

# MIND & BODY

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## The Art of Wanting Less

How to avoid the trap of always wanting more

TATIANA DENNING

“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.” – Socrates

I had always loved to shop. A lot. I could spend a whole Saturday going from store to store without stopping. In fact, some of my earliest memories are of happily shopping the day away with my Grandma Wittebort in downtown Morgantown, West Virginia.

**Acquiring more things takes more time, more effort, and more money.**

“To run errands.” This was true—in part. I didn’t usually intend to make shopping a big part of my day, but it frequently turned out that way.

In my quest to have the latest fashion trend or home decor, I sometimes spent more money than my budget allowed, and I certainly spent more time than my schedule allowed. As a result, I often had to find time to return things that either didn’t work out or fell victim to buyer’s remorse. The happiness that buying more things seemed to bring was always short-lived and was sometimes even followed by regret.

Still, I believed that once I got that new shirt that I just “had to have” from Anthropologie, it would quench my desire,

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We are compelled to want and called to consume. But the real path to contentment beckons us beyond materialism.



## Will COVID-19 Vaccines Drive Mutated Variants?

Research suggests vaccine-linked COVID variants could be a problem

JOSEPH MERCOLA

Despite media reports suggesting unvaccinated people will drive mutations of SARS-CoV-2 (or the CCP virus, which causes COVID-19), actual research suggests that more dangerous mutations of the virus could come from the specific nature of the vaccines now being used around the world. Half of Americans have declined the vaccine.

Only 49 percent of Americans more than 18 years of age are fully vaccinated, with 56 percent having received one dose of the

two-dose Moderna and Pfizer vaccines.

Some media reports are claiming these unvaccinated people are serving as viral factories for more dangerous variants of the virus. But this false narrative hides the fact that mass vaccinations may be putting us all in a far more dire situation than necessary.

**Vaccines Drive Viruses to Mutate**

Viral mutation as a consequence of vaccination came to wide public attention in 2018, when Quanta maga-

*Continued on Page 4*

MARKO GEBER/GETTY IMAGES



Media reports allege the unvaccinated are a breeding ground for COVID variants, but research suggests the real problem may come from viral mutations in the vaccinated.

SHEN YUN DANCER

# SUMMERTIME STYLE

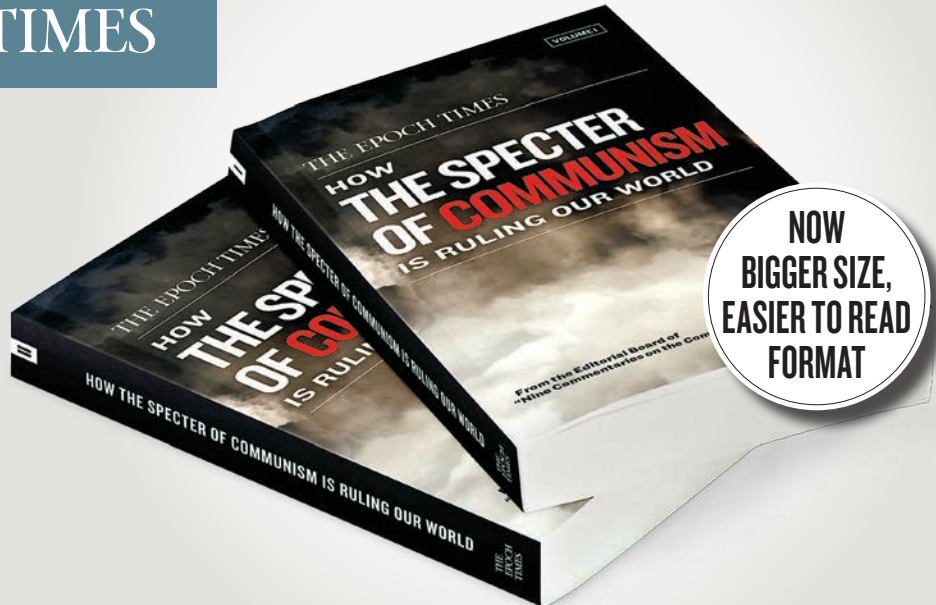
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## HOW THE SPECTER OF COMMUNISM IS RULING OUR WORLD

The specter of communism did not disappear with the disintegration of the Communist Party in Eastern Europe

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Address the root cause of your headaches and migraines this summer with natural solutions that work with your body.

## Got a Headache From Too Much Sun? Don't Take Tylenol

This common painkiller has some dangerous side effects, but these alternatives can replace it

JENNIFER MARGULIS

Ah, summer. Sunshine, fresh air, a romp at the beach. Ugh, summer. Sunburns, heatstroke, and those headaches that feel like someone's using a blacksmithing anvil and hammer right inside your skull. When you have a headache, fever, or aches and pains, the easiest and quickest fix is to reach for that bottle of painkillers. One of the most popular headache relievers in America, and many other places in the world, is acetaminophen. The main ingredient in Tylenol, acetaminophen is found in more than 600 over-the-counter and prescription medications. Doctors often recommend treating a fever, headache, or other pain by alternating between ibupro-

fen and Tylenol. And you'll likely be given Tylenol if you go to the hospital with a fever.

**But Is Tylenol Actually Safe?** Dr. Cammy Benton, an integrative family physician based in Huntersville, North Carolina, says Tylenol isn't safe for children and should only be used sparingly by adults.

"Honesty, doctors need to stop recommending it," Benton says. "Especially for women who are trying to conceive, pregnant moms, infants, and small children. I tell my patients to avoid acetaminophen as much as they can."

The main problem with acetaminophen, Benton explains, is that it can be damaging to the liver, especially if you take too much. Given how many products contain acetaminophen—including cough syrups, flu remedies, and even allergy medicines and some antacids—it's easy to overdose. Indeed, even just a double dose of Tylenol can cause acute liver injury.

Acetaminophen depletes the body of glutathione, a very important antioxidant that's manufactured in the liver. Glutathione is like a natural mop. As Dr. Joseph Pizzorno explains, it protects the body by binding with harmful substances in the body—from heavy metals to infectious agents—to get them out of your system. So it makes sense that

If you're getting recurrent headaches or migraines, a magnesium deficiency may be to blame.

Even just a double dose of Tylenol can cause acute liver injury.



the last thing you want to take when you're sick or in pain—even if it is the first thing most conventional doctors recommend—is Tylenol.

William Parker, an immunologist at Duke University who has been researching and writing about acetaminophen for more than a decade, argues that early exposure to acetaminophen may also be a causative factor in autism. Acetaminophen has also been linked to asthma in both adults and children.

Health issues aside, there's another reason not to take acetaminophen. This drug is created from coal tar. To derive acetaminophen, the coal has to be heated via a process called pyrolysis. Burning coal has a variety of negative environmental effects. So it's a pain reliever that environmentalists will also want to avoid.

**Natural Alternatives to Tylenol** So if your head is aching and you should skip the Tylenol, what should you do? The most important step, Benton and other integrative doctors say, is to try to drill down to identify the root cause.

Treating the root cause, instead of just masking the pain, she says, is always the healthiest approach.

Summer headaches are often brought on by dehydration. Rehydrating with filtered water, organic coconut water, or cold-pressed vegetable juice is a good first step. As lack of sleep and too much physical exertion can also be root causes of headaches, resting in a cool, darkened room also will help.

### Turmeric Tames Inflammation

If you do need a painkiller, Benton recommends starting with turmeric. A root used in Indian cooking, turmeric contains vitamin C, beta-carotene (which is what gives it that lovely yellow-orange color), fiber, and zinc, among other nutrients. But turmeric's most touted health-giving ingredient is curcumin, which has been shown to have both anti-inflammatory and anti-oxidant effects.

You can buy the whole root at a natural food store in the produce aisle (when it's in season), find the powder form in the spice section, or buy it in capsules or tablets with other vitamins and supplements.

If you've never taken turmeric before, start with between a quarter and a half teaspoon in a large glass of water for children and a teaspoon for adults. But keep in mind that some people need a tablespoon or two to feel its pain-relieving effects.

### Magnesium, a Magnificent Mineral

If you're getting recurrent headaches or migraines, a magnesium deficiency may be to blame, according to recent peer-reviewed research published in the journal *Nutrients*.

Foods that are rich in magnesium include almonds, black beans, edamame,

pumpkin seeds, spinach, and dark chocolate. But even if you eat a healthy diet, your body may be deficient in magnesium.

Magnesium is a natural muscle relaxer and can also help alleviate stress, anxiety, and constipation. It's a good supplement to take before bed. You can try taking magnesium citrate or magnesium taurate to treat that headache. These are available in the supplement section of any grocery store.

Magnesium in capsule, and not tablet, form is easier for the body to absorb, says Geoff Houghton, a naturopathic doctor based in Ashland, Oregon. Houghton recommends starting with the suggested dosing on the bottle and increasing as needed. As with vitamin C, magnesium is water-soluble.

Another excellent way to absorb magnesium is by putting Epsom salts in your bath, which will also help alleviate sore muscles and other aches and pains. Epsom salts contain magnesium sulfate. Putting two cups in your bath water and soaking for half an hour can work wonders for a headache.

### Essential Oils to Ease Headaches

Essential oils, which are concentrated plant extracts, have a variety of medicinal properties. If your head is aching, peppermint oil and lavender oil can both be helpful. Put a few drops of either oil on a wet washcloth on your forehead (just be careful not to get any in your eyes).

Peppermint can be so helpful for headaches that some people have found that using peppermint shampoo reduces the frequency and severity of migraine headaches, according to *The Telegraph*.

### Try Iced Tea

White willow bark, which comes from the Salix willow tree, has been used in human cultures as a natural pain reliever for centuries. Willow bark contains salicin, a compound that is similar to aspirin. Your body converts salicin into salicylic acid, which can help alleviate fever, inflammation, and body pain.

You can buy white willow bark extract as a supplement in a tincture, capsule, or topical ointment. It's also available as a ready-made herbal tea, or loose in the bulk aisle of a natural food store.

Known as liu shu pi in Chinese medicine, this slightly bitter herb is surprisingly palatable as an iced tea. But if you don't like the flavor, try masking it with ginger, honey, and a squeeze of lemon.

*Jennifer Margulis, Ph.D., is a science journalist based in Oregon. She's appeared live on prime-time TV in France and worked on a child survival campaign in Niger, West Africa. A Fulbright grantee and sought-after speaker, she authored "Your Baby, Your Way," and co-authored "The Vaccine-Friendly Plan." Learn more at JenniferMargulis.net.*

### MEDICALLY CORRECT

## Alternatives to the Dangers and Indignities of Colonoscopies

Colorectal cancer is a prolific killer but the risks of screening can be a greater danger for many

PETER WEISS

I had my first colonoscopy when I turned 50. It wasn't fun, but I did what I was told and I believed the common line that it was something I needed to endure. The prep was unpleasant, but I kept good reading material with me all day for those frequent trips to the bathroom.

The results were negative. When I turned 60, and was due for my next colonoscopy, I was looking for something different. I was starting to question the risks and benefits of what I was being sold. I chose a virtual colonoscopy, which wasn't covered by insurance, and fortunately was negative as well. That led me to start diving deep into this specific multibillion-dollar medical industry and found some interesting facts. Remember, I'm not giving medical advice here, just information for you to help decide what is best for you.

Let's start with the heavy stuff first. Colorectal cancer (CRC) is the third-most common cancer (excluding all those skin

cancers) in both men and women. It's also the second-most-common cause of cancer-related deaths in both men and women, with 52,980 deaths in 2021. It's a pretty awful disease, but don't worry, I will give you some good news shortly. Some of the risk factors for colon cancer are under your control, such as eating less red meat, losing weight, exercising, quitting smoking, and drinking less alcohol. There are also risk factors you can have the misfortune to be born into, the big one being a family history of this disease.

So what do we do to diagnose colorectal polyps or cancer early enough to either prevent or safely treat it?

If you follow the guidelines, we should all be getting colonoscopies starting at the age of 50, and some experts even suggest starting at 45. The problem with this is, colonoscopies aren't without risks. As I said, it's a multibillion-dollar industry, with some 19 million of the procedures performed in the United States in 2017. The risks for major complications (per-



Colorectal cancer screening is extremely important and can be life saving, but there must be a better way.

Safe and uninvasive tests may be a far better initial step for many.

foration, hemorrhage) are small but up to 1.6 percent and are very much dependent on the expertise of the physician.

This percentage may sound small, but indicates that in 2017, there were as many as 304,000 major complications from the procedure in and of itself. Tell one of those injured that the risk was small. In 2021, there were 149,500 new cases of colorectal cancer diagnosed. This makes you wonder what's going on.

I am in full support for diagnosing colorectal polyps and cancers as early as possible, but I'm not in support of a perforated bowel in this pursuit for the average-risk individual. High-risk individuals are a different story and colonoscopy is still the gold standard—for now.

Don't get me wrong, colorectal cancer screening is extremely important and can be life-saving, but there must be a better way.

Nowhere else in the world are colonoscopies used as much as here in the United States. In Canada, only 15 percent of their 970,000 colonoscopies are screening, the rest are diagnostic. That means, they get colonoscopies if they are at high risk or are in the process of being evaluated for signs of colorectal cancer such as rectal bleeding and pain. Again, I am only writing about screening testing. It's also interesting to note that Canadian colorectal cancer survival is similar to that in the United States, despite costing half as much, due in part to the cheaper costs of medications the Canadian government negotiates with drugmakers.

I promised you some good news. There are some really promising new tests as well as additional current tests that can be done as alternatives to colonoscopies. Remember, these are screening tests for people without any signs or symptoms for colorectal disease, such as rectal bleeding, bloating, diarrhea, etc.

Fecal immunochemical testing is one such option. Basically, you poop and spread a little on a specially treated card at home. You then send it in for evaluation, and it's examined for blood from the GI tract. If positive, you go for a full workup.

Virtual colonoscopy is another option. It's basically a CT scan of the colon that can identify small polyps and colorectal cancer. The plus side is there is no risk of perforation or hemorrhage (rare as that may be).

The negative side is, if there is a polyp, you would need a diagnostic colonoscopy. This is different from a screening colonoscopy. It's also not covered by medical insurance.

We have all seen the commercials for Cologuard. The walking, talking box asking you to poop, scoop, and mail it back to rule out colorectal cancer. It's actually a really good screening test. They recommend starting screening at 45 and repeating it every three years. It finds 92 percent of colon cancers. While there also is a 13 percent false-positive rate, if a patient gets a negative test result, there's a 99.94 percent chance there is no cancer. This is an amazing screening test.

Finally, and with the most promise, there is a blood test already available that can identify colon cancer and polyps. It uses cell-free DNA blood testing and has been called a liquid biopsy test. The preliminary studies show a 91 percent early-stage colorectal cancer detection rate. Hopefully, these will become the main screening test for average-risk individuals, leaving colonoscopies as a screening test to be something soon forgotten.

*Dr. Peter Weiss has been a frequent guest on local and national TV, newspapers, and radio. He was an assistant clinical professor of OB/GYN at the David Geffen School of Medicine at UCLA for 30 years, stepping down so he could provide his clinical services to those in need when the COVID pandemic hit. He was also a national health care adviser for Sen. John McCain's 2008 presidential campaign.*



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# Will COVID-19 Vaccines Drive Mutated Variants?

## Research suggests vaccine-linked COVID variants could be a problem

Continued from Page 1

zine wrote about Andrew Read’s research into Marek’s disease among chickens. The article, “Vaccines Are Pushing Pathogens to Evolve,” described how “just as antibiotics breed resistance in bacteria, vaccines can incite changes that enable diseases to escape their control.” The article details the history of the Marek’s disease vaccine for chickens, first introduced in 1970. Today, we’re on the third version of this vaccine, as it stops working within a decade. The reason? The virus had mutated to evade the vaccine. Worse, research suggests this kind of vaccine-induced mutation seems to result in increasingly deadly viruses that are more difficult to treat.

**It’s important to realize that viruses mutate all the time, and if you have a vaccine that doesn’t block infection completely, then the virus will mutate to evade the immune response within that person.**

Read’s 2015 paper in PLOS Biology, “Imperfect Vaccination Can Enhance the Transmission of Highly Virulent Pathogens,” shared the results of an experiment that vaccinated 100 chickens against Marek’s disease and left 100 unvaccinated. All of the birds were then infected with varying strains of the virus. Some strains were more virulent and dangerous than others.

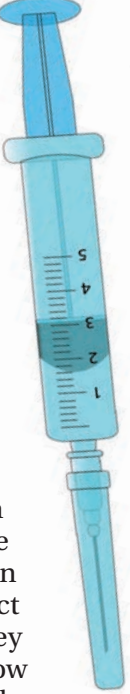
Over the course of the birds’ lives, the unvaccinated ones shed more of the least virulent strains into the environment, while the vaccinated ones shed more of the most virulent strains. As noted in the Quanta article:

“The findings suggest that the Marek’s vaccine encourages more dangerous viruses to proliferate. This increased virulence might then give the viruses the means to overcome birds’ vaccine-primed immune responses and sicken vaccinated flocks.”

**Vaccinated People Can Serve as Breeding Grounds for Mutations**  
In a piece titled “Vaccines Could Drive the Evolution Of More COVID-19 Mutants,” National Public Radio reported on Feb. 9, that “vaccines can contribute to virus mutations.” Part of the concern is whether the peo-

ple delaying their second dose of vaccine will become a particularly effective host population for viral mutations.  
“They might serve as sort of a breeding ground for the virus to acquire new mutations,” said Paul Bieniasz, a Howard Hughes investigator at Rockefeller University.  
“This is the exact claim now being attributed to unvaccinated people by those who don’t understand natural selection.  
It’s important to realize that viruses mutate all the time, and if you have a vaccine that doesn’t block infection completely, then the virus will mutate to evade the immune response within that person. That’s one of the distinct features of the COVID-19 shots—they aren’t able to block infection. They allow infection to occur and work to lessen the symptoms of that infection.  
This is true of other viruses as well, though the phenomenon isn’t considered nearly as dangerous as what occurs among bacteria.  
“We’re not going to fall off a cliff tomorrow in terms of vaccine efficacy. What we’re likely to see is a slow, steady erosion of efficacy over, perhaps, quite a long period of time,” Bieniasz said.  
If SARS-CoV-2 does end up mutating into more lethal strains, then mass vaccination is the most likely driver of that mutation.

**COVID Variants Are Barely Different**  
Despite the scenario outlined above, the fearmongering that mass media are stirring over variants is just that: fearmongering. So far, while some SARS-CoV-2 variants appear to spread more easily, they’re also less dangerous. The Delta variant, for example, is associated with more conventional flu-like symptoms, such as a runny nose and sore throat, than the hallmark COVID-19 symptoms involving shortness of breath and loss of smell.  
In an interview for the documentary “Planet Lockdown,” Michael Yeadon, a life science researcher and former vice president and chief scientist at Pfizer, pointed out the fraud being perpetrated with regard to variants. He actually refers to them as “simians,” because they’re near-identical to the original. And, as such, they pose no greater threat than the original.  
Yeadon notes that the most divergent variant is hardly different from the original.  
“If you find the most different variance, it’s 99.7 percent identical to the original one, and I can assure you ... that amount of difference is absolutely not possible to represent itself to you as a different virus.”  
Your immune system is a multifaceted system that allows your body to mount defenses against all sorts of threats. Par-



Before 2021, it was quite clear that vaccines push viruses to mutate into more dangerous strains. The only question was to what extent?  
IAMBALAYAKUMAR/SHUTTERSTOCK

asites, fungi, bacteria, and viruses are the main threat categories. Each of these invades and threatens you in completely different ways, and your immune system has ways of dealing with all of them, using a variety of mechanisms.  
Whether you’re going to be susceptible to variants has very little to do with whether or not you have antibodies against SARS-CoV-2, because antibodies aren’t your primary defense against viruses, T-cells are. What this means is that getting booster shots for different variants isn’t going to help, because these vaccines don’t strengthen your T-cell immunity.  
The importance of T-cells has been known for a long time, and their role in COVID-19 was confirmed early in the pandemic. Scientists wanted to find out if patients who had recovered from SARS-CoV-1, responsible for the SARS outbreak some 17 years ago, might have immunity against SARS-CoV-2. As it turns out, they did.  
They still had memory T-cells against SARS-CoV-1, and those cells also recognized SARS-CoV-2, despite the two viruses being only 80 percent similar. Now, if a 20 percent difference wasn’t enough to circumvent the immune system of these patients, why should you be concerned with a variant that’s, at most, 0.3 percent different from the original SARS-CoV-2?

“When our government scientists tell you that a variant that’s 0.3 percent different from SARS-CoV-2 could masquerade as a new virus and be a threat to your health, you should know, and I’m telling you, they are lying,” Yeadon said.  
**So far, while some SARS-CoV-2 variants appear to spread more easily, they are also less dangerous.**

“If they’re lying, and they are, why is the pharmaceutical industry making top-up [booster] vaccines? There’s absolutely no possible justification for their manufacture.”  
**Mutations Are Good for Vaccine Business**  
Of course, by pushing fear of virus variants, vaccine makers ensure a steady supply of people willing to participate as guinea pigs in their for-profit business model. Pfizer

plans to ask the U.S. Food and Drug Administration (FDA) for emergency use authorization for a third COVID-19 vaccine booster shot in August, Bloomberg reports.

According to Pfizer’s head of research, Dr. Mikael Dolsten, initial data suggest a third dose of the current Pfizer vaccine can raise neutralizing antibody levels by anywhere from five-fold to 10-fold. The company is also working on variant-specific formulations.  
Dolsten points to data from Israel, where Pfizer’s mRNA injection was used exclusively and is showing a recent uptick in breakthrough cases. This suggests protection starts to wane around the six-month mark. For now, the FDA isn’t recommending boosters, but that can change at any moment and most likely will.  
Pfizer recently announced that it intends to raise the price on its COVID-19 vaccine once the pandemic wanes, and during a recent investor conference, Pfizer Chief Financial Officer Frank D’Amelio said there’s “significant opportunity” for profit once the market shifts to annual boosters.  
In an April 2021 article, The Defender reported the expected profits from current COVID-19 vaccines and boosters in coming years:

- Pfizer expects a minimum revenue of \$15 billion to \$30 billion in 2021 alone
- Moderna expects sales of \$18.4 billion in 2021; Barclays analyst Gena Wang forecasts the company’s 2022 revenue to be somewhere around \$12.2 billion and \$11.4 billion in 2023
- Johnson & Johnson expects sales of \$10 billion in 2021

**Vaccine Treadmill Ahead**  
The way things have been going, it seems inevitable that we’re facing a vaccine treadmill, where new variants will “necessitate” boosters on a regular basis. Boosters will also drive the “need” for vaccine passports to keep track of it all. As reported by The Defender:

“Annual COVID booster shots are music to the ears of investors. But some independent scientists warn that trying to outsmart the virus with booster shots designed to address the next variant could backfire, creating an endless wave of new variants.”

These variants could be more virulent and transmissible than their predecessors.  
Vaccinologist Dr. Geert Vanden Bosche, whose resume includes work with GSK Biologicals, Novartis Vaccines, Solvay Biologicals, and the Bill & Melinda Gates Foundation, published an open letter to the World Health Organization on March 6. In that letter, he warned that implementing a global mass vaccination campaign during the height of the pandemic could create an “uncontrollable monster,” with evolutionary pressure forcing the emergence of new and potentially more dangerous mutations.  
“There can be no doubt that continued mass vaccination campaigns will enable new, more infectious viral variants to become increasingly dominant and ultimately result in a dramatic incline in new cases despite enhanced vaccine coverage rates. There can be no doubt either that this situation will soon lead to complete resistance of circulating variants to the current vaccines,” Bossche wrote.

**Will COVID-19 Vaccines Save Lives? Probably Not**  
As noted in the BMJ paper, “Will COVID-19 Vaccines Save Lives? Current Trials Aren’t Designed to Tell Us,” by associate editor Peter Doshi, while the world is betting on gene modification vaccines as the solution to the pandemic, the trials aren’t even designed to answer key questions, such as whether the vaccines will actually save lives.  
If there’s a silver lining to this whole mess, it’s that more and more people are starting to get educated about health, biology, virology, and vaccinology. These are heady topics, but to begin to tease out the truth from fiction, many are now taking the time to listen to doctors and scientists who are explaining the science behind it all.

**Dr. Joseph Mercola is the founder of Mercola.com. An osteopathic physician, best-selling author, and recipient of multiple awards in the field of natural health, his primary vision is to change the modern health paradigm by providing people with a valuable resource to help them take control of their health. This article was originally published on Mercola.com.**

For links to studies mentioned in this article, please see the article online at TheEpochTimes.com

# Exercises That Are Great for the Outdoors

Simple exercises that require no equipment can help you shed weight and feel great

**IAN KANE**  
What better way to combat our growing waistslines from all these summertime grilling get-togethers than to exercise in the great outdoors? Effective exercise sessions don’t require a trip to your local fitness center. In fact, a beautiful outdoor vista might add motivation to move your body. And one of the benefits of a regular fitness routine is that it can build up your metabolism and lean body mass, both of which will help your body burn those excess barbeque calories. Exercise can also relieve stress and support a better overall temperament.  
Here are six exercises that are great for people who don’t go to the gym or want to change things up and exercise outdoors—whether that be a local running track or a beautiful beach. The best part is that all

you need is an exercise mat, a couple of dumbbells, and your own body weight.  
And don’t think you need to do the intricate body-weight exercises of those agile fitness aficionados on YouTube. The simple movements below can do wonders for your overall physique.

**Great Views and Better Health**  
Regular exercise can improve both your physiological and psychological well-being. And combining exercise with the great outdoors can compound those healthful benefits, greatly improve your mood, and according to the U.S. National Institutes of Health’s National Library of Medicine, help prevent incidences of non-communicable diseases.

*Ian Kane is a filmmaker and author based out of Los Angeles. To learn more, visit DreamFlightEnt.com*



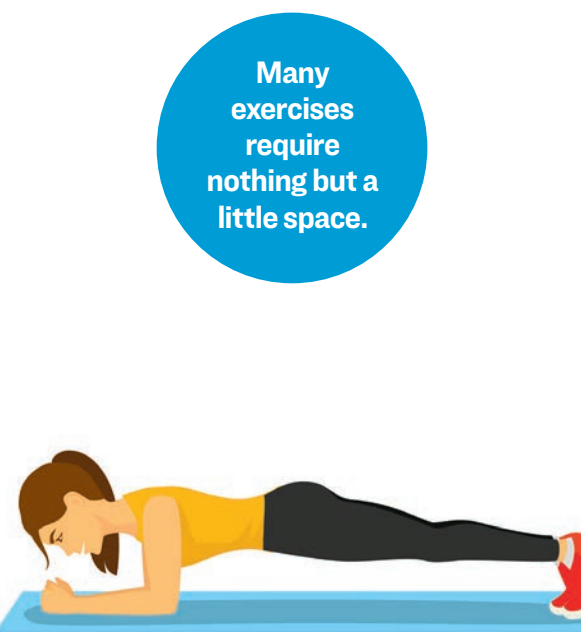
## 1 Exercise No. 1: Squats

Squats mainly focus on building up your gluteus maximus, (buttocks), quadriceps (front of the thigh), and hamstrings (back of the thigh).

**Starting position:** Stand with your feet shoulder-width apart and your back straight, while looking straight ahead.

1. Gradually bend at your knees and lower your glutes as if you were sitting down. Make sure that your weight is evenly distributed on your feet.
2. When your thighs are parallel with the floor, thrust your body back up to the starting position utilizing your glutes and thighs. Make sure to keep your back straight.

Perform a total of 10 to 12 reps.  
**Note:** You may add dumbbells once you can perform 12 reps with the proper form.



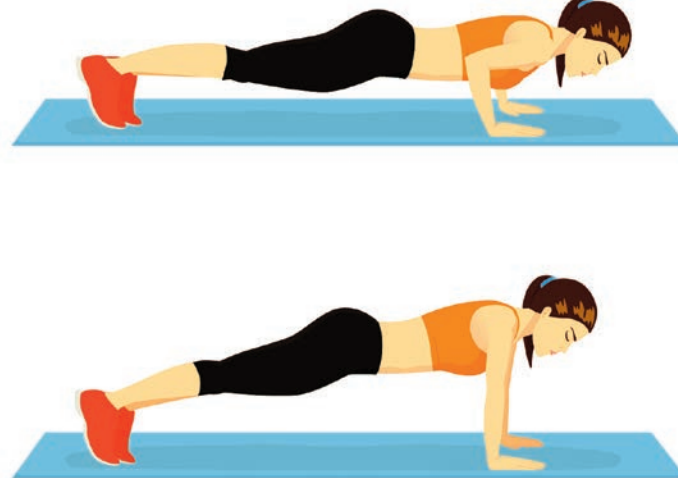
## 4 Exercise No. 4: Planks

Planks help to strengthen the core muscles (the muscles that connect your upper and lower body), as well as your glutes and hamstrings. They also increase endurance and improve posture.

**Starting position:** Make sure you’re on a level surface. Plant elbows on mat slightly wider than shoulder-width apart and straighten your body, with the rest of your weight resting on your toes. You can ball your hands into fists or lay them flat on the mat—whichever is more comfortable.

1. While maintaining a regular breathing pattern (don’t hold your breath), squeeze your glutes and engage your core and hamstrings (be careful not to lock your knees).
2. Focus on a point on the floor slightly above your head—this will neutralize your spine. Keep your head in line with your spine.
3. Hold the plank position for 10 to 20 seconds.

**Note:** When you can hold the plank position for more than 20 seconds, increase the time by five-second increments.



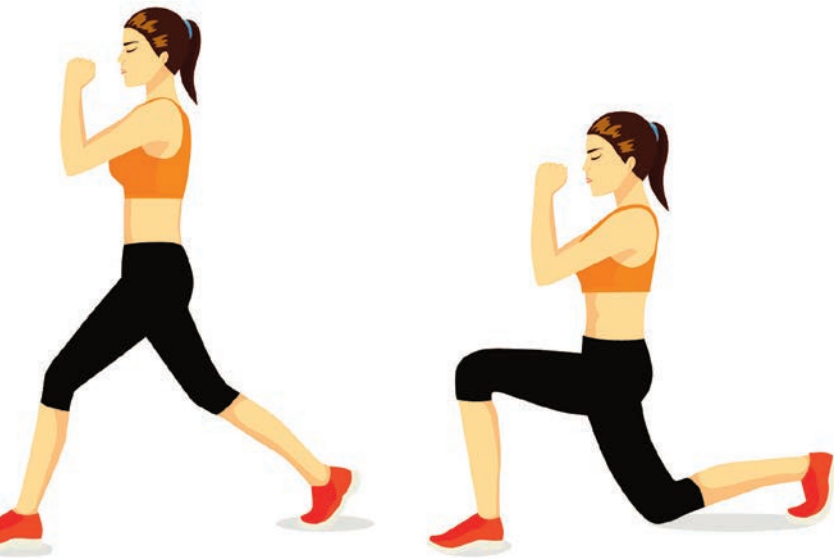
## 2 Exercise No. 2: Push-Ups

Push-ups are ideal for building your chest, or shoulders, triceps, and biceps.

**Starting position:** Find an even surface to lay your exercise mat on, then kneel down on it and bring your feet together behind you. Gradually bend forward and place your palms flat on the mat, positioning your hands slightly shoulder-width apart with your fingers facing forward.

1. Gradually lower your body toward your mat’s surface while maintaining a rigid torso and let your elbows flare outward. Don’t allow your lower back to sag or your hips to hike upward during this downward movement. Continue through the movement until your chest touches the mat.
2. Push upward using your arms, shoulders, and chest, while maintaining a rigid torso. Also, be sure to keep your head aligned with your spine. Continue pushing upward until your arms are only slightly bent at the elbows.

Perform a total of 8 to 12 reps.  
**Note:** For increased difficulty, try placing your palms farther apart or bringing them close in to form a diamond with your thumbs and index fingers.



## 5 Exercise No. 5: Lunges

Lunges work your glutes, quadriceps, hamstrings, and calves.

**Starting position:** Stand on your mat with feet hip-width apart. Concentrate on your core and keep your head aligned with your spine.

1. Take a long step forward with your right leg. Shift your weight forward so your heel hits the floor first.
2. Lower your hips until your right thigh is parallel to the floor and your right shin is vertical. As your knee shifts forward, ensure it doesn’t go past your right toe. If able, lightly tap your left knee to the floor while keeping weight on your right heel.
3. Drive back up to the starting position from your right heel upward through your thigh and glutes.
4. Repeat with your left side.



## 3 Exercise No. 3: Sit-Ups

Sit-ups are a classic exercise that strengthens your hip flexors, back, and abdominal muscles.

**Starting position:** Place your exercise mat on a level surface and lie down on your back with knees bent and feet anchored to the bottom of the mat. Tuck your chin into your chest (in alignment with your spine) and lengthen the back of your neck.

1. Interlace your fingers at the rear of your skull and point your elbows outward.
2. Exhale as you lift your upper body toward your knees and keep your hands clasped behind your head.
3. Inhale as you lower your upper body back down to the mat.

Perform a total of 10 to 15 reps.  
**Note:** If you have poor balance when you initially try this exercise, no problem! You can place your palms down alongside your body for added stability, instead of behind your head.



## 6 Exercise No. 6: Walking

Walking is excellent for your health. It’s also great because it’s something you can do practically anywhere and at any time. Not only does it double as a stress-reliever and endurance builder, but it also enables you to get out and enjoy nature, as well as your local community.

**Walking 101:** If you’re just starting to walk for your health, begin with between 10 to 15 minute walks at first. As you become more comfortable, add a couple of minutes to each of your walks until you reach at least the 30-minute mark.

**Note:** For added challenge, you can quicken your pace or add hills to the mix.

ALL IMAGES BY SHUTTERSTOCK



# Ways to Honor Yourself

Self-care and exercise are key to caring for the gift of life



Pay attention to what you need, as you are worth the effort.



**DONNA MARTELLI**

Are you taking care of yourself? Proper self-care makes it possible to function effectively in everything you do, whether at work, home, traveling, or relaxing. It's hard to keep up with life's challenges if you fail here, much less take care of anyone or anything else.

If you listen, your body will tell you what it needs. It reacts to past or present experiences, and everything around you is an influencer. The trick here is to listen actively. What is your body saying to you? Perhaps it is telling you that:

- It is tired.
- It hurts.
- It feels energetic.
- It is thankful.

Don't ignore the message that your body is telling you. Honor yourself by responding appropriately. How? Think of the following to help you care for yourself with honor:

- If it's tired, rest, stop pushing.
- If it hurts, try to get to the source of your pain and see if you can do anything to relieve it.
- Recognize the times that you are full of energy. What caused this, and can you replicate it?
- If you feel thankful, let it flow into every aspect of your life.

**Ways to Self-Care**

Many of us like to push through pain and fatigue and hope they stop bothering us. Do you? Is it hard for you to relax? Trust me, I can relate. I do the best job of relaxing when I get away from my daily work and routine. Can you say "vacation?"

Here are a few suggestions for everyday self-care that you will find helpful:

- Breathe deeply. Take in the good and exhale the bad. Do this slowly and deliberately as you fill your lungs as much as you can and empty them all the way.
- Change your self-talk from negative to positive. For example, instead of "I will never be able to get this done," say "I

**When you honor your body by giving it what it needs, it responds in kind.**

**15 MINUTES**

Effective cardio workouts keep your heart rate at the prescribed level for your age and ability for at least 15 minutes.



- will accomplish my goal."
- Remind yourself of the things for which you are thankful.
  - Get it out on paper where you can see it: write or journal your thoughts.
  - Listen to music that you find uplifting.
  - For aches and pains, use heat or cold therapy.
  - Watch something funny and laugh hysterically. There is healing in laughter. It has been called "the best medicine."

Find out what works best for you. When you honor your body by giving it what it needs, it responds in kind. Is all of this perfect? No. Is it better? Yes.

The quality and quantity of your sleep are important, as this is when your body best heals itself. During deep sleep, your cells repair and rebuild, and hormones are secreted to promote bone and muscle growth. Your body also uses deep sleep to strengthen your immunity so you can fight off illness and infection. How God so wonderfully crafted our bodies!

**Exercise**

It may seem contraindicative, but exercise helps everything mentioned in this article. To be effective, your workout plan needs to be a priority, and it must be something that you enjoy.

An excellent plan of life-giving physical practice consists of these five parts:

1. Strength training (with weights, machines, or bodyweight)
2. Stretching of all your major muscle groups—a neglected area of fitness
3. Cardio that keeps your heart rate at the prescribed level for your age and ability for no less than 15 minutes at a time
4. Mindful core and abdominal work like that exemplified in Pilates
5. Rest

Yes, rest is a component of fitness. Rest makes it all possible.

It's necessary you know your fitness level and work there until you are strong enough to go to the next level. Performing any exercise with proper form will increase strength, no matter how small the movement. You

must never sacrifice form to obtain "more": a heavier weight, a deeper stretch, doing more cardio than necessary, etc. Doing so will defeat your purpose.

Don't do the same workout every day. Your body adapts very quickly and settles in as it figures out how to avoid overworking. For maximum benefit, it's best to surprise it every time you work out. Your body is extremely good at adapting to whatever it's asked to do, so challenge it with constant variety.

Stretch the muscles that you have compacted.

I call it the "flip side of strength training." Any contraction of a muscle needs to be followed by a stretch. This often neglected fitness area feels so good!

Limit strength training to every other day.

This is because while you are doing strength training, you are tearing your muscles. They need that day in between because the resting time is when they build and create new muscle fibers.

Cardio is vital because it strengthens your heart and lungs.

Don't be bored with cardio but try to find a fun way to include it. One of my friends accomplishes this by playing with her grandkids.

To the core we go, where, ideally, all movement originates.

It would be best to strengthen your pelvic floor and all the tiny muscles around your hips and spine. Again, Pilates is the best way that I have found to attain core strength.

So, rejoice at what a marvelous creature you are. Believe that you can function effectively in everything you do. You deserve every bit of honor that you can give to your body, soul, and spirit.

*Donna Martelli, formerly a professional dancer with the Harkness Ballet of New York, served on the dance faculty at Butler University, Indianapolis, and is now also a certified personal trainer, and certified Pilates instructor in Indianapolis, IN. She conducts classes, seminars, and workshops in the U.S. and Europe. She is the author of "When God Says Drop It" and "Why the Dance," available on Amazon and wherever books are sold.*

# The Making of a Corporate Athlete

When it comes to professional greatness, research shows self-care is key

**A corporate athlete must discover meaning in her life—why she's doing what she's doing, what really matters to her, what values she's serving.**



**NANCY COLIER**

What skills are necessary for professional greatness? What makes someone able to perform successfully under high stress and constant change and to keep doing it over time without breaking down? As it turns out, we have lots of answers to this question, and most focus on the rewards necessary for greatness, the kind of culture that breeds success, and the particular skill sets necessary for peak performance.

But, Harvard Business School conducted a different kind of study, one that examined the strategies and habits of winning athletes and whether they could be transferred to apply to business—in essence, whether

we could train high-level executives as corporate athletes. It appears that the answer is "yes." We can indeed apply the wisdom of sport to help ourselves succeed in anything and everything that's challenging.

As someone who competed as a top-level equestrian for more than two decades, it has long been clear to me that the skills and mindset I learned as a competitive athlete are what allow me to succeed in every other pursuit in my life, both professionally and personally. It appears that now there's proof.

Research in the field of sport demonstrates that top athletes succeed in large part because of their ability to perform under stress, and more importantly, to recover after stress has occurred.

*Continued on Page 14*



Athletes reach peak performance in competition with the help of downtime to recover and rebuild. Corporate athletes, however, get no such break.

## EMF and Blue Light Concerns for VR Technology

These immersive devices subject our eyes and brains to unhealthy exposures

**DANIEL T. DEBAUN**

Virtual reality (VR) technology first took off back in 2012. Although, did it actually ever take off?

While VR has been getting better and cheaper every year, it's still missing the necessary advances to make it mainstream. Bulky headsets and relatively complex technology keep VR from being the next smartphone or TV set equivalent. While 2016 was the slated year for VR's jump to mainstream, many people still don't know what VR is or own a VR headset.

So, what is VR?

Virtual reality, or VR, is a simulated digital experience a user can enter into by wearing a headset with goggles and occasionally hand-held remotes. Computer-generated imagery takes over your visual field, and the user's motion is tracked from the headset and connected remotes to simulate being in the virtual environment.

There is a range of applications and potential uses for VR:

- Entertainment (movies, shows, concerts)
- Sports
- Simulated learning experiences for school, jobs, activities
- Simulated travel/tourism
- Medicine
- Military simulations
- Social activities and digital events

The VR gaming segment constitutes almost a third of the whole industry, with a predicted market of \$1.4 billion in 2021.

*Continued on Page 11*



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## Top Uses for Apple Cider Vinegar

Learn 5 health benefits you can get from apple cider vinegar, from wound healing to weight loss

There's no shortage of stories about the therapeutic effects of apple cider vinegar (ACV), from weight management to disease prevention and treatment. This popular home remedy has also been used for hundreds of years in the kitchen as a cooking ingredient.

Vinegar, after all, has had colorful uses recorded throughout history. Hippocrates used it medicinally for wound healing, while Sung Tse, the 10th-century inventor of forensic medicine, promoted hand-washing with sulfur and vinegar to prevent infection during autopsies. Let's dig deeper into the science backing the benefits of apple cider vinegar.

### 1. Aids in Weight Loss and Maintenance

Several human studies show that vinegar may increase feelings of fullness, which can lead to eating fewer calories and losing weight. In a study, taking vinegar with a high-carbohydrate meal resulted in increased feelings of fullness, leading subjects to eat 200 to 275 fewer calories throughout the day.

ACV may also be helpful in suppressing obesity-induced oxidative stress, mainly through facilitating antioxidant defense systems. This was revealed in a study using rats fed a diet high in unhealthy fats. ACV also can reduce the risk of obesity-related illnesses by lowering atherogenic risk.

Similar benefits have been seen in fruit vinegars such as apple, pomegranate, and prickly pear, which appear to prevent obesity and related cardiac complications through their potent anti-inflammatory and anti-adiposity properties.

### 2. Fights Harmful Bacteria

Vinegar has demonstrated strong anti-pathogen action, including fighting bacteria. Using organic acids as supplements has, in fact, been deemed safe and effective in eliminating harmful bacteria in the intestines.

A study probed the antimicrobial ability of ACV against pathogens including *E. coli*, *S. aureus*, and *C. albicans*. The results showed that the vinegar had antibacterial potential, with the concentration of ACV required to inhibit microbial growth varying for each species of bacteria. Follow-up research showed that ACV can also successfully eradicate methicillin-resistant bacteria.

### 3. Assists in Managing Diabetes and Blood Sugar Levels

Consuming apple cider vinegar may positively affect glycemic index and oxidative stress in Type 2 diabetics.

Among healthy subjects who ate a bread meal, supplementing with vinegar lowered glucose and insulin responses, as well as increased fullness. "The results indicate an interesting potential of fermented and pickled products containing acetic acid," the researchers wrote in the European Journal of Clinical Nutrition.

In a separate small study, subjects

with diabetes reported that consuming 2 tablespoons of ACV before bedtime decreased their fasting blood sugar by 4 percent the next morning.

### 4. Helps Control Candida Infection

Apple cider vinegar has exhibited antifungal properties, particularly against candida (yeast) species in patients with denture stomatitis, a common inflammatory reaction to wearing dentures.

A 32-year-old woman with chronic vaginal candida infection who failed to respond to other therapies also recovered with the application of ACV, which can be considered for patients who are unresponsive to conventional medical therapies for this condition.

**Vinegar has demonstrated strong anti-pathogen action, including fighting bacteria.**

### 5. Helps Improve Heart Health

Animal studies suggest that ACV can optimize cholesterol and triglyceride levels, along with other common risk factors in heart disease.

Vinegar may also have acute effects on some risk factors of atherosclerosis, with significant changes seen in LDL cholesterol and total cholesterol between low and high doses of vinegar. Researchers pointed to "a probable protective value" for its use.

Cooking with vinegar or consuming it alone remain the best ways to incorporate ACV into your diet. You can also dilute vinegar with water and drink it as a beverage.

If you're wondering about the "right" amount of apple cider vinegar to take, a 2016 review stated that consuming a drink with 15 milliliters, or about 1 tablespoon, of vinegar every day was typically enough to see potential health benefits. Experts also recommend getting organic, unfiltered apple cider vinegar that retains the "mother," or a cloudy, murky appearance, for optimal health benefits.

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JUSTYNA KARWACKA/SHUTTERSTOCK



About one tablespoon of apple cider vinegar a day is typically enough to see health benefits.



Virtual reality headsets offer a new form of entertainment—and new technology-related side effects.

## EMF and Blue Light Concerns for VR Technology

These immersive devices subject our eyes and brains to unhealthy exposures



Continued from Page 9

### How VR Works

VR headsets either have a mobile device placed in the headset itself, like the Samsung Gear VR or Google Cardboard, or they have PC-based options (The HTC Vive, Oculus Rift, and Playstation VR) that connect to a computer and have sensor-filled LCD screen goggles. There are also standalone versions that don't connect to a separate device, and instead have the VR software and programming built in.

VR is different from AR, or augmented reality. AR uses a lens to create a composite view of both digital and real-world images. It superimposes digital imagery into a viewer's real-world perspective. Perhaps the most famous example of AR in recent years was the viral game Pokémon Go. Using phone apps, gamers use their device's camera to search for Pokémon inserted in the real world through AR. VR might soon accommodate AR, but they are separate terms.

As with any new digital technology, there are health concerns associated with using EMF-emitting devices near your body for long periods of time. VR, with the use of headsets and connected computers or phones, might be exposing your body to chronic levels of EMF radiation.

### Health Concerns

Though there are more applications for VR being developed, the easiest way to think of it is as a fully immersive video game.

There are health concerns related to playing virtual games like video games. These include digital eye strain, altered neurological processes (decreased hippocampus use), and induced stress responses, which can lead to chronic stress, depression, irritability, and more.

### Blue Light Effects

With VR, a headset is placed directly against your head. This exposes your eyes to a very bright and immersive LED screen.

LEDs function with wavelengths of 400-495 nanometres (nm), which corresponds to the color blue on the visible light spectrum. This is one of the highest-energy types of light that human eyes can perceive. Blue light is harmful because it impacts the body's sleep cycle and affects the eyes.

Imagine sitting six inches away from your TV and staring straight ahead for multiple hours. Digital eye strain, headaches, poor

sleep, and even damaged eyes can result from too much blue light.

When the pigment in our retinas is exposed to high-energy blue and UV light, free radicals are formed. Free radicals cause oxidative damage and photoreceptor damage and death.

Over time, this can lead to macular degeneration and other eye problems.

### EMF Radiation Effects

Similar to holding a phone against your ear to talk, VR headsets are packed with technology, including the LED screen and embedded sensors. Some versions use a smartphone itself.

Some are now completely wireless, while others tether you to a powerful computer with a USB or HDMI cable to stream the VR programs.

Wireless headsets and phone-connected headsets have powerful wireless processors, which would theoretically expose you to more EMF radiation. Wired VR headsets that are attached to a computer or console keep the VR processing further from your body. However, the sensors in the headset are still collecting and sending data. The HDMI cord is still sending electromagnetic frequencies to your head.

Regardless of what VR set you have, EMF radiation is present within a few inches of your brain.

Multiple studies show that EMF radiation can create oxidative damage, DNA fragmentation (the precursor for cancerous tumors), and affects brain activity.

EMFs are associated with increased glucose metabolism in different regions of the brain.

EMFs also over-activate the sensitive VGCCs (voltage-gated calcium channels) in cells that help the release of neurotransmitters and hormones. This vast increase of calcium ions in the cell also induces an oxidative stress response.

Since the brain has such a high metabolic rate, ROS and oxidative damage can happen more easily than in other organs. Oxidative damage in the brain causes nervous system impairment, meaning a disruption in brain hormones and neurotransmitters. This means a disruption in gut health, mental health, sleep, fertility, and brain and body performance.

### Increased Screen Time and 5G

While it may look like real life, VR is just another digital screen. It's very different from

looking at an actual landscape.

VR technology is best avoided, though some professions may require it.

**Imagine sitting six inches from your TV and staring straight ahead for hours.**

Already, there are concerns surrounding increased screen time and mental health. Over the past decade, the rise in mental health disorders coincides with the increase in screen time. While correlation doesn't mean causation, research is showing that social media and internet addiction, coupled with the negative EMF effects from technology, may be playing a role in the increase in mental health issues.

The dangers of increased screen time are more important when it comes to children and adolescents because it negatively impacts physical and cognitive abilities. Kids are also much more vulnerable to EMF and blue-light effects since they are still developing and are more vulnerable to environmental impacts.

VR takes screen time to a whole new level because as someone engages in it, they become fully immersed. No longer is it just a relatively small screen in front of you, but instead, it encompasses your entire perspective.

As 5G networks continue to evolve, VR is poised for even more growth because of 5G's increased bandwidth and upload/download speed. 5G-compatible VR would be sending much higher frequencies directly to your head.

### Staying Protected

As VR continues to advance, it may eventually become a mainstream device. While VR is helpful in many ways, for most people, VR is just a fun way to pass the time. With that being said, short-term enjoyment may not be worth negative long-term health impacts. We don't recommend using VR headsets because of the very close proximity to EMF radiation and blue light.

*Daniel T. DeBaun is an internationally recognized expert in EMF radiation, EMF shielding, and EMF-related health issues with special focus on the effect of exposure from mobile devices such as laptops, tablets, and cellphones. DeBaun's concern regarding the health impact of EMF emissions grew from over 30 years of engineering experience in the telecommunications industry, where he held a variety of executive positions at SAIC, Telcordia, AT&T, and Bell Labs. He is the co-author of "Radiation Nation: The Fallout of Modern Technology" and the CEO of DefenderShield.*







IRYNA INSHYNA/SHUTTERSTOCK



When we buy something, we're often hoping to get something from the purchase beyond the actual item, like a feeling or an improved experience of life.

On rare occasions, it might last a week. But it's fleeting ... and then we're on to looking for the next purchase.

It's a hamster wheel.

But that feeling we seek, that contentment, can't be given to us by something external, because the thing we really hope for is something we create internally. So the habit of looking for it outside of ourselves is never fulfilling, and will never end as long as we keep hoping for an external solution.

#### A Wellspring of What We Really Want

What we really want can't be found outside of us:

- A sense of connection and belonging
- A sense of fun, adventure, joy, or excitement
- A sense of being good enough, lovable, desirable
- Feeling fit, strong, or beautiful,
- Feeling safe, secure, and stable
- A feeling of peace and freedom

Where does that come from? We create it from within.

And our ability to create it is boundless and flowing, if we learn to tap into it.

#### Try it now.

Don't worry if you aren't perfect. Just try these steps and see if you get better at them over time.

Can you feel a sense of joy and gratitude for being alive right now?

Can you feel a sense of being connected to other beings who are going through something similar to what you're going through in life right now?

Can you feel a sense of wholeness with the world around you, a sense of belonging in this moment?

Can you feel the freedom of being a part of the infinite, and the peace that comes from that sense of spacious freedom?

Can you feel love for yourself, and a sense of delight in who you are, a sense of deliciousness in your being?

If you can't find these things inside of you, keep exploring. There's a sense of adventure and play that can come from being curious about these experiences.

What can you find within you, right now?

*Leo Babauta is the author of six books; the writer of Zen Habits, a blog with more than 2 million subscribers; and the creator of several online programs to help you master your habits. Visit ZenHabits.net*

#### WISE HABITS

## A Life of Meaning, Without Buying

There are great reasons to stop seeking externally for something we can only find within

#### LEO BABAUTA

Lately, I've been buying a lot of things: a nice watch, some cool folding knives, some tools, and outdoor gear. It's fun!

But as I give in to these impulse purchases, I notice that the thrill doesn't last that long, and it leaves me wanting more. And of course it dawns on me that this is a lesson I've learned a thousand times.

Buying things rarely gives me any kind of fulfillment.

When we buy something, it gives us a temporary boost—a bit of excitement, anticipation, some hope that it will give us something in our lives that feels missing. Maybe we hope the new purchase will help us to feel cool, capable, lovable, adventurous, fit, peaceful, connected, or find a sense of belonging. Maybe we think the purchase will help us achieve some goal or life change we've been struggling with.

**The contentment can't be found externally, because the thing we really hope for is created inside ourselves.**

The lesson I have to remember is that these things aren't provided by purchases, other people, or anything outside of us. The lesson I often forget is that everything we're looking for is inside of us.

We think it will be given to us by buying things—I certainly do—but whatever boost we get from that only lasts for a day or two.

#### The Fleeting Joy of Buying Something

When we buy something, we get an immediate boost. We're hoping to get something from this purchase—not just the actual item, but the feeling it will give us, an improved experience of life.

The excitement continues with the anticipation of buying it or the item arriving. If we ordered it online, we might check the tracking page, or look on our front porch hoping to see the package.

Then it arrives and there's a boost of joy. Maybe it lasts an hour. Maybe a day or two.



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