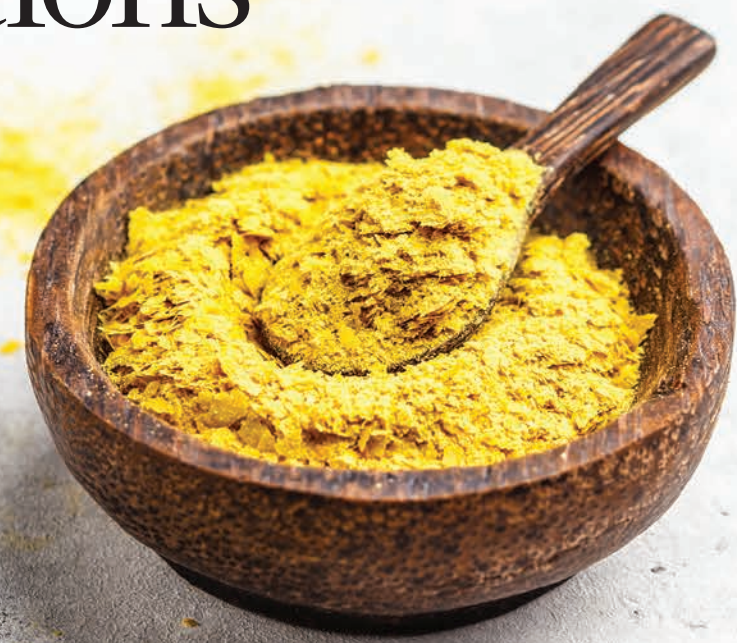
While brisk walking at a speed of around 3 miles per hour (5 km/h) uses up to four times as much energy as sitting down and resting, hiking through fields and hills uses over five times.

Hiking is also beneficial for those with pre-existing health conditions. Research shows hiking leads to weight loss and improves cardiovascular health in pre-diabetic adults, likely reducing their risk of getting Type 2 diabetes. It's also been shown to improve other aspects of health, including muscle strength, balance, and flexibility in older adults with obesity. Even those



Nutritional Yeast to Help Prevent Common Childhood Infections

Series of studies affirm the immune-stimulating action of one of nature's helpful forms of fungus



MICHAEL GREGER

The amount of beta-glucan fiber in just a dusting of nutritional yeast each day may be enough to change the course of our immune response to various pathogens, according to a study that put this substance to the test in a randomized, double-blind, placebo-controlled trial for the prevention of common childhood illnesses.

The findings reflect an understanding of immunity that began in 1989, when the late Charles Janeway gave a presentation that revolutionized our understanding of the immune system. Janeway had correctly theorized and described the workings of the innate immune system.

He proposed that the way our immune cells discriminate between self and "non-self"—that is, our own cells versus invading microbes—may arise from pattern recognition receptors. In other words, he proposed that we're born with the ability to "recognize patterns of microbial structure."

This is where nutritional yeast—a type of single-celled fungus—comes into play. There's a unique component of fungal cell walls called beta-glucan that naturally stimulates our immune system. Our own cells don't produce beta-glucan, but fungal pathogens such as candida do. Candida is a type of yeast that can cause serious blood infections, so it's good if our immune system recognizes it right off the bat. Of course, you could stimulate the immune system by injecting candida into your veins, but then you also might die.

Luckily for us, non-disease-causing yeasts such as *Saccharomyces cerevisiae*, which is used to make baker's yeast, brewer's yeast, and nutritional yeast, have the same molecular signature as beta-glucan. The drug industry is capitalizing on this "powerful immunostimulatory response" to develop new anti-infection, anticancer therapies, and you don't need to inject them to get the benefits.

Clearly, there is a need for effective, safe, and inexpensive treatment ... [and] beta-glucan can be just the right solution.

Study authors

Nutritional yeast can be a tasty alternative when you want a healthier way to season popcorn.



Our digestive tract is our largest point of contact with the outside world. All the food from outside travels through this system, which has more surface area exposed than our lungs and skin put together. So it's not surprising that most of our immune cells are concentrated along the intestinal wall. They don't just stay there, though. Once they're aware of what's happening in the gut, they can go defend other parts of the body. That's why you can give an oral cholera vaccine and end up with cholera-fighting immune cells in your salivary glands, pumping antibodies out into your saliva to protect against infection.

What if we sprinkled some nutritional yeast on our kids' popcorn for a snack? Might that help marshal defenses throughout their bodies? Adults tend to get just a few colds a year, but the average schoolchild can come down with a cold every other month—and what can we really do about it? Modern medicine has little to offer for run-of-the-mill common colds. Nevertheless, doctors still commonly prescribe antibiotics, which can do more harm than good.

"Clearly, there is a need for effective, safe, and inexpensive treatment ... [and] beta-glucan can be just the right solution," wrote the authors of a study published in 2013. The researchers of that study performed a randomized, double-blind, placebo-controlled trial using about half a teaspoon of nutritional yeast's worth of beta-glucan in children who suffered from repeated respiratory infections. They reported in the *Annals of Translational Medicine* that after a month, they found a significant increase in salivary lysozyme levels compared with controls. Lysozyme is an important protective immune component of our eyes, nose, and mouth.

However, a larger follow-up study published in the same journal in 2014 reported the opposite findings, an apparent drop in salivary lysozyme levels. And, although the researchers claimed this was "accompanied by pronounced improvements in the general physical health of tested individuals," no such

data was provided. The only reason we cared about the lysozyme levels, though, was that we were hoping it would result in fewer infections, but there had never been any such studies ... until 2016.

That's when researchers published their findings in the *Journal of Nutrition & Food Sciences*. They conducted a randomized, double-blind, placebo-controlled trial to see whether the beta-glucan in just a dusting of nutritional yeast each day would reduce the number of episodes of common childhood illnesses.

"During the 12-week course of the study 85 percent of children in the placebo group experienced one or more episodes of infectious illness," the study stated. Eighty-five percent became ill in the sugar pill group, but taking just an eighth of a teaspoon of nutritional yeast's worth of beta-glucans or even just a 16th of a teaspoon's worth appeared to cut illness rates in half. And those on the yeast did come down with a cold only suffered for roughly three days, compared to the closer to nine days suffered in the placebo group.

"The researchers concluded that by giving kids these yeast beta-glucans, we could 'decrease the incidence and severity of infectious illness during the cold/flu season, alleviating some of the burden on parents of caring for sick children.'"

Nutritional yeast has also been found to be beneficial for marathon runners, stress-induced immune suppression, and even for cancer, but that's an article all on its own.

Michael Greger, MD, FACLM, is a physician, New York Times bestselling author, and internationally recognized professional speaker on a number of important public health issues. He has lectured at the Conference on World Affairs, the National Institutes of Health, and the International Bird Flu Summit, testified before Congress, appeared on "The Dr. Oz Show" and "The Colbert Report," and was invited as an expert witness in defense of Oprah Winfrey at the infamous "meat defamation" trial. This article was originally published on NutritionFacts.org

The 3 Things You Can Do Today to Lower Blood Pressure Tomorrow

MAT LECOMPTÉ

If you've got high blood pressure or are concerned about it getting high, take a bit of comfort in knowing that blood pressure is not permanent. High blood pressure today can be low in the future if you're willing to put in some work.

The three essential parts to managing or reducing high blood pressure are not particularly complex. However, they can be challenging.

Exercise, a better diet, and good sleep are the things you can do almost immediately that will start to lower blood pressure.

More exercise is one of the main things you need. It's a completely relative term, but it is true. If you are able-bodied and spend-

ing too much time sitting or lying down, create a movement schedule.

Focus on moving for at least five minutes out of every hour during the day in addition to 30 minutes of dedicated exercise time. If you're unable to go for a 30-minute walk, or dance for half an hour, split it into manageable chunks throughout the day.

Eating better will do wonders. Toss your processed food and you will have taken a big step toward lower blood pressure. Refined and processed food—which is usually packaged or comes from a drive-through window—is some of the worst stuff for blood pressure. It's packed with salt, sugar, and fats that make arteries slim and stiff.

Replace those foods with heart-healthy options such as fruit, vegetables, whole

If you are able-bodied and spending too much time sitting or lying down, create a movement schedule.

grains, nuts and seeds, beans, lean protein, and fatty fish.

Several diet styles can help you reduce blood pressure without restricting calories or entire food groups. The Mediterranean and DASH diets are great places to start.

Lastly, you'll want to take a look at sleep patterns. Poor quality sleep, generally lasting less than six hours per night, is associated with higher blood pressure.

Taking some time to assess your sleeping conditions and pre-sleep routine can help you get on a better path. If that makes no difference, consider booking an appointment at a sleep clinic.

These three factors are not substitutes for prescribed blood pressure treatments. However, they are all proven to reduce blood pressure. Including them in your life may lead to lower blood pressure and no longer needing medicine.

Mat Lecompté is a health and wellness journalist. This article was first published on BelMarraHealth.com

What People Are Saying



I read *The Epoch Times* daily. I still like hard papers [...] and I still like to grab that paper in my hand, but I get more printed versions of stories than ever before. You guys have done an amazing job, and really—I think there's such a void in media, especially newspapers. They slant so solidly one way that **there are very few papers that I can really feel that I can rely on, and *The Epoch Times* is one.**

SEAN HANNITY
Talk show host



The Epoch Times is a great place where you can understand traditional values in a way and in a tone and through content that is accessible. It's smart.

CARRIE SHEFFIELD
Columnist and broadcaster



I congratulate you and *The Epoch Times* for the work you are doing, especially with regard to keeping the menace of the communist threat in front of us.

DR. SEBASTIAN GORKA
Military and intelligence analyst and former deputy assistant to the president



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TRUTH AND TRADITION

The Emotional Side of Money

How stress, fear, and denial can hurt our health and our bottom line

Continued from Page 9

While some of Watson's clients lack basic financial literacy, several come from a background in finance. But this knowledge still doesn't save them from compulsive overspending.

"It doesn't matter if you make 30 grand a year or 500 grand a year," Watson said. "If you're spending more than you earn, it's never going to get better. It's only going to spiral further and further out of control."

According to Watson, the vast majority of the financial problems people struggle with stem not from numbers, but from emotions. It can be hard to make ends meet, but it becomes even harder when so much of your income goes toward things like stress relief or maintaining an image.

"I have clients who live in very nice apartments, but in everything else, they're living way below what they think they deserve," Watson said. "They can't afford to go out to eat or take a vacation. They can't go to a friend's wedding without putting it on a card."

Like most of our stubborn, ingrained behaviors, people often develop dysfunctional ideas about money in their childhood. For some, it comes from growing up poor and feeling deprived. For others who got anything they wanted as a child, they may end up with an inflated sense of self-worth, or develop a notion that material objects are a stand-in for love. Whatever the financial backstory, many of these individuals turn into adults who spend way beyond their means in an attempt to feel better about themselves.

Like most of our stubborn, ingrained behaviors, people often develop dysfunctional ideas about money in their childhood.

"Especially for fathers or men who are in relationships, it's almost as if they view finances as a scorecard," Watson said. "They think that if you can't give the things to your wife and kids that you want to, it feels like they're losing the game."

Driven to Spend

Part of our relationship with money is formed by watching how our parents handled their finances. Another part is shaped by the conflicting cultural messages we

confront. The love of money is said to be the root of all evil, and yet we celebrate and yearn for wealth. We're advised to save, and yet we're constantly urged to spend.

Add all these aspects together, and it's clear why finances can be such a huge stress. According to the American Psychological Association's annual Stress in America surveys, money is a longstanding source of stress. Pandemic aside, in 2020, 64 percent of Americans said they money was a significant source of stress in their life.

Ironically, many of us combat this stress with retail therapy: buying things we don't need with money we don't have in order to lift our spirits.

Financial adviser Amy Keller says most of us seek an occasional treat. The problem comes when we don't realize how close those intervals are. Doing something nice for yourself every once in a while can be part of good self-care, but splurging several times a month as a way to cope with life really adds up.

Keller says that if there is a sale or deal attached to the treat, we feel even more justified in taking it, despite looming financial burdens just over the horizon.

"A young woman was just telling me that she and her husband want to have a baby soon, and they want to buy a house," Keller said. "Her friend offered her a great trip opportunity to Italy. She said, 'It's just so



OLEG MAGNIP/PEXELS



BENYL/SHUTTERSTOCK

To avoid the emotional impulses that creep into our spending decisions, it is important to look inside and become self-aware.

We are compelled to shop by a mix of messages that bombard us daily, but the relief we seek isn't on store shelves.



NDA8 CREATIVITY/SHUTTERSTOCK

Credit cards give us the illusion that we have money for indulgences and adventures.

cheap. How can I say no?' I said, 'Because you just told me two things that are more important than the trip to Italy. I don't care what a deal it is.'

It's fun to imagine how nice life would be if money was no object. But in reality, it's a hassle to get, and you always require a steady supply of it coming in.

"Somebody else has to give it to you, which can make it a little unsettling because you have to hope that it comes through," Keller said. "You're at the mercy of this, and if it doesn't come through, it's a big deal."

People have been forced to face these concerns since the currency was invented. But Keller says that today we must face two relatively new forces that constantly beckon us to give up the money we work so hard to make.

The first is easy credit. Today, you can casually blow through thousands of borrowed dollars. But if you can't pay it off right away, the immediate consequences don't seem so bad.

"This wasn't true in our grandparents' generation," Keller said. "Today, when people have credit card debt, there is no repo man who comes to the door with a rifle. It's a far-away punishment. It's not

fun, but you have a lot of time to pay it off."

The other force that urges us to buy like never before is the consumerist paradise we inhabit. At no point in human history has there been so many spending opportunities in such close reach.

Online shopping takes these forces to the next level. Our favorite stores send texts and emails alerting us to their latest sales and reminding us that we need to treat ourselves. Once we click our way to the site, the purchase is virtually painless. Combine that with data tracking and collusion between tech giants and retailers, and the algorithms sending you those prompts are even more able to trigger an impulse buy. "They make it so easy," said Keller. "Websites save your credit card information. You don't have to feel the pain of having to decide. You don't have to pull out your credit card and go through the work of typing it all in. Amazon has a one-click feature."

Compare this to the not-so-distant past, where what you bought was strictly limited to how much cash you carried. If something cost more than what you had on hand, you were forced to get more, or simply decide it wasn't worth the trouble and go without. A lot of those barriers have nearly evaporated today, and for people who have little money or financial experience, it can spell big trouble. Watson says that students who take out loans to pay for college essentially sign up for a mortgage, but they have no idea what they're getting into until it's too late.

"It used to be when you were going to buy a house, it would take a few months to get the closing. You would go through all this paperwork to make sure you could afford it," Watson said. "With college loans, a lot of people didn't really know what it was going to cost until after they graduated."

There is no shortage of student debt horror stories, but Watson believes some have a bright side. He says the experience can give many millennials a financial wake-up call to get their act together. "Some stick their head in the sand further and get in more trouble, but a lot of them are starting to wake up and realize: I was never taught this. I need to figure out how to do this," Watson said.

Make Money Real Again

When money worries weigh us down, we dream of striking it rich. But a bigger bank account is no guarantee that our money

When money worries weigh us down, we dream of striking it rich. But a bigger bank account is no guarantee that our money problems will vanish.

Even if you are given an envelope full of cash, it won't do much if you don't change your mindset around money.

problems will vanish.

Why do a third of lottery winners end up declaring bankruptcy within just a few years of their windfall? Perhaps it's because, in addition to all the mandatory bills we have to pay, we're also trying to buy off a void inside us.

This is why it can be so hard to help someone cut back on their spending. Even if they're flat broke, they're more likely to be insulted than inspired if you tell them they need better financial management skills.

According to Watson, the first step in putting your finances in order is to take an honest, sober look at what you're working with: What do you make? What do you owe? What sacrifices do you need to make to pay off your debt or reach some other financial goal? Unresolved emotions interfere with this process.

"When you're confused, angry, and scared, you're not really thinking rationally. Get to a point where you can refocus. Sit down and really see your financial situation," he said.

To combat the impulse to buy the treats and trinkets that can set us back, Keller urges that we learn to make money more tangible. Give more thought than a click or a card swipe to the purchases you make. Insist on only using cash if you have to. Do whatever it takes to make the consequences of spending more clear.

"When people have trouble with money, I tell them to go the old-fashioned route of putting cash in envelopes: One for groceries, another for utilities, another for mortgage or rent, another for fun," Keller said. "When you see the cash dwindling you'll think, 'Oh my gosh, I only have 25 dollars to last until Friday. How will I make this happen?'"

To avoid the emotional impulses that creep into our spending decisions, it is important to look inside and become self-aware.

Finally, learn to set goals that bring real prosperity. Once you can see a solid financial future over the horizon, you won't be so tempted by the frivolous purchases that sabotage it. You'll also be more likely to keep track of where your money is going.

Instead of chasing fantasies about becoming rich overnight, aim for making the most of what you have right now. See the value of the money you make, and save what you can for the future.

"What happens with life after debt? Once the student loans are paid up, what are you going to do with that extra 300 bucks a month?" Watson asks. "You're building that goal and desire. It's not that you want to be a millionaire. It's that you want to get better at this, and feel confident in yourself about your finances."

MATTIA MENESTRINA/SHUTTERSTOCK



One Tiny Life Adjustment Can Reduce Depression Risk

Researchers found there's an easy step we can all take to help prevent depression

HANNAH COX

In any given year, one in five Americans will have a diagnosable mental health condition, and 2020 and 2021 were anything but "any given years."

Research continues to pour in showing an increase in mental health problems from the COVID-19 pandemic (and government policies resulting from it). One medical study found that depression symptoms were three times higher than before the pandemic. A separate survey conducted by the CDC and Census Bureau found that one-third of Americans now show symptoms of anxiety, depression, or both.

Left untreated, depression exacts a severe toll on our communities, economy, and daily lives. In some ways, it's as costly as heart disease or AIDS, costing over \$51 billion in work absenteeism and lost productivity, and another \$26 billion in direct treatment.

Fortunately, new research shows there's an easy step we can all take to help prevent depression. Go to sleep and wake an hour earlier.

That's right, just one hour of sleep re-

duces a person's risk of major depression by a whopping 23 percent.

The study, conducted by researchers from Harvard, MIT, and the University of Colorado Boulder, studied 840,000 individuals, and its findings are some of the strongest evidence that a person's sleep schedule influences depression risk.

"We have known for some time that there is a relationship between sleep timing and mood, but a question we often hear from clinicians is: How much earlier do we need to shift people to see a benefit?" said Celine Vetter, assistant professor of integrative physiology at CU Boulder. "We found that even one-hour earlier sleep timing is associated with significantly lower risk of depression."

The discovery is especially important as the increase in remote-working schedules has led many to sleep in later, which could have important implications for their mental health.

It's also important because sleep shifting is a cheap and readily accessible option for treatment.

Americans face many barriers to mental health care. First and foremost, it's expensive. An hour-long therapy session



Seek a sunrise to brighten your mood.

costs between \$65 and \$250 per session without insurance. Government policies affecting the insurance market have led to many therapists not accepting insurance at all. Furthermore, a more severe mental health diagnosis can be even more costly. Patients with severe depression who receive medical care spend nearly \$11,000 a year on average, according to the nonprofit One Mind at Work.

The expense, coupled with a shortage in providers as well as medical "deserts" throughout large parts of the United States, lead many to forgo treatment altogether. According to the National Council on Behavioral Health, 56 percent of patients want to access a mental health provider but face barriers.

Those barriers were increased during the pandemic as facilities were shut down and non-COVID-19 patients were denied care. The numbers have already begun emerging that show that lockdowns have led to greater drug use, youth suicides, and increases in depression and anxiety.

When one is struggling with depression, it's especially hard to overcome external barriers to care. Making a

phone call can feel like climbing a mountain, and if you're rejected, it can be all but impossible to summon the energy to keep looking and asking for help. But this new research shows that individuals have the ability to take charge of their own circumstances by making small, daily changes that can help them fight their disease.

Yes, you may face additional burdens in your daily life that others don't. But it's still your responsibility to confront them, work through them, and move forward.

Alice Walker, author of the Pulitzer Prize-winning novel "The Color Purple," famously said, "People give up their power by thinking they don't have any." People often forget that they have power within themselves to confront their problems and in turn, seek protection from other external, earthly things—namely

the government or their leaders. But this cycle produces dependency, not empowerment, which is not the life we as individuals were intended for.

In the 1850 book "The Law," by Frédéric Bastiat, he says, "Life, faculties, production—in other words, individuality, liberty, property—this is man. And in spite of the cunning of artful political leaders, these three gifts from God precede all human legislation, and are superior to it."

When dealing with mental health issues as—full disclosure—I do, an important guiding principle is self-responsibility. Yes, you may face additional burdens in your daily life that others don't. But it's still your responsibility to confront them, work through them, and move forward. Ultimately, your mental health is your responsibility, and no one can do that work for you.

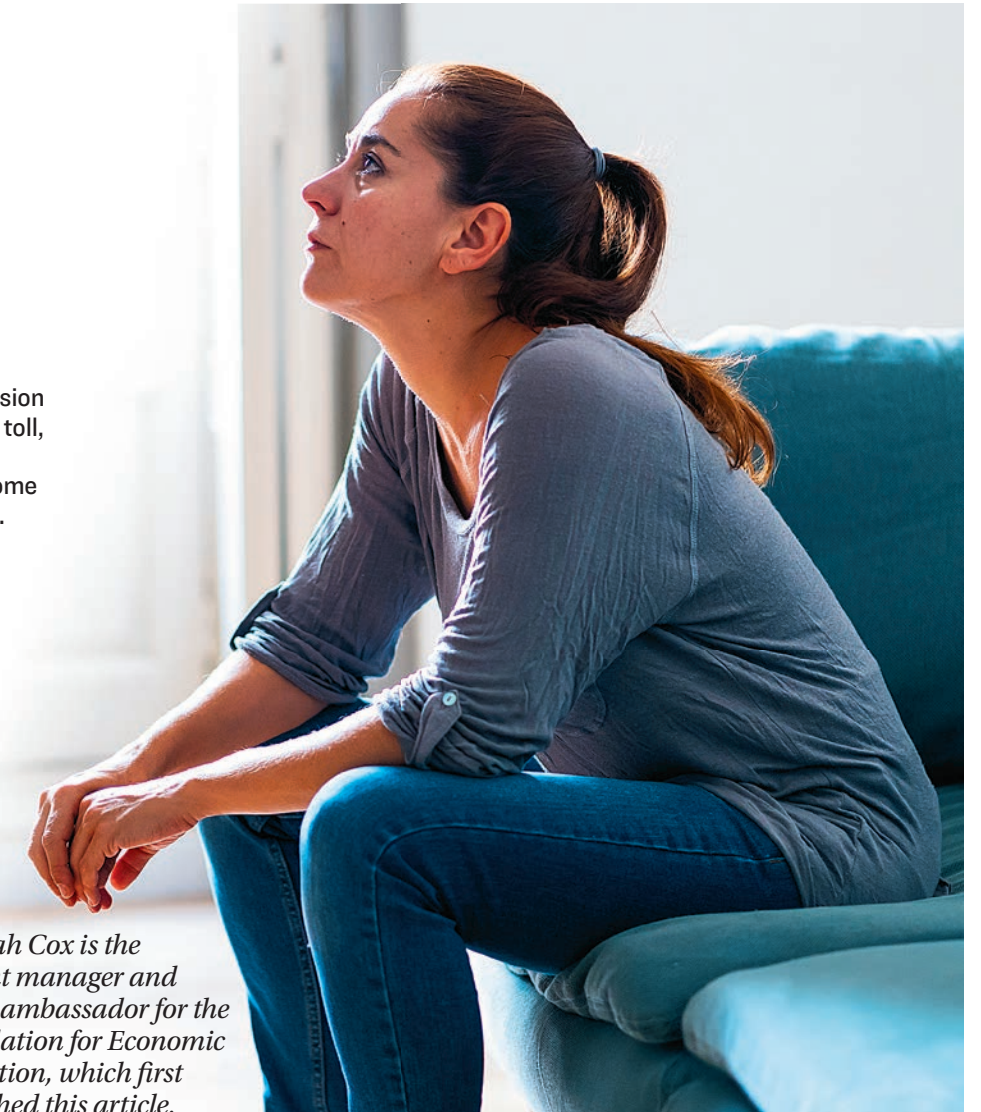
This same principle can be applied more broadly to those without mental health issues too. Yes, there may be circumstances that are unjust or unpleasant, yes we may have barriers placed on our paths that are outside our control (especially by the government). But we can control how we face (and hopefully overcome) those circumstances.

We can't turn back the clocks on all that has happened over the past year and a half, but if we turn the alarm clock one hour back, we just might be a step closer to regaining control of our health.

Depression takes a toll, so take back some control.

Hannah Cox is the content manager and brand ambassador for the Foundation for Economic Education, which first published this article.

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WISE HABITS

Undone: How to Change Our Procrastination Patterns

Get comfortable being uncomfortable and you will be able to unravel your procrastination pattern

LEO BABAUTA

Procrastination starts from avoiding something out of fear. Then it becomes a pattern that hardens into a habit. We reinforce this procrastination habit through years of practice—and it hurts us in so many ways.

The procrastination habit can affect all areas of life, leading us to avoid taking concrete actions that improve our situation:

- Dealing with our finances head-on
- Establishing healthy habits (exercise, diet, regular checkups)
- Maintaining healthy relationships (avoiding difficult conversations)
- Creating meaningful work
- Decluttering and simplifying
- Getting to places on time
- Learning new things

Getting perspective on your old patterns is hugely valuable in itself.

And much more. Those are some of the most obvious examples, but we procrastinate all day long in smaller ways—by checking our phones, email, and favorite websites, by watching the news or TV shows, or by playing games. There's no limit to the number of ways we try to avoid difficulty.

So the question becomes, how do we stop hurting ourselves? How do we start to break down our hardened procrastination habits and create more helpful patterns?

The answer is to start thinking of these hardened patterns as grooves.

The Grooves of Our Habits

When you first procrastinated, you didn't have a hardened pattern. You had a choice. You could do your homework, for example, or you could put it off and do something more fun.

You felt fear or resistance to one task and that made other options more appealing. You chose the easy route, and that felt good in the moment. There was an immediate reward. There would be difficulty later, but that was something to deal with in the future.

Easier choices are usually rewarded with immediate gratification. So by repeating this choice over and over, you start to wear a groove, a familiar pattern, in your mind. After a while, the reward isn't even needed, and the groove becomes so deep that the choice is automatic. And breaking the pattern is much harder.

How do you get out of the grooves you've made? Conscious effort. We have to be willing.

How to Change Your Patterns

The steps to breaking out of a groove are simple, but they require taking action:

Decide That You're Tired of the Groove.

The first step is recognizing the old groove isn't serving you. It's hurting you. When you decide you're tired of hurting yourself with these patterns, you're ready to change. Assess whether you're ready right now.

Commit to Conscious Change.

When you're ready to stop hurting yourself with the old pattern, make a commitment to practice, and be very conscious about, changing your groove. Making the commitment to someone else, or a small group of friends or family,

is a powerful way to commit.

Set Aside Time for Deliberate Practice.

You're not going to change your groove haphazardly. You have to practice consciously and with deliberate effort. Set aside a small practice period each day—just five minutes to start with. I recommend scheduling it for first thing in the morning before you check email or start work. Set up a reminder to hold yourself accountable.

Set an Intention for Your Practice.

Before you start, tap into your reason by remembering why you're practicing. In what ways is this old habit hurting you in your life? Is it hurting your career, health, happiness, relationships, or finances? Is it preventing you from doing more meaningful work? Set an intention to practice in order to make these things better.

Set Yourself a Task.

Pick something you've been putting off, but perhaps not your hardest or most uncomfortable task, to start with. Commit to doing that task for just five minutes.

Let Yourself Do Nothing Else, and Watch Your Patterns.

Sit there and do nothing but that task, or do nothing at all. Notice when you have the urge to switch to something else, to get up and get away. Getting perspective on your old patterns is hugely valuable in itself.

Observe the urges, without acting on them, but also without judgment. They're just feelings that arise, not anything to worry about. Just watch, don't act; just sit and face the urges. Then return to the task, over and over, until this is your new groove.

It's possible to create new grooves, new patterns, that serve you better. I've done it dozens of times in life, perhaps more than 100 times in the last decade.

I'm no stronger than anyone else, and if I can do it, so can you.

Leo Babauta is the author of six books and the writer of Zen Habits, a blog with over 2 million subscribers. Visit ZenHabits.net

Observe the urges, without acting on them, but also without judgment.

At any given moment, we can be tempted to pause and distract ourselves.



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Virtue of the Brush in a Time of Chaos

"When things are chaotic to the extreme, order must be restored."

- "The four books" by Zhu Xi



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