

# THE EPOCH TIMES

# MIND & BODY

SILKE WOWERIES/GETTY IMAGES

## Moving the Body to Ease the Mind

Drugs treat the brain, but the body offers its own biochemical treatments

CONAN MILNER

We exercise for a variety of reasons. Some want a healthier heart. Others work out as a way to build strength, endurance, and coordination. Still, others are motivated by image, and a desire to sculpt a fitter-looking figure.

All of these pursuits have a physical goal. But for some people, exercise is more of a mental thing. For this group, the primary drive for regular movement is mood enhancement.

It's the motivating factor for psychologist Cynthia Halow. She first noticed the unexpected mental benefits of exercise out of frustration. It was during a difficult time in her life when a certain concern weighed heavily on her mind.

"To make matters worse, I had plenty of free time to worry about it and panic," Halow said. "Out of rage, I stormed out and went for a walk one day. I felt so calm and refreshed afterward."

*Continued on Page 6*

Your mind and body are inseparable. Each affects the other.



## There's No Mild in Myocarditis

Teens experience acute heart inflammation post COVID vaccination

JENNIFER MARGULIS

Emily Jo and her family, who live just outside of Atlanta, were as careful as they could be to avoid getting COVID-19. They social distanced, always wore masks, opted for virtual learning, and were very excited to get the vaccine as soon as it was available. Jo teaches English as a second language, science, and math classes online, mostly to students in China. Her husband is an engineer and an inventor. Jo, who asked The Epoch Times to not publish her last name, was aware that the mRNA vaccine

against COVID-19 could cause side effects, but she believed the benefits outweighed the risks. She felt strongly that getting vaccinated was the best and safest choice.

With an undergraduate degree in microbiology and biochemistry, Jo thought that she had done her research. The Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA), and her son's pediatrician all recommended the vaccine, and she trusted their judgment.

*Continued on Page 4*

BAZA PRODUCTION/SHUTTERSTOCK


Some children experience one of the vaccine's more significant side effects.





THE EPOCH TIMES

The Book You've Been Waiting for...



“Extremely well researched and true.”


*“The Truth, as horrifying as it is, shall set us free. This should be on this country's academia's list of required reading.”*

# 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


ORDER NOW!

Available at

 **EpochShop.com**



## 2021 NTD 9<sup>TH</sup> INTERNATIONAL CLASSICAL CHINESE DANCE COMPETITION



**PRELIMINARY**  
Sept.2-3

**SEMI-FINAL** Sept.4  
10:00 am-5:30 pm  
Tickets \$30

**FINAL** Sept.5  
1:00 pm-5:30 pm  
Tickets \$30

**Gold Award \$10,000** Hotline 1-888-477-9228

**Sugar Loaf Performing Arts Center**  
1351 Kings Highway, Chester NY 10981

**DANCE.NTDTV.COM**

Age is a consequence of mindset and lifestyle, and therefore, something you can influence

TRADITIONAL CHINESE MEDICINE

## 8 Secrets for Health and Healing

Aging well takes a lifetime—and results can be dramatic

LYNN JAFFEE

As an acupuncturist, I spent the better part of two decades working with clients. I always felt fortunate to have a parade of lovely and interesting people come to me for help. I was also fortunate because I learned something from every single client I saw.

As a writer, I've been able to share some of the secrets and nuances of Chinese medicine, as well as many insights on health and healing. I call them secrets, but some insights are well-known. I share even the most obvious—not because it sounds good, but because I've seen them in action and know their power.

Here's a short list of some of the most important things my clients have taught me about good health and healing:

**1) Unless you change the behaviors that are making you sick, you will never completely heal.** This is true whether you have a funky diet, an overwhelming lifestyle, too much work, or a stressful relationship. Chinese medicine is effective because it helps pinpoint what's making you sick, which often comes from surprising sources, and points you in the direction of positive change.

**2) Listen to your body.** Your body sends you signals when things are amiss long before you actually get sick. If you ignore these messages, they'll get louder and louder until you can't ignore them. In most cases, illness is your body's loudspeaker after a string of polite, but ignored messages.

**3) Your emotions are a key to your health.** The Chinese say that your emotions are the root of 100 illnesses, and I've found this to be true. Strong emotions, such as anger, depression, fear, anxiety, grief, and intense longing, have the ability to affect your health, causing symptoms as diverse as insomnia, digestive problems, and skin conditions.

**4) Aging is a state of mind.** I have had people in my clinic in their 60s who seemed very old. But I've also worked with a number of 80- and 90-year olds who have appeared to be much younger and more vital than their age would indicate.

The difference? People who are aging well have a love for life. They get out of their house, they're active, they volunteer, and they have places to go and things to do.

This isn't to say that they haven't had a tough life or that they don't have limitations or health problems; they do. However, despite difficulties, those people who are aging well seem to stay active, engaged, and upbeat despite their advancing years.

**5) There is no magic bullet to better health.** I have seen hundreds of ads and articles for miracle foods, supplements that cure every disease, and the latest diet sensations. There are a couple of problems with this.

First, there is no one food, supplement, or diet that can cure everything; there just isn't.

Second, every person on the planet is unique and different. And that means that we all need different things. What may be the perfect diet for one person may be a disaster for another. The supplement or herb that worked for your friend is probably not what you need. That's right, no magic bullet.

**6) One of the best things that you can do for your body is to move it.** There's a proverb in Chinese medicine, "Where there is no movement, there is pain. Where there is movement, there is no pain."

More recently, I've been hearing people say that motion is lotion. Either way, exercise improves your mood, reduces stress, improves the health of your lungs and heart, brings your blood pressure down, and keeps your joints and muscles loose. I have seen clients turn their health around simply by incorporating exercise into their life.

**7) Your body is programmed to heal, but sometimes you have to give it a little help.** Healing takes a lot of energy, so getting enough rest and good-quality sleep is important. Eating food that supports healing and reduces inflammation is also crucial. Also, resist the urge to test your recovery until it's complete. It isn't uncommon to reinjure yourself or have a relapse by doing too much too soon after an injury or illness.

“Where there is no movement, there is pain. Where there is movement, there is no pain.”

Chinese medical proverb

**8) Love your body.** It's not something to outsmart, overcome, or be whipped into shape. It's the vessel that holds your spirit.

In Chinese medicine, your spirit, or Shen, resides in your heart and is responsible for your feelings, consciousness, memory, and thoughts. You know instinctively that your heart is an emotional organ when you feel heartbroken, thank someone from the bottom of your heart, or send someone hearts to show your love. There's a saying that when the heart is at ease, the body is healthy. This speaks to not only physical health, but also emotional and spiritual. And the place to begin is by loving your body.

**And one final secret.** Learning is never complete. I'm the first to admit that I will never know everything. I will keep discovering new things and I give myself permission to change my mind and admit when I'm wrong. In doing so, I hope to keep my heart open and at ease—and my body healthy.

Lynn Jaffee is a licensed acupuncturist and the author of "Simple Steps: The Chinese Way to Better Health." This article was originally published on AcupunctureTwinCities.com

MEDICALLY CORRECT

## When 2 Drugs Don't Like Each Other

Adverse drug reactions are common, dangerous, and avoidable

PETER WEISS

J.T. is a 66-year-old man with heart disease who requires blood thinners to reduce the chance of having another stroke. The last stroke was luckily a mild one, but he was found to have significant plaque buildup in his cardiac vessels.

J.T. is a very bright, successful, hard-working man and wants to stay as healthy as possible. The ads he kept seeing and articles he read said omega-3 fatty acids were a great way to help reduce the bad cholesterol and minimize plaque in his arteries. If one pill was good, then three would be better, or so he thought.

Several weeks later, he showed up in the emergency room with stomach pains and vomiting blood. His blood-clotting time was found to be too long and he has a peptic ulcer. The doctors were at first baffled, but soon realized that J.T. was taking 3 grams of the omega fatty acids, instead of 1 gram. When taken with blood thinners, this can have a bad result, and in his case, he did.

In 2020, pharmaceutical companies spent \$6.58 billion on direct-to-consumer (DTC) advertising. The Centers for Medicare and Medicaid Services estimate that prescription drug expenditures in the United States was \$335 billion in 2018, and that was only for retail drugs.

J.T. had an all-too-common occurrence of drug-to-drug interaction. This doesn't just occur with prescription drugs, but also with over-the-counter drugs, including herbal medications.

There are three basic interactions when taking medications. They are drug-to-drug, drug-with-foods, and drugs-with-disease conditions. There is one study in the United Kingdom that says 6.5 percent of all hospitalizations were due to drug interactions. In the United States, the Centers for Disease Control and Prevention (CDC) says, "Adverse drug events cause approximately 1.3 million emergency department visits each year." Interestingly, 40 percent of Americans over 65 take five or more drugs. This phenomenon is found quite often in nursing homes as well.

We are bombarded with daily commercials about the benefits of certain drugs. We may see an actor who praises a particular medication for a particular illness, from which he or she seems to be miraculously cured, simply by taking this medication.

The actor says that you should ask your doctor to prescribe it.

Never mind that it might cause all sorts of side effects, and that's not including drug interactions with any other medications that you may already be on. Adverse drug

reactions (ADR) are fairly common and aren't the same as side effects. A side effect is usually mild and not unexpected, such as an upset stomach or dry mouth. An adverse reaction is unintended and more significant, such as bleeding, a drop in one's blood pressure, dizziness, or renal failure. Many ADRs are preventable depending on the cause.

L.Z. is a 68-year-old woman who is on hormone replacement therapy. She was prescribed estrogen and progesterone. This was working quite well, but then she started having some vaginal bleeding. Bleeding in menopause isn't normal and needs to be evaluated. She had stopped taking the progesterone because it gave her an upset stomach, but continued with the estrogen.

In this instance, it was the opposite of a drug-to-drug interaction. She had to take progesterone to protect her uterus from the estrogen. Sometimes, we combine medications for a reason.

Drugs and their interactions can become confusing quickly and we often don't have a clear answer for why certain problems emerge. One solution is relatively simple,

but will take time and energy on your part, the part of the doctor, and the pharmacist.

That solution is to research and understand your condition, drugs, and other therapeutics you may be inclined to try.

This is the one place I don't have a problem with Dr. Google. If it's from a reputable medical site, then go for it. IBM is actually working on Dr. Watson (a medical AI) to provide such medical information. Be sure you have a complete list of all medications you are taking. Your local pharmacist should be willing to review everything you are on. Most good pharmacists know more about these possible drug-to-drug interactions than your doctor. Some of the medications you are on may have been prescribed by another doctor in another specialty of which your physician isn't familiar. You have to be aware of everything you are taking and the possible adverse interactions with those medications.

I am a huge advocate for geriatric medicine. This is a relatively new area of medicine that specializes in the aging adult. Most of us, as we get older, have multiple medical conditions which need coordination of care. We take multiple medications which can have adverse drug-to-drug reactions. Most of these reactions can be avoided if we take the time to analyze what we put in our bodies. These geriatric medicine physicians will work with your general practitioner, internist, or they can be your primary care physician. For the rest of us, just don't believe everything you see on TV about a new drug or supplement. Too much of a good thing can be bad.

Now, if you take two aspirins, make sure you don't also take four Motrin and eight magnesium tablets for that headache. You may find yourself sitting on the toilet too busy to call me in the morning.

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.

FOOD AS MEDICINE

## The Fascinating Health Benefits of Hot Peppers

These fire berries heat up your metabolism and help you fight off disease

IAN KANE

Chili peppers are berry fruits of the Solanaceae (nightshade) family. They have been a staple of Mexican cuisine for hundreds of years. The Columbian Exchange of the late-16th century—the widespread transportation of people, plants, animals, and cultural influences between the Americas, Old World, and Eastern and Western hemispheres—brought chili peppers to the world. These days, chili peppers are popular in dishes from India, many southeast Asian, Middle-Eastern, and African countries, the Americas, Caribbean Islands, China, and South Korea.

Chili pepper farming can be an arduous task since they are rather finicky to grow and harvest. Chili peppers are highly perishable and must be closely monitored during their harvesting, transportation, and storage phases. They also have to be harvested at just the right time—lest they spoil in their nursery beds or fields.

After chili peppers have been harvested, they can be eaten raw, dried, or cooked, and added to any number of recipes that call for a little zing (or a lot, in my case). The

spicy heat that chili peppers are known for is due to a compound known as capsaicin. Not only does the mouth-watering kick that chili peppers deliver taste good, but peppers are also used for medicinal purposes.

Here are some of the healthful benefits of chili peppers.

**Eating chili peppers was associated with a 13 percent reduction in overall mortality—in other words, people who ate them lived longer.**

**Prevent Stomach Ulcers**

Unbeknownst to many folks, chili peppers can help prevent stomach ulcers from developing. That's because once they're ingested, they go right to work and eliminate any ulcer-causing H. pylori bacteria in your system. This process triggers your

stomach's cell lining to produce juices that bolster its defenses, thereby preventing ulcer lesions from forming in the first place.

**Lengthen Lifespan**

Researchers at the University of Vermont have found that eating chili peppers was associated with a 13 percent reduction in overall mortality—in other words, people who ate them lived longer. That was primarily due to a reduction in heart disease and stroke.

**Promote Immune System Health**

Ever wonder why chili peppers have a beautifully luscious red coloration? That bright red color is due to their high vitamin A and vitamin C content. Two teaspoons of red chili peppers can provide you with 6 percent of the recommended daily amount of vitamin C. Meanwhile, all of the vitamin A contained in chili peppers is great for maintaining a vigorous gastrointestinal tract, respiratory tract, and urinary tract. Vitamin A also functions as a first line of defense against infection.

**Good for Weight Control**

Chili peppers don't just add some fire to

your meals, they also accelerate your body's thermogenic processes (your body's generation of heat), and thereby increase your metabolic rate. Energy is required for these processes, which in turn burns calories.

Chili peppers can also manipulate the proteins in your body that ward off the build-up of bodily fat.

**Fight Cancer**

The capsaicin within chili peppers contains anti-inflammatory and anti-oxidant properties that may fight cancer. This is also good news for men because the bioactive phytochemicals in capsaicin chili peppers can prevent the growth of prostate cancer cells. According to a National Library of Medicine study, these dietary phytochemicals spur anticancer activity and can stop cancer from developing in the first place.

Ian Kane is a U.S. Army veteran, author, filmmaker, and actor. He is dedicated to the development and production of innovative, thought-provoking, character-driven films and books of the highest quality. You can check out his health blog at IanKaneHealthNut.com



LUZA STUDIOS/GETTY IMAGES



# There’s No Mild in Myocarditis

Teens experience acute heart inflammation post COVID vaccination

Continued from **Page 1**

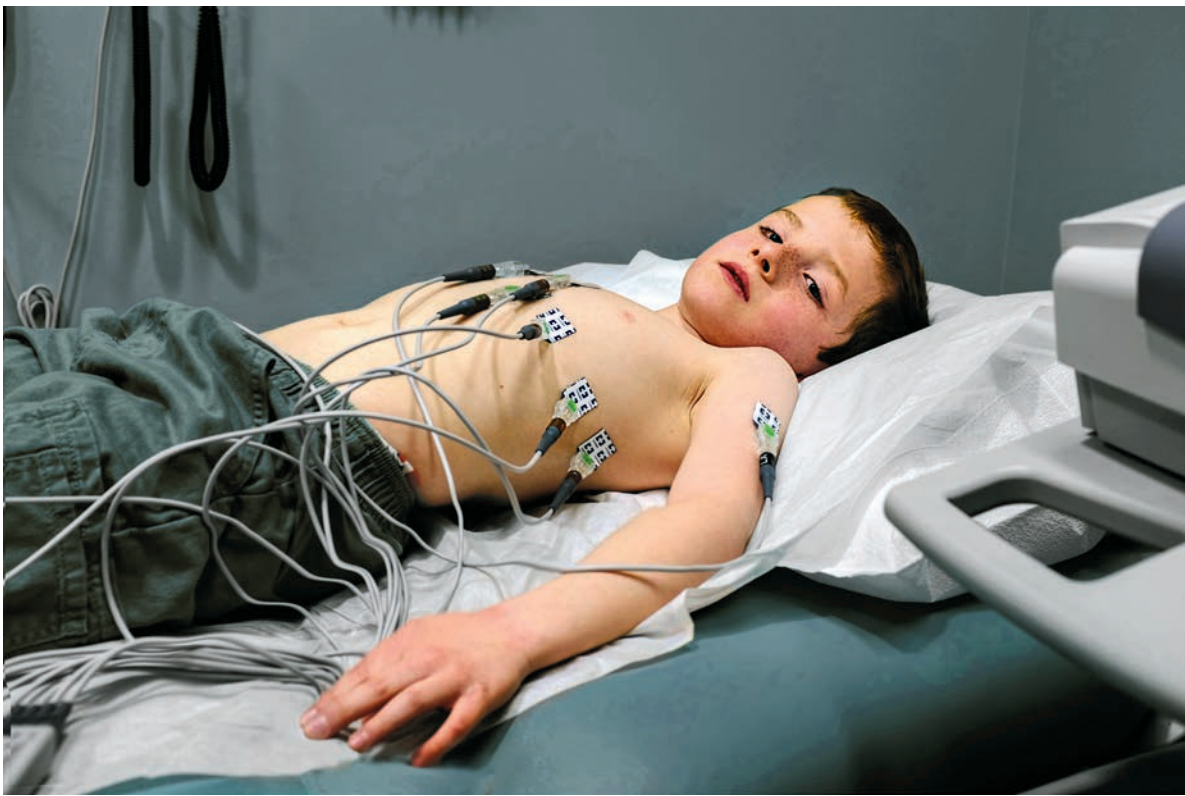
So Jo took her 14-year-old son Aidan to get the first dose on May 12, as soon as it was approved for younger teens. And she posted about how relieved and happy she was to get the Pfizer vaccine for him on her Twitter account, which is @eekymom.

“The number of young people having heart events is much higher than what’s being reported.”

Dr. Bose Ravenel, a retired integrative medical doctor

Then, almost a month later, Aidan received the second dose. On June 10, Aidan, an active, curious, straight-A student who wants to be a doctor, and his mother went to the drive-through vaccine clinic at the Jim R. Miller Park. Jo was handed some paperwork to sign before it was their

turn but, she said, it all happened very fast and no one explained the risks, benefits, or options to them. “It was kind of like an assembly line,” she said “It definitely wasn’t personalized care.” Two days later, Aidan, who has asthma, came into his parents’ bedroom at 4:30 a.m. “My chest hurts,” he whispered to his mom. He was also having difficulty breathing. Aidan had actually been lying in pain for hours waiting for his mom to wake up because he didn’t want to bother her. Jo still feels bad about that. They went to the emergency room. The first thing she was asked by the triage nurse was if Aidan had been recently vaccinated. In fact, every doctor she spoke to at Children’s Healthcare of Atlanta, a hospital that specializes in pediatrics, confirmed that her son was having a bad reaction to the second dose of the Pfizer vaccine. “They knew,” Jo said. “They didn’t try to attribute it to anything else.” Testing revealed that Aidan had elevated troponin levels. Troponin is a protein found in the heart that shouldn’t normally be in the blood-



SHANNON RAMOS/EYEM/GETTY IMAGES

stream. When it is, it’s an indication of damage to the heart, according to the Mount Sinai Health System. Aidan also had an abnormal electrocardiogram, the test which measures the heart’s electrical activity.

He was swiftly admitted to a room on the acute cardiac floor, where he was hooked up to telemetry to monitor his heart. That first night, his troponin levels quadrupled, his mom said. Aidan was diagnosed with vac-

▲ The mRNA vaccine is an innovative way to fight disease, but it comes with unique problems.

▲ Parents are rarely warned about the adverse reactions children can have to the vaccine.

cine-induced myocarditis. He stayed in the hospital for four days, until his troponin levels stabilized. “He can’t do physical activity,” Jo said. “He’s a freshman at a new school, and he has to sit on the sidelines.” She thought he was getting better, but more than a month after his ordeal, Aidan is still exhausted. Recently, the family went to the lake, and just floating in the water on a noodle and being paddled around by his cousins was too much. “People are led to believe with myocarditis that you’re better in a few days. That’s not the case,” Jo says. “There’s no mild in myocarditis.”

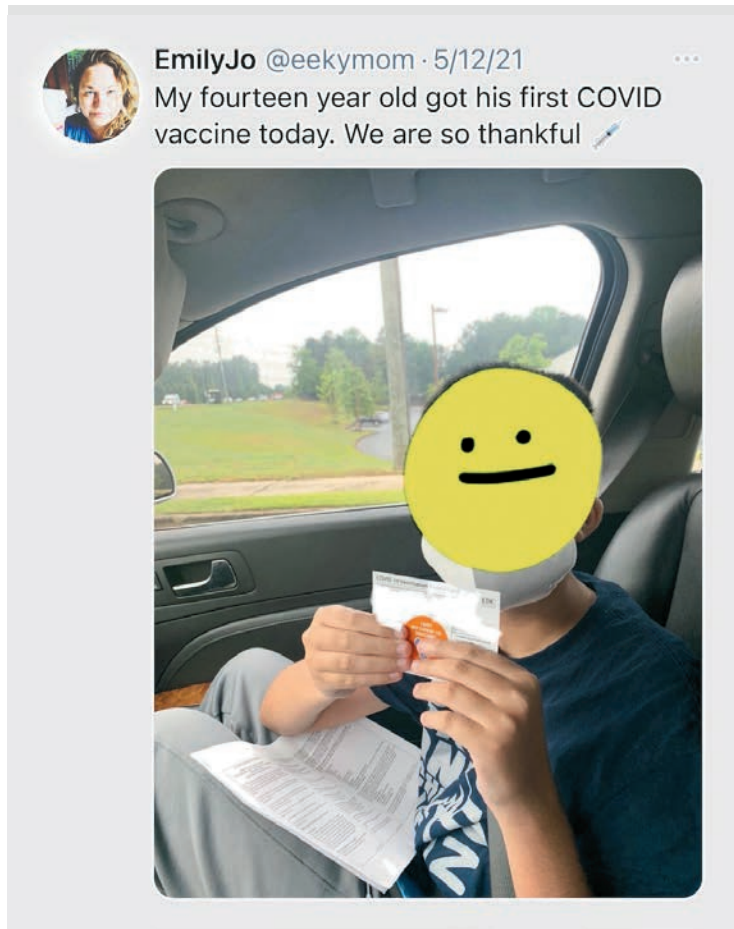
**Heart Inflammation Post mRNA Vaccination**  
According to the CDC, since April, there has been an increase in reports of both myocarditis (heart inflammation) and pericarditis (inflammation of the tissue surrounding the heart) after COVID-19 vaccination with the Pfizer-BioNTech and Moderna vaccines, particularly in adolescents and young adults, but not after the Johnson & Johnson vaccine.

The CDC has stated that these cases are occurring mostly in young men, ages 16 and older, with a typical onset of several days post-vaccination. Like with Aidan, cases are more common following the second dose of the mRNA vaccines. On their website, the CDC recommends that health care providers report any cases of myocarditis to the Vaccine Adverse Events Reporting System and that doctors consider myocarditis and pericarditis in teens and young adults complaining of chest pain, shortness of breath, or heart palpitations. The signal was strong enough that, on June 25, the FDA announced a change to Fact Sheet for Healthcare Providers Administering Vaccine, as well as a change to information given to patients. The new fact sheets now include a warning about myocarditis and pericarditis. However, after reviewing the risk of heart inflammation post-vaccination, the World Health Organization’s Global Advisory Committee on Vaccine Safety (GAVCVS) announced on July 9 that, despite a “strong signal of myocarditis/pericarditis” the benefits of vaccination outweigh the risks. The WHO doesn’t recommend vaccination for children under 18 at this time. “Children and adolescents tend to have milder disease compared to adults,” the WHO’s website reads. “More evidence is needed on the use of the different COVID-19 vaccines in children to be able to make general recommendations.” At the same time, the CDC continues to recommend vaccination for every child older than 12 years of age. The Vaccine Adverse Events Re-

## VACCINE ADVERSE EVENT REPORTING SYSTEM (VAERS)

- **595,620** domestic and nondomestic reports of adverse events following receipt of COVID-19 vaccines as of Aug. 13.
- **4,861** reports of myocarditis/pericarditis.
- **5,882** reports of heart attacks.
- **13,068** deaths.

VAERS is the passive system used to register reports or adverse events, but few people, including doctors, know it exists.



COURTESY OF EMILY JO

porting System (VAERS) is a passive surveillance system open to the public. The CDC has pointed out that “VAERS is not designed to determine if a vaccine caused a health problem, but is especially useful for detecting unusual or unexpected patterns of adverse event reporting that might indicate a problem with a vaccine.” VAERS has seen an unprecedented number of reported injuries post-COVID-19 vaccination. The Epoch Times interviewed one emergency room doctor in Arizona, speaking on background, who said he’s seeing two to three patients coming into the emergency room with vaccine-related injuries, but has never filed a single report, and prior to March 2020, he had never heard of VAERS. Health care professionals aren’t paid to file such reports, the system is often down, and it can take up to an hour to file a report. Despite this, as of Aug. 6, there have been 595,620 domestic and nondomestic reports

Aidan on May 5th, 2021, showing his vaccine card.

of adverse events following receipt of COVID-19 vaccines as of Aug. 13. This includes 4,861 reports of myocarditis/pericarditis, 5,882 reports of heart attacks, and 13,068 deaths. But despite those unusually high numbers, Dr. Bose Ravenel, a retired integrative medical doctor based in North Carolina with 49 years of experience practicing pediatrics, believes that the real number of adverse events in teens and teens, particularly of myocarditis and pericarditis, is grossly underreported. “The number of young people having heart events is much higher than what’s being reported, and the severity and duration of these events is being downplayed,” Ravenel said. Luke Yamaguchi, a functional nutritionist based in Albany, Oregon, has been following the weekly VAERS COVID-19 updates and posting them on Facebook. “Deaths following COVID vaccination reported to VAERS now exceed the total number of deaths reported for all other vaccines combined over the past 30 years,” Yamaguchi said. “People will say VAERS can’t prove causation, and that’s true. But this is one of the biggest safety signals we’ve ever seen.” According to researchers at the University of London, 50 percent of these reports occurred within 48 hours of the vaccination, and 80 percent within one week. This strongly suggests a causal relationship, according to Ravenel. That’s what happened to Jacob Clynick, age 13, a student at Zilwaukee Elementary School in Saginaw, Michigan. Clynick was vaccinated with the first dose of the Pfizer vaccine in May and received his second dose at Walgreens on June 12. Clynick died just four days later, on June 16. Clynick’s aunt, Tami Burages, posted a photograph of her nephew’s COVID-19 Vaccination Record Card on Twitter. “The initial autopsy results (done Friday) were that his heart was enlarged and there was some fluid surrounding it,” Burages wrote on Twitter. Her tweet, which has since been removed, was screen captured by The Defender.

**For Teens, Risk Outweighs Benefit, Doctors Say**  
Ravenel is so concerned about heart damage and other potential adverse effects post-vaccination that he argues adolescents shouldn’t receive the vaccine. “The risk of some vaccine injury for children is substantially higher than any benefit,” Ravenel said. “In the case of the mRNA vaccines, the risk is unknown. Period. That’s not debatable. The data on which the EUA [Emergency Use Authorization]

was granted was obtained over only sixty days. We don’t know the long-term risks.” Dr. Jane Orient, executive director of the Association of American Physicians and Surgeons, agrees. “The risk of a bad outcome with COVID [in teens and young adults] is very low, so risk of vaccination is likely greater,” Orient wrote in an email. “We do not and cannot know about the long-term effects: autoimmune diseases, infertility, heart failure, cancer, antibody-enhanced disease.” Like Ravenel, Orient is particularly concerned about the long-term outcomes for young people who experience post-vaccination heart inflammation, including fibrosis (scarring of the heart tissue), heart failure, and the need for a heart transplant. “It may be impossible to prove causality. ... Some reactions may be too mild to produce symptoms yet lead to long-term damage,” Orient said. Dr. Charles Penick, an integrative family physician based in Los Angeles, also argues that the vaccine may not be necessary for teens and teens and may even end up doing more harm than good for adults as well. “My concern is that instead of reducing the number of coronavirus cases, the COVID vaccine may end up making things worse,” Penick said. Emily Jo said her husband and she had no complications from the Pfizer vaccine and are both grateful that they got it. But, despite having insurance, her family has thousands of dollars in medical bills, her son is unable to do strenuous physical activity, and she’s worried about the possible long-term consequences of myocarditis. At the same time, her niece and nephew, as well as her neighbors’ children, who are all around the same age as Aidan, got such mild cases of COVID-19 that all they had were the sniffles. “What I know is that my kid got sick from this vaccine,” Jo says. “I don’t know how sick he would’ve gotten from the virus, but I know this gave him myocarditis. I feel like I should’ve done more due diligence, not be one of the first to sign him up. The guilt is eating me alive.”

Jennifer Margulis, Ph.D., is an award-winning science journalist and book author based in southern Oregon. She has appeared live on prime-time TV in Paris, France; worked on a child survival campaign in Niger, West Africa; and taught post-colonial literature to non-traditional students in inner city Atlanta, Georgia. She is the author of “Your Baby, Your Way: Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family” (Scribner) and co-author, with Dr. Paul Thomas, of “The Vaccine-Friendly Plan” (Ballantine). Learn more at [www.JenniferMargulis.net](http://www.JenniferMargulis.net)

## FOOD AS MEDICINE

# Antibacterial Agents From Nature

These ‘ancientbiotics’ may hold the key to the looming threat of antimicrobial resistance

Probiotics, green tea, and honey are examples of “ancientbiotics”—natural compounds that have been used for centuries to address the overgrowth of opportunistic bacteria. These traditional medicines have also been scientifically validated as having antibacterial properties that are valued to this day. Antimicrobial resistance (AMR) has been declared one of the top 10 global public health threats to humanity. It’s fueled by the misuse and overuse of antimicrobials and occurs when certain bacteria, viruses, fungi, and parasites become impervious to the antimicrobial drugs conventionally used to treat them. In the United States alone, 2.8 million people are believed to develop antibiotic-resistant infections annually, and 35,000 people die as a result. As drug-resistant pathogens spread, infections that were once easy to treat can become life-threatening, and

there are few new options in development. Even the World Health Organization (WHO) stated, “The clinical pipeline of new antimicrobials is dry.” If you’re facing a serious infection, you should seek medical attention immediately. However, it’s useful to be aware of the antibacterial agents found in nature, many of which have been valued since ancient times. **Ancient Natural Antibiotics** With antimicrobial-resistant infections on the rise, scientists are now looking with interest at ancient medicinal medical texts, which include various recipes to treat conditions that were likely microbial infections or cases of an altered microbiome (dysbiosis) and where certain naturally occurring microbes grew opportunistically and out of proportion to their natural ratios. One such remedy that’s 1,000 years old included crushed garlic and a second substance in the Allium species combined with wine and oxgall, or bovine bile, then left to sit in a brass or bronze vessel for nine days and nights. “The ingredients combined to treat this infection appear promising to the modern microbiologist,” researchers wrote in the journal mBio. They reconstructed the remedy, which they

believe was used to treat styes, then known as “wen,” which are caused by staphylococcus aureus bacteria. The “ancientbiotics” turned out to be effective, with the study noting their “activity relies on the combined activity of several antimicrobial ingredients” and highlights the “untapped potential of premodern remedies for yielding novel therapeutics at a time when new antibiotics are desperately needed.” In other instances, garlic was used in ancient Greece, Rome, India, and China for infections and respiratory ailments, while in ancient Egypt, China, Serbia, Greece, and Rome moldy bread was applied as a topical treatment for infections. Other ancient civilizations relied on herbs, honey, and, in some cases, animal feces to treat infection. **Natural Antibacterial Agents** Some of the most prized antimicrobial agents come from nature, and many of them are easy to access and incorporate into your routine as necessary. At GreenMedInfo.com, you can read about 525 substances that work as antibacterial agents, which include:

mented foods, which gave them a rich source of probiotics. Today, probiotics are well known for bolstering the beneficial bacteria in your gut. Less widely known is their usefulness for directly inhibiting bacterial pathogens such as E. coli, shigella, salmonella, and C. difficile. A multi-strain probiotic is especially useful for this purpose. Probiotics also produce inhibitory substances such as hydrogen peroxide and bacteriocins, which may inhibit pathogenic bacteria, while also blocking adhesion sites, competing for nutrients with pathogens, and bolstering the immune response. “Unequivocal evidence” proves the antimicrobial activity of probiotics, which includes:

- Reduced giardia infection
- Decrease in candida and protection against candidiasis
- Reduced accumulation of bacterial plaque
- The ability to fight skin pathogens

**2. Cranberry** Cranberry contains a number of active compounds including phenolic acids, proanthocyanidins, anthocyanins, and organic acids that inhibit the growth of staphylococcus



Cranberry. MARKOPOLY/SHUTTERSTOCK



Honey. DOROTY/SHUTTERSTOCK



Green Tea. ESRINEN/SHUTTERSTOCK

bacteria and salmonella and inhibit E. coli in the urinary tract—grapefruit seeds have also shown promise in treating urinary tract infections, including antibiotic-resistant varieties. Cranberry compounds also have noted anti-adhesion effects against gram-negative and gram-positive bacteria, meaning it interferes with the ability of the bacteria to adhere to your tissues. A 2020 study also found that cranberry has an antibacterial effect against periodontal pathogens in biofilms, working to reduce bacteria adhesion and prevent bacterial colonization in the mouth.

**3. Green Tea** Of the four primary catechins in green tea, three of them—epicatechin-3-gallate (ECG), epigallocatechin (EGC), and epigallocatechin-3-gallate (EGCG)—have impressive antimicrobial effects. In addition to directly inhibiting streptococcus mutans, the main cause of cavities, and reducing their attachment to oral surfaces, green tea also has antimicrobial activity against a wide range of bacteria, fungi, and viruses, including E. coli, salmonella, staphylococcus aureus, enterococcus, candida albicans, HIV, herpes simplex, and influenza. Like many natural compounds, what makes green tea so beneficial is that it uses a variety of mechanisms in its antimicrobial activities. The catechins it contains are directly antimicrobial, in that they cause damage

‘The ‘ancientbiotics’ turned out to be effective, with the study noting their ‘activity relies on the combined activity of several antimicrobial ingredients.’

to the bacterial cell membrane and inhibit enzyme activity. Green tea also inhibits inflammation, which can increase the total antimicrobial effects that it has on an individual. In the case of green tea for urinary tract infections, which are often caused by E. coli, one study suggested that drinking a cup of brewed green tea may control the growth of bacteria for up to six hours, and perhaps longer.

**4. Curcumin** Curcumin, an active compound in the spice turmeric, has been a part of Asian traditional medicine for centuries and has notable antiviral, antibacterial, and antifungal effects, including against staphylococcus aureus, streptococcus, gram-positive bacteria (including listeria), gram-negative bacteria (including E. coli), pseudomonas, HIV, hepatitis, influenza, herpes viruses, human papillomavirus (HPV), respiratory syncytial virus, noroviruses, arboviruses, candida, aspergillus, cryptococcus, dermatophytes, and helicobacter pylori. In addition to being consumed

orally, curcumin can also be applied topically to treat conditions such as HPV and oral plaque. **5. Honey** Honey is another ancient remedy that has long been used to combat bacteria and treat infections, burns, and wounds. It’s unique in that it has broad-spectrum antibacterial activity with multiple components that work synergistically, preventing biofilm formation and decreasing the production of virulence factors. Honey is also known to block bacterial communication, which means antibiotic resistance is unlikely to develop against honey, and, because it contains prebiotics, probiotics, and zinc, it supports the growth of beneficial gut flora that is also useful for infection control. Honey contains more than 180 compounds, including enzymes, amino acids, organic acids, vitamins, and minerals, a complex composition that makes it useful against even multi-drug-resistant bacteria. Ulcers, burns, eye and skin diseases, post-surgical wounds, and traumatic injuries are among those often treated with honey. **Is Nature the Answer?** The fact that 30 percent to 50 percent of pharmaceuticals and nutraceuticals are derived from plants is a testimony to their potent healing powers. Plants and other natural compounds are increasingly being valued in the search for compounds to combat an-

timicrobial resistance, but it’s difficult to isolate effective individual active compounds from nature, which tends to work best in synergy. Still, nature holds immense promise. “Synergistic combinations of antimicrobial agents with different mechanisms of action have been introduced as more successful strategies to combat infections involving multidrug resistant (MDR) bacteria,” researchers wrote in PLOS One. Other natural compounds that are notable for their antibacterial activity include Nigella sativa (black seed), berberine, and bee propolis. On an individual level, using antibiotics only when necessary, consuming organic, antibiotic-free food, and embracing natural antibiotic compounds is a balanced approach to staying healthy and well. *The GMI Research Group is dedicated to investigating the most important health and environmental issues of the day. Special emphasis will be placed on environmental health. Our focused and deep research will explore the many ways in which the present condition of the human body directly reflects the true state of the ambient environment. This work is reproduced and distributed with the permission of GreenMedInfo LLC. Sign up for their newsletter at [www.GreenMedInfo.health](http://www.GreenMedInfo.health)* For links to studies mentioned in this article, please see the article online at [TheEpochTimes.com](http://TheEpochTimes.com)



# Moving the Body to Ease the Mind

Drugs treat the brain, but the body offers its own biochemical treatments



Continued from **Page 1**

Since that day, Halow has taken twice daily walks, one in the morning and another in the evening. Thanks to her routine, she's never felt better.

"It worked like a charm for me. I had enough time to think clearly and see my life from a new perspective. I became more grateful and less bitter," she said.

Eric Chow, chief consultant at a public relations firm, said he has used exercise throughout his life as a tool to combat stress.

"Martial arts in particular helped my mental health significantly," Chow said. "At a time in my life where my peers were stressing out for one reason or another, I always felt that going to the dojo was my answer to stress."

Soon after Chow stopped training, however, his mood took a nosedive. Several factors contributed to his emotional downturn, but Chow said lacking a physical outlet to express his psychological turmoil made it much harder to bear.

"To this day, that remains the lowest my mental health has ever been," he said.

Experimenting with various exercise routines on and off over the years, and observing his emotional equilibrium in the process, Chow has come to see a consistent pattern: He feels better when he moves and worse when he doesn't.

The most recent example came last year. Like many, Chow was cooped up and became more sedentary. Depression crept back into his life. Then he began working with a personal trainer a few months ago and his dark mood lifted.

"I've found it to be such an important anchor to my day," he said.

Unless you've personally experienced the mood-enhancing benefits of physical exercise, you may be tempted to dismiss that such an effect genuinely exists. But a new report compiles more than 1,100 studies revealing that regular physical exercise has a profound impact on the mind. The science shows that mental challenges such as anxiety and depression can be effectively minimized by working the body.

The report comes from the John W. Brick Foundation, an organization that promotes evidence-based lifestyle approaches toward better mental health.

Researcher, clinical psychologist, and executive director of the Brick Foundation, Dr. Cassandra Vieten, hopes the report gives people a good sense that they have a safe, effective, and virtually free option at their disposal to address common mental health concerns.

"We want patients to know it's not just psychotherapy, medication, and hospitalization. Although we do support those things when needed, there are dozens of things you can do to boost your mental well-being," Vieten said. "Exercise is one of them, and there is strong evidence to support it."

## How It Works

So just how does moving your body influence your mental state? Scientists have found several chemicals in the brain and body that activate when we exercise. One is called brain-derived neurotrophic factor, or BDNF.

"As people exercise it increases. As it increases it enhances neurogenesis and neuroconnection," Vieten explained. "BDNF is also a predictor of anxiety and depression, and lower BDNF is associated with mental illness. Higher BDNF is associated with exercise, so we have at least a strong hypothesis that this is one pathway through which it's working."

Including BDNF, scientists have found at least eight other potential pathways where exercise increases a certain hormone or decreases a particular enzyme in a way that benefits brain function.

In addition to these biological pathways, there may also be psychological pathways

behind physical exercise's ability to ease the mind.

Vieten mentions one hypothesis that posits that positive stress builds something called psychological resilience—it's that feeling of self-empowerment when you realize that you're stronger than you initially thought. It occurs in exercise that pushes you just beyond your comfort zone.

"Think of a yoga class where you hit that point where you say you can't do this, but you do it anyway. Or you've got five minutes left on the treadmill and you push through. Those moments that we call positive stress actually build your psychological resilience. So when you're in a difficult situation in your life, you think: 'Oh, I can make it through this. I can wait five more minutes. I can hold this pose without having to collapse or react.'"

## Mind-Body Connection

In addition to empowering patients, Vieten also hopes therapists take note of what moving the body can do for people struggling with psychological pressures. Because, even for professionals, the idea can seem rather strange. Despite three decades of evidence presented in the report, Vieten said most clinicians still aren't likely to recommend exercise as a means to address their patients' mental health issues.

One major reason is that it's just not on their radar. Therapists receive no training in this approach, and the concept may also conflict with their ideology. Vieten said that doctors of the mind typically don't see the body as their territory. In a world where too many health care providers are stuck in outdated science that viewed mind and body as separate entities, so-called advanced treatments for psychological issues focus exclusively on brain-centric markers like neurotransmitter levels. It's why therapy appointments often rely primarily on prescriptions as a strategy to shift a patient's brain to a desired state.

"That's the model," Vieten said. "How targeted can we make it to whatever brain imbalance is proposed to be happening? But a lot of times those brain imbalances are not the cause, they're a reflection of an overall imbalance."

It's only been a few hundred years since science conceived of the mind-body split so prevalent today. Before then, ancient accounts show that doctors understood that exercise was beneficial, not just for the body, but for lifting the spirits as well.

"Chinese medicine has always known that this was integrated. Their medicine has always included movements as a part of it," Vieten said.

Of course, a growing number of therapists now recognize that the connection between mind and body goes much deeper than we once believed. Movement therapist Erica Hornthal, for example, helps people struggling with psychological trauma by getting them to process the emotions physically.

"When we process feelings and emotions that are in the body, it actually frees the mind," Hornthal said. "Emotions are really everywhere. They're not just a construct in our head. They're embodied. There's research suggesting that molecules directly correlated to emotion exist all throughout the body."

Hornthal's upcoming book, "Move Your Body, Move Your Mind," is written to help readers better understand the mind-body connection, and offers simple movement practices to help people with stuck mental patterns.

## Prescription for Exercise

So how much movement do we need to feel better? According to the research in the Brick Foundation report, depression is best served

It's only been a few hundred years since science conceived of the mind/body split so prevalent today.



Depression can feed a vicious cycle where we move less, eat less healthy food, and feel more depressed as a result. PIXEL SHOT/SHUTTERSTOCK

Everyone wants a quick fix, but making the shift from despondent couch potato to a happy, active individual can come with hurdles.

by 3 to 5 moderate to high-intensity exercise sessions per week of between 30 to 45 minutes. Video examples for mood-boosting workouts can be found on the Brick Foundation website. However, both Vieten and Hornthal urge people just starting out to go slow.

"Some people at the beginning need to do this for short periods of time and work up to that," Vieten said. "If they try a 30- to 45-minute session right away, they'll say, 'Oh my god, I hate this so much.' And they don't do it again."

Everyone wants a quick fix, but making the shift from despondent couch potato to a happy, active individual can come with hurdles. After all, we live in a world where anxiety and depression are on the rise, most of us lead increasingly sedentary lives. Some people may start out feeling too depressed to move, or in too much pain to muster the motivation. "For people who are suffering from severe anxiety and depression, it's a victory sometimes just to make it to the mailbox," Vieten said.

Vieten said people with depression suffer a vicious cycle: They get depressed and retreat from life, exercising less, eating more poorly, and withdrawing from friendships.

"And as you do that, it makes the depression worse."

What types of movements foster happiness? It all depends on you. Different exercises work better for different people at different times in their lives. But picking the right movement makes a big difference. According to Hornthal, movement alone doesn't facilitate mental health. She said it's more a question of how you move, not just how much.

"It's about not just looking at the exercise itself, but what is happening to me as I engage in those exercises."

Hornthal suggests asking yourself if the movements you engage in perpetuate your stress response or relax it.

For example, running may leave some people feeling stressed, despite the physical exertion. Swimming, however, may provide similar exertion but leave a person feeling calm afterward.

The Brick Foundation report details a variety of exercises shown to help specific mental health issues, from biking, to swimming, to high-intensity interval training, to weight resistance. But both Hornthal and Vieten say that finding a movement that really fits can take some trial and error, and your own intuitive judgment.

"You can say: 'Oh, I have anxiety. It would be good for me to do some aerobic exercise.' But in some people, moderate to vigorous movements can result in higher anxiety, because people either worry that they're not going to do it right, or right after they exercise they actually have an increase in agitation," Vieten said.

Hornthal said when we move more, we feel more, so it may be mentally necessary to go slow, even if you think you can handle it physically. Start off with 10- to 15-minute sessions, and see how it goes. If you start to get overwhelmed, back off and give yourself a break. After you stabilize, try the movement again. Make this habit of checking in with yourself periodically part of the activity.

"When we exercise, it can be a very out-of-body experience," Hornthal said. "We do it because we know it's healthy, but we're doing it with headphones or watching a screen. We're not necessarily checking in with our bodies when we're engaging in physical activity. You can't do it mindlessly."

For those struggling to achieve mindfulness, Vieten recommends slow, meditative movements found in exercises like tai chi and qigong. But she said, whatever movement you pick, you're more likely to stick with something that feels right.

"Find the movement that works for you so you can make it a life-long pattern," she said.

Positive stress builds psychological resilience. This feeling of self-empowerment grows when you push your limit, by holding a plank position for one more minute, for example.

# Showing Up to Your Daily Life

Making a decision to honor our values takes clarity, boundaries, and intention

## DANAE SMITH

It was the summer of 2014 when I realized how outside of my life I felt. I went through the motions, but I wasn't showing up to my life. I wasn't aware or intentional. I wasn't clear on what I valued, and I surely didn't have any boundaries or intentions to protect what mattered.

It took a moment of realization—listening to OneRepublic's "I Lived"—to show me that this wasn't what I wanted out of life. I wanted to live intentionally. I wanted to show up to my life in the middle of the mundane.

Have you ever felt like that? Outside of your life? Like your life is happening, but you aren't really part of it? More like life was happening to you versus you happening to life?

Maybe you're reading this and that's where you are. I get it. I've been there. We live in a time where we're inundated daily with so many options, opinions, and ideals. It's easy to get lost in the swirl, to be swallowed up by all the noise.

Even so, I want you to know that it's possible to show up, to be aware and intentional with what's in front of you. It's possible to tune out all the noise and take care of what matters, to use what you have.

We can do this by making the decision to show up to our daily life, identify what matters to us—our values and convictions—and by setting clear boundaries and intentions that honor and protect what matters to us.

Before we get into the how, let's first define what it means to show up to our daily life.

Showing up to our daily life is just that: showing up. For me, it means to be aware and intentional. It's being mindful and present with each moment, opportunity, and experience. It's slowing down and not rushing on to the next thing, be that an item on our to-do list or a life achievement. Showing up to our daily life is all about giving ourselves permission to linger and be still.

Bottom line: Showing up means that we live aware and intentionally.

Now, why does that matter?

It matters for a lot of reasons, one being that our daily life is where we happen. It's where we make choices and set boundaries. It's where our character and convictions are chiseled and molded. It's where we learn and unlearn habits.

Our daily life is a fertile ground. It allows us to steward what we have with intention. It's fertile ground for growth and discovery, healing, and releasing. It's where dreams can unfold and be discovered.

ALL PHOTOS BY SHUTTERSTOCK



We are inundated with so many options, opinions, and ideals. It is easy to get lost in the swirl to be swallowed up by all the noise.

We need to ask ourselves: What are our values and convictions?

ered. It's where—through our choices, habits, convictions, and character—we build the life that we desire.

Bottom line: Showing up to our daily life matters because it's where we grow, learn, unlearn, and make choices that help us build the life we desire.

OK, we have an understanding of what it means to show up to our daily life and why it matters. Now, let's talk about how we can show up to our daily life.

To start, we first need to make the decision to do so. As with anything, showing up to your daily life—living aware and intentionally—starts with a decision. You have to make the choice to no longer be a passive participant in your life, but to be an active, aware, and connected player.

Next, we need to identify what matters to us. We need to ask ourselves: What are our values and convictions? These will serve as a compass—a guide as we maneuver through our day-to-day life. Also, when you know your values and convictions, you know what you will and won't give your attention and energy.

If you value being present, you'll give yourself to practices that help you be present. You'll give your attention and energy to being more aware in simple moments, such as standing in a grocery line or preparing dinner. You won't give yourself to the habits that go against those values and convictions.

Lastly, when we've made the decision to show up and have identified what matters to us, we can set clear boundaries and intentions that protect and honor what we're showing up for.

Boundaries and intentions help protect and keep what matters in the forefront. They help us honor what we've decided to do and not do. Boundaries and intentions also express to ourselves and those

around us that this area of my life is important.

If I say that connecting with my family and friends is a value I have, and a deep conviction of mine is to be present with them, then a possible boundary I may set for myself is putting my phone on silent mode when I'm with friends or family. Another boundary could be keeping my phone in my purse or in another room.

Bottom line: However it may look, showing up to our daily lives starts with a decision and clarity on what our values and convictions are. That means setting boundaries and intentions that honor and protect showing up to our daily lives.

We're bombarded daily with so many options, opinions, and ideals. Showing up to our daily life can be challenging, but it's possible. It's possible to live aware of, and be intentional with, the life we have. When we do, we're able to see more clearly what matters to us. We're able to identify what we do and don't need from our mental space to our living space.

Showing up to our daily life helps us live more slowly and simply because we're no longer bystanders. When we make the decision to show up to our daily life—to live aware and intentionally—we're no longer letting ourselves be defined or swayed by trends and societal expectations. Rather, we set the standard. We define the boundaries and intentions. We become active participants in creating the life that we desire.

Danae Smith is the founder of *This Wondrous Life*, a lifestyle blog rooted in pursuing a life lived simply, slowly, and with community. She believes there's more to the mundane than meets the eye. This article was originally published on *BecomingMinimalist.com*



When we define our values and work to protect and honor them, we can act with purpose in this world.

# The Power of Progress

## JAY HARRINGTON

We recently snuck away for a long weekend to Michigan's Upper Peninsula (UP), which is one of our favorite spots to unwind and reset.

It's one of those places where you can set an "I will have limited access to email" out-of-office reply message and mean it.

When we go to the UP, we like to hike. And on this occasion we chose a rigorous ascent up Highback Mountain to a summit that offers 360-degree views of endless forest to the south and Lake Superior to the north.

Since they were very young, we've brought our daughters along when we hike. In the past, it required a lot of cajoling (and carrying) in order to get the whole family to the destination. Now that they're a bit older, they're often waiting on us, not the other way around.

One of the tricks we employed when they were younger was to intermittently stop during a climb, and instead of looking

ahead at how far we still had to go, we'd look back at how far we had already come. This helped motivate everyone to keep pushing forward.

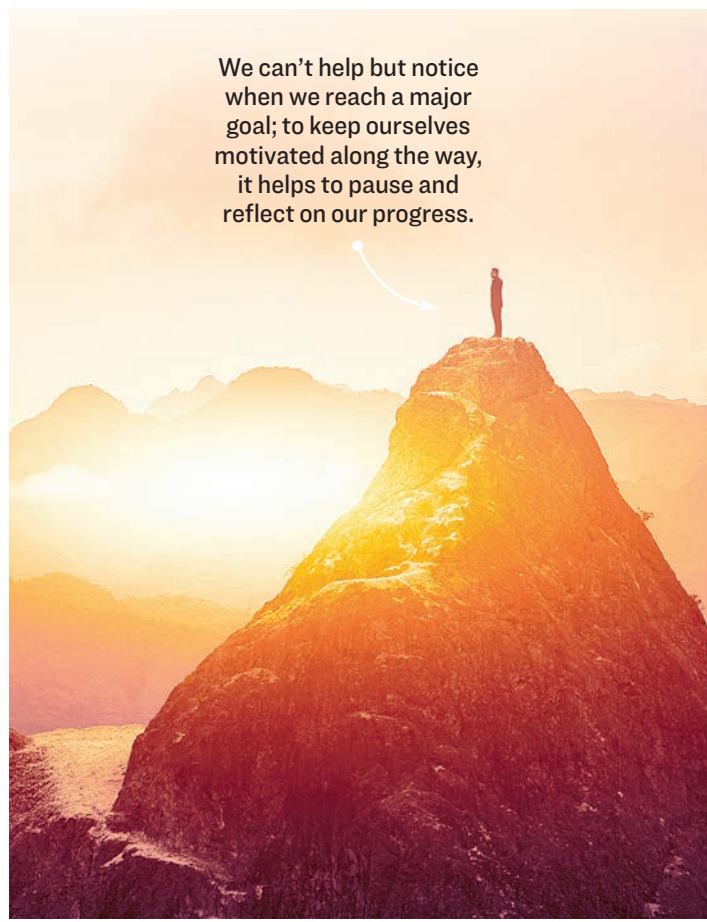
As I reflect on the weekend, I'm reminded of the importance of celebrating small wins and recognizing progress, both for ourselves and those we lead—at work and in life.

It's great to focus on big goals. But it's equally important to take note of the small milestones reached while on the journey.

The power of progress is fundamental to human nature. It's impossible to acknowledge progress, however, if we never peer back to measure the distance we've traveled.

Jay Harrington is an author and lawyer-turned-entrepreneur who runs a northern Michigan-inspired lifestyle brand called *Life and Whim*. He lives with his wife and three young girls in a small town and writes about living a purposeful, outdoor-oriented life.

It's great to focus on big goals. But it's equally important to take note of the small milestones reached while on the journey.



We can't help but notice when we reach a major goal; to keep ourselves motivated along the way, it helps to pause and reflect on our progress.





# The Optimal Amount of Chaos

Simple rules help you avoid the extremes and keep on top of what matters

MIKE DONGHIA

For a while, I've been tracking 12 daily habits with an app. The impact on my life has been significant. So positive, in fact, that you know what my greatest temptation has been? Wanting to track 12 more habits.

I love the sense of order in my day and the satisfaction of marking each habit as complete. And I want more of those feelings.

## Our perfect plan was too rigid to handle real life.

Now thankfully, I chose an app that sets a hard limit on tracking 12 items. The creators of the app were smart. They knew about people like me. People who take a good thing and push it too far. And when this happens, people like me stop using their app.

Here's a pattern:

First, chaos.

Then, a highly motivated return to order.

Then, an over-correction toward extreme order.

Which leads to exhaustion and frustration.

Then, throwing the baby out with the bath water.

Finally, a return to chaos.

Now, two examples:

**Scenario 1: Cleaning**

The countertops in the kitchen are covered with stuff. Toys are spread across the floors from sea to shining sea. And for two days we've been picking our clothes from the clean laundry basket instead of our drawers.

After admitting that our home has become chaotic, my wife and I sit down in the evening to devise a plan. Not so much how to clean the house, but how to keep it from ever getting this way again.

We talk. We strategize. I push for a more extreme plan. We decide that we're putting an end to this clutter and mess once and for all. And we mean it. We truly believe in our hearts that we're going to devise a plan so watertight, a process so comprehensive, that no clutter will ever break through.

And for a couple of weeks it works. Pushed forward by an initial burst of motivation and the excitement of seeing real progress, we'll transform the house to a level of clean that it hasn't seen since, well, the last time we did this.

Then, reality hits. A busy day causes a pile of dishes to remain in the sink. A sick child throws off all bets. Or we're simply exhausted from our all-out effort and constant vigilance against clutter. Each time looks different but the result is the same: Our perfect plan was too rigid to handle real life. We got frustrated, discouraged, and gave up. The pendulum swings back to chaos.

### Scenario 2: Parenting

One day it dawns on my wife and me that a particular behavior in one of our children has slipped too far. Maybe we're repeating every request two or three times, or maybe they're arguing with everything we ask them to do.

One of us, usually me, declares that things are going to start changing around here. My instinct is to pull in the reins as tight as possible. So over the next few days, I'm on my children for everything. Every infraction gets a consequence. Every stray behavior

is corrected and admonished. The goal: military-grade discipline within the week.

But soon our house feels like a boot camp instead of a home. We've swung the pendulum too far toward order and forgotten that our kids are still kids. We'll need to work with them on these behaviors over the course of months and years, and not fool ourselves into thinking we'll set things straight in a week.

After a while, I get tired of hearing myself dish out orders and consequences. It's exhausting and I feel distant from my children because the majority of our interactions are correction-based. This ratio isn't ideal for flourishing children. And despite our efforts, the kids' behavior hasn't changed anywhere near as fast as we had hoped. The whole effort feels like a failure and so we quietly throw in the towel and the pendulum swings back toward chaos.

### Simple Rules

Why do we swing like a pendulum between control and chaos? At first it feels easier to operate at the extremes. The rules and decisions are simpler. There is clarity and relief that comes from a sharp change in course. But through many cycles, I can report that this isn't a sustainable course.

But what is the solution? I've found that the key in many areas of life is to adopt a few very simple rules and then to allow as much flexibility as possible.

When it comes to keeping our house in order, my wife and I have settled on a few simple rules.

1. Every night the dishes in the sink get washed and put away
2. We keep the living room floor clean by picking up anything on



Too much chaos can take things in the wrong direction.  
ANDRII ZASTROZHNOV / GETTY IMAGES

the floor and putting it in our "clutter bin" which gets emptied by the kids when it's full

3. We wash, dry, fold, and put away one load of laundry every day (Monday through Thursday)
4. When the kids want a snack (usually twice a day) we use that as leverage to get them to clean up the toys they were just playing with

There are lots of other areas in the house that get cleaned (some on a more regular schedule than others), but for the most part, we tackle those jobs when we have time or motivation or simply when they bother us enough that something has to be done. The nice thing, though, is that our four simple rules ensure that we start each day with a clean kitchen counter, a clean living room floor, and clean laundry. And the toy situation, while not perfect, is kept somewhat in check by our little snack bribes.

### Summary

Find the sweet spot between control and chaos.

Stay away from the extremes.

Start with just a few simple rules (probably fewer rules than you think).

Too much order is exhausting. Too much chaos is exhausting, too.

The sweet spot is motivating and sustainable.

Avoid the pendulum.

*Mike (and his wife, Mollie) blog at This Evergreen Home where they share their experience with living simply, intentionally, and relationally in this modern world. You can follow along by subscribing to their twice-weekly newsletter. This article was originally published on This Evergreen Home.*

# Opioid Lawsuit Payout Plans Overlook a Vital Need

Crisis reveals need for pain management care and research focused on smarter use of addictive drugs



Patient-based strategies for chronic and acute pain can prevent situations like inappropriate opioid prescribing and better treat people's pain.

MARK C. BICKET

The opioid crisis has resulted in more than 500,000 overdose deaths over the past two decades. The federal government, states, and other entities have filed litigation against drug manufacturers, suppliers, and pharmacies as one approach to address the harm and suffering caused by inappropriate opioid prescribing practices.

Billions of dollars in settlements have since been awarded, and more is likely.

To ensure these funds are used in areas relevant to opioids, policy and public health groups led by experts at Johns Hopkins University, Harvard University, and other organizations have proposed

**The economic impact of pain has been estimated to have a more than \$700 billion price tag in the U.S. when adjusted for inflation.**

frameworks detailing priorities on what to do with the money. But none of them address the needs of one critical group: patients who suffer from acute and chronic pain.

Gaps in pain care and treatment, one of the key factors that enabled inappropriate opioid prescribing in the first place, persist. I am a physician-scientist specializing in pain medicine. My colleagues, law professor Barbara McQuade and anesthesiologist Chad Brummett, and I believe there are three key ways these funds could be used to improve pain treatment and address resource gaps for patients with acute and chronic pain.

**1. Comprehensive Pain Management**

There are two common types of pain.

Acute pain is usually sharp and sudden. It's the pain typically felt after a cut or an injury, and helps warn the body about tissue damage. Acute pain is very common, and generally goes away once the body heals.

Chronic pain, on the other hand, persists even after tissue has healed and the injury has resolved. When this happens, pain can transform from a symptom into a chronic disease. Many conditions can cause chronic pain, ranging from arthritis and migraines to fibromyalgia and nerve pains such as sciatica and postherpetic neuralgia from shingles, among others. Why acute pain transforms into chronic pain isn't always clear.

*Continued on Page 10*

## Why You Should Eat These 5 Strange Foods

These unusual foods offer unique flavors and nutritional benefits

JENNIFER MARGULIS

Maybe you're already an adventurous eater. Or maybe you're like Blue Shirt Guy at the beginning of Shawn Levy's new movie "Free Guy" and always order the same thing when you go out to eat, thank you very much. Either way, trying foods you've never had before will add a little spice to your life. Here are five interesting and unusual foods that are as pleasing to the palate as they are to your health.

### Camel Milk

In 2016, camel milk made headlines when then 65-year-old Ariana Huffington, founder of Huffington Post, told a British journalist that she loved adding it to her morning cappuccino. Easier to digest than cow's milk and less likely to spike your blood sugar, which makes it a great choice for diabetics, camel milk is still a strange concept to most people living outside Africa and the Middle East.

*Continued on Page 12*

You might be surprised by what some people eat—and how good it is.



Thank you Epoch Times customers!

I have my MyPillow Premium pillows at the lowest price ever.

Also, use the promo code below to get deep discounts on all my other MyPillow products!

- Mike Lindell

**Giza Bed Sheets**

2 for 1 Low Price w/Promo Code

100% Long Staple Cotton

**6-Piece Sets Towels**

\$44.98 w/Promo Code

**MySleepwear**

\$48.99 w/Promo Code

Women's Loungewear Sets

**Premiums \$29.98** w/Promo Code

Lowest Price Ever!

**The Complete Coil Mattress Sleep System!**

Save 30% Plus 2 FREE MyPillows and 1 FREE set of Giza Dream Bed Sheets with Free shipping!

**Save 30%** w/Promo Code


800-795-5289

mypillow.com


USE PROMO CODE: EPOCH99

Rates Expire on: 08/31/2021





## 2021 NTD 9<sup>TH</sup> INTERNATIONAL CLASSICAL CHINESE DANCE COMPETITION



**PRELIMINARY**  
Sept. 2-3

**SEMI-FINAL** Sept. 4  
10:00 am-5:30 pm  
Tickets \$30

**FINAL** Sept. 5  
1:00 pm-5:30 pm  
Tickets \$30

**Gold Award \$10,000    Hotline 1-888-477-9228**

**Sugar Loaf Performing Arts Center**  
1351 Kings Highway, Chester NY 10981

**DANCE.NTDTV.COM**

## SHEN YUN DANCER

# SUMMERTIME STYLE

SEASONAL PIECES YOU'LL LOVE



**ShenYunDancer.com**



## Opioid Lawsuit Payout Plans Overlook a Vital Need

Crisis reveals need for pain management care and research focused on smarter use of addictive drugs

Continued from Page 9

Due to a combination of factors, recent approaches to pain treatment (such as the concept of the fifth vital sign which reduced pain to a number on a scale between zero and 10) led to an overreliance on medications and limited approaches to treatment, all of which persist to this day.

The most effective care for chronic pain, however, typically includes therapy beyond pills. Comprehensive pain management involves care from a diverse team of clinicians, such as physical therapists and pain psychologists, to name a few. It also involves a suite of treatment approaches and care methodologies, including behavioral therapy, which focuses on the psychological and social aspects of pain. Complementary and integrative approaches, such as acupuncture, biofeedback, and yoga, can also be combined with interventional approaches such as injections, dry needling, and electrical stimulation.

While the right combination of therapies depends on the individual patient, the goal is to alleviate their pain, help them regain the ability to perform everyday activities, and improve their quality of life.

This multidisciplinary and multi-modal approach to pain management became less common due to financial pressures after the rise of managed care in the late 1980s and early '90s. Limited access to comprehensive pain management can lead to worse outcomes for patients. One study found that insurance policies that carve out physical therapy from pain management programs led to worse physical and psychosocial function up to one year after treatment in patients with chronic pain compared to patients whose insurance policies directly covered physical therapy.

Funding to bolster team-based and multidisciplinary approaches to treatment could not only improve care for patients in pain, but also increase their accessibility outside of academic medical centers.

### 2. Evidence-Based Care Models

Translating research into evidence-based care models will help bring the best treatment approaches to patients in pain. These models of care review the evidence provided by clinical studies and implement their findings to improve patient care.

For example, there is evidence to support the use of heat therapy and acupuncture for acute lower back pain and non-opioid pills for kidney stone pain. Yet patients may not be offered these treatments due in part to wide variation in coverage of these treatments.

Opioid prescribing represents another area in which several gaps in evidence exist for their effectiveness in treating both acute and chronic pain. Until a few years ago, there was no data-driven answer as to what dose of opioids should be prescribed after

common types of surgery. That was partly based on an assumption that patients needed prescription opioids after certain surgeries, which isn't always the case. Building evidence-based pain management recommendations to prevent unnecessary exposure to prescription opioids remains a focus of organizations such as the Michigan Opioid Prescribing Engagement Network.

### 3. Research on Acute and Chronic Pain

Additional research is needed to advance therapies to treat acute and chronic pain. A recent summary of acute pain treatments noted a lack of evidence to support current therapies for patients with sickle cell, acute nerve, and neck pain, among others.

The National Institutes of Health (NIH) has boosted funding for research on pain and opioids in recent years via the HEAL Initiative, a program focusing on opioid addiction and pain management. In 2019, the NIH awarded \$945 million to projects on improving chronic pain treatment, reducing opioid misuse and overdose, and facilitating recovery from opioid addiction. Despite this effort, however, significant gaps still exist in both lab-based and clinical pain research.

### Give Pain Patients a Seat at the Table

The economic impact of pain has been estimated to have a more than \$700 billion price tag in the United States when adjusted for inflation. A little more than half of that amount comes from care costs, while the other half comes from reduced productivity or the inability to work.

**Complementary and integrative approaches, such as acupuncture, biofeedback, and yoga, can also be combined with interventional approaches like injections, dry needling, and electrical stimulation.**

Addressing gaps in addiction treatment and overdose prevention is vital to turning the tide on the opioid epidemic. But implementing even some of these three ways to improve pain care could also put a dent in how much the United States spends on pain. Giving patients with pain a say in how funds from the opioid lawsuits are distributed can help make sure they're not forgotten.

*Mark C. Bicket is an assistant professor of anesthesiology at the University of Michigan. This article was first published on The Conversation.*

## Need Amid Plenty

Richest US counties are overwhelmed by surge in child hunger

LAURA UNGAR

Alexandra Sierra carried boxes of food to her kitchen counter, where her 7-year-old daughter, Rachell, stirred a pitcher of lemonade.

"Oh, my God, it smells so good!" Sierra, 39, said of the bounty she'd just picked up at a food pantry, pulling out a ready-made salad and a container of soup.

Sierra unpacked the donated food and planned lunch for Rachell and her siblings, ages 9 and 2, as a reporter watched through FaceTime. She said she doesn't know what they'd do without the help.

The family lives in Bergen County, New Jersey, a dense grouping of 70 municipalities opposite Manhattan with about 950,000 people whose median household income ranks in the top 1 percent nationally. But Sierra and her husband, Aramon Morales, never earned a lot of money and are now out of work because of the pandemic.

The financial fallout of COVID-19 has pushed child hunger to record levels. The need has been dire since the pandemic began and highlights the gaps in the nation's safety net.

While every U.S. county has seen hunger rates rise, the steepest jumps have been in some of the wealthiest counties, where overall affluence obscures the tenuous finances of low-wage workers. Such sudden and unprecedented surges in hunger have overwhelmed many rich communities, which weren't nearly as ready to cope as places that have long dealt with poverty and were already equipped with robust, organized charitable food networks.

Data from the anti-hunger advocacy group Feeding America and the U.S. Census Bureau show that counties seeing the largest estimated increases in child food insecurity in 2020 compared with 2018 generally have much higher median household incomes than counties with the smallest increases. In Bergen, where the median household income is \$101,144, child hunger is estimated to have risen by 136 percent, compared with 47 percent nationally.

That doesn't mean affluent counties have the greatest portion of hungry kids. An estimated 17 percent of children in Bergen face hunger, compared with a national average of around 25 percent.

But help is often harder to find in wealthier places. Missouri's affluent St. Charles County, north of St. Louis, population 402,000, has seen child hunger rise by 69 percent and has 20 sites distributing food from the St. Louis Area Foodbank. The city of St. Louis, pop. 311,000, has seen child hunger rise by 36 percent and has 100 sites.

"There's a huge variation in how different places are prepared or not prepared to deal with this and how they've struggled to address it," said Erica Kenney, assistant professor of public health nutrition at Harvard University. "The charitable food system has been very strained by this."

Eleni Towns, associate director of the No Kid Hungry campaign, said the pandemic "undid a decade's worth of progress" on reducing food insecurity, which last year threatened at least 15 million kids.

And while President Joe Biden's COVID relief plan, which he signed into law March 11, promises to help with anti-poverty measures such as monthly payments to families of up to \$300 per child this year, it's unclear how far the recently passed legislation will go toward addressing hunger.

"It's definitely a step in the right direction," said Marlene Schwartz, director of the Rudd Center for Food Policy and Obesity at the University of Connecticut. "But it's hard to know what the impact is going to be."

### Need Grows in Places of Plenty

After the pandemic struck, the federal government boosted benefits from the Supplemental Nutrition Assistance Program and

offered Pandemic Electronic Benefit Transfer cards to compensate for free or reduced-price school meals while children were schooled from home.

Sierra's family saw their SNAP benefits of about \$800 a month rise slightly and got two of those P-EBT payments, worth \$434 each. But at the same time, they lost their main sources of income. Sierra had to leave her Amazon warehouse job when the kids' school went remote, and Morales stopped driving for Uber when trips became scarce and he feared getting COVID-19 on top of his asthma.

Federal relief wasn't enough for them and many others. So they flocked to food pantries.

In theory, pantries and the food banks that supply them are part of an emergency system designed for short-term crises, Schwartz said.

"The problem is, they've actually become a standard source of food for a lot of people."

In Bergen County, the Center for Food Action helped 40,500 households last year, up from 23,000 the year before. In Eagle County, Colorado, where Vail ski resort is located, the Community Market food bank saw its client load nearly quadruple to 4,000. And outside Boston, in the affluent Massachusetts county of Norfolk—where Feeding America data shows child hunger jumped to 16 percent of kids from an estimated 6 percent—Dedham Food Pantry's clients tripled to 1,800.

"This is just out of control compared to other times," said Lynn Rogal, vice president of the Dedham pantry, which opened in 1990.

Pantry managers said a disproportionate number of clients are from minority groups. Many lost jobs in the eviscerated service sector that undergirds the wealthier parts of their counties. Julie Yurko, CEO of the Northern Illinois Food Bank, said up to half of her current clients have never sought help before.

"In early January, we had a white minivan pull up with three kids, 5 and younger. It ran out of gas sitting there," Yurko said. "The mom was sobbing, and her beautiful children were sitting there watching her."

Kelly Sirimoglu, spokesperson for New Jersey's Center for Food Action, said the stigma around seeking help can be worse in wealthy areas. She said some people tell her, "I never thought I would be in line for food."

Advocates said the reluctance to seek help means the need is likely even larger than it appears.

Katie Wilson of St. Charles, Missouri, said she heard about a food pantry run by the Sts. Joachim & Ann Care Service from a friend of a friend. She almost didn't go. The single mom of two children, 11 and 9, lost her job as a hotel auditor in June and tried to squeak by without income for two months.

"We found ourselves in a situation where it was a 'heat or eat' kind of thing," said Wilson, 42, describing having to choose between heating her home or buying food. "It took me looking around and saying, 'There is nothing to eat.'"

### Struggling to Meet the Need

As hunger has become more visible, donations to food charities have risen. But they don't address the core problem of an infrastructure that doesn't match the need. Some pantries are open just a few hours a week in church basements, a far cry from those that operate regularly and look like supermarkets. Many small pantries struggled to shift to outdoor food distribution during the pandemic or find new helpers when the few, often senior, volunteers felt unsafe doing the work.

"It's definitely harder in these places," said Yurko, whose food bank distributes to Kendall County, Illinois, which has just three pantries for its population of 129,000. "The safety nets are not as robust."

A strong safety net also requires pantries to cooperate with one another and the broader array of local social services. That's been happening for years in Flint, Michigan, said Denise Diller, executive director of Crossover



**The financial fallout of COVID-19 has pushed child hunger to record levels.**

Downtown Outreach Ministry, which runs a pantry. Agencies and community leaders banded together in 2014 when lead poisoned the drinking water.

"When COVID occurred, we were already kind of ready," Diller said.

So was Atlanta. As in Flint, hunger was never hidden there; 15 percent of children in Fulton County, which includes Atlanta, faced hunger before the pandemic. After COVID-19 suspended volunteer shifts, the Atlanta Community Food Bank asked the Georgia National Guard to help sort, pack, warehouse, and deliver food to help meet the needs of the estimated 22 percent of kids experiencing hunger. The food bank also partnered with seven school districts on more than 30 mobile pantries.

Such coordination and connections were lacking in Bergen County, where 80 pantries worked mostly in isolation when the pandemic hit, County Commissioner Tracy Zur said.

"They weren't collaborating. They were going along the same path they had for decades," she said. "There was this need to break out of the old way of doing things and work together to be more impactful."

Zur spearheaded the creation of a food security task force in July, reaching out to municipal and faith leaders. Goals include feeding people, connecting them to other services, and turning some emergency food programs into full-fledged pantries.

"Building an infrastructure is painstaking and ongoing," she said.

Now, Zur said, pantries are starting to share with one another when one gets a large donation of perishable items such as eggs or milk.

With the need so widespread, residents do much the same.

During a recent pantry trip, Sierra, the New Jersey mom, popped the trunk of her 1999 Toyota and rummaged through the two big boxes that volunteers had just placed there. She pointed to eggs, chicken, bread, butter, cheese, and apples, observing, "I have more than I need."

But she said it would never go to waste. Any extra would go to neighbors and their hungry children.

*Midwest correspondent Cara Anthony and data editor Elizabeth Lucas contributed to this story.*

*Laura Ungar, Midwest editor and correspondent, covers health issues out of Kaiser Health News' St. Louis office. This article was originally published in Kaiser Health News.*

ALL PHOTOS BY CAROLINE GUTMAN FOR KHN UNLESS OTHERWISE NOTED





# Why You Should Eat These 5 Strange Foods

## These unusual foods offer unique flavors and nutritional benefits

Continued from [Page 9](#)

That needs to change, says Christina Adams, 59, author of the book “Camel Crazy: A Quest for Miracles in the Mysterious World of Camels.” When Adams first learned about camel milk in 2005, she was intrigued. Her son was 7 years old and suffering from serious health challenges, including gastrointestinal troubles, skin irritation, hyperactivity, and behavioral breakdowns. But in order to get it, Adams, who lives in Southern California, had to fly suitcases of frozen camel milk into the United States from herders in the Middle East.

Still, she was astonished at how well it worked. After a single serving of camel milk, Adams recounts in her book, her son’s symptoms of immune and neurological dysfunction started to clear up. He acted calmer, his skin irritation began to subside, and his verbal skills dramatically improved.

### Enjoyed by Nomads for Centuries

“Camel milk’s been used by nomadic people for centuries to heal diseases,” Adams tells me. “It has natural anti-viral and antibacterial qualities: enzymes, antibodies and absorbable insulin, plus essential fatty acids, GABA, and vitamins.”

Adams explains that camels have antibodies that are found only in sharks and camelids (the group of animals that also includes llamas, alpacas, and vicuñas). “Studies suggest that these smaller antibodies can help treat human diseases,” she says.

Camel milk, camel meat, and camel-milk-based chocolates (which you can buy in the airport in Dubai) still sound like strange foods to American ears, but camels are domestic animals in many parts of the world. Their milk is easy to find in Saudi Arabia and the United Arab Emirates as well as in Ethiopia, Kenya, Niger, Somalia, and Sudan. And, Adams says, market reports predict that the international market for camel products will grow at a 7 to 10 percent rate in the next several years. The United Nations has even declared 2024 the International Year of Camelids.

But if you don’t have a local source, camel milk is still very expensive. Daunted by the price but inspired to try it, I ordered some online from Desert Farms, an American-based consortium of camel milk farms started by a Saudi-born businessman. The pint-sized plastic bottles of camel milk arrived in a Styrofoam cooler packed in dry ice. Nomads in several parts of the world call camel milk “nature’s pharmacy.” My teenage son called it delicious: lighter and



ALL PHOTOS BY SHUTTERSTOCK

While camel milk may be a little tricky to procure, elderberries, nettles, and even yaks can be found in the U.S.

**Nomads in several parts of the world call camel milk ‘nature’s pharmacy.’**

more refreshing than cow’s milk and a little saltier. Standing by the open refrigerator, my son drank down an entire bottle in three gulps before I could stop him. Good for his health, for sure, but decidedly bad for my wallet.

### Cricket Flour

My 11-year-old daughter attended an outdoor program where the teacher, a wilderness survivalist, taught the children how to eat ants. As cringe-worthy as that might seem to some of us, cultures around the world eat insects regularly. In Oaxaca, Mexico, where they are sold as pre-packaged snacks, people eat crickets fried and spiced. When our family spent a year in Niger, West Africa, we were served a huge bowl of roasted crickets dusted with spicy powdered seasoning—which my husband insisted was the only local food he really enjoyed.

They’re crunchy and tasty (depending on the seasoning.) They’re also one of the most ecological sources of animal protein out there. Unlike cows, crickets don’t produce greenhouse gases, and they are very low-input animals, needing little water, food, and energy for the amount of protein they provide when raised. They are “no-input” when harvested in the wild. What’s more, the entire cricket is edible, with no waste left over.

Two-thirds of cricket by weight is complete protein—that’s more protein per ounce than beef. It is rich in omega-3 fatty acids and vitamin B12 and is one of the most nutrient-dense foods you can eat.

Another benefit: In a time when more people are being diagnosed with celiac disease and gluten intolerance, cricket flour is gluten free.

It has a mild, nutty taste, which is rich in umami, the fifth taste that makes things savory. For the foodie, you can use ground crickets like a spice to increase the umami in savory foods. Or bake with cricket flour, substituting up to one-third of it for the wheat flour in recipes. Another idea: Simply use it as you would protein powder by adding it to your morning smoothie.

### Elderberries

Elderberries are little round berries that grow abundantly around the world. There are two species native to Oregon, where I live. You can also find scrappy elderberry trees—which look more like bushes to the untrained eye—in Asia, Africa, Eastern Australia, Tasmania, and Europe. Cooked berries and blossoms are edible but the rest of the tree (twigs, bark, leaves) is not. Eating raw elderberries will likely give you the runs.

Mary Aloniss, who’s been an organic farmer for more than 30 years and is co-owner of

Whistling Duck Farm, planted three European black elderberry trees on her property in Provolet, Oregon. She mixes the berries with organic local honey to make a tangy elderberry syrup that she sells in her farm store. Whistling Duck also makes elderberry shrub, a more concentrated liquid mixed with apple cider vinegar.

Aloniss, 58, recommends taking elderberry syrup as an herbal medicine before you get sick. “If you feel a puniness coming on, add a little [syrup] to carbonated water or take a shot of it,” she says. “It tastes good, it feels good, and it seems to help. It reputedly has anti-viral qualities. It’s high vitamin C and I think it helps build your immune system.”

Indeed, according to the University of Pittsburgh Medical Center, one cup of elderberries contains 10 grams of fiber and 52 milligrams of vitamin C (which is almost 90 percent of the FDA’s recommended daily intake). And several peer-reviewed scientific studies have suggested that elderberries may indeed have immune system benefits.

For example, a 2004 randomized placebo-controlled study, published in the Journal of International Medical Research, found that patients suffering from flu-like symptoms who took 15 milliliters of elderberry syrup four times a day felt better an average of four days sooner than patients who took a placebo syrup, leading researchers to conclude: “Elderberry extract seems to offer an efficient, safe and cost-effective treatment for influenza.” A 2009 review conducted by a team of researchers from America, Australia, and Germany also found that these berries have anti-viral effects.

Aloniss likes these berries for another reason. After the trees are established, which takes a year or two, they are hardy and drought tolerant. “They’re a sturdy shrub,” she says. “They put down a nice tap root and grow well up in the mountains.”

### Stinging Nettles

Stinging nettles, a plant that grows abundantly in many parts of the world, are delicious, medicinal, and nutrient-rich. A 2018 scientific review by a team of Polish researchers found that nettles are “ordinary plants with extraordinary properties,” providing humans with a rich array of both macro and micronutrients as well as antibacterial properties.

Indeed, these dark green plants are loaded with vitamins and minerals, including calcium, magnesium, B vitamins, and iron. But they’re also dangerous: The fine hairs on the leaves and stems contain irritating chemicals that can leave raised red patches on your skin.

Dried nettles, which is the easiest way to get them, are often used medicinally to reduce hay fever, inflammation, and joint pain. According to the Mount Sinai Health System, nettles have also been used to treat eczema, gout, anemia, and urinary problems. They may also help lower blood sugar and blood pressure.



**We often try unusual foods while on vacation, but sometimes we should bring these gastronomic adventures home.**

Despite the myriad health and wellness benefits to them, however, the Polish scientists write, “the nettle is still an underestimate plant source.”

### Suiting Up to Protect Against the Sting

My friend and colleague, Brianne Goodspeed, editorial director of Chelsea Green Publishing in White River Junction, Vermont, first ate stinging nettles in the summer of 2002. Goodspeed, who’s 42 now, had just graduated from college and was on a solo bike trip in rural France. At a hostel in the Loire Valley, the caretaker donned gloves up to his elbows to pick some stinging nettles growing outside. He kept the gloves on while he chopped them, adding them to a soup he served for dinner.

Goodspeed sat down to eat with the caretaker, whose name was Phillippe, and a schoolteacher from Toulouse who was also staying in the hostel. Phillippe extolled the virtues of the freshly picked greens, pausing every once in a while to rub his chest and stomach, insisting that they were “stimulating to the organs.”

“I’d never had nettles before,” Goodspeed remembers. “I thought it was cool that he did that—just went into the yard and picked some weeds.”

### Yak Meat

Yak meat is high in protein, iron, calcium,



Yak meat is high in protein, iron, calcium, and vitamin B12.

## FOOD AS MEDICINE

# Parsley: A Nutrient-Packed Powerhouse

## Here are the top 5 health benefits of this easy-to-grow and versatile herb

There are many health benefits of parsley in its fresh and dried forms, from a rich antioxidant profile to natural properties that can protect against diabetes and eye disorders.

Parsley is often used as a flavoring in chopped greens, as a rich addition to salads, in sauces for juicy steaks, or as a trusty garnish on favorite dishes.

Parsley, which goes by the scientific name *Petroselinum crispum*, is an important culinary herb originating from the Mediterranean region.

Parsley contains a formidable lineup of phytonutrients including coumarins, carotenoids, ascorbic acids, and flavonoids. These constituents give parsley qualities ranging from being antimicrobial and diuretic, to antihypertensive and anticoagulant.

In fact, it’s used in Morocco mostly as an elixir to treat arterial hypertension, diabetes, and cardiac and renal disorders. Here are some of the top benefits of parsley for better health.

### 1. Rich Nutrient Source

Parsley is a nutrient-dense food. A one-cup serving (60 grams) of fresh parsley provides 22 calories, 3.8 grams (g) of carbohydrates, 1.8 g of protein, 1 g of dietary fiber, 3.72 milligrams (mg) of iron (or 22 percent of the



Dried parsley may be more antioxidant-rich than its fresh counterpart.

reference daily intake (RDI)), 332 mg of potassium (or 7 percent of RDI), 79.8 mg of vitamin C, and 82.8 mg of calcium.

Parsley is a flexible part of a healthy diet. You can add fresh parsley to your dressings, sauces, and marinades, or simply chop a few sprigs to garnish meals, or add the herb to the dish by the end of its cooking time.

You may dry your fresh parsley, too. Tie a bunch together, then hang it upside down in a cool and dry place. Once completely dry, remove the stems and store the leaves in an airtight container. You can also use a dehydrator or a slightly warm oven. Parsley also works as a natural breath freshener. It’s a proven folk remedy against halitosis in a number of places, including Italy.

Parsley can be part of your own home garden; seeds can be planted outdoors in March or April, depending on your growing season, or in late summer for early growth the next spring.

### 2. Antioxidants

Parsley is chock full of potent antioxidants, which are compounds that prevent cellular damage from free radicals and are required by the body to maintain optimal health. Parsley and celery juices successfully restored antioxidant activity in animal models treated with the chemotherapy drug doxorubicin.

Further studies show that diets rich in antioxidants such as flavonoids may slash the risk of diseases, including colon cancer. And as oxidative stress plays a principal role in stress-induced gastric injury, parsley offers antioxidants such as flavonoids, carotenoids, and ascorbic acid to combat it. It might interest you to know that dried parsley appeared in a study to be more antioxidant-rich than its fresh counterpart.

### 3. Antidiabetic Action

Many medicinal herbs and spices have been traditionally celebrated for helping to control glucose levels with minimal to no side effects.

Along with Egyptian balsam, parsley extract was found to exhibit antidiabetic and antioxidant properties in Type 1 diabetes mellitus cases. The herbal preparations were found to significantly reduce mean blood glucose levels and significantly increase insulin and total antioxidant capacity in the treated diabetic groups versus the control group.

In a Turkish study, researchers found that parsley had a significant hepatoprotective effect in diabetic animal models, where those treated with the herb demonstrated substantially lower levels of blood glucose, among other markers.

In similar findings, a separate study con-

cluded that due to its antioxidant properties, parsley extract had a protective effect comparable to diabetes drug glibornuride against hepatotoxicity from the disease.

**Parsley is chock full of potent antioxidants, which are compounds that prevent cellular damage from free radicals and are required by the body to maintain optimal health.**

### 4. Promotes Healthy Vision and Bones

Carotenoids such as lutein, beta carotene, and zeaxanthin—all found in parsley—help protect the eyes and promote fully functioning vision. Consuming food rich in these carotenoids has been associated with a reduced likelihood of age-related macular degeneration and cataracts.

In a study involving 77,466 female nurses ages 45 to 71, foods rich in the carotenoids lutein and zeaxanthin were shown to reduce the risk of cataracts severe enough to require extraction. Research also vouches for parsley’s bone health benefits. The plant is rich in vitamin K, which is essential for bone health, and, in fact, packs an impressive 820 percent of the RDI (984 micrograms) in a one-cup serving.

In a study, aqueous extracts of parsley, as well as basil and chlicori, showed bone protection against glucocorticoid-induced

osteoporosis in animal subjects.

### 5. Natural Cancer Fighter

Flavonoids possess antioxidant, anti-inflammatory, and anticancer activities through multiple mechanisms, including inducing cancer cell death in breast, colorectal, and prostate cancers as well as inhibiting malignant cell proliferation in various types of cancer.

In a 2020 study, parsley showed anticancer action in human glioblastoma cells alongside an outstanding antioxidant profile. The methanol extract of the herb was also seen as a potential anti-proliferative.

Research also showed that parsley may stop breast cancer tumor growth linked to synthetic hormone replacement therapy. In a study, animal subjects exposed to apigenin, a common flavonoid found in parsley, developed fewer tumors and had significant delays in tumor formation compared to subjects not exposed to the flavonoid.

Find more scientific research on parsley benefits on the GreenMedInfo.com database.

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

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



ALL PHOTOS BY SHUTTERSTOCK

In Morocco, parsley is mostly used as an elixir to treat arterial hypertension, diabetes, and cardiac and renal disorders.



# What Helps Couples Get Through the Pandemic?

Research is uncovering how the pandemic affected our romantic relationships and tips for staying close

KIRA M. NEWMAN

Amid stay-at-home orders and social distancing measures, the COVID-19 pandemic has separated us from friends and far-flung family. But how has it affected relationships at home?

Research is only beginning to tell the story of how couples fared during the pandemic, and that's a story still in progress now—16 months in, as case counts continue to rise worldwide.

For example, divorces rose in parts of China in March 2020. But that's just one side of the story: In fact, marriage applications also increased in Wuhan last spring, and 53 percent of Chinese people surveyed in 2020 said their romantic relationships improved since the pandemic. Meanwhile, findings are mixed on whether married people are happier or worse off than singles during COVID.

Spending all day, every day, with your partner or being their only support system can be a recipe for getting on each other's nerves—or it could make you even closer. We don't yet know which scenario has been most common.

"Crises either bring people together or drive them apart," Yachao Li and Jennifer A. Samp wrote in a 2021 paper. "The impact of the COVID-19 pandemic on relationships is still unclear."

What's more, the best ways for couples to cope and stay connected in these conditions are still unclear. How can we hope to support a partner over so many months, when we're facing the same existential stress ourselves? How can we cultivate joy and intimacy when we seem to have both too much and too little time together?

Studies from earlier in the pandemic in the U.S., Europe, China, and beyond offer some clues about what's been going on behind closed doors across the world—and what we can do to hold onto love and connection amid a crisis.

## Couples Life During COVID

When the pandemic hit, everyone's life was upended—including the rhythms of our closest relationships. Couples had to deal with the sudden need for child care and their jobs going online, disappearing, or becoming way more dangerous, all while navigating different levels of risk. They needed to support each other through stress and fear.

During the first three weeks of lockdown in Spain, researchers surveyed more than 400 adults about how their relationships had changed during that time. A team led by Cristina Günther-Bel pored over more than 13,000 words that participants wrote, searching for themes. They found that 62 percent of participants identified some kind of improvement in their relationship since lockdown.

Most commonly, people talked about reconnecting with their partners by spending more time together, slowing down, and appreciating each other. They mentioned

being able to communicate more, express their needs and feelings, and work through conflicts that they used to sweep under the rug. With everyone in the COVID-19 boat, the pandemic also created a spirit of teamwork to work out schedules, balance everyone's needs, and support each other through difficulty.

According to their analysis, couples struggled more in their relationships when they had kids to look after, although things improved for parents as the lockdown went on. And younger couples seemed to be getting along better than older couples. A different study of Germans ages 14 to 95 came to a similar conclusion: As younger people's relationships improved between February and April 2020, the relationships of older people tended to get worse.

Of course, the pandemic wasn't all good for romance. In addition to togetherness and appreciation, Spanish couples also wrote about feeling lonely and distant from each other, and being more tense and argumentative. Young couples in the United States said they experienced more fear, anger, and sadness during their interactions, compared to pre-pandemic. When conflict arose, it tended to spill over into couples' physical connection and affection, so they were less likely to hug, kiss, and be intimate.

Relationships were even more strained for people who had partners with an insecure attachment style, who have trouble forming secure, stable bonds. People with distant, avoidant partners felt less supported, less able to solve problems, and lacking in a sense of togetherness. People with clingy, anxiously attached partners also felt less support and togetherness at home, as well as more chaos and problems (like poor communication and a lack of affection).

Depending on their attachment style, partners may be in need of more personal space in the confines of lockdown, or seeking support and reassurance but not getting it, says University of Auckland professor Nikola Overall.

In short, the pandemic was worse for relationships that were already struggling.

"The [positive aspects of the pandemic] are disproportionately available to people that had resources and strengths going into the pandemic and are not facing major health-related and employment-related stressors arising from the pandemic," Overall says.

Meanwhile, inequalities affecting women—who were were hit harder by pandemic unemployment and have taken on much of the increased child care and housework—seemed to affect their relationships, too. According to a study in New Zealand that Overall co-authored, women who felt the pandemic division of labor in their household was unfair had more problems in their relationships and were less satisfied with them, too.

## How to Be Resilient, Together

If the tension has increased between you and your partner, you might be tempted to



When the pandemic hit, everyone's life was upended—including the rhythms of our closest relationships.



How can we cultivate joy and intimacy when we seem to have both too much and too little time together?

ignore it. After all, things are hard enough right now, and the last thing you need is to start up another yelling match. According to one study in April 2020, avoiding confrontation is exactly what people did when they felt COVID was interfering more in their daily life. The bad news is that these people were also less satisfied together, as issues festered below the surface.

Dealing with conflict is crucial, Li and Samp argue. And a 2021 paper suggests an activity that might help: reappraisal. In this study, over 700 people living in the U.S. with their partners tried different writing activities, including one where they wrote about conflicts with their partner from the perspective of a neutral third party, trying to get outside their own head and see the situation with more perspective.

In the next two weeks, people who practiced this technique experienced fewer disagreements, less yelling, and fewer threats and insults in their relationship than those who simply wrote about their feelings about the conflict, or did other writing activities. All of this translated into being more satisfied as a couple.

There's another easy technique you can try: Blame the pandemic.

One U.S. study surveyed people living with their partners in spring 2020 and again toward the end of the year. When women were stressed, those who blamed the pandemic (instead of themselves or their partners) were more satisfied with their relationships and engaged in fewer relationship-harming behaviors, like criticizing, insulting, and being impatient or withdrawn. This effect didn't hold for men, though, maybe because women are experiencing the worst of pandemic stress, the University of Texas at Austin's Lisa A. Neff and her co-authors speculated.

Besides finding ways to cope with the extra stress and conflict, couples can also make a deliberate effort to connect and communicate.

In 2020, researchers designed a two-hour "Awareness, Courage, and Love" activity. U.S. couples who did it felt closer afterward and at least a week later, compared to couples who just watched a movie together. The activity included eye contact, a guided meditation, journaling about the relationship and sharing what they wrote, offering words of appreciation, and a weekly conversation activity with questions like these:

- What has been hard for you this week that you'd like me to understand?
- When did you feel closest/most distant to me this past week?
- Is there anything you're avoiding saying or communicating to me?
- What have you appreciated about me this past week?
- How can you take better care of yourself?
- How can I be a better partner to you?
- Is there anything else you want to tell me?

It should go without saying, but another way to shore up your relationship is to go out of your way to support your partner. During COVID, researchers have found that people who feel more supported by their partners are more grateful and less stressed, feel more committed and confident about achieving their goals, and make more progress toward them.

Spending all day, every day, with your partner or being their only support system can be a recipe for getting on each other's nerves—or it could make you even closer.

## How to Be a Good Pandemic Partner

What does a supportive partner look like, in this context?

For a 2020 study, relationship therapist Laura Vowels and her team interviewed 48 people and asked them, "How have you supported each other during the pandemic in achieving tasks and goals? How has the way in which you support each other changed as a result of the pandemic?"

According to their answers, supportive partners made themselves available and had a spirit of flexibility and teamwork. When the pandemic hit, they found ways to share office space and divide up chores, so everyone could do what they needed to do. They encouraged their partners to get outside support from others, like family and friends. They provided inspiration, reassurance, comfort, and validation (and they tried to not get in their partner's way).

"Reframing support as 'we are in it together and we are working together to solve these shared problems' ensures that people don't feel burdened by the other person's needs but also that when you're receiving support, you don't feel like you aren't capable," says Overall.

Some other strategies that couples tried during the pandemic included:

- Making time for each other: Planning date nights, and working on communication.
- Setting boundaries: Carving out alone time, and making sure each person has privacy and space.
- Practicing mindfulness: Being kind and patient in their interactions with each other, and checking in on the other person's mental health.

Going forward into post-pandemic life, or at least coming out of lockdown, Vowels expects to see another round of transition and negotiation among couples. Partners will have to again balance different levels of risk and figure out how their priorities may have shifted during the pandemic.

"If couples can actually openly talk about it, that's much better than just assuming that we're returning to normal, because that may not be what the other person's thinking," says Vowels, a postdoctoral researcher at the University of Lausanne and principal researcher for Blueheart.io.

Facing a crisis such as the COVID-19 pandemic, our relationships are bound to shift and change. That's normal and to be expected, researchers say. We may find ourselves feeling adoring and grateful one day, and unable to stand the sound of their voice the next.

While some people are deciding to break up and others are getting engaged, for many couples, the reality may be somewhere in between: some renewed closeness, some new stress and tension. Even if yours isn't a story of cosy quarantine romance, you can still celebrate muddling through it together.

Kira M. Newman is the managing editor of Greater Good. Her work has been published in outlets including The Washington Post, Mindful magazine, Social Media Monthly, and Tech.co, and she is the co-editor of The Gratitude Project. This article was originally published on the Greater Good online magazine.

SOURCE: RAMON LLULL UNIVERSITY, SPAIN

# In Pursuit of the Old Ways

Life was simpler once, and it can be again if we stop overcomplicating it

CHERYL SMITH

I long for the old days. I crave simplicity and yearn for the way life was before electronics invaded our lives. I miss pay phones, quiet rooms with no TVs or background noise, and watching children use their imaginations while playing with real toys.

As crazy as it sounds, I love to sit in a dark room and listen intently to the sounds of silence. There is nothing I enjoy more than the things that don't cost anything at all. Like when someone takes a walk with me, shares their heart, and listens patiently and interestedly while I pour out mine. In these moments, I'm blissfully content.

I often feel that I was born more than a century too late, and I am forever searching for a bridge back in time to that place where I feel I most belong.

Unfortunately, I have yet to discover a time machine, and sadly, there aren't many things I can change about this chaotic, fast-moving age, but I have discovered I don't have to alter the world around me, just my own world.

No one can force me to live in a way that makes me uncomfortable in my own skin. Nor can anyone put in the effort I need to swim against the current to live in a way that is counter-cultural. If I am going to live a simple, minimal life, I am the only person who can make it happen. Society will not conform to my ideals, and since I will never find contentment squeezing into its mold, we will have to part ways and agree to disagree.

Perhaps you find yourself yearning for the old days and would like to take a similar journey? Here's how we can do it.

## Identify how you want to live.

What is it that you long for most? What is it about your ancestors' way of life that calls to you the loudest? Is it the silence? The close bonds and family values? Their faith system? The joy they found in doing a hard day's work? The extra time they had to help others? The lack of clutter in their homes? The fact that they only owned what was meaningful and what they needed and used? Their small houses? The way they grew their own food?

## Figure out what is distracting you.

What in your atmosphere prevents you from living that kind of life? For years, my husband worked in the banking industry in very high-stress positions that robbed him of time with our family. Our indebtedness forced him to earn a certain salary and kept him bound to a job he detested. We view the outsourcing of his job last year as a merciful blessing that freed him to be a more hands-on father and to participate in finishing our 13-year homeschool journey with our son.

Now that he has accomplished that long-term dream, he's looking forward to getting back into the workforce, but this time, it will be on far different terms. Thankfully, we've made the drastic changes required to eliminate all debt, and by his choice, he's planning to find a job that will be less brain-taxing, more physically active, and with little to zero stress. What society deems "menial" has become something very attractive and desirable to him. The pay will



ALL PHOTOS BY SHUTTERSTOCK

be far less, but it's OK. Thankfully, we don't need what we used to need to survive, peace is more important to us than money, and prestige isn't something we seek to attain.

## Do what you have to do to make it happen.

If you long to be more present and engaged, break up with social media. Start pouring your heart, time, and energy into the ones who mean most to you and socialize with those with whom you can talk face-to-face. Leave your phone out of sight and only use it when absolutely necessary. Refuse to be drawn in to keeping up with everyone else's online life and be more intentional about your own. Sell what you have to pay what you owe, so you can work less. Change jobs to reduce stress. Gracefully bow out of toxic, unhealthy relationships.

Reduce overwhelm by learning to say no. Weigh what you long for against what is preventing you from having it. If you want to live simply, you will find the courage to make each necessary change.

## Prepare yourself for criticism.

Not everyone is on board with wanting to live a life of simplicity, and you may or may not garner support along the way. This is where you have to decide whether you'll be true to yourself and the values that are important to you. All too often, the other option is to live bound to the opinions, expectations, and approval of others.

If you long to be more present and engaged, break up with social media.

A few years ago, my family and I made decisions that seemed far-fetched and radical. We sold our home, released most of our physical possessions, moved into a small rental that includes yard maintenance, and resigned from ministerial obligations that were more than we could handle. It took steely determination and a strong resolve to stay the course, but as we look back on our journey from a place of deep contentment, we realize it was the right thing to do and worth every mile. Like Christian in John Bunyan's "Pilgrim's Progress," sometimes you just have to put your fingers in your ears and run for your life.

Far too often, we over-complicate our lives and work against our own purpose. We unwittingly sabotage our desire to slow down and live a minimal life. Minimalism is the opposite of complexity. The very basic but remedial truth is that the power to change lies within the wellspring of our own choices.

Cheryl Smith blogs at Biblical Minimalism.com. Her family sold their home, released 90 percent of their physical possessions, got out of debt, and now share their story and their Christian faith on their blog. She is the author of the books, "Biblical Minimalism" and "Homespun Devotions: Volume One."



With everyone in the COVID-19 boat, the pandemic created a spirit of teamwork to work out schedules, balance everyone's needs, and support each other through difficulty.



IVANKOBO/SHUTTERSTOCK



WISE HABITS

# How to Develop Extraordinary Resilience

Getting better at bouncing back and pushing ahead, with the help of your difficulties

LEO BABAUTA

We're all beset with difficulties, obstacles, pain, exhaustion, and a thousand other setbacks, small and large.

What determines whether we take these setbacks in stride or let them bring us down is something psychologists call "resilience." It's the ability to bounce back from setbacks and adapt, learn, and persevere.

I've found resilience to be an important factor in my own journey, from struggling through financial and health changes over the years to navigating the scary and uncertain waters of running my own business.

Resilience has allowed me to run several marathons despite injuries, write numerous books amid personal challenges, face a declining income with a positive attitude, raise six kids (with help from my wife) no matter what difficulties they face, and deal with deaths in the family with an open heart, finding compassion for my own grief and helping my family members in the midst of theirs.

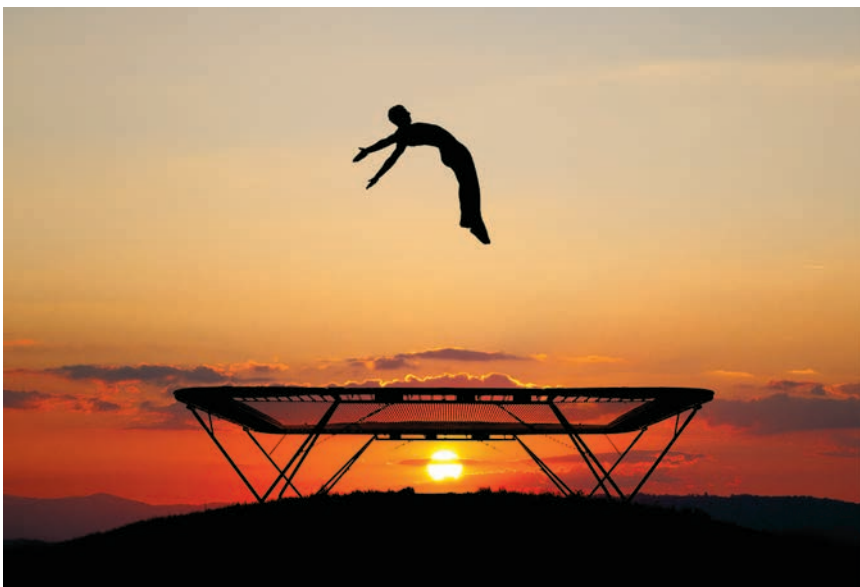
None of this is to brag, but to show the power of simple resilience.

Resilience is a powerful trait, but what if you don't have that much of it? It can be learned and improved over time. Some people might be born with greater tendencies toward resiliency, but we can all get better at it.

The following is a set of practices that you can work on to develop extraordinary resiliency.

Resiliency Practices.

Whenever you face stress, grief, pain, setbacks, or failure, see it as an opportunity to practice.  
Here are some ideas to try:



ALEX EMANUEL KOCH/SHUTTERSTOCK

Resilience can be practiced, and practicing resilience is enriching.

**1. Consider what you're not seeing.** When you're frustrated or upset, it's because you're only seeing the "bad" side of things. That means you're blinding yourself to the whole picture. When someone is being rude to you, do you notice that they may also be in pain? Do you notice your own humanity and compassion? In each moment, there are amazing things to notice. When we're focused only on the parts we don't like, we're stuck in tunnel vision and missing out on the greatness of life.

**2. Tap into something bigger than yourself.** As a father, it's amazing what I'll go through to help my kids. I'll endure incredible discomfort if it means protecting or helping them somehow—and it doesn't even feel like a sacrifice. Anyone who serves others knows this feeling: When you are doing something for others, the discomfort is just an

Some people might be born with greater tendencies toward resiliency, but we can all get better at it.

afterthought. So when you're facing difficulty, if you can connect your task to something bigger than yourself, the difficulty becomes much more manageable.

**3. Practice compassion (for yourself, too).** When you're in pain, just notice that. Wish yourself peace and happiness, the same as you would for a loved one. If someone in front of you is angry or irritated, wish them peace as well. Every difficult interaction is an opportunity to practice this key skill.

**4. See it as a part of growth.** When you face a setback, it's not the end of the road, it's a part of it. No journey worth traveling is free of discomfort and setbacks. If we want to grow, we have to go through challenges. Instead of thinking negatively about it, see the beauty of it guiding your personal growth.

**5. Practice flexibility.** Rigidity only causes frustration. If we can learn to be flexible and adapt to change, we'll be happier and more successful at whatever we're trying to do. So when you're in the middle of a challenging situation, ask yourself how you can be more flexible. When you've been hit with a failure, try to adapt and get better so that you're more likely to succeed in the next attempt. See it as an opportunity to improve.

**6. See everything as a teacher.** Every single thing that comes before you is your teacher. You can reject the lesson and see it as something you don't want, or you can open your mind to it and figure out how this situation, this person, this setback, is your teacher. Which of the above lessons is it teaching you? Which of the above practices is it helping you get better at? Figure that out, and you've unlocked a chance to get better at resilience.

In each moment, you have a choice. Do you want to succumb to your difficulties, or be made stronger by them, learn from them, and open up to their brilliant lessons and experiences?

In each moment, you have the opportunity to practice. It's not easy. But it's the path of best resilience.

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



Made from Purslane

# NATURE'S OMEGA-3 GOLD

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

Purslane is nature's gold mine of omega-3, containing the highest level of any green plant. Besides 0% trans fat and 0% hormones, this product is 100% organic and 100% natural. It has no fishy aftertaste or risk of ocean-borne contaminants. It is also non-GMO. Made in Korea.

Order Online!



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

**www.Puritang.com**

# THE 6<sup>TH</sup> NTD INTERNATIONAL PIANO COMPETITION

Revitalizing piano music of the Baroque, Classical, and Romantic eras

Preliminary: 9/3~24 (Online)  
Semifinal & Final: 11/4~6 (New York)

GOLD AWARD \$10,000 | PIANO.NTDTV.COM



NTD