

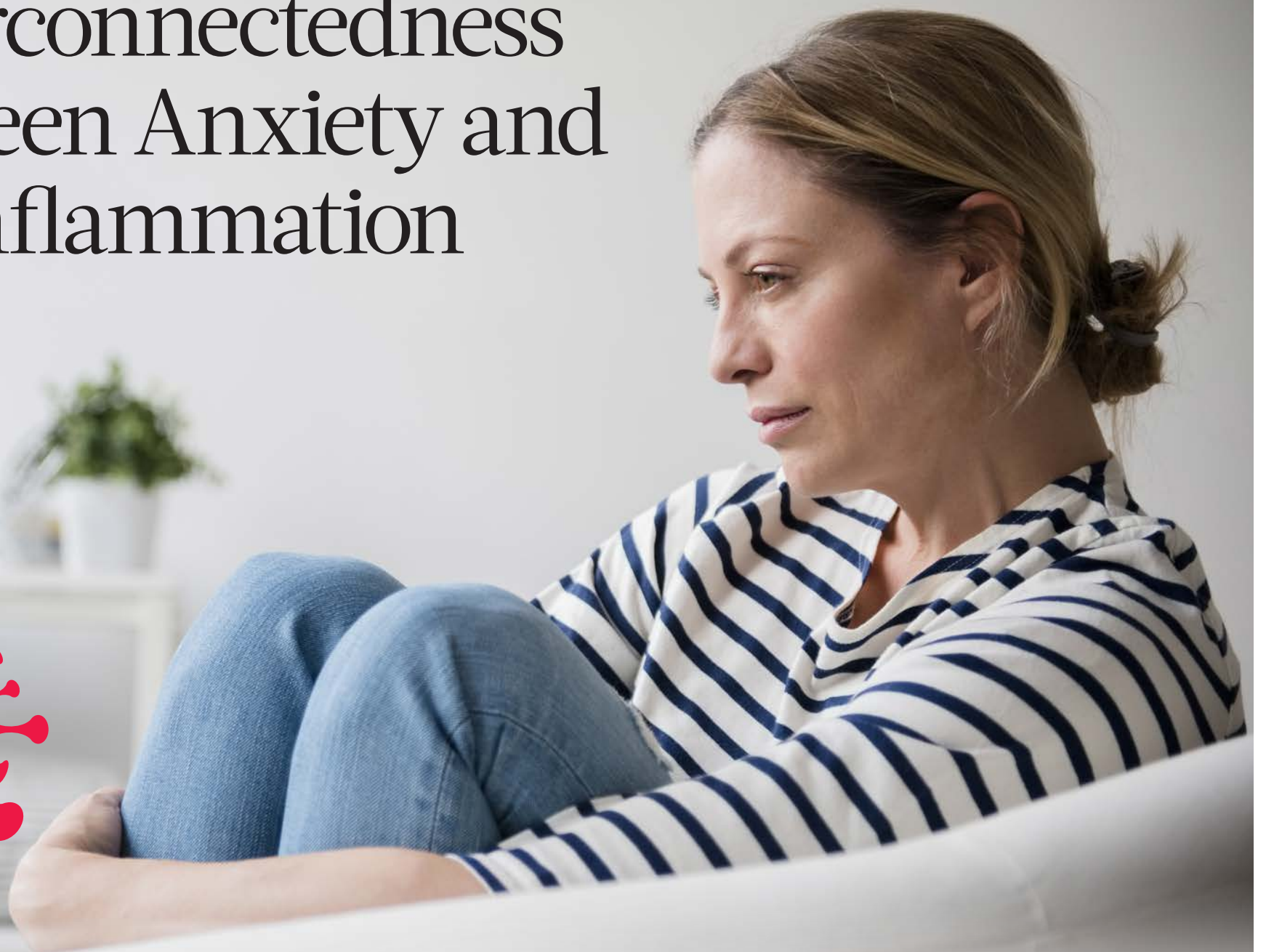
THE EPOCH TIMES

MIND &

BODY

JGI/JAMIE GRILL/GETTY IMAGES

The Interconnectedness Between Anxiety and Inflammation



Hanscom's COVID-19 prevention focuses on strengthening immune function through stress and anxiety reduction, with very precise recommendations on how to do that

D **JOSEPH MERCOLA**
r. David Hanscom, an orthopedic surgeon whom I've previously interviewed about strategies for chronic back pain, quit his practice to focus on educating others on becoming pain-free without surgery. After surviving COVID-19, he turned his attention to prevention and surviving it, which is an important part of this discussion.
We've known for some time now that with diet, exercise, and other interventions, you can radically reduce your risk of COVID-19. The focus of Hanscom's COVID-19 prevention is on strengthening immune function through stress and anxiety reduction, and he has very specific and precise

recommendations for how to do that.

As explained by Hanscom, pain is largely a symptom of stress and anxiety, which in turn are predicated on inflammation more so than psychological factors.

"You have to feel safe. When you feel safe, there's a profound shift in your body's chemistry. You're going from adrenalin, cortisol, histamines, and inflammatory cytokines to growth hormone, dopamine, serotonin, and GABA—all these incredible hormones and anti-inflammatory [compounds]. So there's a profound shift in the body's chemistry, and people's pain disappears. They don't just manage the pain. The pain disappears."

Continued on Page 6

COVID-19

Omicron Highlights Vaccine Limitations

As experts call for more vaccines to fight omicron, the pandemic continues unabated

CONAN MILNER

The latest installment in the COVID-19 saga is a variant of the SARS-CoV2 virus dubbed omicron. Labeled a "variant of concern" by the World Health Organization (WHO), omicron was first reported at the end of November, and quickly triggered worry and restrictions across the globe.
Omicron was first noticed in South Africa,

but cases are now found all over the world, and it is said to be more contagious than the original COVID-19 strain. Although the South African Health Minister said that symptoms are mild and the reaction toward omicron is being overblown, there are fears that the variant may be far more deadly than the original version of SARS-CoV2.
Health officials are calling to combat

omicron with the same strategy they've used to tackle the original COVID-19: more vaccines. On CBS's Face the Nation, Dr. Scott Gottlieb, former Commissioner of the U.S. Food and Drug Administration and current board member of Pfizer, says a booster offers the best protection available for omicron.

Continued on Page 4



Omicron has become the variant of recent concern, though experts in South Africa say fears are overblown.

FIT ZTUDIO/SHUTTERSTOCK

COVID-19

Omicron Highlights Vaccine Limitations

As experts call for more vaccines to fight omicron, the pandemic continues unabated



Unlike conventional vaccines which provide immunity, COVID vaccines merely reduce symptom severity.

Continued from Page 1

"If you talk to people in vaccine circles, people who are working on a vaccine, they have a pretty good degree of confidence that a boosted vaccine, so three full doses of vaccine, is going to be fairly protective against this new variant," Gottlieb said. Symptoms characterizing omicron include a scratchy throat, dry cough, and fatigue. But it's not clear if the current crop of shots will be enough to keep omicron in check.

Consider the case of two Israeli doctors. Both received three doses of the Pfizer shot, but they also tested positive for omicron.

In fact, many omicron cases are found in fully vaccinated individuals.

It's not unusual for viruses to mutate. The big concern with omicron is how much it changed. According to National Institutes of Health Director Francis Collins, this new variant has exhibited a record number of mutations that may interfere with vaccine effectiveness.

"We do know that this is a variant that has a lot of mutations—like 50 of them—and more than 30 of those in the spike

More variants are expected to follow omicron, and presumably more vaccines will be manufactured to combat them.

Symptoms characterizing omicron include a scratchy throat, dry cough, and fatigue.

protein, which is the part of the virus that attaches to your human cells if you get infected," Collins said during an appearance on "Fox News Sunday."

Some experts say a new shot is necessary. Moderna CEO Stéphane Bancel said the current COVID-19 vaccines aren't as likely to be effective against the new variant as they have been against Delta.

But don't expect a new product overnight. In an interview with the Financial Times, Bancel said scientists would have to first test the existing vaccines' effectiveness against omicron. Then drugmakers would need a few more months to test and manufacture a shot specifically tailored to the new variant.

Work on an omicron shot is already underway. Pfizer and its German vaccine-making partner BioNTech said an updated version of its COVID-19 vaccine would be ready early next year if the omicron variant proves resistant to its current vaccine.

"Pfizer and BioNTech have taken actions months ago to be able to adapt the mRNA vaccine within six weeks and ship initial batches within 100 days in the event of an escape variant," BioNTech stated.

Another omicron shot is being developed by the Maryland-based biotech company Novavax. Its updated formulation will be based on the spike protein specific to omicron's genetic sequence. The company plans to start testing next month.

Future Variants and Grave Concerns
More variants are expected to follow omicron, and presumably more vaccines will be manufactured to combat them. But will we ever be able to vaccinate our way out of the COVID pandemic? And how will the cumulative effect of all these experimental shots impact public health?

The unvaccinated are often blamed for spawning the omicron variant, but some experts suggest that the vaccinated may in fact be the real variant driver. In a Nov. 30 article, virologist and vaccinologist Geert Vanden Bossche wrote that the continued push of mass vaccination for COVID-19 will only expand the evolutionary capacity of SARS-CoV-2 spike protein beyond the omicron version.

At issue is the type of vaccines that were developed in response to COVID-19. Unlike conventional vaccines that provide immunity, COVID vaccines merely reduce symptom severity. Bossche predicts that this will result in vaccinated people spreading variants that are increasingly contagious and deadly.

Bossche has been warning about this problem for several months. In an open letter to the WHO from March 2021, he

warns that the current strategy to vaccinate the population in the midst of a pandemic is "at risk of resulting in a global catastrophe without equal."

"I am not against vaccination," Bossche wrote. "On the contrary, I can assure you that each of the current vaccines have been designed, developed, and manufactured by brilliant and competent scientists. However, this type of prophylactic vaccines are completely inappropriate, and even highly dangerous, when used in mass vaccination campaigns during a viral pandemic. Vaccinologists, scientists, and clinicians are blinded by the positive short-term effects in individual patients, but don't seem to bother about the disastrous consequences for global health."

Some research finds fault with the vaccines themselves. A study published in the Nov. 8, 2021, edition of the journal *Circulation* noted "dramatic changes" in the heart and blood vessels following a COVID-19 vaccine.

Researcher and cardiologist Dr. Steven R. Gundry noted that the changes persist for at least 2 1/2 months after the second vaccination.

Gundry concluded that the mRNA vaccines "dramatically increase inflammation on the endothelium and T-cell infiltration of cardiac muscle and may account for the observations of increased thrombosis, cardiomyopathy, and other vascular events following vaccination."

Another study from the UK finds that those 60 and younger who have taken the COVID-19 vaccine are twice as likely to die as those who didn't take the jab.

However, regulators still insist that the shots are safe, and that getting more people vaccinated is critical to ending the pandemic. Even before omicron came on the scene, moderately or severely immunocompromised individuals were encouraged to receive four shots. Some experts predict that everyone may require a new shot every six months as protection begins to wane.



MDV EDWARDS/SHUTTERSTOCK

Health officials are calling to combat omicron with the same strategy they've used to tackle the original COVID-19: more vaccines.



ALEX GREEN/PEXELS.COM

Addiction Rates and COVID-19: A Crisis Within a Crisis

Part 2: To deal with addiction effectively, we need to deal with the impacts of trauma

If health is the primary reason for mandates and lockdowns, then health must be the primary focus as we return to normality.



PAUL SPANJAR

In the previous article, which was the first of this three-part series, we explored how rampant substance use disorders are in the United States. As many as 21 million people are currently affected by substance-related addiction, but only 10 percent of those seek treatment.

We also discussed the idea of addiction as a brain disease. A relapsing condition similar to diabetes, which has strong roots in genetics. And while this may be true to an extent, the environment—both at home and in the wider context of society—poses just as much, if not more, of a risk to an individual's risk of addiction.

We also looked at the strong relationship between addiction, mental health, and neurodiversity. We know that nearly 20 percent of those struggling with mental health have co-occurring substance use disorders, but these statistics only paint a small picture when we consider that the prevalence of co-occurrence is much higher among younger adults, with rates as high as 55 percent in some studies.

As many as 51 million Americans (1 in 5) struggle with mental health disorders, and 41 percent of adults reported feeling anxious during the pandemic. These are alarming statistics of pandemic proportions; we simply can't ignore them any longer.

In this second episode of the series, we're going to discuss what needs to be done now to turn the tide on this crisis. As someone who has been working in this field for many years, I can honestly say that the way in which we currently view addiction needs to change, and it needs to change very fast.

Addiction Is More Than Just the Substance

There is a huge misconception around addiction that correlates the severity of an addiction with the potency of a substance. The "war on drugs" initiated during the Reagan and Nixon administrations appears to have done very little to protect American's from the growing problem of addiction, and while many states are now considering rehabilitation as an alternative to criminal punishment, or even legalizing drugs such as marijuana, neither will be effective at preventing rates of addiction.

Everything we've come to learn about addiction points to early trauma or abuse as a huge factor in determining rates of addiction. Therefore, tackling the root causes of addiction early is a far better solution for future generations to come. We will cover this in more detail for part three of this series.

The main point we need to understand here is that addiction has very little to do with the substance, or how potent or "addictive" it is. Addictive behaviors such as gambling, food, or even internet use, can pose many of the same dangers as heroin or crack cocaine use.

That may be hard to believe, but when you understand that male problem gamblers are 19 times more likely to commit suicide compared with their non-addicted peers, and the growing number

of studies that link heavy social media use to growing mental health problems, it's clear that addiction is rampant in all areas of our society, and they all need to be taken seriously.

Addiction Is Addiction

We previously covered the definition of addiction in part one of this series, but just to recap for our new readers, addiction can be defined as:

A compulsive desire to repeat activities or actions despite negative consequences. If we now take that definition and view it through the lens of addictive behaviors as a whole, and not just substances such as heroin or crack cocaine, addiction rates in the United States are far greater than is actually being reported.

Food addiction is a real problem, thanks in part to unhealthy foods designed to be addictive with combinations of fat, sugar, and salt. The resulting obesity rates in the United States are linked to several diseases, including severe COVID.

Social media addiction is being blamed in part for the rise in depression and anxiety, and depression among younger and younger children. There is also something to be said about sexual promiscuity among young teenagers using TikTok and the risks associated with predators.

Porn addiction is leaving many people profoundly ashamed and is ruining marriages. Porn is also easily accessible to children and creates unrealistic expectations around relationships.

Work addiction might sound harmless, but it can have disastrous impacts on family life and mental health.

Shopping addiction is a real problem for many people, who seek the short-term dopamine rush of getting a new outfit or tool despite the haunting stress of mounting credit card debt.

Further studies need to take into account the prevalence of addiction as a whole, and not just those with substance use disorders, but one could fairly assume that addiction rates among Americans are much higher than is being reported.

Addiction in a Post-COVID World

If we take the view that addiction is a manifestation of trauma and emotional pain, a symptom of a deeper issue, and a means of feeling connected with something other than ourselves, we can see that the way in which we view addiction and manage treatment needs to change.

As parents, guardians, or teachers, we have significant influence over what children are exposed to. The impact of generational trauma is very real, and we can unintentionally inflict our own traumas onto them without even knowing it. As adults, we need to take responsibility for our own traumas. We also need to be more mindful and more cautious around the potential risks associated with social media and their algorithms on children.

Instant gratification from social media isn't the only problem. Fast food and fast fashion have also become the norm. Children and adults alike, more than ever, are chasing a daily dopamine rush in some form or another.

That's not to say that these things are

As many as **51 million**

Americans (1 in 5) struggle with mental health disorders, and 41 percent of adults reported feeling anxious during the pandemic.



MOZAKIM/SHUTTERSTOCK

Experts say it is a misconception that the severity of an addiction correlates to the potency of the addictive substance.

If addiction is 'a compulsive desire to repeat activities or actions despite negative consequences,' it's likely addiction rates are far greater than we think.

intrinsically bad; we've devoted an entire article to this subject in the hope that many will begin to see addiction as something more than just the substance or behavior itself. In a world where children have to compete with other children in a digital, fabricated social structure, moderation and education have never been so important.

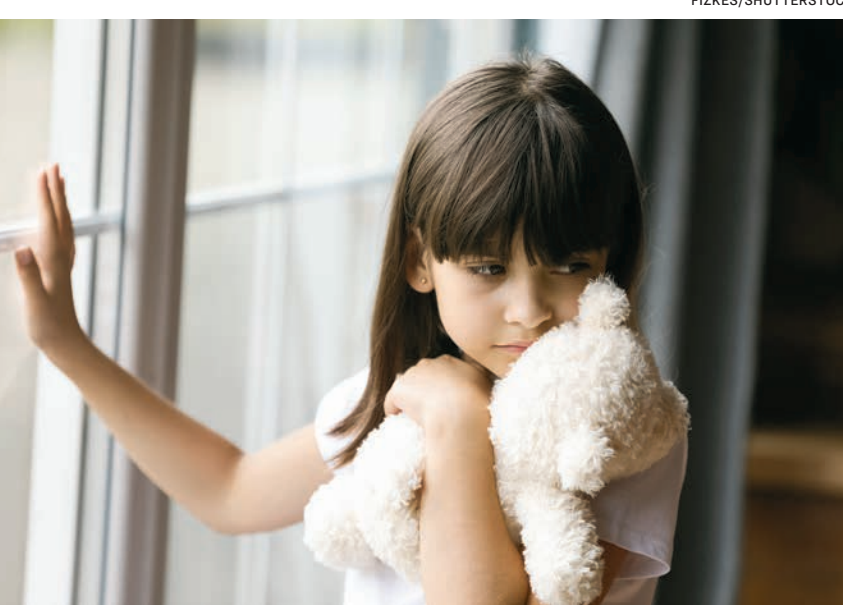
We also need to rethink how we deal with addiction in the workplace, in communities, and in criminal justice systems. The status quo isn't working, and to continue down the same path expecting different results is nothing short of foolish.

Perhaps the greatest trauma of all during this pandemic is yet to be fully understood. Lockdowns may have curbed COVID-19 infection rates, but the amount of uncertainty and division it has created is yet to be fully understood. If health is the primary reason for mandates and lockdowns, then health must be the primary focus as we return to normality. Access to high-quality and affordable counseling services is critical.

In the next and final article of this three-part series, we're going to delve into addiction preventative measures. We owe it to our children and future generations to take steps to prevent addiction.

Paul Spanjar, CEO of the Providence Projects UK, is a leading addiction specialist. In recovery himself for over 20 years, Spanjar and the team help others transform their lives through the rehabilitation programs offered at the Providence Projects treatment centers.

Everything we've come to learn about addiction points to early trauma or abuse as a huge factor in determining rates of addiction.



FZKES/SHUTTERSTOCK

TRADITIONAL CHINESE MEDICINE

The Roots of Resilience

The elements of resilience can help you turn adversity into an opportunity for growth

LYNN JAFFEE

Many years ago, I took a class from a woman who was doing her doctoral thesis on the topic of psychological hardness. She was a nun, but not the black and white kind of nun I remember from growing up. This particular nun wore flannel shirts and swore from time to time, but that's not what I remember most. What stuck with me over the decades was her study of psychological hardness and what exactly that means.

In Chinese medicine, the ancients had a saying that if the "shen" was bright, the patient will survive; but if the shen was dull, the prognosis isn't so good. Shen, in Chinese, is the idea that the spirit, consciousness, memories, and being-ness of a person resided in their heart, but was reflected in their eyes. As a practitioner of this medicine, I agree that looking into a person's eyes is a good indicator of their spirit or psychological hardness, and can be a gauge of their prognosis.

ALL PHOTOS BY SHUTTERSTOCK



Looking into a person's eyes is a good indicator of their spirit or psychological hardness, and can be a gauge of their prognosis.

Flexibility. Being able to see things in shades of gray, rather than black and white, or to stand back and look at the situation from a different viewpoint, takes flexibility. Additionally, like the wood element in Chinese medicine, being able to bend without breaking is the essence of resilience.

Humor. When your life is crumbling around you, being able to throw a little humor on the whole mess keeps things in perspective and relieves tension. Clearly, there are times when humor isn't appropriate, but they're rare.

Kindness and empathy. Your kind words have the ability to change someone's entire day for the better. Admittedly, it can be really hard to be happy for someone who just landed their dream job right when you've recently been laid off. However, the reality is that their happiness doesn't make your situation any worse unless you want to go down the comparison rabbit hole. It's entirely possible that saying something kind or being genuinely happy about someone else's good fortune might just make you feel a little bit better.

We all know people who inspire awe because of their ability to live fully despite great hardship. Simply put, it's the difference between coping and getting stuck. Whether you call it resilience or psychological hardness, the ability to deal, bounce back, and maybe even learn some lessons from life's hard times is how you get through them and maybe even come out stronger.

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

Being able to see things in shades of gray, rather than black and white, or to stand back and look at the situation from a different viewpoint takes flexibility.

In the years since hearing about Sister Flannel's thesis, I've thought about the topic of psychological hardness, and why some patients seem to shrug off seemingly huge amounts of pain or disability, while others are completely leveled by comparatively inconsequential health complaints. And while I don't have all the answers, one word keeps cropping up to explain these phenomena—resilience.

Resilience is the ability to bounce back quickly in the face of a tough situation. It makes me think of the element of wood in Chinese medicine—from the green shoots that single-mindedly sprout out of the earth each spring, to the flexible strength of mature wood that can bend but not break.

Resilience isn't one thing or another but is the sum of several pieces that make up the whole. The components of resilience are also the tools that help you get through difficult times, including:

Perseverance. The Japanese have a proverb: Fall down seven times, get up eight. Not quitting when things get tough is a key component of resiliency, whether it's something as simple as continuing to play the guitar even though your fingertips hurt or as overwhelming as continuing to function through great pain or illness.

Optimism. Knowing that things will turn out OK even when the deck is stacked against you.

Gratitude. Personally, during some very dark days, I found that being grateful for what was not going wrong, appreciating the people around me, and acknowledging the small miracles in my life is what got and continues to get me through.

The confidence that you can handle hard times, even when you're in the middle of them. Self-assurance in your abilities to cope means that ultimately, you will cope.

A strong support posse is a huge piece of resilience. Knowing you have people in your life who have your back when things are rough can give you the mojo to keep going.

Resilience is the ability to bounce back quickly in the face of a tough situation. Some people have it, and some people need it.



DONATE YOUR CAR

To a media that stands for TRUTH and TRADITION

Your old vehicle can support The Epoch Times' truthful journalism and help us get factual news in front of more readers.

WHY DONATE TO US?

- Vehicles accepted as-is
- Free vehicle pick-up
- Maximum tax deduction
- Support our journalists

Donate Now: www.EpochCar.org ☎ 1-800-822-3828

THE EPOCH TIMES

Our independence from any corporation or holding company is what ensures that we're free to report according to our values of Truth and Tradition. We are primarily funded through subscriptions from our readers—the stakeholders that we answer to, who keep us on the right track.



There are useful habits that can help us stick with a difficult new endeavor.

WISE HABITS

Why We Don't Stick to Things

Here are 10 reasons why we give up and what we can do about them

LEO BABAUTA

We all do it in some form: We tell ourselves we're going to do something, and then end up not sticking to that plan. As the season of New Year's resolutions is upon us, it's worth reflecting on why this is.

When the new habit gets uncomfortable, we stop enjoying it and make up excuses to put it off.

Maybe some of these scenarios will sound familiar to you:

- You try to stick to a certain diet, end up breaking it in a day, and then abandon it.
- You try to work hard on a project and stop procrastinating, and then get distracted and your plan fails.
- You try to meditate (or do yoga, read, exercise, etc.) every morning, and then one morning you're in a rush or are tired and skip it. Then you skip it again the next day, and eventually quit.
- You aim to stay on top of your email, or finally tackle that clutter, but your plan doesn't even get off the ground.

So what's going on? Are we just lazy people, with no discipline? Are we destined to spend life on the couch eating junk food, watching Netflix, and hating ourselves?

I find this a fascinating subject, and I've been observing it in myself and in the thousands of people I've worked with. Here's what I've found.

Why We Don't Stick With Our Plans

There isn't always just one reason for failure. Sometimes it's multiple reasons at once, or different reasons depending on the situation or the type of person you are.

Continued on Page 14

How Polypharmacy Led to 43 Prescriptions at Once

JOSEPH MERCOLA

Polypharmacy, or the use of multiple medications, is common in older adults. While 89 percent of people aged 65 and older take at least one prescription medication, 54 percent take four or more. Data from Merck similarly found that nearly 80 percent of older adults regularly take at least two prescription drugs, while 36 percent regularly use five or more different drugs—and this doesn't include over-

the-counter medications. Adverse effects from polypharmacy are common and may drive patients to seek out ever-more drugs to treat the side effects caused by their drug regimen. This can create a vicious cycle that's perpetuated by a health care system where doctors have little time to spend with patients and are directed to use treatment protocols centered on pharmaceutical-driven care.

Not only do many patients see multiple doctors, each of whom may prescribe their own set of medications, but patients may pressure doctors to prescribe drugs they've seen on direct-to-consumer advertisements. Instead of looking at the big picture of how to get healthy, tending to essential factors such as diet, stress, and physical activity, "health care" for seniors often turns into "drug care," with potentially disastrous results.



"Health care" for seniors often turns into "drug care," with potentially disastrous results.

NATALY STUDIO/SHUTTERSTOCK

Continued on Page 12

Junk Food and the Brain

How modern diets lacking in micronutrients may contribute to angry rhetoric

BONNIE KAPLAN & JULIA J RUCKLIDGE

Emotional, nonrational, even explosive remarks in public discourse have escalated in recent years. This is sometimes attributed to social media. But are there other influences altering communication styles?

As researchers in the field of nutrition and mental health, and authors of “The Better Brain,” we recognize that many people in our society experience brain hunger that impairs their cognitive function and emotion regulation.

Ultra-Processed Products

Obviously, we aren’t deficient in macronutrients: North Americans tend to get sufficient protein, fats (though usually not the best fats), and carbohydrates (usually not the good complex carbs). But we are being cheated of micronutrients (minerals and vitamins), particularly those who eat a lot of ultra-processed foods.

Ultra-processed products include things such as soft drinks, packaged snacks, sweetened breakfast cereal, and chicken nuggets. They generally contain only trivial amounts of a few micronutrients unless they are fortified with select vitamins and minerals.

Three published analyses from the 2004 Canadian Community Health Survey and the 2018 U.S. National Health and Nutrition Examination Survey revealed these sobering statistics. In Canada, in 2004, 48 percent of the caloric intake across all ages came from ultra-processed products. The situation was worse in the United States where 67 percent of what children aged 2 to 19 years consumed and 57 percent of what adults consumed in 2018 were ultra-processed products.

Most of us are aware that what we eat is a huge issue in physical health because diet quality is associated with chronic health conditions such as obesity, diabetes, and cardiovascular disease. Fewer people are aware of how nutrition affects brain health.

Micronutrients and Mental Health Symptoms

Given that our society’s food choices have moved so strongly toward ultra-processed products, it has become important more people understand that micronutrient intake influences mental health symptoms, especially irritability, explosive rage, and unstable mood.

The scientific evidence base for this statement is now vast, though it’s so rarely mentioned in the media that few people are familiar with it. A dozen studies from countries such as Canada, Spain, Japan, and Australia have shown that people who eat a healthy, whole foods diet have fewer symptoms of depression and anxiety than people who eat a poor diet (mostly ultra-processed products).

Most public awareness is restricted to the ill-fated search for magic dietary bullets.

Correlational studies cannot prove that nutritional choices are the cause of mental health problems—for that, we turn to some compelling prospective longitudinal studies. In these studies, people with no apparent mental health problems enter the study, are evaluated for their health and dietary patterns, and are then followed over time. Some of the results have been astonishing.

In a study that followed about 89,000 people in Japan for 10 to 15 years, the suicide rate in those consuming a whole foods diet was half that of those eating less healthy diets. This finding may provide an important new direction not yet covered in current suicide prevention programs.

In Canada, another study revealed that how children ate and followed other health guidelines on exercise and screen



Our brains require a broad range of micronutrients that many people are not getting. The result: their brains are starving.

time predicted whether they would be referred for diagnosis of a mental disorder in the subsequent two years. In this study, the children were aged 10 to 11 years. The findings provide a strong reason for why nutrition education should be one of the first lines of treatment for children facing a mental disorder.

Irritability and unstable mood often characterize depression, so it’s relevant that multiple independent studies have found that teaching people with depression, who were consuming relatively poor diets, how to change to a whole foods Mediterranean-style diet resulted in significant improvements. A Mediterranean-style diet is typically high in whole grains, fruits, vegetables, nuts, legumes, seafood, and unsaturated fats such as olive oil.

In one such study, about one-third of the people who changed to a whole foods diet in addition to their regular treatment found their depression to be in remission after 12 weeks.

The remission rate in the control group using regular treatment but no diet changes was fewer than 1 in 10. The whole foods diet group also reported a cost savings of about 20 percent in their weekly food budget. This final point helps to dispel the myth that eating a diet of ultra-processed products is a way to save money.

Several studies that evaluated using micronutrient supplements to treat mental health problems have provided important evidence that irritability, explosive

rage, and unstable mood can be resolved with improved micronutrient intake. Most public awareness is restricted to the ill-fated search for magic dietary bullets. This is exemplified by media reporting that highlights studies focused on a single nutrient at a time. That is a common way to think about causality (for problem X, you need medication Y), but that isn’t how our brains work.

To support brain metabolism, our brains require at least 30 micronutrients to ensure the production of neurotransmitters such as serotonin and dopamine, as well as to break down and remove metabolic byproducts. Many studies have found that eating more micronutrients improved mood regulation and reduced irritability and explosive rage, including in placebo-controlled randomized trials of children with attention deficit hyperactivity disorder and mood dysregulation.

The evidence is clear: A well-nourished population is better able to withstand stress. Hidden brain hunger is one modifiable factor contributing to emotional outbursts, aggression, and quite likely even the loss of civility in public discourse.

Bonnie Kaplan is professor emerita in Cumming School of Medicine at the University of Calgary in Canada, and Julia J Rucklidge is a professor of psychology at the University of Canterbury in New Zealand. This article was first published on The Conversation.

Rediscover America—One Story at a Time

Our nation like you’ve never seen it before

American Essence is a magazine created for anyone who loves America.

American Essence focuses on traditional American values and great American stories. It recounts significant historical events, from the time of the Founding Fathers to the Americans today who want to give back to their community and country.

American Essence celebrates America’s contribution to humanity, and focuses on three pillars—from history to future, timeless values, and perseverance.

American Essence

Subscribe today at AmericanEssence.net or use this form.



“I want my world to be filled with positive real heroes that emulate, share and care [about] the authentic human values that make America great . . . creating a new set of hero values for our children to grow into as the “New America.” — Laurel Young

Yes, I'd like to subscribe!

BEST DEAL

1 Yearly (12 Issues) + 2 Free Issues**
\$95.40 Save \$113.90 (63%)*
 \$7.95/issue for the 1st year, \$8.95/issue from the 2nd year

6 Months (6 Issues)
\$59.70 Save \$30 (33%)*
 \$9.95/issue for the 1st year, \$10.95/issue from the 2nd year

** No free issue(s) upon renewal. *** Based on a monthly rate of \$14.95. Rates are subject to change without prior notice.

3 EASY WAYS TO SUBSCRIBE

ONLINE : AmericanEssence.net

HOTLINE : 888-805-0203

BY MAIL: **American Essence***
 Subscription Department
 5 Penn Plaza Fl. 8, New York, NY 10001

* American Essence is part of Bright Magazine Group, a non-profit media company committed to bringing stories that elevate the daily lives of our readers.

PLEASE PRINT LEGIBLY (INCLUDE APT., STE., OR UNIT NO.)

American Essence

FIRST NAME _____ LAST NAME _____

ADDRESS _____ APT. # _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ PHONE _____

PAY BY CHECK (PAYABLE TO **American Essence**) USE MY CREDIT CARD / DEBIT CARD

CARD # _____
 We use your credit card solely, and securely, for your subscription. We do not share it with any third parties. The subscription is auto-renew with credit card payment.

EXPIRATION _____ CARD CVV# _____ ZIP _____

NAME ON CARD _____ SIGNATURE _____

BY SIGNING THIS SUBSCRIPTION FORM, I AFFIRM THAT I HAVE READ, UNDERSTOOD AND AGREED TO THE TERMS AND CONDITIONS AT AmericanEssence.net/Terms. I ALSO AFFIRM ALL INFO ABOVE IS COMPLETE AND ACCURATE.