

THE EPOCH TIMES

MIND &

BODY

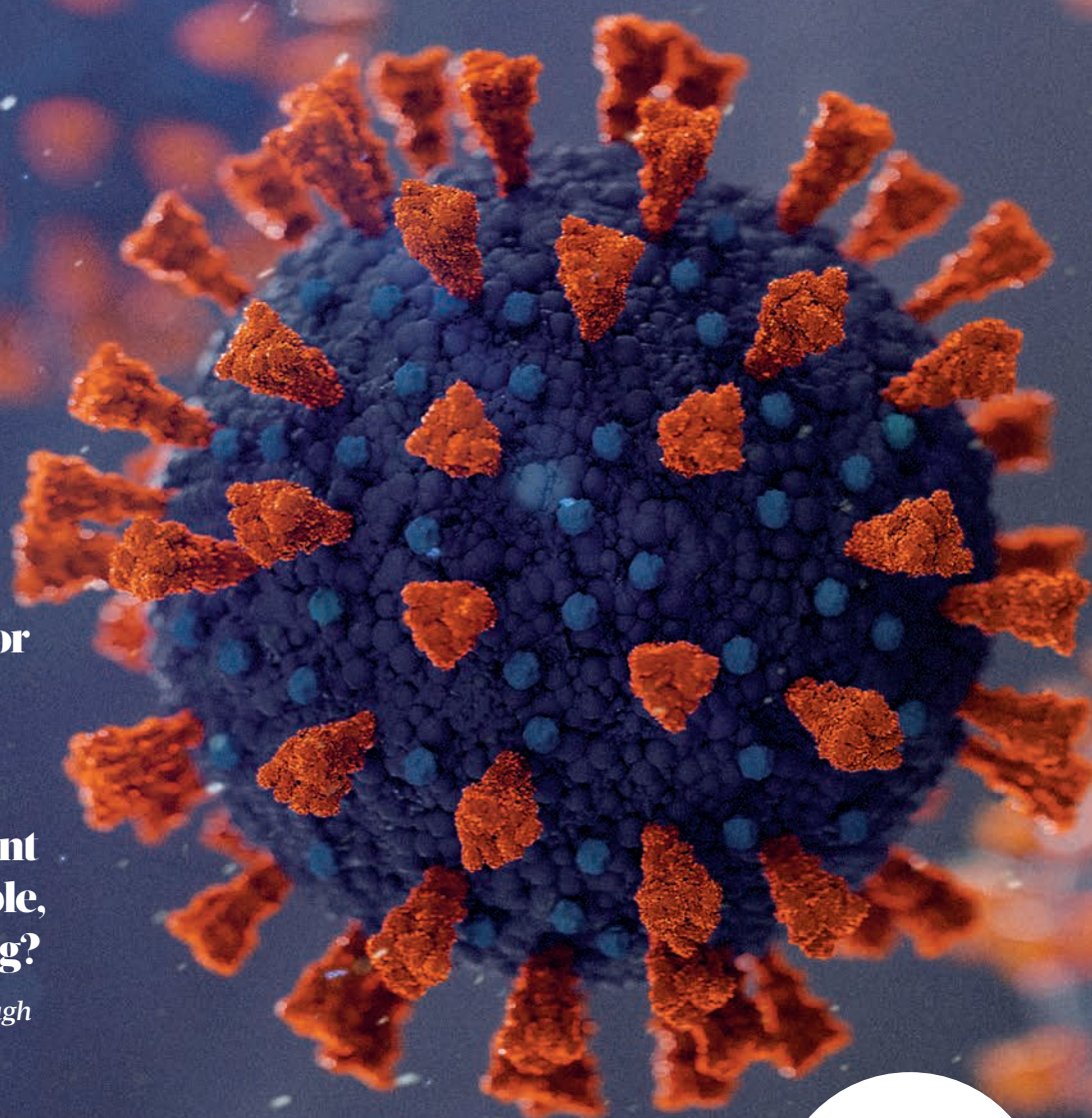
COVID-19

Credible Doctor, Incredible Situation

One of America's most esteemed doctors and researchers riled by COVID-19 response

“Since when does a doctor get put in prison [for trying] to help a patient with a simple, generic drug?”

Dr. Peter McCullough



Many available therapeutics for COVID-19 are being underutilized.

CONAN MILNER

COVID-19 vaccines have been available since December 2020 under emergency use authorization. Many people have already rolled up their sleeves to take a shot or two, but the pressure is mounting for more to comply.

At a recent White House press conference, President Joe Biden said as many as 98 percent of citizens would need to be vaccinated for the country to get back to normal. He indicated that those who are still holding out are not merely stalling our recovery, but harming public health.

“The vast majority of Americans are doing the right thing. Over 77 percent of adults have gotten at least one shot. About 23 percent haven’t gotten any shots, and that—that distinct minority is causing an awful lot of us an awful lot of damage for the rest of the country,” Biden said. “This is a pandemic of the unvaccinated. That’s why I’m moving forward with vaccination requirements wherever I can.”

Considering all the promotion and promised incentives that come with the new shot, it seems odd that anyone would choose to decline. Products from Pfizer, Moderna, and Johnson and Johnson are all available for free, and endorsed by numerous experts and health agencies as safe and effective protection from COVID-19.

But not all experts agree. Several doctors and scientists say there is a dark side to the vaccines that isn’t getting the attention it deserves.

On Aug. 20, internist, cardiologist, and epidemiologist Dr. Peter McCullough discussed his concerns with a presentation at the Andrews University Village Church in Berrien Springs, Michigan.

“We have a situation where the vaccines don’t work well enough in everyone, and it looks like they’re not safe enough either,” he said.

In a world where health experts are desperately trying to overcome vaccine hesitancy, McCullough’s statement is dangerous. It smacks of the kind of crazy conspiracy theories public health agencies and social media companies routinely warn us about. We’re advised to avoid such misinformed hearsay and instead follow the science and advice of genuine medical professionals.

The problem is that McCullough is one of the most credible medical experts you’re likely to find, particularly in regard to treating COVID-19. He’s a journal editor, has published more than 650 peer-reviewed papers indexed in PUBMED, and is president of Cardio-Renal Society of America studying the interface between heart and kidney disease.

Continued on **Page 4**

Standing on One Leg Is a Sign of Good Health

Practicing standing on one leg, especially with eyes closed, can give you confidence and prevent falls



ANHILATOR/SHUTTERSTOCK

DAWN SKELTON

Research shows that people’s ability to stand on one leg is an indicator of health and that getting better at standing on one leg can add to fitness and potentially lifespan.

Being able to stand on one leg is linked to increased levels of physical activity and decreased risk of falls and is associated with both quality and length of life. Around 37.3 million falls per year worldwide are severe enough to require medical attention.

The inability to balance on one leg for 20 seconds or longer is linked in otherwise healthy people to an increased risk of small blood vessel damage in the brain and reduced ability to understand ideas. You are

Standing on one leg can be made much more challenging if you close your eyes while doing it.

less likely to be able to stand on one leg without a wobble if you have a multitude of medical conditions such as Parkinson’s disease, stroke, or Alzheimer’s disease.

Pregnancy, menopause, the diagnosis of disease, and retirement also can alter our strength, balance, and ability to stay upright, mostly because of the way these affect our ability and motivation to engage in regular physical activity.

Sitting or reclining while awake is associated with lower muscle strength, risk of falls, and physical function, sometimes irrespective of the amount of moderate or vigorous-intensity physical activity you do. People who sit for prolonged periods are

Continued on **Page 3**

Living Simply by Letting Go

Open space in your home and schedule leaves room for new ideas and experiences

LYNN JAFFEE

About eight years ago, I convinced my husband to move from our four-bedroom home to a smaller townhome. Our kids were grown and we were tired of mowing the lawn, shoveling snow, and raking the snowdrifts off the roof. We're now tucked into a townhome with a lot less stuff. Even better, we're nestled in the woods with a creek running near our front door. And life is simpler.

While this sounds easy and idyllic, cleaning out our home of 18 years was no easy task. It took a lot of sorting, donating, tossing, and packing. During that process, several of our neighbors expressed that they wanted a simpler life. They too wanted to downsize, but felt they had too much stuff and were paralyzed by the thought of going through it all. Essentially, they were trapped in their homes by their accumulated belongings.

Don't misunderstand me—we had our share of junk amassing in the basement, and my husband is especially fond of holding onto stuff for reasons I cannot fathom. One theory is that people hang onto all kinds of things like scrapbooks, kindergarten artwork, programs, ticket stubs, and grandma's gewgaws as a way to remember the past. Another is that people store things because they are looking to the future, in that you never know when you will need 300 marbles or that scrap of green carpeting.

Most of us crave simplicity. We don't choose to be overwhelmed, to live in clutter, or to be held hostage by our stuff; it just seems to happen. This process and ensuing breakdown is something similar to digestion in Chinese medicine, in which one of its most important activities is your body's ability to discern what is useful and nutritious and what is not and should be let go of. However, when you're unable to separate what you need from what you don't, accumulation happens.

The ability to sort and let go also occurs in your mind. As you take in ideas and knowledge, you put the helpful ones to use, and discard those that don't serve you well. With your mind, however, when you're unable to let go, it becomes the stuff of worry, anxiety, and harboring grudges.

So how do you find simplicity in a complicated, cluttered life? There are no easy answers, and sometimes trying to fix the

How do you simplify a complicated, cluttered life? There are a few steps you may find helpful. Choose one or two at a time, go slowly, and be kind to yourself.



ALL PHOTOS BY SHUTTERSTOCK

problem can intensify the feelings of being overwhelmed. However, there are a few steps that you may find helpful, offered with the caveat that you choose only one or two at a time, go slowly, and be kind to yourself:

Start with the things you know you can let go of painlessly. This is the low-hanging fruit: the old newspapers in your entryway, the junk mail sitting on the table, and the jacket with the broken zipper in your closet. These are easy, so just set them free.

The same is true of some of your time commitments. Do you have to go to events that you don't enjoy or spend time with people who drain your energy? Some events may be non-negotiable, but some may be easy to drop from your calendar. The end result is that you'll end up spending more time with the people you care about and less time honoring meaningless commitments.

Put stuff away. Again, start with the easy stuff, like putting your dirty laundry into

People store things because they are looking to the future, in that you never know when you will need three hundred marbles or that scrap of green carpeting.

the hamper, the dishes into the dishwasher, and the recycling out into the bin.

Get really good at donating. Find a Goodwill near you or better yet, a charity that will pick your stuff up and use it locally. If you know it is easy to get it out of your house, it is easier to let it go. What to get rid of? A good rule of thumb is, if you haven't touched it in two years, set it free.

Create white space in your home. Clear out an area that has nothing in it except a few things that you love. While clutter feels stressful and overwhelming, an empty space to yourself is incredibly relaxing.

Create white space in your life, too. Prioritize your time commitments and learn to say "no." If you're feeling busy and overwhelmed, unscheduled time alone is like permission to do whatever pleases only you.

Practice gratitude. Maintaining a habit of thankfulness helps to keep worry and anxiety at a distance. This may be as simple as acknowledging three things for which you're grateful each morning before getting out of bed.

And finally, just slow down. Spend some time doing nothing. Think about what your life would look like if you owned less; if you strived for less, and start simplifying in baby steps.

The bottom line is that clutter, whether it's in your living room or in your mind, is a source of stress and feeling overwhelmed. By letting go of some of the things that no longer serve you, it reduces stress and worry and creates space for new ideas and experiences. Give it a try!

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

What to get rid of? A good rule of thumb is if you haven't touched it in two years, set it free.



THE EPOCH TIMES

NOW HIRING: LIFESTYLE SECTIONS

TRAVEL EDITOR Full-Time

The Epoch Times is seeking an experienced travel editor.

Types of stories include destination guides, local profiles, deep-dive features, travel news, and tips for a general audience. Stories touch on a variety of topics, including history, culture, nature, arts, family, and culinary arts, in ways that showcase and awaken readers to the beauty, wonder, and depth of heritage and tradition.

ASSISTANT FOOD EDITOR Full-Time

The Epoch Times is seeking an experienced assistant food editor.

Applicants should have exceptional editing, writing, and management skills; expansive culinary knowledge and expertise; and a passion for shining the spotlight on culinary traditions, heritage, and home cooking.

FOOD REPORTER Freelance and Full-Time

The Epoch Times is seeking experienced food writers to contribute feature articles about time-honored culinary traditions and recipes, and the people and places behind them, from across the U.S. and around the world.

Applicants should have a passion for seeking out fascinating food stories; the ability to develop them with original reporting and careful research; and the skill to write in a way that engages, informs, and inspires.

Send résumé, cover letter, samples, and three references to features@epochtimes.com

For the full job descriptions, see

TheEpochTimes.com/c-job-openings

The positions are remote.

The Omega-6 Apocalypse

How the ubiquitous use of processed seed oils ushered in a new age of disease

Seed oils have become a pervasive ingredient in processed food, triggering weight gain and inflammation.

32 PERCENT

Seed oils, which were introduced into the United States diet in 1866, made up 32 percent of Americans' diet by 2010.

JOSEPH MERCOLA

The majority of Americans are being misled by official health recommendations to eat "healthy" vegetable oils. Even the term "vegetable oil" is misleading because it gives you the impression that you are receiving vegetable micronutrients when these oils are usually toxic, industrially processed seed oils.

Seed oils are a key ingredient in processed foods and some of the most dangerous "foods" you could eat.

This is even more of an issue today since the high amounts of oxidative stress these oils cause seriously impair your immune function and radically increase your risk of all infections, including COVID-19. In my view, eliminating all seed oils is every bit as important as optimizing your vitamin D level to decrease your risk of COVID-19.

At the Ancestral Health Symposium

“Incredibly, there's many parallels between [arsenic] and seed oils, not the least of which is the fact that arsenic is fantastically oxidative, pro-oxidative.”

Dr. Chris Knobbe

held at UCLA in August 2020, ophthalmologist Dr. Chris Knobbe gave an excellent synopsis of why seed oils are the unifying mechanism behind Westernized chronic diseases such as heart disease, obesity, cancer, and diabetes.

Knobbe is the founder and president of the Cure AMD Foundation, a nonprofit dedicated to the prevention of age-related macular degeneration (AMD).

While most have heard about the health risks of eating processed sugars, net carbs, and trans fats, seed oils surpass all of these in the damage they cause to your health. If you were to make one change today to lower your risk of chronic diseases, eliminating seed oils from your diet would be the highest priority.

Most Americans Metabolically Sick Heart disease, now the leading cause of death in the United States, was virtually unknown in the 19th century. The same goes for cancer, which caused 0.5

percent of deaths in 1811 and 5.8 percent of deaths in 1900—spiking to more than 31 percent of deaths in 2010. A similar pattern emerged for diabetes, which was rare in the 19th century and had a prevalence of 0.37 percent in 1935. By 2020, there was a 28-fold increase in 85 years, to a prevalence of 10.5 percent.

Obesity? Same story. With a prevalence of just 1.2 percent in the 19th century, obesity increased 33-fold in 115 years, to a prevalence of 39.8 percent in 2015. By 1990, meanwhile, 24 percent of U.S. adults were diagnosed with metabolic syndrome, which is a combination of high blood pressure, dyslipidemia, insulin resistance, hyperglycemia, and visceral obesity.

By 2009–2015, 88 percent of U.S. adults didn't meet the five criteria for metabolic health, measured by blood glucose, triglycerides, HDL cholesterol, blood pressure, and waist circumference.

Continued on Page 12

RAWPIXEL.COM/SHUTTERSTOCK



How Emotions Have Affected Pandemic Behaviors

Research reveals how a person's emotional response changed their behavior and sense of time during the pandemic

For many people, the pandemic was a chance to refocus on forgotten passions.

PHILIP GABLE & CHRIS WENDEL

The COVID-19 pandemic has meant different things to different people. For some, it's meant stress over new school and work regimes, or anxiety over the prospect of catching COVID-19 and dealing with the aftereffects of an infection. But for others, it's created space and freedom to pursue new passions or make decisions that had been put off.

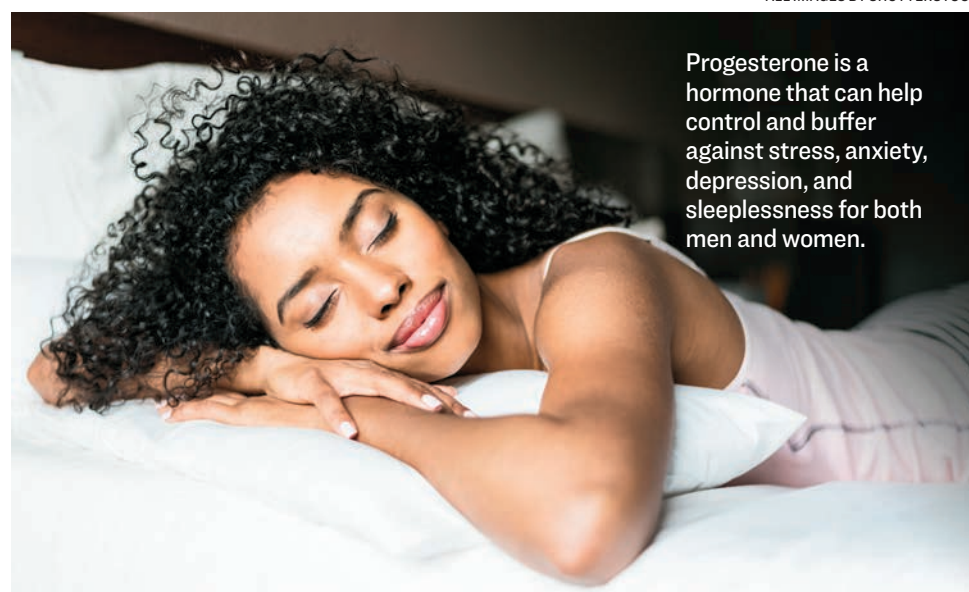
Our upended lives—for better or for worse—also likely influenced our perception of time.

In June 2020, we were part of a team of researchers who presented initial evidence that an individual's sense of time during the pandemic was closely related to their emotions.

People who reported feeling high levels

Continued on Page 15

ALL IMAGES BY SHUTTERSTOCK



Progesterone is a hormone that can help control and buffer against stress, anxiety, depression, and sleeplessness for both men and women.

The Hormonal Stress Buster

Progesterone is one of the 'feel good' hormones and many people don't have enough of it

ANN LOUISE GITTLEMAN

It goes without saying that stress has become one of the most prevalent health concerns we're facing during these trying times.

Unfortunately, stress has major far-reaching tentacles impacting almost every disease and autoimmune issue known to man. It can manifest in things such as weight-loss resistance, migraine headaches, or even acne. And, it can be involved with more life-threatening issues such as cardiomyopathy, Parkinson's, stroke, and dementia. Stress affects every aspect of our health and well-being, so it's imperative to keep our stress levels in check as much as possible.

Making sleep a No. 1 priority, spending time in nature, meditating, and unplugging on a daily basis are wonderful ways to handle stress. But there is another way that many of us overlook: a hormonal stress buster that you probably haven't considered.

Progesterone is one of the "feel good" hormones. And, if you, like millions of others around the world, are dealing with unrelenting stress, you are likely in need of a boost of it.

It's absolutely essential to have your hormones tested if you want an accurate measurement of individual hormones.

How Progesterone Beats Stress

Produced by the adrenal glands, progesterone functions as both buffer to and treatment for various ailments including stress. Because progesterone plays a significant role in so many functions critical to good quality of life, normal fluctuations in this hormone can have potentially deleterious effects, including the stressful feelings of depression, anxiety, and sleeplessness.

Quite simply stated, stress causes estrogen dominance and a lack of the calming effects of progesterone that counter excess estrogen's negative and often irritable, excitable effects. And no wonder it plays such an important role in our brain health. Progesterone is up to 20 times more concentrated in the brain than in the bloodstream.

Progesterone is widely recognized today thanks to the pioneering research of Dr. Raymond Peat and Dr. John Lee. They found that progesterone deficiency is epidemic among men and women from 18 to 80. Many people simply aren't producing enough progesterone because they lack the nutrient precursors zinc and vitamin B6. And excessive stress depletes this critical hormone.

Progesterone's key role is to help negate the effects of excess estrogen. But when levels are low and estrogen dominance happens, largely due to long-term stress,

symptoms such as anxiety, insomnia, fatigue, and irritability begin to appear. These can cascade into so many areas in our lives and destroy our health and well-being.

It isn't common to consider hormones first when you think of ways to approach debilitating stress and anxiety in today's world. There are many other considerations such as thyroid and adrenal health that control the body's intricate emotional balance. But through the many years I've been working with hormone testing, I have found that most people are lacking the proper amount of progesterone needed to combat excess estrogen and help control stress. Therefore, I recommend two very important things to consider as you navigate your way to better mental health and an improved quality of life.

Here's How to Test Your Hormone Levels

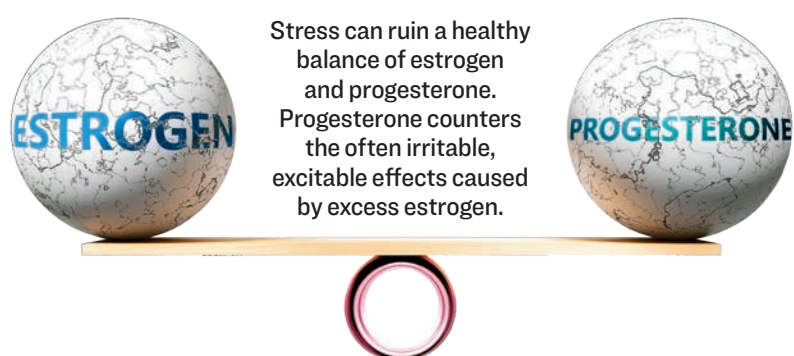
It's absolutely essential to have your hormones tested if you want an accurate measurement of individual hormones. I recommend the Salivary Hormone Panel, which evaluates your body's levels of bioavailable progesterone, estradiol, estrion, testosterone, DHEA, and cortisol. Unlike blood tests, which don't measure bioavailable hormone activity, saliva testing is considered to be the most accurate measure of free, bioavailable hormonal activity.

This convenient, at-home Salivary Hormone Testing Kit uses a saliva sample to provide an individualized hormone assessment (from yours truly) to help identify and alleviate the underlying causes of many imbalance-related issues, including stress, anxiety, depression, and sleeplessness.

Keep in mind that as a rule of thumb, I'm not recommending hormone products without testing. But since it's safe to use and since nine out of 10 times, I find deficient levels of progesterone on everyone I've tested, I recommend the topical use of ProgestaKey (a transdermal cream that contains USP progesterone derived from wild yam). Products like this can aid in optimizing your progesterone levels and correcting estrogen imbalance.

Progesterone can help control stress, anxiety, depression, and sleeplessness throughout the many stages of life for both men and women. If you find you have a deficiency of this hormone, you can take steps to address it.

Ann Louise Gittleman holds a master's in nutrition education from Columbia University, and is certified as a nutrition specialist by the American College of Nutrition. She also has a doctorate in holistic nutrition and has served as the chief nutritionist of the Pediatric Clinic at Bellevue Hospital and is the former director of nutrition at the Pritikin Longevity Center in Santa Monica, Calif. Her latest book is "RADICAL LONGEVITY—The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging." This article was originally published on AnnLouise.com



THE 6TH 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

LOVE SHEN YUN
SHEN YUN SHOP

Light Up Your Holidays

With The Magic of Shen Yun

ShenYunShop.com | TEL: 1.800.208.2384

ALL PHOTOS BY SHUTTERSTOCK



A reckoning may be on its way as hospitals try to stabilize a worn-out workforce.

Travel nurses take on temporary assignments in hospitals or other health care facilities that have staffing shortages. The contracts typically last a few months and usually pay more than staff positions.

Worn-Out Nurses Hit the Road for Better Pay

Hospital finances and morale suffer as travel nurses become a growing trend

BLAKE FARMER

In parts of the country where COVID-19 continues to fill hospitals, a rotating cast of traveling nurses helps keep intensive care units fully staffed. Hospitals have to pay handsomely to get that temporary help, and those higher wages are tempting some staff nurses to hit the road, too.

Nearly two years into the pandemic, there's some truth in a joke circulating among frustrated ICU nurses: They ask their hospitals for appropriate compensation for the hazards they've endured. And the nurses are rewarded with a pizza party instead.

Theresa Adams said that's what happened at the Ohio hospital where she worked. The facility across town was offering bonuses to keep its nurses from leaving. But not hers. They got a pizza party.

"I heard a lot of noise about 'Well, this is what you signed up for.' No, I did not sign up for this," she said of the unparalleled stress brought on by the pandemic.

Adams is an ICU nurse who helped build and staff COVID units in one of Ohio's largest

hospitals. She recently left for a lucrative stint as a travel nurse in California.

Travel nurses take on temporary assignments in hospitals or other health care facilities that have staffing shortages. The contracts typically last a few months and usually pay more than staff positions.

“There is a difference between knowing my calling and knowing my worth.”

Theresa Adams, nurse in Ohio

Adams hopes to return to her home hospital eventually, though she's irritated at management at the moment.

"I did not sign up for the facility taking advantage of the fact that I have a calling," she said. "There is a difference between knowing my calling and knowing my worth."

When a nurse leaves, the remaining nurses can be stretched dangerously thin, caring for more patients at once.



How to Choose a Home Exercise Machine

MAT LECOMPTE

Most people don't need another excuse not to exercise: no time, too hot, too cold, or even pain and practicality can hold people back.

Purchasing a home exercise machine can help solve the problem and make exercise much easier. Hopping on an exercise bike for 15 minutes, for example, can help you squeeze in a heart-healthy workout most days of the week.

Working out at home is much easier. It offers the opportunity to split workouts up during the day while enjoying the privacy of your home. But what should you get?

Different factors are worth considering before buying. Depending on your situation, such as your history of injuries or pain, some choices might be better than others.

If you have a history of knee or hip pain, for example, a stationary bike may be better than a treadmill because it allows you to relieve

the load of your weight on your lower body. Stationary bikes are also great for people with balance issues or little experience exercising.

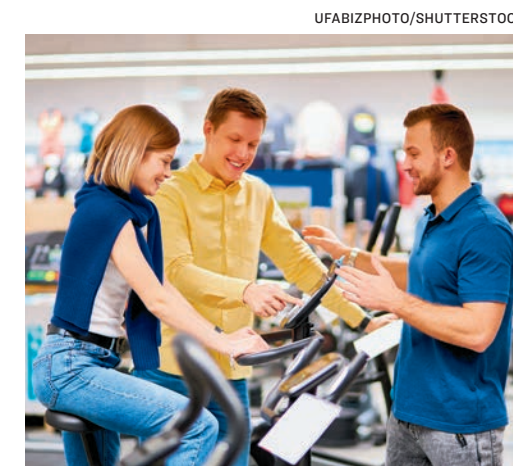
If you're concerned about osteoporosis, a machine that puts some stress on your bones and muscles is more useful. In this case, a treadmill or elliptical machine is the better choice.

Ellipticals are great because they bring your arms into the mix, but they might not be the best choice for people with shoulder issues. The repetitive motion may add unwanted strain.

Rowing machines are probably the best for intensity as well as incorporating your whole body. Those with back pain or people who struggle to get up and down, however, may want to avoid these machines.

Cable systems or bands can be useful for resistance training at any level. Barbells and racks are better options for

If you're concerned about osteoporosis, then a machine that puts some stress on your bones and muscles is more useful.



When buying a home exercise machine, reflecting on your physical history including factors like injuries and pain can help you choose well.

experienced lifters. There are a ton of choices and your situation should help guide your decisions.

Mat Lecompte is a health and wellness journalist. This article was first published on Bel Marra Health.

full-time staff nurses in some of the country's largest health systems. The number of listings for full-time, permanent nurses on the company's platform has shot up 200 percent in the past year.

To help hospitals, some states are chipping in to hire travel nurses. But for many hospitals, the higher costs are straining their budgets, which is especially difficult for those that have suspended elective surgeries—often a hospital's biggest money maker—to accommodate COVID patients.

"Every executive we interact with is under pressure to reduce the number of traveler nurses on their teams, not just from a cost standpoint but also from a quality-of-care standpoint," Abuzeid said.

It's hard on morale as well: Camaraderie suffers when newcomers need help finding syringes or other supplies but may be paid two or three times as much as the staff nurses showing them the ropes.

Some hospitals are trying to stop the turnover by offering big signing bonuses to permanent nurses, as well as loan forgiveness or tuition assistance to pursue additional education. Hospitals have also hiked pay for nurses as they earn certifications, especially in critical care.

Other medical centers are looking outside the United States.

Henry Ford Health System in Michigan announced plans to bring in hundreds of nurses from the Philippines. Smaller community hospitals are looking abroad, too. City-owned Cookeville Regional Medical Center, in a Tennessee town of 35,000, is now recruiting its first foreign nurses.

"The cost for what we pay for a local recruiter to bring us one full-time staff member is more expensive than what we are going to be spending to bring one foreign nurse," said Scott Lethi, chief nursing officer at Cookeville Regional.

Lethi hopes the staffers from overseas will decide to stay more than a year or two. He said even new nurses sometimes leave or burn out: Cookeville hired a few recent graduates of U.S. nursing programs who quit after just a few months.

Among ICU nurses of all ages, two-thirds have considered leaving the profession because of the pandemic, according to a survey published in September by the American Association of Critical-Care Nurses.

When a nurse leaves—whether to retire, become a travel nurse or work in another field—the remaining nurses can be stretched dangerously thin, caring for more patients at once. COVID patients are particularly demanding, especially those on ventilators or ECMO machines who may require one-on-one care round-the-clock. COVID patients may be hospitalized for weeks or months.

"My ability to care for people has suffered. I know that I have missed things otherwise I would not have missed had I had the time to spend," said Kevin Cho Tipton, an advanced practice nurse in the South Florida public health system. "Many of us feel like we're becoming worse at our jobs."

The worry about providing standard care weighs heavily on nurses. But in the end, Tipton said, it's the patients who suffer.

This story is part of a partnership that includes WPLN, NPR, and KHN.

Blake Farmer covers health care in Nashville, reporting on the region's unique health challenges as well as the city's concentration of health care companies. He's been with Nashville Public Radio since 2007. KHN (Kaiser Health News) is a national newsroom that produces in-depth journalism about health issues. Together with Policy Analysis and Polling, KHN is one of the three major operating programs at KFF (Kaiser Family Foundation). KFF is an endowed nonprofit organization providing information on health issues to the nation.

Routines can anchor our day and make sure we do the things that are most important to us. But sometimes finding that routine takes a process.

Building a Routine to Reflect, Release, and Reset

How trying to create an evening routine led me to a deeper understanding

DANAE SMITH

The hard part of routines isn't building or creating them, but maintaining them. I'll start an evening routine and it'll last a few days before it's engulfed with other things. Can you relate?

I'm choosing to not give up on it, but the ups and downs with this particular routine are difficult. I believe daily routines are a tool that can help us become more paced, aware, and grounded in the things that matter to us. While I believe that, I also believe routines get to ebb and flow. They get to be what you need them to be in a given moment or season. I also believe the simpler, the better.

That's why I will still show up for this process even if it's been a struggle. There was a time when my morning routine wasn't always consistent, but the more I showed up and leaned into it, the more it became habitual and my favorite part of the day.

So, last night, I sat down to start creating an evening routine. I did my usual spiel, asking myself what I wanted to protect, release, and make room for. As I answered, three main intentions stood out to me: reflect, release, and reset.

That's when it hit me. Maybe the key for sustaining this routine is more than just asking what I want to protect, release, or make room for. Maybe the key is to root my routine in reflecting, releasing, and resetting.

In the past, I would ask myself what I wanted to protect and make room for. This would help me clarify the why of my routine. It still does. I would then list the rituals or practices I'd like to include in my routine; then I would trim that list down to the things that actively

protected and made room.

Now, in answering what I want to protect, release, or make room for, I see the one-word intentions that encompass the heart of the routine. This clarity gave me something deep to root my routine in.

If you've been struggling with daily routines, I invite you to shift your perspective on the process. I invite you to ask yourself what you want to protect, make room for, or release. As you answer those questions, write down the one-word intentions that encompass the heart of the routine. Choose the rituals or practices that honor those intentions.

In my effort to live a slower, more simple life, there are easy days and challenging days. Sometimes, the daily rituals and routines come easy. Sometimes, being present and aware is second nature. Sometimes, you don't rush and you move in a measured pace throughout your day. Other times—a lot of times—you feel the tension.

If you've been wrestling with your routines and systems, struggling to find your footing in this slow living space, know that I've been there and have my days, too.

At the end of the day, it's a journey we get to define and discover. It's a marathon, not a sprint. It's important that we take it one day at a time, one routine, one system at a time, knowing that every step—no matter how little or big—counts.

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 is more to the mundane than meets the eye. This article was originally published on This Wondrous Life.



CHANDER R/UNSPLASH



Try to describe the reason for a new routine in as few words as possible.

SHUTTERSTOCK



Giza Bed Sheets
Buy One Get One Free!
w/Promo Code
100% Long Staple Cotton

6-Piece Sets Towels
\$39.99 w/Promo Code
(Regular Price: \$109.99)

MySleepwear
Save 30% w/Promo Code

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



Save 30% Plus 2 FREE MyPillows and 1 FREE set of Giza Dream Bed Sheets with Free shipping!
Save 30% w/Promo Code
The Complete Coil Mattress Sleep System!

Premiums
\$29.98
w/Promo Code
Lowest Price Ever!



800-795-5289 mypillow.com
USE PROMO CODE: **EPOCH99**
Rates Expire on: 11/30/2021



100% Organic & Vegan

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!

- Raw material 100% natural, free from pollution
- The vegetable softgel is made of natural edible seaweed
- The original medicinal properties are preserved by applying patented method of extraction

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