WEEK 36, 2021

THE EPOCH TIMES

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Overcoming Cancer With Hope and Natural Medicine

We've come to believe the routes to healing cancer are paved in pain and chemo-but that isn't always true

CONAN MILNER

Death by cancer is one of those ominous threats that hovers over many people. Cancer has been a leading cause of death for decades. But surviving the disease can be brutal as well.

If caught early enough, the ab-



James Templeton

normal cell growth that characterizes cancer can be isolated and removed. But the disease often spreads silently throughout the body, and once an advanced case is finally found, it may be very hard to treat.

Continued on Page 6





Our body has a powerful ability to heal itself when we stop poisoning it and provide critical nutrition.

"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

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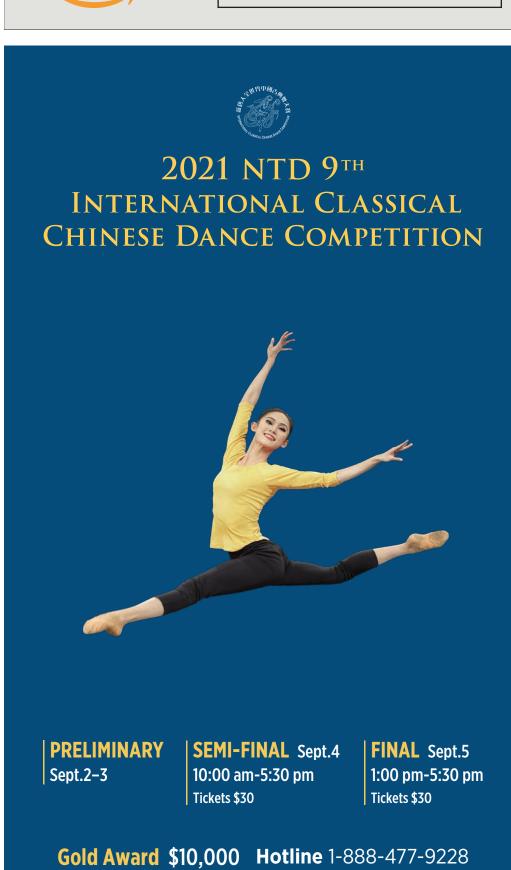
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CHINESE WISDOM FOR SEASONAL LIVING Strengthening Our Respiratory System Can Also Improve Our Skin

Solar Term: 'White Dew' (Sept. 7–22)

MOREEN LIAO

A solar term is a period of about two weeks and is based on the sun's position in the zodiac. Solar terms form the traditional Chinese calendar system. The calendar follows the ancient Chinese belief that living in accordance with nature will enable one to live a harmonious life. *This article series explores each of the* year's 24 solar terms, offering guidance on how to best navigate the season.

Solar Term: White Dew

2021 Date: Sept. 7-22

"White Dew" is the 15th solar term and typically holds the single largest daily temperature changes. It begins when the sun reaches the celestial longitude of 165 degrees and ends when it reaches the longitude of 180 degrees. Although it is already the 3rd solar term in the autumn, the heat within earth still remains strong while Yin energy is taking over. The result is a dramatic drop in temperature between day and night.

During this solar term, birds begin to adapt for the season. Wild geese and swallows begin to migrate southward while other birds stock their hoards in preparation for winter.

For the crops that can be grown in both spring and autumn, like rice, it's their time to yield. If it rains, the crops may be damaged and unable to ripen or be properly harvested. The name of this solar term describes air vapors that have condensed into white dew overnight. It's the ideal amount of water for crops during this solar term.

According to traditional Chinese medicine, our lungs and skin correspond to each other, as the lungs and our pores both release air and moisture. Because of this, they're both sensitive to the temperature changes that mark this solar term. And the results are similar, we tend to have irritated skin or respiratory systems due to the frequent and significant changes in temperatures

during White Dew. The lungs are called "tender organs" in traditional Chinese medicine because they are fragile and dislike when the weather is either too hot or too cold. The lungs are closely linked with our immune system, thus taking good care of them and the respiratory system is particularly important in the pandemic

Living in Harmony With White Dew

- Protect your neck, nose, and mouth by covering them up in the early morning.
- Press firmly into the acupressure point "Qu-Chi" (Pool at the Bend, number LI11). It is at the end of the joint line when we bend our elbows to our upper arms. It also helps those with skin problems, such as dry or sensitive skin, pigmentation, acne, and so on.

- Press firmly into the acupressure point "Tan-Zhong," which is in the center of the chest, between the nipples. It can help with congested lungs, coughing, or shortness of breath. You can also use a hair blow dryer to warm the point.
- Consider getting moxibustion treatments, as the heat can repel the chill hidden in our bodies and be preserved for an energetic start in the coming spring.
- Deep cleanse by inhaling warm steam, with or without essential oils, which helps to loosen up and dilute congestion inside our respiratory system and can help rinse our cells and
- Burn essential oils near the front door of the house to purify the air we bring in from outdoors. This can also help to calm and balance our senses each time we go in or out.

Seasonal Foods and Scents

Foods to Eat: Chicken, walnut, yogurt, onion, ginkgo berry, potato, pear, tofu, mushroom, coconut, and eggs. Avoid deep-fried foods, pickles, shellfish,

Essential Oils to Use: Chamomile, niaouli, eucalyptus, cypress, pine, jasmine, frankincense, peppermint, neroli, and rosalina.



Deep cleanse by inhaling warm steam, with or without essential oils, which helps to loosen up and dilute congestion inside our respiratory system.



The air vapors that condense into white dew overnight give this solar term it's name. According to traditional Chinese thought, it's the ideal amount of water for crops during this time.

MEDICALLY CORRECT

Meditate Twice and Call Me in the Morning

It's easy to prescribe drugs, but as time goes by, I prefer to avoid it

Some

studies have

shown that

meditation

can reduce

anxiety levels

by as much as

60 percent.

Dr. Peter Weiss has

been a frequent guest

on local and national

TV, newspapers, and

radio. He was an as-

sistant clinical profes-

sor of OB/GYN at the

David Geffen School of

Medicine at UCLA for

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.

30 years, stepping down

PETER WEISS

here was a scene in a movie from about 30 years ago, in which a woman is having what appears to be a panic attack in a department store. She starts to sweat and become jittery as she lies down on the floor. Her concerned partner leans over her as a crowd gathers around.

The partner looks about and anxiously asks, "Does anyone have a Valium?" About 10 people reach into their purse or wallet and each hands the man a pill.

Around 9.7 million Americans take anti-anxiety medications, according to the health research firm IQVIA. Some 29.7 million Americans take antidepressant prescriptions such as Lexapro and Prozac.

There was a 34 percent increase in antianxiety medication prescriptions during the COVID-19 pandemic, according to Express Scripts, an online pharmacy and pharmacy benefit manager. Compare that to a 14.8 percent increase for insomnia aids and an 18.6 percent increase for antidepressants.

B.R. is a 42-year-old mother of two teenagers, married, and in what seems to be a strong relationship. She was referred to me because she was suffering from decreased libido. She loves her husband, finds him attractive, but she still has no desire. Her exam was normal, except for the fact she was taking an antidepressant. She's been on it for almost 10 years. Mind you, she isn't depressed. She was told to stay on them because she was under a lot of stress. CO-VID-19 just made things worse.

I gently confronted her with this and suggested she find a better mechanism for coping with her stress and wean herself off. She became quite defensive and was afraid to stop. She wanted her "testosterone" levels checked first. She read on the internet that low testosterone levels are the cause

I admit, one of the problems with all of these antidepressants and anti-anxiety medications being written is that it's easy to do just that. We physicians tend to have a low threshold to prescribe them. It's just so easy to prescribe, and we don't need to play therapist. Over the years, I have become much more resistant and try other measures first. I am a firm believer in the power of one's mind and its ability to treat and heal oneself for stress-related issues. There is definitely a place for medication and a need to help alleviate anyone suffering, but it's my job to help find the best solution, not necessarily the quickest and easiest.

Depression is different from anxiety. There are all sorts of depression, all of which need to be evaluated by someone who knows what they are doing. Situational depression, such as getting fired, going through a divorce, or worse, is a short-term problem that needs attention. Endogenous depression needs even more work and involves long-term treatment. Many of these issues do require short-term medication in conjunction with therapy.

Anxiety issues can be multifaceted and every patient wants a quick fix. Taking Xanax because you are in a stressful job won't treat or help alleviate the situation. You're still in that stressful job. COVID is an obvious major stress factor. Confusing guidelines with no end in sight compounds the situation. For situational stress, I have written on a prescription pad "meditate twice a day and call me in the morning."

Now, my meditation isn't what you're thinking, it's a simple way to take a deep breath, and find a "tool" to help you control the situation. Sometimes just leaving the room, and walking outside for five minutes can do the trick. Getting up and getting a glass of water, or just breaking the mental cycle you find yourself in can be helpful. Exercise or yoga also can be very effective.

B.R.'s blood tests all came back normal. Her hormone levels were perfect. She still didn't want to taper off her antidepressants. However, she agreed to see a psychiatrist I work with. She finally was able to taper off her meds and, funny thing, her sex life came back. Antidepressants can lower one's libido; she didn't believe me at first. She is still under stress, but found a way to take control. Now, not every case has such a simple solution. It just shows how dependent we can become on medication to treat everything.

Most antidepressants and antianxiety

Recommendations for exercise-based

medications were originally for short-term use of about six to 12 months. Some people do need long-term therapy, but that isn't for most of us. The overprescribing of all these psychotropic medications is harmful. The discontinuation syndrome of quitting can be very powerful and is the reason for so

many failed attempts to get off these ad-

MIND & BODY | 3

Meditate

One of the

problems with antidepressants

and anti-anxiety

medications is

they are just so

easy to prescribe.

dictive drugs. Meditation in one form or another can be extremely beneficial for one's health. Very little was taught about it in medical school. Meditation doesn't have to be in a formal setting; find a form that works for you. You're never too old to start. About 14 percent of Americans say that they have meditated in one form or another. In 2019,

some 52 million Americans downloaded a

meditation app. I have always used my own personal method of meditation to get me out of an uncomfortable stressful situation. I hate tight spaces, but have had several MRIs for chronic migraines. I find what I call my "Zen mode" before entering the MRI. I still hate the close space, but I'm able to get through the process with very little anxiety. I've even found my "Zen mode" at dinner parties I just don't want to be at. Sometimes, my wonderful wife has to elbow me back to reality. Why should she have to suffer alone?

The benefits of meditation are numerous, including improved sleep and decreased

Some studies have shown that meditation can reduce anxiety levels by as much as 60 percent. It also reduces depression relapse by about 12 percent. The positive benefits are on both mental and physical well-being, such as lowering blood pressure in the majority of those who meditate in one form or another.

I am one physician who hates psychobabble, but also I am one who isn't afraid to write a prescription for you to "meditate twice, and call me in the morning."

Steady Heart, No Drugs

6-month exercise program helps patients with atrial fibrillation maintain normal heart rhythm

SARAH COWNLEY

For patients with atrial fibrillation, a new exercise program has been found to help restore normal heart rhythm. This specialized six-month exercise program was presented at the European Society of Cardiology Con-

This new lifestyle treatment suggests that some patients can control their arrhythmia through physical activity, eliminating the need for complex interventions such as medications or ablation.

Symptoms of Atrial Fibrillation Atrial fibrillation (AF) is a condition that

causes an irregular, often rapid heart rate that can lead to poor blood flow. Some common symptoms include shortness of breath, heart palpitations, lightheadedness, and fatigue. AF patients often have significant risks of heart failure and stroke.

Patients in the exercise group maintained a normal heart rhythm without needing continued use of drugs.

Sarah Cownley earned a diploma in nutritional therapy from Health Sciences Academy in London, and she enjoys helping others by teaching healthy lifestyle changes through her personal consultations and with her regular contributions to the Doctors Health Press. This article was originally published on Bel Marra Health.

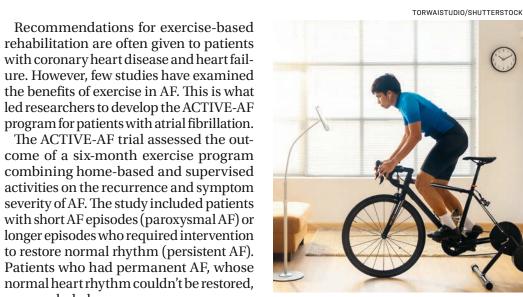
rehabilitation are often given to patients with coronary heart disease and heart failure. However, few studies have examined the benefits of exercise in AF. This is what led researchers to develop the ACTIVE-AF program for patients with atrial fibrillation. The ACTIVE-AF trial assessed the outcome of a six-month exercise program combining home-based and supervised activities on the recurrence and symptom severity of AF. The study included patients with short AF episodes (paroxysmal AF) or

normal heart rhythm couldn't be restored, were excluded. For the trial, 120 patients with symptomatic AF were randomly allocated an exercise intervention or usual care for six months. The intervention included supervised weekly exercise and an individualized weekly plan to follow at home. The target was to increase aerobic exercise by up to 3 1/2 hours per week over six months. The usual care group received advice about

to restore normal rhythm (persistent AF).

Patients who had permanent AF, whose

physical activity, but no active intervention. The study found that after 12 months, the AF recurrence rate was significantly lower in the exercise group (60 percent) compared to the control group (80 percent). This meant that patients in the exercise group could maintain a normal heart rhythm without needing invasive interventions or to improve cardiorespiratory fitness."



For patients with atrial fibrillation—an irregular and often rapid heart rate—a new exercise program has been found to help restore normal

the continued use of drugs. "Our study provides evidence that aerobic

exercise should be incorporated into the treatment of patients with symptomatic AF," study author Dr. Adrian Elliott said. "This should sit alongside the use of medications, as guided by a cardiologist, and management of obesity, hypertension, and sleep apnoea. As a general guide, patients should strive to build up to three and a half hours per week of aerobic exercise and incorporate some higher intensity activities **Breakthrough**

cases among the

vaccinated raise

concerns about

statistical

nated Icelanders, according to Ásthildur

Knútsdóttir, Director General of the Min-

According to news reports, over 85 percent

of the Israeli adult population has been vac-

cinated. But a July report from Israel's Min-

istry of Health found that Pfizer's vaccine

is only 39 percent effective. Though Israeli

health officials are telling the public that the

cases are more mild in vaccinated individu-

als, this upsurge in COVID cases and deaths

is leading Israel's prime minister to issue new

Dr. Peter McCullough, an academic inter-

nist and cardiologist in practice in Dallas,

Texas, says that a large number of people in

the hospitals right now have, indeed, been

a talking point. The vaccinated are partici-

Other physicians are seeing the same

thing. "In my practice multiple patients who

are fully vaccinated have been admitted

to local hospitals," says Dr. Jeffrey I. Barke,

a board-certified primary care physician

based in Newport Beach, California. Barke

believes part of the problem is exaggeration

of the efficacy: "If the vaccine works so well,

why are we now pushing a booster?"

Jennifer Margulis, Ph.D., is an award-

istry of Health.

pating in this."

Who's Really Being Hospitalized?

Breakthrough cases reach majority levels in some jurisdictions but numbers elude CDC

Continued from Page 1

Diagnosed with a Pancreas Disorder, Admitted as a COVID Patient

After a battery of testing, my friend was diagnosed with pancreatitis. But it was easier for the hospital bureaucracy to register the admission as a COVID case.

Let me explain. This patient had none of the classic symptoms of COVID: No shortness of breath, no fever, no chills, no congestion, no loss of sense of smell or taste, no neurological issues. The only COVID symptoms my friend had were nausea and fatigue, which could also be explained by the surgery. However, nearly three weeks earlier, a COVID test had come back positive.

The mainstream media is reporting that severe COVID cases are mainly among unvaccinated people. An Associated Press headline from June 29 reads: "Nearly all CO-VID deaths in US are now among unvaccinated." Another, from the same date: "Vast majority of ICU patients with COVID-19 are unvaccinated, ABC News survey finds."

Is that what's really going on? It's certainly not the case in Israel, the first country to fully vaccinate a majority of its citizens against the virus. Now it has one of the highest daily infection rates and the majority of people catching the virus (77 percent to 83 percent, depending on age) are already vaccinated, according to data collected by the Israeli government.

After carefully reviewing the available data, including the safety and efficacy profiles of the mRNA vaccines, my friend had taken a cautious approach. Though a medical doctor who gives vaccines in the office every day, my friend opted to wait and see. According to WebMD, a "huge have also chosen not to get the vaccine. Indeed, various news reports, from California to New York, confirm that up to 40 percent of health care workers have decided the risks of the vaccines do not outweigh the benefits.

After admission, I spoke to the nurse on the COVID ward. She was suited up in a plastic yellow disposable gown, teal gloves, and two masks underneath a recirculating personal respiratory system that buzzed so loudly she could barely hear. The nurse told me that she had gotten both vaccines but she was feeling worried: "Two thirds of my patients are fully vaccinated," she said.

Data Limitations

How can there be such a disconnect between what the COVID ward nurse told me and the mainstream media reports? For one thing, it is very hard to get any kind of accuracy when it comes to actual numbers. In fact, the Centers for Disease Control and Prevention (CDC) have publicly acknowledged that they do not have accurate data. As reported by the Associated Press, "The

CDC itself has not estimated what percentage of hospitalizations and deaths are in fully vaccinated people, citing limitations in the data." At the same time, data collection is done

on a state by state basis. In most states, a person is only considered fully vaccinated fourteen days after they have had the full series of the vaccine.

This means that anyone coming into an American hospital who has only had one dose, or who has had both vaccines but had the second one less than two weeks prior, will likely be counted as "unvaccinated."

So when the South Carolina's Departreleased a report about COVID severity on a COVID death by state health officials (af-

Cases Fully

Vaccinated

2689

3176

3303

2200

2200

1384

540

142

TOTAL

15634

Age Group

20-29

30-39

40-49

50-59

60 - 69

70-79

80-89

TOTAL

20-90+

July 23, 2021, they reported higher morbidity and mortality rates in the "not fully vaccinated." Are these people who have number" of frontline hospital workers had one vaccine and gotten sick, two vaccines and gotten sick, or no vaccines at all? Without more details, it is impossible to know what is really going on.

> Various news reports, from California to New York, confirm that up to 40 percent of health care workers have decided the risks of the vaccines do not outweigh the

"We don't have accurate numbers," insists Dr. James Neuenschwander, an expert on vaccine safety based in Ann Arbor, Michigan. But what we do know, Neuenschwander says, is that the vaccines are not as effective as public health officials told us they

would be. "This is a product that's not doing what it's supposed to do. It's supposed to stop transmission of this virus and it's not doing that."

Overcounting COVID

AVERAGE

86.0%

Then there is the problem of attributing severe illness and deaths from other causes to COVID, like in my friend's case. Health authorities around the world have been doing this since the beginning of the COVID crisis. For example, a young man in Orange County, Florida who died in a motorcycle ment of Health and Environmental Control crash last summer was originally considered

ter Fox News investigation the classification was changed.) And a middle-aged construction worker fell off a ladder in Croatia and was also counted as a death from COVID (whether having COVID played a role in his death is still unclear.)

To muddy the waters further, even people who test negative for COVID are sometimes counted as COVID deaths.

Consider the case of 26-year-old Matthew Irvin, a father of three from Yamhill County, Oregon. As reported by KGW8 News, Irvin went to the ER with stomach pain, nausea, and diarrhea on July 5, 2020. But instead of admitting him to the hospital, the doctors sent him home.

Five days later, on July 10, 2020, Irvin died. Though his COVID test came back fully vaccinated. "Fully vaccinated people negative two days after his death and his are being hospitalized, and ... 19 percent of family told reporters and public health of them have died," McCullough savs. "This is ficials that no one Irvin had been around not a crisis of the unvaccinated. That's just had any COVID symptoms, the medical examiner allegedly told the family that an autopsy was not necessary, listing his death as a coronavirus case. It took the Oregon Health Authority two and a half months to

correct the mistake. In an even more striking example of overcounting COVID deaths, a nursing home in New Jersey that only has 90 beds was wrongly reported as having 753 deaths from COVID. According to a spokesman, they had fewer than twenty deaths. In other words, the number of deaths was over-reported by 3,700 percent.

Who's Suffering from Severe COVID, Vaccinated or Unvaccinated?

In countries with the highest numbers of vaccinated individuals, we are also seeing high numbers of infections. Iceland has one of the most vaccinated populations in the world (over 82 percent) and is reporting that 77 percent of new COVID cases

are in fully vacci-

winning journalist and author of "Your Baby, Your Way: Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family." A Fulbright awardee and mother of four, she has worked on a child survival campaign in West Africa, advocated for an end to child slavery in Pakistan on prime-time TV in France, and taught post-colonial literature to non-traditional students in inner-city Atlanta. Learn more about her at JenniferMargulis.net

ISRAEL CONFIRMED CASES, JULY 4 TO JULY 31 Percentage of **Percent of Cases Population Fully** Unvaccinated Fully Vaccinated Vaccinated 71.9% 77.2% 77.4% 78.3% 83.9% 80.9% 84.4% 86.0% 92.2% 86.9% 92.8% 93.3% 89.9% 91.2% 87.7% 89.7%

AVERAGE

84.4%

In countries with the highest numbers of vaccinated individuals, we are also seeing high numbers of infections.

NATURE'S MEDICINE

THE EPOCH TIMES Week 36, 202

These 5 Substances Protect Your Liver

This hard-working organ has several critical jobs that you can make easier

In a world rife with toxic exposures, you must protect your liver as if your life depends on it—because it does. Here are five substances that can help keep your hardest-working organ humming.

Your liver gets very few breaks and has the difficult job of regulating an array of biological processes that are critical to health, such as metabolism, blood sugar, plasma and cholesterol production, and the removal and breakdown of toxins in the blood, to name only a few.

Liver diseases, also called hepatic diseases, are among the most serious threats to human health. Adding to the risk is the lack of safe and effective treatments, as most synthetic drug-based interventions carry black-box warnings of potentially serious adverse side effects.

Hepatoprotective Substances

With modern life producing more pollutants than ever before and the standard American diet supplying a deluge of sugar and ultra-processed foods, it's no surprise that your liver may benefit from an occasional boost of gentle nutritional support.

We've identified five of the top hepatoprotective substances on the planet to make it easy for natural health enthusiasts to stock their herbal medicine cabinets. In fact, a few of them may already be in your kitchen pantry. Adding the rapeutic doses of these five foods isn't only simple and convenient, it can also supply a boost of nutrients to keep your liver nourished and protected while it's protecting you.

One of the active polyphenols in the spice turmeric, curcumin has numerous scientifically validated health benefits, including providing liver protection. Curcuminoids are responsible for the bright yellow color of turmeric and are also believed to deliver many of this spice's beneficial properties, among which are powerful antioxidant

Oxidative stress can cause a host of inflammatory injuries that damage healthy cells. A Chinese research team explored the use of curcumin to alleviate damage to liver cells caused by exposure to ethanol, the intoxicating ingredient found in many alcoholic beverages.

searchers concluded that oxidative damage to liver cells was significantly ameliorated by curcumin treatment.

2. Coffee

While it's common knowledge that con-

suming excessive alcohol can damage the liver, eating a primarily processed food diet may be just as hepatotoxic in the long term. Non-alcoholic fatty liver disease (NAFLD) is a global health concern affecting people who drink little to no alcohol. In the United States, NAFLD is the most common form of chronic liver disease, likely owing to the sad state of the standard American diet.

When it comes to popular dietary habits, there's perhaps none more enduring than morning coffee, and fortunately for coffee's many fans, it may also help protect against liver disease.

A 2016 meta-analysis compared the risk of NAFLD for individuals who did and didn't drink coffee. It also compared the risk of liver fibrosis, the excessive buildup of proteins that occurs in many liver diseases, between NAFLD patients who did and didn't drink coffee. The analysis showed a significantly decreased risk of NAFLD among coffee drinkers, as well as a significantly decreased risk of liver fibrosis among patients with NAFLD who drank coffee on a regular basis.

3. NAC (N-Acetyl Cysteine)

N-acetyl cysteine, or NAC, is a precursor of the amino acid L-cysteine that acts as a potent antioxidant. While L-cysteine is found in foods such as poultry, eggs, yogurt, and sulfur-rich vegetables, NAC can only be obtained in supplement form. NAC works by scavenging free radicals, especially oxygen radicals, making it a potentially powerful ally in the treatment of oxidative stress, a crucial factor in liver diseases.

The prescription of high-dose acetaminophen (APAP) for mild-to-moderate pain management is still commonplace, though it's increasingly recognized as high-risk. As a result of data revealing unintentional overdoses, in 2011, the U.S. Food and Drug Administration asked pharmaceutical companies to limit the amount of APAP used in prescription pain relievers owing to risks of severe, even lethal, drug-induced

NAC has demonstrated significant promise as a hepatoprotective substance, partly due to its ability to efficiently block acetaminophen toxicity. A 2015 study showed that administration of NAC within eight In the study, rats that were pretreated hours of APAP overdose effectively mitiwith curcumin before exposure to ethagates hepatotoxicity, advising that this through measured enzymatic activity. Re- a convenient and effective way of preventing toxicity associated with large dosage of APAP."

4. Ginsenosides Responsible for the pharmacological ef-

fects of ginseng, ginsenosides play a criti-

cal role in the body's inflammatory and disease responses and have shown impressive potential in the prevention and treatment of liver diseases. Clinical studies have shown the ameliorative effects of ginsenosides against acetaminophen-induced hepatotoxicity.

Another recent study demonstrated that the anti-inflammatory power of ginsenosides promotes the healthy metabolism of fat by the liver and may alleviate liver injury in patients with fatty liver disease. This potent polyphenol comes in supplement form as an extract of the Panax ginseng root and makes a great addition to a smoothie or nutritional shake.

5. Vitamin E

Vitamin E is a fat-soluble nutrient found in many foods, including wheat germ, nuts, seeds, and green vegetables. Important for eye health and the quality of blood and tissue, vitamin E's antioxidant properties also play a role in healthy liver function. A metaanalysis of randomized controlled trials found that vitamin E supplementation significantly improved liver function and the quality of liver cells and tissues in patients with NAFLD.

Vitamin E also protects the liver against oxidative damage caused by exposure to formaldehyde. Formaldehyde is one of the most common home and industrial toxins in use today, found in products such as carpeting, curtains, wood cabinets, and furnishings, as well as glues, paints, pesticides, cosmetics, and detergents.

Protecting Your Liver—for Life

In our modern, chemical-filled world, a healthy liver is essential to stay ahead of the toxic curve. Protect yours naturally your life depends on it. To learn more about liver diseases and naturally hepatotoxic substances, consult GreenMedInfo.com's research database for up-to-the-minute science-based natural health information.

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

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Important for eye health and the quality of blood and tissue. vitamin E's antioxidant properties also play a role in healthy liver function.









With modern life being full of pollution and ultra-processed foods, our livers could use a little

Eating Clean and Planning for Optimal Health

When it comes to diets, you can count your calories or you can choose your foods more carefully

Clean eating is great

for people who want to

focus on the nutrition of

IAN KANE

There are certain large, casual dining establishments I'm sure we've all been to that emphasize serving you lots and lots of food on family-sized platters. In doing so, these successful companies try to satisfy their customers' desire for delicious value. But are we valuing the right things?

Similarly, a diet that is gaining in popularity, called the "If It Fits Your Macros (IIFYM)," allows the people who follow it to eat whatever they want as long as they eat the right amounts of macronutrients such as protein, carbohydrates, and fat. Nutrition takes a back seat to calories.

"IIFYM speaks specifically to fat loss from a macro nutrition and thus a caloric standpoint and is purely a means to improve body composition," writes founder Anthony Collova on the official IIFYM website. He goes on to write that his diet "does not address health concerns of the heart, brain or other organs and does not put an emphasis on so-called 'healthy eating." On the opposite side of the spectrum is

clean eating, in which the quality of the foods you consume is emphasized, instead of quantity. It also recommends guidelines on what types of foods to eat and those that should be avoided. This is backed up by the Harvard School of Public Health, which concluded that eating high-quality foods in appropriately sized portions is better for

both optimal health and weight control.

eating is that people stick to eating allnatural, whole foods, and stay away from overly processed foods. It also advises folks to avoid foods with artificial ingredients, refined foods, alcohol, and soda

Many advocates of clean eating will suggest that it's not truly a diet, but rather a lifestyle, a habit of eating some things and not others. As mentioned previously, clean eating is

focused on food quality rather than quantity, so counting calories isn't adhered to in this food intake philosophy. "Fresh, natural foods tend to be more satisfying and rich in nutrients such as protein and fiber than processed ones," ac-

their foods instead of the tritionist Linda Foster points quantity of their calories. out. "These slow the breakdown of sugar into the bloodstream, keeping you fuller for longer and stopping those hunger pangs

claimed health expert and nu-

Clean Eating is Most Suitable For ...

that leave you needing to snack.'

Clean eating is most suitable for folks who are more focused on the intrinsic health properties of certain foods, who don't want One of the overarching tenets of clean to monitor and record the calories in their

when it comes to their food intake. The word "restriction" could be a red flag for

some people, but clean eating actually allows for a generous degree of flexibility in the amount of food that people eat, and the timing and fre-

> Also, with a little bit of diligence and self-discipline, clean eating can be utilized by a wide array of people with drastically different goals, such as gaining muscle,

Is Clean Eating Hard to Follow?

A clean-eating plan can be easy or more difficult to follow, depending on the type of person you are and whether you are open-minded enough to try something new. For people who are used to eating whatever they want, such as

junk foods and packaged foods with lots of additives and preservatives, this might be more of a jarring, dramatic switch than expected. Therefore, a gradual shift over to fresher, whole foods may be warranted. But it's worth it—because as a review published in The Journal of Clinical Hypertension points out, processed foods can lead to in-

food, and who don't mind some restrictions creased bodily inflammation levels and an elevated risk of heart disease.

For those who have some self-discipline and don't mind eating within certain dietary boundaries, the clean-eating framework can be much easier to adjust to. After all, it's not all about constant sacrifice quency of consumption. many advocates of clean eating allow for either an 80-20 or 90-10 guideline. This allows for people to eat whatever they want (i.e. splurge) from 10 percent to 20 percent of the time, respectively.

It's All in the Labels

Read the labels of your store-bought foods and make sure they have recognizable ingredients. Try to prepare your whole food meals at home and avoid processed, junk, and packaged foods as much as possible.

For example, instead of eating a pineapple glazed pastry, add rolled oats to some Greek yogurt, and top with fresh pineapple chunks. Eating this way will almost certainly help you lose weight, since processed foods are much higher in calories. But more importantly, it will give the electrochemical miracle of your body what it needs to carry you through a lifetime.

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

Source 2: https://datadashboard.health.gov.il/COVID-19/general

Cases

795

881

635

359

187

100

61

20

TOTAL

3038

Overcoming Cancer With Hope and Natural Medicine

We've come to believe the routes to healing cancer are paved in pain and chemo-but that isn't always true

Continued from Page 1

The conventional approach—typically a mix of chemotherapy, surgery, and radiation, as well as the symptoms they cause—leaves the grueling signature of cancer treatment. But specialists insist conventional methods are vital to survival. At the very least, these treatments may grant a cancer patient a few more precious months to spend with loved ones.

This is the protocol doctors overwhelmingly recommend. But it isn't the only choice. Some patients turn down conventional treatment yet still manage to recover and even thrive.

James Templeton is dedicated to sharing these triumphal tales as part of his Templeton Wellness Foundation. He interviews both doctors and patients who have witnessed real healing with natural modalities. Templeton's mission is to offer hope to those facing a frightening or even a seemingly hopeless diagnosis. He documents the details of his own battle overcoming stage 4 melanoma in his book, "I Used to Have Cancer."

Templeton said he was ready to share his own story once he managed to stay cancerfree for more than 30 years. He credits his long-term success with deceptively simple tools: a macrobiotic diet and copious amounts of vitamin C. But he said the most powerful medicine, the engine that really drove his recovery, was hope.

"I learned a lot, and it all started with not much hope. The hope came to me through prayer, and putting the energy out there that I was desperate for help," he said.

When Templeton was first diagnosed, he seemed like an unlikely cancer candidate. He was 32-years-old and a dedicated runner. However, during a routine physical, Templeton's doctor noticed a suspicious mole on his back. The growth was cancerous, but the fix was easy. After the mole was removed, Templeton was given a clean bill

But a follow-up exam a few months later uncovered a new development: a lump in Templeton's groin. Surgery revealed the lump to be part of a deep, fast-growing cancer. Doctors removed a large chunk of diseased lymph nodes, but they couldn't get it all. So they recommended an experimental protocol to kill the remaining cancer: 80 sessions of whole-body hyperthermia combined with chemo.

For each treatment, Templeton was given a typhoid serum to raise his temperature to 105 degrees or more, and he was covered with weighted blankets to keep him even warmer. Another aspect of the treatment made him feel as though he was freezing to death. One full treatment took about 8

Templeton was determined to get better, so he embraced the rough regimen. But it was by no means a cure.

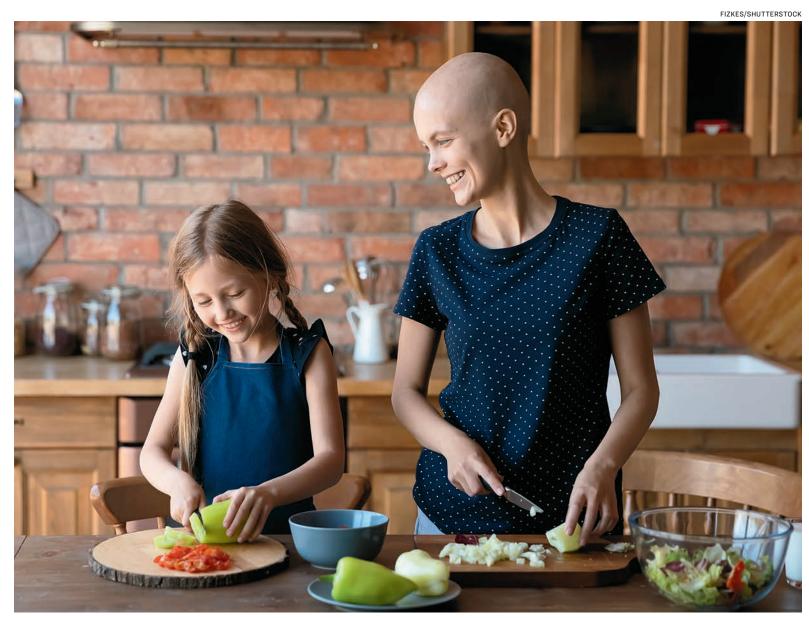
"I asked my doctor, 'What are my chances of surviving this long term?' He said, 'You've probably got a 20 percent survival of 3 to 5 years. If you can get through these 80 treat-

Finding Hope

Such poor odds for such harsh treatment he risked losing his leg.

"I was desperate, so I started to pray to God. I felt like every cell in my body was praying. It was like a prayer I never felt before. This was a heartfelt, gut-wrenching prayer," he said. "After I got through praying I had tears in my eyes. And I bet it wasn't 20 minutes later when I got a knock on the door in the hospital. This was when it all

When his door opened, in walked an old



Cancer is a terrible diagnosis, but a positive attitude is one way to support the body in its healing effort.

several years. He had heard about Templeton's illness through a mutual friend and had just read about an actor who had cured his prostate cancer through something called a macrobiotic diet. The book was called "Confessions of a Kamikaze Cowboy," and the author was Dirk Benedict, best known for his role in the 1980s action-adventure TV show "The A-Team." By strange coincidence, the character Benedict played was also named Templeton, Lieutenant Templeton "Faceman" Peck.

The story spoke to Templeton immedi-

"I couldn't stop reading it. I was so exfor him following this diet and lifestyle to overcome cancer, maybe it could work

The next day, Templeton got another visitor and another book. This time it was his stepmother and the book was by Nobel Prize Winner Linus Pauling. It showed evidence of late-stage terminal cancer patients who did really well with high doses of vitamin C.

On the third day came another knock. This time it was the hospital psychotherapist. He had come to address Templeton's depression. However, by then, Templeton was no longer depressed. But he was curious about the new treatments he had read about. So he asked the psychotherapist

"I asked this guy if he knew anything about this macrobiotic diet. He said, 'Hold on,' and started going for the door. I felt like he was just going to leave. He looks out in the hall and shuts the door," Templeton said. "He comes back in and says, 'I do know about the macrobiotic diet, but I don't want to talk to you unless you promise that you won't speak to anybody about this conversation. I don't want anyone to know that I'm telling you about this because I'd lose my job and my pension."

The psychotherapist gave Templeton a couple of titles on the macrobiotic philosophy and said he personally knew cancer patients who had done very well with it. But he stressed that success didn't come easily.

"It takes a lot of work," Templeton said. "You've got to make changes in your life. But it's attainable if you give it 100 percent and you've got to dig in at the beginning. At least for a couple years to get the results."

A New Lifestyle

The macrobiotic diet is based on the ancient Taoist principles of yin and yang. A typical meal consists primarily of whole grains, vegetables, and beans, with exotic additions such as seaweed and miso soup. Compared to the hyper-palatable, calorically dense, and nutritionally deprived foods that often comprise the modern American diet, macrobiotic meals feature subtle flavors and simple, healthy ingredients that have long been used in traditional Asian medicine to treat chronic disease.

In addition to achieving balance through healthy food, the macrobiotic philosophy aims for balance in every aspect of life: physical, mental, and spiritual

Templeton was intrigued by those ancient Eastern ideas. But what convinced him was how much better he felt from putting them

"Little by little, I got stronger. I was able to do things again. I even started to go for runs and exercise, even though I was in a lot of pain," he said.

This was in stark contrast to how he felt from his hospital treatment. At first, Templeton decided to combine the cold checited," he said. "I thought: If it would work mo sessions with his macrobiotic meals. But the more treatments he endured, the worse he felt. So late one night, he decided to sneak out of the hospital, and he never

> "The chemotherapy felt like torture," he said. "I was so weak. I couldn't eat. I was losing weight, and I had already gotten really thin from the whole ordeal. I thought, 'I've got to get out of this hospital. I don't think I'm going to make it if I don't."

> From that point on, Templeton poured his heart into the macrobiotic lifestyle and began taking vitamin C just as the books he read had described. He even spent some time at the Kushi Institute a macrobiotic teaching center located in the Berkshire Mountains of Massachusetts. It was founded by Michio Kushi, who's credited with introducing the philosophy to the West.

According to Templeton, the goal of a macrobiotic philosophy is to rid yourself of emotional and environmental toxins and being thankful for what you have.

"It's a very powerful way of living and eating," he said. "To me, cancer is just your body out of balance. It's trying to get your attention. The body wants to be healthy and feel good. A macrobiotic diet gets your body back to balance."

Based on his own success, Templeton is naturally a big advocate of the macrobiotic lifestyle and vitamin C. But he also admits that those tools don't work for everybody. Cancer is complicated, he said, and not every path to healing looks the same.

However, Templeton believes that there are a variety of natural approaches that just might speak to someone out there in need of a little hope.

Of course, not every cancer survival story comes with a natural approach. Many are able to reach remission along a conventional path. But Templeton believes that whatever recovery method you choose, you can only get out of it what you put in.

"I can look to other people to point me in the right direction and give me some guidance, but I have to do the work," Templeton said. "Some people are not ready to do it. Maybe they're at a point in their life where they're ready to move on. But some of us are here to do other things, I believe."

The Benefits of Volatility

Our lives are entirely too predictable to keep us engaged and satisfied

Without

variety,

novelty, and

surprise there

simply aren't

enough anchor

points for us

to hang our

memories on.

Did you ever consider

the possibility that

your very best

MIKE DONGHIA

Consistent. Predictable. Dependable. All three words have positive connota-

tions in our culture because of the immense benefits they bring to society and those around us. It's good to be consistent in your habits, predictable in your behavior, and dependable in your responsibilities. But what about when our daily lives become defined by these same qualities?

It may be that our modern world has swung the pendulum too far and we've removed volatility from our lives at the expense of our own health and happiness. In fact, there are benefits to unexpected—and sometimes unpleasant—changes. Bringing some of this uncertainty back into our lives offers more than just discomfort.

The Modern Mundane

Volatile systems aren't entirely predictable. They are prone to unexpected changes and variety. They don't operate with the often mechanical regularity of our modern lives.

Take, for example, the way we space out our meals three times a day with a small snack in between, never leaving the slightest chance for hunger to grow. Or the way we maintain our homes at a comfortable 72-degree climate year-round, only to climb into our temperature-controlled cars when we need to leave the house.

We've even removed the spark of the unexpected from our free time. And at the end of the day, we turn on Netflix or browse social media for hours before going to bed, all the while teaching some program our habits and patterns so it can better predict our behavior and get us to come back the next day.

Benefits of Volatility

Throughout civilization, regardless of the culture, humans haven't lived such predictable, stable, and comfortable lives. And for that reason, we may do well to heed the wisdom of history and not allow ourselves to relax so completely into our comfortable

Here are a few ways that we can benefit from volatility, or the occasional unsettling of our lives:

We have long known that periods of intense exercise followed by rest cause the body to adapt and grow stronger. But modern science is discovering that other such "shocks" to our system may

We are strengthened by stressors.

Fasting, sauna bathing, and exposure to cold temperatures are beginning to accumulate evidence in their favor. This makes perfect sense, and it appears that the same effect carries over to our mental health as well: exposure to some stress makes us stronger than being exposed to no stress or chronic



Occasionally trying something that falls well outside our routines, or carving out time for activities that invite surprise are good ways to invite a little volatility into our lives.

We grow happier from contrasts.

Food never tastes so good as when you are ravishingly hungry. The warmth of home feels so much cozier after growing wet and cold from shoveling snow. And rest feels most satisfying when preceded by extreme

Our life is enhanced by contrasts, not diminished. If you want to appreciate and enjoy the full range of human experiences, there is no better way than to expose yourself to more variety.

We slow down and become more present.

Do you want to slow down the perceived passing of time in your life? Would you like to look back in your old age on a lifetime filled with memories and experiences? There is a strong case to be made that monotony makes us feel each day passes slowly while the weeks and months disappear in a blur.

Without variety, novelty, and surprise there simply aren't enough anchor points for us to hang our memories on.

We discover unexpected joys. Did you ever consider the pos-

sibility that your very best friend might be someone you haven't met yet? Or the best book you'll ever read might be years in your future? The most breathtaking view and your biggest laugh might be waiting for you too.

All of these wonderful prospects are a great reason not to slip too deeply into the comfort and rhythm of a completely predictable routine. Some of life's greatest moments are unexpected twists, turns, and adventures. We need only leave open the possibility for volatility and surprise can find us.

Ways to Volatilize Your Life

You cannot exactly plan volatility into your life. You need to leave room for the truly unexpected. A good step in the right direction, however, is to add variety. Occasionally, expose yourself to an extreme that you may not be used to. Or simply make space to try something novel. Here are some ideas to get you started:

- · Occasionally skip a meal or fast for an entire day.
- Expose yourself to hot and cold
- environments. • Embrace serendipity by saying "yes"
- to unplanned moments. · Take an extended break from some-
- thing that you enjoy. • Explore all of the parks and trails
- within 90 minutes of your home. • Seek out laughter and humor in
- your life. • Drive a new route to a familiar des-
- tination—without using a GPS. • Read a book on a topic that you
- wouldn't normally pick up. • Take a sabbath rest and avoid all
- productive activities for 24 hours.
- Invest money that you won't need for decades into volatile assets.
- Go for a long walk without a
- planned route or destination.

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.

A Self-Sufficient Mind

Our mind is constantly trying to squeeze thought from neurons, but we can teach it how to rest

LEO BABAUTA

In a quiet room, we can find stillness. And in that stillness, we can contemplate our

What we often find is that the mind is very restless. It wants to take care of a thousand things, often because it's feeling some uncertainty or fear. It wants to fix problems, take care of all the undone things, and figure out if everything is going to be OK. It wants to get all of our needs met, from survival needs to obtaining an understanding of meaning, connection, and love.

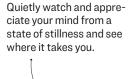
The mind is restless, wanting to fix everything and get everything it needs. What if we could allow our minds to rest,

settling into the full sufficiency of itself just

We would need nothing in each moment, other than what's required for physical survival or meaningful daily activity. There might be a wholehearted desire to do some good for ourselves or others, but it doesn't have to come from fear.

There's a tranquility that can come with this kind of practice, a feeling that we're enough and that everything we need is already inside us.

It's a lifetime practice.





mind. It's like an energy, trying to spin thought and feeling into existence. It's unaware that it's already brilliant, abundant, and enough without creating a single thought. It's luminous and beautiful. We can start to appreciate these delightful qualities of the mind. This takes curiosity, apprecia-

you feel restless, stay for a little longer to Rest in direct experience. Let your attention turn to the sensations of your body:

doing anything but witnessing it.

the mind tries to do its thing.

Go, sit, and practice observing your own mind. The journey inside is the most important one you will take. Leo Babauta is the author of six books

What if you could

rest, settling into

the full sufficiency

of itself just as it is?

allow your mind to

and the writer of Zen Habits, a blog with over 2 million subscribers. Visit ZenHab-



Here's how I recommend starting: Appreciate the luminous quality of the Sit in a quiet spot. Elevate your hips above your knees with a cushion to give yourself more stability and comfort. Sit in an upright but relaxed posture. Your eyes can be closed or slightly open with a soft downward gaze. Find stillness. Stay in this spot for at least 5 to 10 minutes, longer over time if you like. tion, and practice—a lot of practice. It doesn't have to be a long time, but when

practice with this restlessness. the sounds, smells, and sensations of your resent moment. These sensations are di-

> Observe the mind. Your mind will want to turn away from this direct experience. That's because it feels unsettled. It wants to get its needs met, fix problems, or deal with uncertainties or fear. That's OK! Watch the mind do its thing. What is it trying to fix? No-

tice the underlying fear or desire as



ments without dying," Templeton said.

left Templeton devastated and depressed. The surgery that aimed to remove his cancerous lump had left his leg sore and stagnant. Since nearly all of his leg's lymph nodes had been removed, the fluid had to be manually drained with a pump, or else

Templeton said he wasn't really a religious guy, but the circumstances of that hopeless moment in the hospital inspired a call for help more powerful than he could have ever imagined.

college buddy Templeton hadn't seen in



The goal of a

macrobiotic

philosophy

is to rid

vourself of

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environmental

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for what you

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I learned a lot, and it all started with not much hope. The hope came to me through prayer, and putting the energy out there that I was desperate for

James Templeton

help.

MIND & BODY Week 36, 2021 THE EPOCH TIMES

Why We Need Hobbies

give us a

Donna Martelli,

formerly a professional dancer with

the Harkness Ballet

of New York, served

on the dance faculty

at Butler University,

Indianapolis, and

is now also a certi-

fied personal trainer,

and certified Pilates

dianapolis, IN. She

seminars, and work-

shops in the U.S. and

author of "When God

available on Amazon

and wherever books

instructor in In-

conducts classes,

Europe. She is the

Says Drop It" and

"Why the Dance,"

are sold.

These creative outlets give us a way to unwind and re-energize

DONNA MARTELLI

Filling out various questionnaires and applications in life, there is often this one nagging question:

Hobbies?

I never had real hobbies, so I when I came across that annoying question, I would write in something nondescript like reading or decorating. I've always wanted to make lovely things but that is a vague concept that can cover many activities that might be classified as hobbies.

The COVID-19 quarantine of 2020 transformed by hobby situation. "Making things lovely" was still the foundation but now I had two new bona fide hobbies that were born during the pandemic.

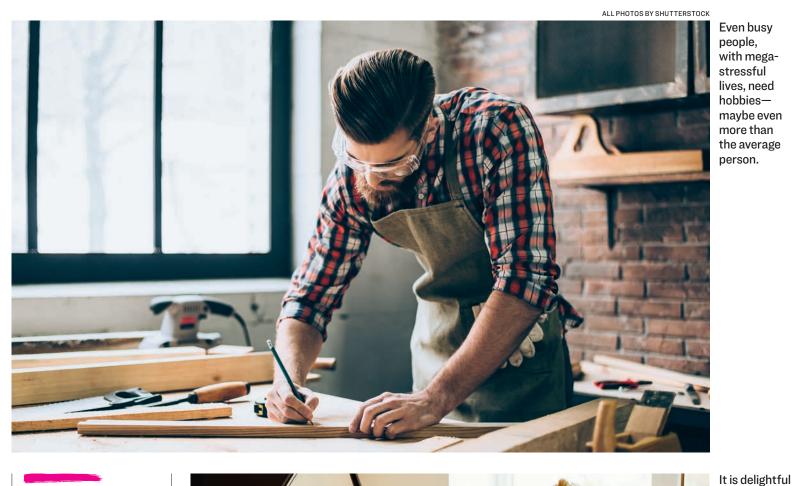
Somewhere along the way, a proverbial light bulb illuminated my brain and I realized how hobbies enrich our lives like nothing else can. I feel happy and at peace when I am working in these newly beloved hobbies. I have friends with this same testimony of discovery during 2020. Many people took this unsettling time to weigh what matters most in life and get rid of frills, embrace a healthier lifestyle, and start something new, be it course, business, or hobby.

There's nothing like creativity. In fact, the literal definition of being creative is to bring forth something new and unique. I used to think that hobbies were for retirees who had nothing more to look forward to in life. With their quiet and relaxed lives, maybe hobbies could fill the hours and even add a little flavor to their days. I've since discovered my view of hobbies was shallow indeed.

Even busy people, with mega-stressful lives, need hobbies—maybe even more than the average person. Why? People who engage in an interesting hobby for at least twenty minutes a week tend to be more energetic for their other activities. That's small investment for the rewards that a hobby promises.



Hobbies give us permission to relax in the present and engage all our faculties.



Our hobbies desperately needed break from routines and let us connect with something life-affirming inside us.

to be in the zone and lose track of time, totally removed from the stressors of life and fully engaged in what we are doing.

Need your batteries recharged? Work in your hobby and let it strengthen you even as it fills your heart and mind with something you genuinely enjoy. Our hobbies give us a desperately needed break from routines and let us connect with something life-affirming inside us. Hobbies give us permission to relax in the present and engage all our faculties. Hobbies can provide a break with a purpose as we use our downtime to do something productive. And hobbies come with wonderful side-effects, besides a new winter hat or box of cookies to share (depending on your hobby), we gain immense satisfaction and overall joy. Hobbies can give us quiet time to relax our minds as we occupy our hands, or social time to connect and create with like-hearted people who share our passion.

For people with somewhat dull, uninspiring lives, hobbies break up the monotony without feeling like work. They can provide a little challenge and excitement about life without being overbearing.

Hobbies are gratifying to our souls. It is delightful to be in the zone and loose track of time, totally removed from the stressors of life and fully engaged in what we are doing. This has happened to me more times than I can remember.

When I was quarantined in 2020, I learned about landscaping and gardening and began my new outdoor adventure. I had to be creative where I was, and I was at home. Pulling weeds, clearing my yard of sticks, arranging stones, and adding mulch and

borders became my new hobby and it gave me such pleasure.

Hand-in-hand with landscaping and gardening, I am also delighted to have discovered "rockhounding." If you are unfamiliar with the term it means "the activity of searching for and collecting rocks, fossils, or minerals." I have done this since childhood. I remember my mom was often frustrated with all the rocks I brought home from my adventures and hoarded in my bedroom.

During lockdown, I fell in love with rocks again and began collecting any that seemed interesting or odd is some way. Then I made displays and pretty things with them. Déjà vu! I heard the words of my mom but this time they were coming from my husband, "You know if we move, those rocks stay!" I just looked at him, like I had looked at her.

So, what is your hobby? If you have one that you love, see where it will take you. Try new ideas or approaches and develop that hobby to the hilt! You can discover new potential in it right where you are.

If you are like I was and think that you don't have, or even need a hobby, think again. Hobbies give you a rejuvenating and uplifting outlet for creativity. What do you love? What are you especially good at? What brings you pleasure? Don't be afraid to experiment. If something sounds interesting, take a class, learn something new, or try some previously unknown activity each week. I am confident that you will find a fulfilling hobby that will bring your soul peace and joy.



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