WEEK 2, 2022 THE EPOCH TIMES

The Blessing of Generosity

We are transformed and fulfilled by what we can give to others

JOSHUA BECKER

ast weekend, I hosted a dinner for the United States-based staff of The Hope Effect. The nonprofit organization that we founded in 2015 to change how the world cares for orphans has now grown to 14 employees-three based in the U.S. and 11 based around the world.

At the dinner, I asked Joe Darago, our executive director, if he wanted to say a few words.

At one point during his comments, he said something that immediately caught my attention.

The transformative power of generosity doesn't just change those being helped; it's greatest effect may well be upon the person being generous.

MIXETTO/GETTY IMAGES

People are naturally attracted to others who have an open heart to share with others.

"We are thankful for the opportunity to invite others to use their financial resources for greater pursuits than material possessions."

"Indeed we are," I remember thinking to myself. It was similar to a comment a mentor once said to me, "Don't ever feel bad asking someone to volunteer with you. You are doing them a favor by providing them an opportunity to serve others."

It's a joy to invite others to a cause greater than their personal enrichment.

Clearly, when we give our unneeded stuff, our extra money, and our available time away, we can make life better for others. But in a beautiful way, our generosity is good for us too.

Continued on Page 6



Transcranial Magnetic Stimulation for Depression

This unique, drug-free treatment stimulates the brain's neurochemistry and gets results

JENNIFER MARGULIS

A young person I know felt so depressed that she thought about ending her life every day. She planned how and where she would crash her car and fantasized about putting on dark clothing and walking onto the highway at night so a driver would hit her. She felt anxious and hopeless, certain that she knew she would never feel happy again.

The only thing that kept her from dying by suicide, she told me, was the thought of how devastated her mom, dad, and younger brother and sister would be.

She sought help: Under the supervision of a psychiatrist, she tried several different anti-depressants to help alleviate the depression. But while each seemed to work for a little while, after a few short months, the familiar and devastating sense of hope-

lessness would start to overtake her again. Finally, the psychiatrist she was seeing recommended she try transcranial magnetic stimulation to treat her depression. At that point, she was willing to try anything.

Depression Rising During COVID

According to the Anxiety and Depression Association of America, depression now affects some 40 million adults in the United States, or 18 percent of the population. While depression was a problem before the global panic about COVID-19, there's no question that it has gotten worse since. Isolation and loneliness, which have both risen drastically during the pandemic, lead to depression, as do financial difficulties, lack of employment, dealing with loved ones being ill, and death.

Continued on Page 6



IMAGE SOURCE TRADING LTD/SHUTTERSTOCK

Transcranial magnetic stimulation uses magnetic impulses to stimulate the brain.

For those unable to resolve their depression through other means, an electromagnetic coil placed on their head may offer relief.



"Extremely well researched and true."

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

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CHINESE WISDOM FOR SEASONAL LIVING

Wellness Tips for the Coldest Time of Year

Solar Term: 'Minor Cold' (Jan. 5 to Jan. 19, 2022)

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: 'Minor Cold'

2022 Dates: Jan. 5 to Jan. 19

You merrily celebrated the holiday season only to learn that you now must endure the coldest two weeks of the year. In the Chinese calendar system, this solar term is known as "Minor Cold," and takes place from Jan. 5 to Jan. 19.

But all isn't lost. While many loathe this cold, traditional Chinese medicine sees these days as a great opportunity for healing. By taking advantage of the extreme temperatures and embracing the weather, you can push out chronic illness symptoms and prepare for greater well-being in the spring.

Attune Your Lifestyle

While the earth's female yin elements are at their peak now, the male yang elements are the weakest. By leveraging either of these energies with some simple lifestyle changes, you can shift your body's inner state of health.

Discomfort in our bodies that results from coldness (too much yin), such as coughing, itchy skin, or sleeplessness, will be at its worst during this time, so this is the best time to treat those symptoms according to Chinese wisdom.

Avoid too much indoor heating, as the warm temperatures confuse our bodies and exacerbate the yin energy. We actually need exposure to the cold to contract our muscles and skin. This closes our pores, allowing us to retain our body heat and its yang energy.

If the indoor environment is too warm, we're telling our bodies that it isn't yet winter and that there's no need to save yang energy. Then when spring comes, our bodies haven't stored enough yang energy for the necessary renewing cycle, and we're likely to feel tired and low-energy. This can also lead to premature aging or a higher risk of getting sick in the spring.

The coldest time of the year is also the best time to treat symptoms that typically arise during the heat of summer when yang is at the extreme—such as excess sweating, difficulty concentrating, and fatigue.

Since yang energy is weak during this time, we can easily bring in cold from outside to cool our bodies with little effort.

Try setting the thermostat to 68 degrees Fahrenheit and opening the windows every morning and evening to let in the outside air. While enduring the cold temperatures, keep your feet,

stomach, neck, and back warm. With proper exercise and meditation, we can strengthen our bodies and become more resilient to the cold.

Those with stress or fatigue problems may find that this exercise helps to relieve their symptoms: Hold your palm open and form a hollow center as if holding a ping pong ball in the middle of the palm, then firmly tap your right hand on your outer and inner right leg, cup-side against the leg, and use your left hand to do the same to the left leg. This massage technique is used to activate and help the energy channels.

Those who often suffer from a tight and painful neck, shoulders, or back can use warm towels or a heated red bean bag to cover the neck and shoulders. This can also promote micro blood circulations and reduce the risk of heart problems or stroke.

If the indoor environment is too warm, we're telling our bodies that it isn't yet winter and that there's no need to save yang energy.

After yin reaches the extreme, it starts falling, and yang starts to rise. Birds are also sensitive to these changes. Wild geese start to head north, magpies start to build new nests, and male and female pheasants happily sing together in response to the awakening of the yang energy.

The earliest blooms of the year also start from this solar term. After a long hibernation, Chinese plum trees, camellias, and daffodils begin to blossom. On silver or gray landscapes, flowers bring refreshing color and joy to the world.

Seasonal Eating

Avoid eating greasy or heavy foods to keep warm. While it may please the taste buds, it thickens blood vessels, causing the heart to work harder. A better choice is warm vegetable soup made with root vegetables, beans, bones broth, and lean meats. It's also a good idea to avoid cold or iced drinks and food.

Good foods to eat during this time include almonds, black sesame seeds, dates, lamb, oats, red beans, taro, walnuts, and yams. Cinnamon, cumin, garlic, coriander, basil, hibiscus tea, and rose tea are good for improving blood and energy circulation.

Epoch Times contributor Moreen Liao is a descendant of four generations of traditional Chinese medicine doctors. She's also a certified aromatherapist, former dean of the New Directions Institute of Natural Therapies in Sydney, and the founder of Ausganica, a certified organic cosmetic brand. Visit LiaoMoreen.com

MEDICALLY CORRECT

The Treatment Dilemma of 'Stage Zero' Breast Cancer

Many women are asked to choose between surgery that is likely unnecessary or living with the threat of potential breast cancer

PETER WEISS

When abnormal cells are detected inside the milk duct of a woman's breast, she faces a difficult dilemma. Does she have surgery and possibly radiation treatment due to the relatively small risk that they become cancerous, or does she forgo treatment in hopes that she falls in the majority for whom these cells pose no serious risk?

M.T. is a 42-year-old mother of three who had no family history of breast cancer. She's had yearly mammograms since she turned 40. This time, the results came back suspicious with "microcalcifications." She underwent an ultrasound-guided biopsy that showed the presence of these abnormal cells in her milk duct, which is known by the medical term ductal carcinoma in situ (DCIS). M.T. was left with a difficult decision. She was advised by her breast cancer specialists to have either a lumpectomy (localized excision of the area) or a full mastectomy. During this same week, I had another patient, C.R., a 49-year-old mother of one who had the same findings.

Neither of these women had any family history of breast cancer. M.T. chose to have a drastic bilateral mastectomy with breast reconstruction. C.R. chose the lumpectomy with localized radiation therapy, which is the routine treatment for women with DCIS.

These two brave women made very difficult decisions. They both had careful discussions with several cancer specialists as to what their best options would be.

DCIS cells have cancerous qualities but aren't exactly cancer. They're noninvasive. It's often called stage zero breast cancer. About 75 percent of DCIS never become invasive breast cancer.

The National Institutes of Health estimates that about 1 million women have the diagnosis of DCIS, up from about 500,000 in 2005. This is all due to the better quality imaging and diagnostic capabilities of mammography. The mammogram finds these suspicious microcalcifications that require a needle biopsy to confirm the diagnosis. The



When you hear there are abnormal cells in your breast that could become invasive cancer, it helps to consider the options and know the risks.

American Cancer Society calls DCIS a noninvasive or pre-invasive breast cancer

So what should a woman do when given such a diagnosis? Not an easy question to answer at all.

Currently, the common recommendation is to do a lumpectomy with localized radiation therapy.

The differential diagnosis is significant, though. The pathologist will be looking for micro-invasive breast cancer, atypical ductal hyperplasia, lobular carcinoma in situ, and possibly more.

While lumpectomy with localized radiation therapy is the go-to treatment, there are other considerations to take into account.

For the vast majority of women with the diagnosis of pure DCIS, a prophylactic bilateral mastectomy isn't the best treatment.

A 2015 observational study published in JAMA Oncology looked at 100,000 patients with DCIS and found lumpectomy and mastectomy resulted in similar 10year breast-cancer-specific mortality. Mastectomy is curative for more than 98 percent of patients with DCIS with a recurrence of 1 to 2 percent after mastectomy. However, the risk of DCIS in the other breast is 1 percent for every year of life.

Prophylactic mastectomies are a very drastic measure for a stage zero breast cancer in which 75 percent never advance to invasive cancer. I rarely support such a drastic measure. All patients with DCIS will require very close observation, and in the unlikely chance that the situation worsens, a more profound treatment plan can be done with no decrease in life expectancy.

As you can see, the information gets quite confusing, and the trust you have with your breast cancer team is para-

mount to success.

Radiation therapy after lumpectomy reduces the risks of local invasive and noninvasive recurrences. Radiation therapy reduces the risks of recurrence by greater than 50 percent versus excision alone, but it doesn't reduce the odds of distant recurrences or mortality.

I've gotten deep into the weeds here, but the bottom line is that DCIS has a very high cure rate of 94.5 percent, according to Breast Cancer Research Treatment. While DCIS can be serious, there are many non-drastic measures available.

Twenty percent of breast cancers diagnosed in the United States are DCIS. The increase in cases over the past 10 years is due to diagnostic capabilities, not anything found in the water or food. It's very rare to be found in women younger than 30 years of age. The risks of developing metastases or death in a patient with pure DCIS is less than 1 percent according to research published in the Annals of Surgical Oncology in 2011.

More than 90 percent of all cases of DCIS are detected only by mammography, followed by a biopsy. Breast ultrasounds and MRI don't pick up DCIS. Those modalities are used to find other types of cancers in the breast.

to other breast cancer risk factors, such looking like had they imagined. as family history, an increase in breast The good news is that the medic density found on mammography, obesity, never having had a child, and having a child much later in life. Having the deleterious genetic mutations found in BRCA1 and BRCA2 also puts women at much higher risk. Those women's treatment plans are also different and need special attention. Only about 10 percent of breast cancers are genetic in origin, according to the American Cancer Society.

My patient M.T. chose to undergo a bilateral mastectomy with reconstruction due to several factors. She had a second biopsy in a different area of the same breast showing more DCIS. She also has a very strong fear of breast cancer. She met with several breast surgeons and cancer doctors. This was the right decision for her and her alone.

C.R. chose the traditional lumpectomy with localized radiation therapy. She was comfortable knowing the likelihood of her dying from this was very small, and she was comfortable with very close observation for the rest of her life. Again, this was the best decision for her alone.

I did have another patient in 2020 who chose a completely different path. She's a very intelligent woman, as were M.T. and C.R. She chose no treatment, since, as I stated earlier, this is stage zero breast cancer. She was comfortable knowing that 75 percent of DCIS will never become invasive breast cancer. She elected to quit all alcohol, eat healthy, exercise, and watch very closely for any progression. She has been getting mammograms twice per year. She also had another recent core biopsy showing no change. This was the patient's decision, with a strong supporting team around her.

The final and most important thing to remember here is that for the vast majority of women with the diagnosis of pure DCIS, a prophylactic bilateral mastectomy isn't the best treatment. It's overkill, to say the least. The exceptions are for those who carry the BRCA1 and BRCA2 genes. Almost all patients who choose this drastic measure underestimate how major of a surgery this is and The risk factors for DCIS are similar that the cosmetic results never end up

community is trying to find better ways to predict which instances of DCIS are likely to become invasive. For the majority who face no risk, this will relieve them of worry and unneeded treatment. Voltaire once said, "The art of medicine consists in amusing the patient, while nature cures the disease." Some doctors should take heed.

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

Does Red Wine Really Lower Blood Pressure?

If consumed in moderation, red wine can provide many benefits

MAT LECOMPTE

If you can lower your blood pressure and improve your heart health with red wine, why not drink up over the holidays, right?

Red wine's effects on circulation, vein and artery health, and overall heart health can be overblown. And why wouldn't they be? It essentially serves

as an excuse to do something a lot of people enjoy.

But the evidence supporting red wine's purported health benefits is a little murky. Red wine contains resveratrol, an antioxidant common in foods such as berries, apples, and tea that can be good for your arteries. But it's also got alcohol, which isn't good for your heart. Of course, one of the potential positive

effects of red wine on blood pressure is reducing stress. Alcohol lowers inhibitions and helps most people relax, which can be appealing.

But there's still plenty of debate surrounding whether red wine, in particular, has benefits to heart health.

Most of the research on red wine has found a link between the risk of dying from heart disease and moderate wine consumption. However, similar studies are showing comparable effects from spirits and beer, which don't have resveratrol. Red wine isn't a special health food. In fact, you would likely have to get fall-down drunk in order to consume enough red wine to get the effects of its resveratrol.

So, take red wine and alcohol, in gen-



eral, for what it is: something that can help people relax and enjoy the company of others.

If you're toasting this holiday season, do so in moderation to truly enhance your experience. Usually, one or two glasses (maybe a third at a special holiday party) will let you unwind without posing a risk to heart health.

wine, you've likely touted its purported health benefits. Unfortunately, those benefits may be overstated.

To really improve blood flow and circulation and enjoy a lower risk for heart disease, you're best off adopting lifestyle routines such as a Mediterranean-style diet and getting daily exercise.

Mat Lecompte is a health and wellness journalist. This article was first published on BelMarraHealth.com



A Natural Sweetener May Fight Viruses and Bacteria

Xylitol is a natural, lower-calorie sweetener that offers a long list of health benefits

MARTHA ROSENBERG

s winter approaches and people move indoors, natural methods to boost the immune system and reduce the risk of contracting flu, colds and other viruses are invaluable. Xylitol, a popular, natural sweetener extracted from birch trees and found in plums, strawberries, and raspberries, may offer some help in those regards.

Xylitol has significant immune modulation properties that haven't been widely publicized. Xylitol is mainly only known for its use in the treatment of middle ear infections (otitis media) and for its help in preventing dental bacteria (which can be a marker for stroke and heart attack-related arterial plaque and inflammation).

In fact, research suggests that xylitol may have both anti-bacterial and anti-viral properties, an unusual and welcome combination found in a natural ingredient that might help cut down on harsh prescription drugs. Xylitol is a sugar alcohol, a group that includes the artificial sweeteners glycerol, mannitol, and sorbitol, and is found in many over-the-counter consumer products such as sugar-free gums like Orbit and Spry, lozenges, syrups, nasal sprays, toothpastes, and mouthwashes. (Despite the name, sugar alcohols do not contain alcohol, or ethanol, found in alcoholic beverages.)

Artificial sweeteners are popular as diet foods because they contain lower calories than foods made with traditional sweeteners and don't cause a rapid increase in blood sugar and insulin release, which can be harmful. Yet xylitol may well have benefits that its sweetener brethren lack.

How Does Xylitol Fight Bacteria?

According to researchers writing in the journal Nutrients in 2019, ingesting xylitol produces butyric acid, which "promotes the generation of regulatory T-cells"—important fighters in the immune system. But most of xylitol's ability to fight bacterial infections seems to come from its thwarting of bacterial attachment to the body's mucosal surfaces, places such as your mouth, throat, and digestive tract. Attachment to mucosal surfaces or "mucosal association" is a key sue of the journal FEMS Immunology and health agencies such as the FDA.) Medical Microbiology. Xylitol appears to disrupt this process.

In the FEMS study, the researchers note that adhesion of the dreaded bacterium Clostridium difficile, [C. difficile] to intestinal mucosa "decreased 3.4 times when treated with 1 percent xylitol, 12 times when 5 percent xylitol was applied, and 18.7 times when treated with 10 percent xylitol."

The C. difficile bacterium causes severe diarrhea and colitis and can result from antibiotic use, a weakened immune system, or a recent hospital or nursing home stay. Those 65 or older are more vulnerable to C. difficile infection.

Studies suggest that the sweetener also appears to discourage bacteria from attaching to mucosal surfaces in the lungs. According to research published in the Journal of Laryngology & Otology in 2014, "Xylitol has anti-adhesive effects on micro-organisms like Streptococcus pneumoniae and Strep-

mutans, inhibiting their growth."

tococcus

Both the alpha-hemolytic and beta-hemolytic strains of Streptococcus are discouraged from attaching and setting up house by the presence of xylitol, the Nutrients researchers wrote.

Xylitol may also fight Staphylococcus infections, a type of bacteria as common and potentially dangerous as Streptococcus.

When 250 microliters of 5 percent xylitol were sprayed into the nostrils of 21 healthy volunteers for 4 days, the presence of staph bacteria was reduced when compared with a control group that only received saline treatment, the Nutrients researchers reported.

The Nutrients researchers also cite research that suggests there are anti-bacterial benefits when xylitol is applied topically. Xylitol reduced the bacteria Pseudomonas aeruginosa, Staphylococcus aureus, and Enterococcus faecalis when applied to wounds in human subjects compared with the application of only water. Xylitol also reduced biofilms, which are slimy areas of bacterial buildup like dental plaque.

Xylitol Also Fights Viruses

Xylitol may also represent good news in the fight against viruses such as influenza and colds which, of course, antibiotics can't treat. (In fact, the prescription of antibiotics way that many microorganisms achieve for viral conditions drives antibiotic-resisinfection, researchers noted in a 1996 is- tant bacteria and is widely discouraged by

> One promising example is influenza. Writing in the journal PLoS One in 2015, researchers found that xylitol, combined with red ginseng, was effective in "ameliorating influenza-induced symptoms" related to influenza A. One version of influenza A is H1N1, also called swine flu, which caused a worldwide pandemic in 2009.

> When the amount of xylitol found in the mixture was increased, but not the ginseng, the researchers wrote, its anti-influenza effects also increased and the treatment reduced virus titers—or concentrations after the infection.

> "This protective effect of xylitol should be considered in relation to other diseases," the researchers wrote.

> Anti-viral effects are also suggested by the Nutrients researchers, particularly with respiratory syncytial virus (RSV), a common virus that is currently on the rise. While RSV can be mild when contracted by adults and

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While sugar and artificial sweeteners have many side effects, xylitol offers a long list of benefits.

older children, it can be serious in infants. Mice given dietary xylitol along with phosphate-buffered saline for 14 days before exposure to RSV and three days afterward had lower RSV titers than control groups that were only given phosphate-buffered saline, the researchers reported. Of course, the main virus on the

public's mind is COVID-19, and two nasal products containing xylitol have been investigated as possibly useful treatments. A study of one nasal spray containing lotacarrageenan (a type of red algae) and xylitol was published in the journal PLoS One in November 2021; the researchers wrote that the combination "may increase the benefit of a formulated nasal spray" in the fight against COVID-19. The research was funded by Amcyte Pharma

Inc., the maker of the preparation. Research pertaining to another COVID-19-targeting nasal spray was published in 2020 in the journal Cureus. This spray contained xylitol and grapefruit seed extract. Three patients with mild to moderate symptoms from the virus showed "rapid clinical improvement" and a shortened time to a negative COVID-19 intranasal swab test when the nasal spray was an adjuvant to their ongoing treatment, the authors wrote. The research was funded by Xlear Nasal Spray®, a commercially available product that combines the two ingredients.

Adding xylitol to a nasal spray has also been studied in the restoration of smell in COVID-19 patients and in their amount of viral shedding.

More Xylitol Benefits

Xylitol is considered a prebiotic and can improve bowel motility and function, according to many medical sources. Increased xylitol in the digesta increases water retention in the digesta and has possible laxative effects, providing constipation treatment, the Nutrients researchers write. However, excessive intake of xylitol may produce diarrhea.

The butyric acid produced by ingesting xylitol is also associated with a reduced risk for colorectal cancer; xylitol may even have the ability to increase bone density and/or prevent bone resorption according to research conducted on animals published in other journals.

A Word of Warning

Can a natural substance as "sweet" as xylitol have any drawbacks? Yes! While xylitol is thought to be remarkably safe in humans, it isn't safe for dogs. In 2019, the Food and Drug Administration (FDA) warned that xylitol can be deadly for dogs.

While xylitol doesn't stimulate the release of insulin in humans, it quickly floods the bloodstream of dogs with insulin, which can produce hypoglycemia-a decrease in blood sugar levels-and can be toxic. Symptoms can include dogs vomiting, staggering, collapsing, and experiencing seizures. In addition to storing xylitol where a dog can't reach it, the FDA recommends reading all ingredients on dog food labels, especially foods called sugar-free or low sugar.

So, risk to man's best friend aside, xylitol is a sweet way to gain several health benefits, including a stronger immune system that's better able to fight off viruses and bacteria this winter.

Martha Rosenberg is a nationally recognized reporter and author whose work has been cited by the Memorial Sloan Kettering Cancer Center, Mayo Clinic Proceedings, Public Library of Science Biology, National Geographic, and Wikipedia. Rosenberg's FDA exposé "Born with a Junk Food Deficiency" was widely praised and established her as a prominent investigative journalist. She has lectured widely at universities throughout the United States and resides in Chicago.

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Moving More Linked to Better Weight Maintenance

Instead of driving to lunch, walk, and take an extra lap around the block.

Research finds people better maintained weight loss by moving more rather than exercising

KRISTEN FISCHER

Focusing on moving more throughout the day as opposed to structured exercise is more likely to produce sustainable weight-related benefits in older adults, a new study found.

The report in the journal Obesity was the first to show that being on a dietary program and moving often during the day gives similar short-term weight loss and better long-term weight maintenance, compared to being on a diet and regular aerobic activity.

The researchers looked at 183 obese men and women between the ages of 65 and 85 before and during the pandemic, over an 18-month span. They were randomized into a group-based dietary weight loss program along with one of three exercise programs including Sit-Less (which encouraged them to move frequently during the day), only doing aerobics, or a combination of both. The scientists issued and a mobile health application to monitor their activity.

Researchers found that all groups lost weight over six months. But over the 12-month follow-up period, those who had added aerobics had greater weight regain compared to those who did the SitLess method.

"This research is relevant for clinicians and other healthcare providers interested in supporting long-term weight loss among older adults, and for older adults who are personally interested in weight loss and avoiding weight gain,' Jason Fanning, an assistant professor at Wake Forest University and a study author, said in a statement.

Examining the Results

Keith Diaz, a certified exercise physiologist and assistant professor at Columbia University Medical Center who wasn't involved in the research, isn't sure that moving more alone is more effective than doing aerobics or structured exercise and moving more. He said he'd like to see more proof to confirm the report, citing the small study size.

Researchers haven't looked at the differences of the "move more, more often" concept in various age groups, so it's unclear if younger people would experience the same results, he added.

"There is probably little reason to think the benefits of physical activity are any different in younger adults than older adults," Diaz told The Epoch Times.

Elaine Hargreaves, an associate professor at the University of Otago in New Zealand, said the concept of moving more and more often is applicable to all adults—especially those who sit a lot.

"Research suggests that it's not just the total time sitting that's the problem, but that we do it in long bouts," she told The Epoch Times.

Historically, it has been widely believed that regular structured moderate physical activity is one of the most important health behaviors that exist, Diaz said.

"While this certainly still remains the case, what the latest science is showing is that your physical activity does not have to be high in intensity to reap some health benefits."

"You can go to the gym for an hour or have several activity periods over the course of the day that add up to an hour. It all counts," he said. "The beauty of this is that it provides flexibility in how you reach your activity goals."

How to 'Move More, More Often'

If you have a structured exercise plan (say you walk 30 minutes a day), you shouldn't stop doing that. Ideally, people should incorporate planned physical activity and other forms of movement and also lower the amount of time we spend sedentary, Hargreaves said.



66

What the latest science is showing is that your physical activity does not have to be high in intensity to reap some health benefits.

Keith Diaz, certified exercise physiologist and assistant professor, Columbia University Medical Center

If going to the gym doesn't sound appealing, enjoy the world with a slow, easy bike ride instead.

 \bullet

When you find yourself sitting for a long time, get up and move, even if it's for two minutes, Hargreaves said. You can also set a timer or alarm to remind you to move—and have a plan in place for how you'll move when it goes off.

"This helps to break old bad habits of sitting too long, and helps to create new habits of moving when the timer goes off," she said.

Having a goal in mind for how much you want to move a day—minutes or Make It Work steps taken—can also help. Record the For several decades, guidelines have movement if you think it will help you. recommended that adults exercise Another suggestion: Take a walk moderately or vigorously for at least 150 around the block, or up the stairs. Doing basic resistance exercises such as squats or calf raises can help. Just because there's a chair available doesn't mean you have to use it, she noted.

People can also get off the bus or subway a stop early, or park their cars further away from a destination, and walk the rest of the way.

If you drink a lot of water, you'll have to go to the bathroom more often (at least in theory)—that's another reason to move more often, she added.

Diaz likes to walk when he is on the phone or to have walk-and-talk conversations with colleagues.

"A lot of work conversations and meetings do not actually have to be done sitting down in an office or conference room," he said.

"Instead of emailing, walk over and talk to a colleague. Take the stairs instead of the elevator. Walk to a bathroom on a different floor."

Doing housework is another way to increase movement.

"Rely less on technology and modern conveniences and do some of the housework yourself. Use a hand vacuum instead of a Roomba. Wash your dishes by hand instead of using a dishwasher.

Wash the car yourself instead of taking it to a car wash," he suggested. Doing laundry, washing the floors, and cleaning windows also gets you moving.

Walking your dog or playing with the kids are other useful ways to add activity to your day.

"You don't have to go to a gym to reap the benefits of physical activity. All movement counts," Diaz noted.

minutes per week.

"The problem is that for individuals who are largely inactive, which is much of the population, this requires a very significant lifestyle change and is a daunting task for many," Diaz said.

Because "move more, more often" activities tend to be enjoyable—not straight-up fitness routines that could be difficult or boring—that may make it more sustainable for many compared to structured workouts.

That said, we don't know what the right dose is in terms of how much to move or how often to lose weight or maintain it, he added.

Planning Activity Ahead of Time

Hargreaves said it's a good idea to think about what may stop you from being active ahead of time so you can plan to overcome the obstacle.

"What barriers do you have that will impact your ability to move more? Plan for those so that when they do happen, you have a plan B to know how to overcome them," she said.

And make time to recognize how you feel when you are being more active, Hargreaves said.

"Do you feel less tired, more energetic, happier, more productive? Make sure to recognize those feelings as they will maintain your motivation to continue moving," she said. Relying on outcomes that can't be attained in the short term things such as lowering blood pressure, weight loss, and the like—may not be as helpful to keep you engaged.

Keep Moving

Ultimately, people should do what works for them, especially older adults who already have a structured fitness routine.

"This is a single, relatively small study, with somewhat unexpected results as the authors themselves acknowledge," Diaz says. "We need far more research before we tell people to stop exercising. And I doubt that will ever happen."

Kristen Fischer is a writer living in New Jersey.



The Blessing of Generosity

We are transformed and fulfilled by what we can give to others

Continued from Page 1

I'm not saying that we should be generous so that we can benefit from it personally. We should be generous for the sake of others—that's our motivation. But at the same time, we should expect some intangible benefits to rebound to us, and we should accept them gratefully.

I can attest that generosity makes me feel better about myself and what I'm doing with my life. And I know I'm not alone. Many people who are generous report a greater sense of satisfaction and happiness. Studies have even linked generosity to improved physical health. Amazing!

Furthermore, I've observed that generous people have more fulfilling relationships. People always enjoy the company of a generous giver to the company of a selfish hoarder. People are naturally attracted to others who have an open heart to share with others. And a good friend is the best gift you could ever give yourself.

Those who are generous also tend to value what they own. People who give away possessions hold their remaining possessions in higher esteem. People who donate money are far less wasteful with the money left over. And people who give their time make better use of their time remaining.

Yet at the same time, generous people find meaning outside their possessions. Which is what Joe was commenting on at our dinner.

Although many people wrap up selfworth in net worth (as if a person's true value could ever be tallied on a balance sheet), generous people find their value in helping others. They quickly realize that their bank statement says nothing about their true value.

Because of this, they have less desire for more. They have found fulfillment, meaning, value, and relationships outside the acquisition of possessions. They have learned to find joy in what they already possess and give away the rest.

In other words, they have found contentment

But maybe the greatest benefit of generosity is this: Generous people realize that they already have enough.

Too often we are held hostage by the pursuit of more. No matter how much we have, we always seem to need more-more stuff

and more money. We choose our careers for the sake of securing more. We spend the best hours of our By teaching our children about the

benefits of generosity, we can set them up for a future that is not controlled by the constant desire for more.

Although many people wrap up self-worth in net worth, generous people find their value in helping others.



day trying to obtain more. We get jealous when "less deserving" people seem to have more. And we constantly worry about having enough

But this constant desire for more is having damaging effects on our society.

Seventy-one percent of us report feeling stress about money. There are some who experience this anxiety because of legitimate because of artificially manufactured need. helps to remove this pursuit. It reveals to in the first place.

us how blessed we already are. It reminds us we already own more than we need. It shows us how much we have to give and how much good we can accomplish. It helps us see the needs of those we live alongside. And it offers a better alternative for our money than spending it on ourselves.

If you're motivated by a desire to be more generous, let it spur you to complete the profinancial need, but for most of us, this stress cess of living with less. And as your miniis completely misplaced. In a world where 1 mizing frees up resources you can share, billion people live on less than \$2 per day, go ahead and give them away with freedom most of our financial-related stress occurs and joy. Your heart will feel warmer. The world will be a better place. And you will Generosity changes these thoughts and discover you never even needed the stuff

SYDA PRODUCTIONS/SHUTTERSTOCK

Transcranial Magnetic Stimulation for Depression

This unique, drug-free treatment stimulates the brain's neurochemistry and gets results

Continued from Page 1

Prescriptions for antidepressants have been rising since the beginning of the pandemic, according to Dr. Stephanie Collier, an instructor in psychiatry at Harvard Medical School. Reports of domestic violence have also increased, and more young people than ever before have been feeling suicidal, attempting suicide, or taking their own lives.

No one is sure, but it may also be that CO-VID-19 infections themselves are having an effect on people's mental health. One study of 62,354 people who had a COVID-19 diagnosis, published in November of 2020 in the scientific journal The Lancet, found that survivors of COVID-19 were at higher risk of psychiatric disorders.

The electrical pulse is designed to stimulate the brain to produce neurotransmitters such as serotonin and dopamine that promote a healthy mood and better sleep.

In another, more recent study, published in Nature, a team of 23 scientists examined the brain tissue from people who died of COVID-19. They found molecular changes in the brain that mirrored changes seen in the brains of people suffering from neurodegenerative diseases.

"Perturbations associated with COV-ID-19 overlap with those found in chronic brain disorders," the scientists said, "and reside in genetic variants associated with cognition, schizophrenia, and depression."

While there was no evidence of the virus itself in the tissue, the scientists hypothesized that COVID-19 infections may cause degeneration in the brain. This may be another reason why so many people are struggling with mood disorders right now.

What Is Transcranial

Magnetic Stimulation? Transcranial magnetic stimulation, or TMS, is a relatively new intervention to treat depression. Used since 1985 for medication-resistant or other treatmentresistant cases of depression, TMS, or repetitive TMS (rTMS) uses magnetic impulses to stimulate the brain. This noninvasive intervention targets portions of the brain that tend to have less activity in a person who is experiencing severe depression.

During a TMS session, the patient is awake. An electromagnetic coil is placed on the patient's head, usually via a cap or a helmet. The patient sits comfortably in a chair while the coil delivers a painless pulse, which feels like an intermittent tapping or poking sensation. The patient can read, meditate, daydream, or do a crossword puzzle while the treatment is being

While depression was a problem before the global panic about COVID-19, there's no question that it has gotten worse since.

delivered. It's also possible to talk during sessions, though most patients opt to wear noise-canceling earplugs to soften the tapping sound from the machine.

The electrical pulse is designed to stimulate the brain to produce neurotransmitters such as serotonin and dopamine that promote a healthy mood and better sleep. While protocols vary depending on the practice, machinery, and the individual patient, treatments for depression or anxiety usually last about 20 to 30 minutes and a patient will usually receive five sessions

in a week for four to six weeks.

Positive Results

Dr. Adam P. Stern, in an article about transcranial magnetic stimulation for Harvard Health, estimates that 50 to 60 percent of patients with medication-resistant depression have found a benefit from TMS therapy. Of those patients, approximately one-third reported that their symptoms of depression didn't return over time. While depression is usually an ongoing and recurring mood disorder,

So this very day, donate clothing you don't wear, sporting equipment you don't use, books you aren't going to read, or the furniture needlessly taking up space. Make a financial donation to a charity you support. Be generous with your time by volunteering at your local school, homeless shelter, or nonprofit of your choice.

It's the quickest shortcut I can suggest to both happiness and living a life of impact.

Joshua Becker is an author, public speaker, and the founder and editor of Becoming Minimalist, where he inspires others to live more by owning less. Visit BecomingMinimalist.com

most patients who found TMS to be helpful experienced improvement for several months to a year after the end of the treatment, Stern wrote.

A 59-year-old Bay Area resident named Emma found the treatment life-saving.

"I was going to die," Emma (who did not use her last name for privacy reasons) told KQED. "It saved my life, and I'll be forever grateful."

Several peer-reviewed scientific studies have found TMS to alleviate symptoms of depression, including a 2019 review published in the journal General Psychiatry. Though some of these studies are industrysponsored, TMS seems to be an effective clinical tool. It's also being used to help treat symptoms associated with epilepsy and autism.

It felt life-saving for my young friend. She was grateful to have someplace to go every day during the time she received treatment, and for months afterward, she felt more hopeful and less depressed than she had in a very long time. Though she is still struggling with her mood and her mental health, she told me she felt like the TMS helped.

"I have had patients use it for depression successfully, particularly with treatment-resistant depression," said Dr. James Neuenschwander, an integrative physician based in Ann Arbor, Michigan. "The primary issue is the cost.'

Neuenschwander said that he researched buying a machine for his practice but the amount of money he would have to charge his patients made it cost-prohibitive. While some insurance companies will pay for treatments, patients report up to \$150 in out-of-pocket expenses per session.

While Neuenschwander refers patients to a clinic for treatments, he has also had success treating major depression by getting to the root causes. He tries to avoid

Generous people find fulfillment, meaning, value, and relationships outside the acquisition of possessions.

prescribing anti-depressants because, he said, they lose efficacy after three months. "At one year they're no better than exercise or meditation," he said. "They're very

effective over the short run, they can have a major impact for someone in crisis. But beyond three months, you want to see what else you can do."

To fix the underlying problems, Neuenschwander said, he examines a patient's biochemistry and uses medications or supplements to target deficiencies. These include 5-HTP, which helps with minor depression and sleep disorders by supporting the body's ability to make serotonin and melatonin; the herb macuna, which Neuenschwander says can improve dopamine levels; and lithium orotate, which protects

the brain and helps with glutamate toxicity. Other treatments for more mild depression include counseling and talk therapy, mood-enhancing dietary changes, daily exercise, massage, and acupuncture. However, according to The American Journal of Psychiatry, half of the people suffering from depression have treatment-resistant depression. For some of those patients, TMS may be a lifesaver.

Jennifer Margulis, Ph.D., is an awardwinning investigative health journalist and book author. She has worked on a child survival campaign in Niger, West Africa; championed the rights of Christian children sold into child slavery in Southeast Asia on prime-time TV in Paris; and taught post-colonial literature to non-traditional students in Atlanta. She is the author of "Your Baby, Your Way," and co-author, with Dr. Paul Thomas, of *"The Vaccine-Friendly Plan" and "The* Addiction Spectrum." Learn more at her website: www.JenniferMargulis.net

TRADITIONAL CHINESE MEDICINE

Anger Just Might Be Your Liver Talking

Ancient medicine, modern science find connections between emotions and our organs

EMMA SUTTIE

It's difficult to imagine our internal organs having an influence on how we feel. Most of us see emotions as responses to external situations, or internal thoughts. But what if our organs might have some part to play in the complex world of feelings?

The ancient Greeks, for example, believed that the liver was the source of our emotions use today to describe the liver like "hepatic," "hepatitis," and "hepatoma" come from the ancient Greek word "hepar," which means liver.

The ancient Greeks also knew, quite rightly, that the liver had the ability to regenerate, and they thought this was due to its divine nature. We can see this in Greek mythology with the story of the punishment of Prometheus. Zeus, angry at Prometheus, and the organs exists, and several studies punished him by putting him in chains and sending an eagle to eat his liver.

Because he was immortal, his liver grew back every day, and the eagle returned day after day to eat it. Yipes.

The Liver As We Know It

In Western medicine, the liver is seen as a critical component of our immune system because it defends against blood-borne infection and contains numerous innate and adaptive immune cells that detect and capture pathogens from our blood.

Located on the right, in the upper part of the abdomen, the liver sits just under the ribs and on top of the stomach, intestines, and right kidney, and usually weighs around 3 pounds. It holds about one pint—or 13 percent—of the body's entire blood supply at any given moment. There are actually more than 500 vital functions that the liver performs, including the production of bile (which helps carry away waste and breaks down fats), clearing the blood of drugs, alcohol, and other poisonous substances, and resisting infections by removing harmful bacteria from the bloodstream.

Maintaining a healthy liver can be achieved by avoiding drugs and moderating alcohol consumption, eating a healthy diet, exercising, and being careful when traveling to places where hepatitis A and nal of Consulting and Clinical Psychology, B are common, as they are the most easily transmissible.

Hepatitis, which causes liver swelling and damage, is caused by several viruses. The most common are A, B, C, D, and E. Hep A is contracted by coming into contact with contaminated food or water, or with an infected person's stool. Hep B is spread through contact with an infected person's blood or body fluids.

The Liver From a Different Perspective

Interestingly, in Eastern medicine, the liver is associated with the emotion of anger. When we express resentment, frustration, or irritability, we are seen to be expressing our liver energies.

Eastern medicine has a different approach to what makes us sick and why. One of the main differences is that it sees the body and mind as intimately connected. For example, Eastern medicine attributes different emotions to many of the internal organs. Emotions, when felt intensely or for extended periods, according to this philosophy, can make us sick. Conversely, if an organ is not functioning properly, it can have an effect on its associated emotion.

Someone with a liver that's out of balance might experience an excess of anger, and excessive anger that has been lingering for months or years is thought to eventually harm the liver organ. Emotions, therefore, are actually a diagnostic tool as well as a cause of disease, which is a bit of a departure for many Western people.

In this Eastern perspective, the liver also has many important functions in the body, including being responsible for the smooth flow of qi in all directions. Qi is the energy our bodies use in daily function and is created from the air we breathe and the food we eat. In Eastern philosophy, qi is the energy that animates all living things. A liver that is in good health

is also seen to allow a quick recovery after physical activity and allows for graceful movements and a flexible

body. This makes sense if we compare it to the Western view of the liver because of its functions of cleansing the blood of toxins and removing potentially harmful pathogens. A healthy liver equals a healthy, vital body

From the Eastern medicine perspective, a healthy liver also will give its owner great courage and resoluteness and the ability to plan one's life wisely, effectively, and with and the center of the soul. Even the words we a clear sense of direction. Its functions and responsibilities aren't just physical, but encompass emotional and spiritual realms as well

Scientific Studies Suggest a Connection

There are some interesting studies that suggest that science is exploring this connection as well. Many cultures have long believed that the connection between the emotions can now prove that this in fact might be the case

One study, conducted by Rachel Lampert at the Yale University School of Medicine titled "Anger and ventricular arrhythmias," has found that anger does indeed have an effect on heart arrhythmias—which are a disturbance in the rhythm of the heartbeat.

The study found that psychological stress from emotionally devastating events such as natural disasters or war can increase arrhythmias and even sudden death. Diarybased studies show that anger and other negative emotions can be fatal. Their findings concluded that anger and other strong emotions can trigger "potentially life-threatening ventricular arrhythmias in vulnerable patients."

Another study explored the connection between anger and cluster headaches. Cluster headaches are an intensely painful type of headache that occurs in cycles or "clusters." The study, published by Marialuisa Rausa and titled "Anger and its Expression in Cluster Headaches Versus Migraines" found that patients with cluster headaches experienced anger with a higher intensity than those with migraines, demonstrating a link between the intensity of pain and intensity of emotion.

Yet another study, published in the Jourfound that anger reduction through cog nitive behavioral therapy allows people to achieve more equanimity and thus be better equipped to deal with the stressors of daily life.

Emotional Awareness for The New Year

It's interesting to explore the idea that our bodies-complex and beautiful organisms that they are—might be more than simply a mechanical apparatus that keeps us alive through its infinite array of biological processes. Perhaps instead, looking at it more holistically, we can begin to see that we are in fact so much more.

As we bring in a new year, perhaps we can expand our view of health to include not just the health of our bodies (as we do with resolutions like eating better and exercising), but that of our emotions as well. Many holistic disciplines believe there's a vital connection between the two that science is now beginning to explore. Maybe emotional awareness and self-regulation could have a place in the complex world of human health.

Emma Suttie is an acupuncture physician and founder of Chinese Medicine Livinga website dedicated to writing about how to use traditional wisdom to live a healthy lifestyle in the modern world. She has lived and practiced in 4 countries and now works through her consulting practice Thrive Consulting. She is a lover of martial arts, the natural world, and a good cup of tea.

> The connection between brain and body appears to be deepened by our emotions, and negative emotions can have negative consequences ANIELA BARRETO/SHUTTERSTOC

Too Many Choices

Endless options and a lack of commitment are a recipe for restlessness

MIKE DONGHIA

epending on your source, the average American spends nearly 50 hours a week in front of a screen for non-work purposes. Some sources put that number closer to 9 or 10 hours a day. Most of that is spent watching TV, playing video games, and browsing social networks. About 75 years ago, that number was zero

and it has been rising steadily ever since. I'm not a historian, but I'm fairly confident that no other period in human history has seen such a complete transformation of what daily life looks like for most people on Earth.

One of the interesting byproducts of this sweeping change is that we have never before had such a clear window into the lives of those beyond our immediate sphere. Movies, TV shows, online videos, and social networks have opened our eyes to all of the ways that people are living their lives.

To keep our attention, however, the algorithms behind our social media feeds give us only the most interesting and desirable lifestyle examples. Is this a good or bad thing?

Fear of Missing Out

One thing is for sure, we're not the same people we were. Multiple studies show that "perfectionism" and self-described "fear of missing out" are on the rise over the past few decades.

These two statistical observations are not unrelated.

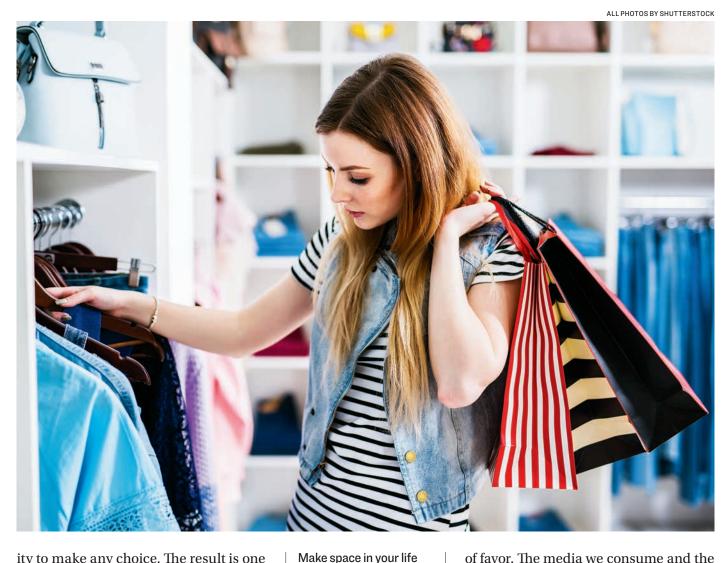
Fear of missing out (FOMO) is an emotion that exists on a spectrum.

At one end, we are afraid of wasting our tion, media, and online content life, which motivates us to do something different or make a change. At the right dose, being exposed to new possibilities can awaken a hunger and desire in us to change ourselves for the better.

At the other end of the spectrum, we can become paralyzed with indecision, unable to take action because we are flailing in a sea of possibilities and options. The paradox of choice is a well-known psychological experience that asserts that "when the number of choices increases, so does the difficulty of knowing what is best."

The perfectionism we see exploding in our population may be a direct result of being exposed to nearly infinite possibilities for what life could look like, and not being able to decide which to pursue.

Instead of increasing our freedom, too many choices ends up restricting our abil-



ity to make any choice. The result is one that you might be familiar with-a restless, nagging sense that life is happening all around you, but that your own life is stuck in neutral.

Embracing Limits

On a population level, fear of missing out will likely continue to grow alongside our lengthening time in front of screens—at least until we decide that the costs are too great and find new ways to live in this modern world.

But the good news is that any one of us can make changes in our own lives that help us to align our actions more closely with our values. We can all make steps toward the good life we desire while still enjoying the benefits that so many of us get from our screens.

I'm still walking this journey myself and trying to be more intentional about what kinds of media I consume and how I fill my days. But I do have a few practices that I'm trying to incorporate into my own life that might be useful to you, wherever you are in your own travels.

Here's what I'm working on:

Consuming Less

Even a pure hedonist would acknowledge that blindly pursuing as much pleasure as you can get is not the way to optimize for pleasurable experiences in the long run. The same is true of consuming information

When you adopt reasonable limits on how much you consume, you add muchneeded space in your life for other pursuits. The time away from consuming will give you a new perspective and perhaps a renewed enjoyment for what you do

choose to (thoughtfully) consume. One way to define boredom is as a desire

for desires. When we bombard ourselves with a limitless stream of novelty and possibilities, we risk deadening our senses to the wonder that is already in our lives. The cure for boredom, ironically, is to step back from the very thing we use to drown away our boredom.

Closing Doors

Old-fashioned values like responsibility and commitment have certainly fallen out

for meaningful pursuits by adopting reasonable limits on how much you consume.

Instead of increasing our freedom, too many choices ends up restricting our ability to make any choice.

With the flick of a thumb, we can find a million ways our life is drab and boring, but why would we want to do that?



of favor. The media we consume and the way we consume it reinforce a new priority: dreaming big and imagining the best possible life for ourselves.

I'm no killjoy. I think it's great that the internet has opened our imagination to the possibilities that exist for any particular individual.

But lasting happiness doesn't come from endlessly pondering or expanding the options in front of you. At some point you have to walk through a door and close it behind you. This includes, but is not limited to things like getting married, having children, and joining formal communities-all of which we as a society are doing at drastically lower rates.

We need to use our imaginations once again to discover the goodness of accepting responsibility and the sense of fulfill ment it can bring into our lives.

Creating More

The ultimate rebellion against a consumerist culture (one that has lulled you to sleep with infinite future possibilities) is to enter the arena of life and create something yourself. That, in part, is why my wife and I share and shape ideas on our blog.

It's easy for a fear of missing out to turn into a fear of making the wrong choice. When you fill your mind with all that is possible, and all the cool things that others are doing, it's difficult to watch your own awkward, imperfect steps toward creating—which is how all of us begin.

There's no easy way past this stage. You have to fight through it. To an extent, you have to become numb to the opinion of others while you learn to crawl. But soon enough, you will enjoy some of the sweetest rewards of all-the joy of progress toward a meaningful goal and the sense that new horizons really do exist when you choose a path and begin walking.

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 *ThisEvergreenHome.com*

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THE EPOCH TIMES



More-or-Less Resolutions Start with these flexible resolutions today and improve your life forever

JOSHUA BECKER

ver the past 12 years, I've made quite a few changes in my life. Some of those changes were small, while others were big. Some of them I kept, others I discarded.

Very few lasting changes involved the immediate addition or removal of a new habit. Most of the changes that stuck in the long run were simply slight adjustments to my life.

I know some people debate the usefulness of New Year's resolutions. This is often because people simply attempt too much. Rather than adopting an approach of "1 percent better," they think resolving to change 100 percent is the way to go. But that rarely works.

A better approach is to start where you are, with the life you are living, and make slight adjustments.

Rather than saying, 'I am going to exercise every day this month,' try,

'I am going to exercise more than I do now.

For example, rather than saying "I'm going to exercise every day this month," try saying "I'm going to exercise more than I do now." You get to decide exactly what that "more" looks like. Your improvement doesn't have to be drastic to begin moving your habits in a positive direction. And getting just 1 percent better every week adds up quickly.

To that end, here are 12 "more-or-less resolutions" you could start today to improve your life forever.

Own less stuff. I can't begin to explain how much my life changed when I decided to own less stuff. Owning fewer possessions freed up time, money, space, and energy in my life—in both the short run and the long run.

Make this the year that you decide to own less and recognize that your life is too valuable to waste chasing and accumulating material possessions.

You don't have to own nothing to experience the benefits. Begin by owning less in some intentional ways, and see the effect that it can have.

Watch less television. Want to make an immediate positive change in your life? Turn off one television series,

watch one less hour of tv each week, or designate one evening for no television. You don't need to cut television entirely or even give up your favorite show. Just watch a little bit less.

What will you do instead? Especially if you're home alone? I'm not sure-and maybe you aren't either. But you'll never know how much greater of an impact you can make with your life until you stop spending your days watching others live theirs. This resolution could also apply to You-Tube, Facebook, or social media.

Continued on Page 14

The Role of Magnesium for Cognitive Function in Older Adults

Taking advantage of this natural synergy is one way to maximize your vitamin D status, especially for improving brain elasticity and resisting COVID-19

JOSEPH MERCOLA

The synergy between magnesium and vitamin Discritical for optimal immune function and overall health—especially as it pertains to lowering your risk of COVID-19. Previous studies have also highlighted the role this duo plays in cognitive function among older adults, as well as overall mortality.

Those findings are important, especially as the link between low vitamin D levels and various diseases, including severe CO-

VID, continue to grow. In fact, people taking vitamin D, or doing what they can to raise their vitamin D levels, may not be getting the benefits their seeking because they are not also ensuring adequate magnesium intake.

Protecting Cognitive Health

One such study, "Association of Vitamin D and Magnesium Status with Cognitive Function in Older Adults: Results from the National Health and Nutrition Examination Survey (NHANES) 2011 to 2014," points

out that vitamin D not only protects neuronal structures and plays a role in neuronal calcium regulation, but also appears to lower your risk for neurodegeneration as you grow older.

Magnesium, meanwhile, aside from being required for converting vitamin D to its active form, also plays a role in cognitive health. Magnesium deficiency has been implicated in several neurological disorders.



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A nutrient dense, anti-inflammatory diet that includes a lot of vegetables, fruits, nuts, and whole grains will go a long way in reducing your risk of developing rheumatoid arthritis.

How to Reduce Your Risk of Rheumatoid Arthritis

Diet and supplements can make a major difference in the development or disappearance of RA

JOEL FUHRMAN

There are three things you need to know about rheumatoid arthritis (RA), especially if you are a woman. First, 75 percent—that's three out of ev-

ery four people diagnosed with RA—are female

Second, 1 to 3 percent of all women will be diagnosed with RA during their How Does Diet Help Treat RA? lifetime.

And third: Although the direct causes of the disease are unknown, there are known risk factors.

Risk factors means RA is may have some genetic tendencies, but environmental factors, particularly diet, pulls the trigger. And, in most cases RA can gradually disappear when the healing environment and diet is optimized.

What is Rheumatoid Arthritis?

Rheumatoid arthritis (RA) is an autoimmune disease that causes inflammation, pain and damage to the joints, most commonly involving the wrists and fingers. RA is considered a type of inflammatory arthritis, in contrast to other types such as osteoarthritis, which is a more common The Nutritarian diet is based on eating (and non-autoimmune) form of arthritis. nutrient-dense, plant-based foods. It is About 1.3 million Americans have RA. designed to maximize anti-inflammatory Diet and lifestyle-related factors linked

to increased RA risk. Those include:

- Smoking
- Drinking sugar-sweetened beverages • Excess weight: Excess fat is pro-inflam-
- matory • Eating red meat
- Excess sodium intake also promotes autoimmune inflammation

Overall, the typical Western diet—which contains plenty of white flour, sugar, oils, and animal products—is pro-inflammatory and thought to contribute to all autoimmune inflammation. The form it takes may be genetically influenced, but without years of poor nutrition and toxic food exposure autoimmune diseases would not appear. Poor nutrition in the mother during and even before conception may be a significant contributor to early life autoimmune disease.

There are also diet and lifestyle-related factors linked to reduced RA risk, including:

- Regular exercise
- Omega-3 fatty acids • A healthful diet including vegetables, fruits, nuts, and whole grains

In the Nurses' Health Study, a higher quality diet was measured by greater consumption of fruits, vegetables, whole grains, nuts, long-chain omega-3 fatty acids, etc., and lower consumption of sugar-sweetened beverages, red and processed meats, trans fats, and sodium. The researchers found the women in the highest quarter of diet quality had a 15 percemt reduction in risk of RA compared to the lowest.

The Role of the Gut Microbiome

The human microbiome is composed of communities of bacteria, viruses and fungi. It basically functions as an essential organ, regulating everything from metabolism to fat storage to human behavior. The gut—or intestinal—microbiome, which modulates the activity of immune cells, counteracts inflammation, and

maintains the integrity of the intestinal barrier, is important to the origin and development of RA. That's because intestinal permeability—often called "leaky gut" is a major factor in autoimmunity and the microbiome helps prevent increases in intestinal permeability and promotes good immune function.

A few studies have shown that dietary interventions reduced symptoms in patients with RA. These eating styles included fasting; a vegan diet; a vegan and gluten-free diet; and fasting followed by a vegetarian diet.

Reducing inflammation is key to preventing a range of diseases, including autoimmune diseases, Type 2 diabetes, heart disease, and cancer. An anti-inflammatory diet helps the body maintain the balance between pro- and antiinflammatory signals, preventing chronic inflammation. Carotenoids, flavonoids, fiber, and other phytochemicals in plant foods have anti-inflammatory properties.

How Can a Nutritarian Diet Help?

potential, with a focus on whole, fiber-rich plant foods, and avoidance of pro-inflammatory influences such as added salt and sugars and red meat. For more detailed information on my recommendations, read my "Autoimmune Disease Position Paper" at drfuhrman.com.

In general, your best bet is to follow a nutritarian diet, rich in colorful vegetables and other phytochemical- and fiber-rich whole plant foods.

You should also aim to achieve a healthy weight: excess fat is pro-inflammatory and may negatively affect treatment for RA. Consider repeated fasting at prescribed intervals to improve weight and metabolism.

You may also want to consider certain helpful supplements. Supplementation with omega-3 fatty acids has improved RA symptoms in several studies. Probiotics have also been found to reduce inflammatory markers in RA. And make sure you have sufficient vitamin D levels. I recommend a multivitamin that excludes folic acid and Vitamin A but includes B12, zinc and vitamin D. I also recommend having blood 25(OH)D tested and aiming for 30-50 ng/ml.

And finally, you likely want to avoid wheat and gluten: gluten is a common food trigger, and there may be a relationship between celiac disease and RA.

Working with patients with autoimmune diseases is one of the most rewarding aspects of my medical career. Sometimes individual dietary modification and exclusions of certain trigger foods need to be identified and eliminated. Both fasting and elimination diets can be useful in enabling a recovery. The ability to achieve substantial improvement and, in most cases, complete remission of these supposedly incurable illnesses is exciting.

Joel Fuhrman, M.D. is a board-certified family physician, seven-time New York Times best-selling author and internationally recognized expert on nutrition and natural healing. He specializes in preventing and reversing disease through nutritional methods.

ALL PHOTOS BY SHUTTERSTOD

When the Eye on Older Patients Is a Camera

New sensors are changing the nature of home care for families with a loved one with dementia

SOFIE KODNER

n the middle of a rainy Michigan night, 88-year-old Dian Wurdock walked out the front door of her son's home in Grand Rapids, barefoot and coatless. Her des-Lination was unknown even to herself. Wurdock was several years into a dementia diagnosis that turned out to be Alzheimer's disease. By luck, her son woke up and found her before she stepped too far down end began visiting less often after his dad the street. As the Alzheimer's progressed, so did her wandering and with it, her children's anxiety.

"I was losing it," said her daughter, Deb Weathers-Jablonski. "I needed to keep her safe, especially at night."

Weathers-Jablonski installed a monitoring system with nine motion sensors around the house—in her mother's bedroom, the hallway, kitchen, living room, dining room, bathroom, and near three doors that led outside. They connected to an app on her phone, which sent activity alerts and provided a log of her mother's movements.

"When I went to bed at night, I didn't have to guess what she was doing," Weathers-Jablonski said. "I was actually able to get some sleep."

New monitoring technology is helping family caregivers manage the relentless task of looking out for older adults with cognitive decline. Setting up an extensive monitoring system can be expensive—Weathers-Jablonski's system from People Power Co. costs \$299 for the hardware and \$40 a month for use of the app. With scores of companies selling such gear, including SentryTell and Caregiver Smart Solutions, they are readily available to people who can pay out-of-pocket.

But that's not an option for everyone. While the technology is in line with President Joe Biden's plan to direct billions of dollars toward helping older and disabled Americans live more independently at home, the costs of such systems aren't always covered by private insurers and rarely by Medicare or Medicaid. Monitoring also raises ethical questions about privacy and quality of care. Still, the systems make it possible for many older people to stay in their homes, which can cost them far less than institutional care. Living at home is what most people prefer, especially in light of the toll the COVID-19 pandemic has taken on nursing homes.

Technology could help fill a huge gap in home care for the elderly. Paid caregivers are in short supply to meet the needs of the aging population, which is expected to more than double in coming decades. The shortage is fueled by low pay, meager benefits, and high rates of burnout.

And for the nearly 1 in 5 U.S. adults who are caregivers to a family member or friend over them. "Actually, after you have

age 50, the gadgets have made a hard job just a little easier.

Passive surveillance systems are replacing the "I've fallen and I can't get up" medical alert buttons. Using artificial intelligence, the new devices can automatically detect something is wrong and make an emergency call unasked. They also can monitor pill dispensers and kitchen appliances using motion sensors, like EllieGrid and WallFlower. Some systems include wearable watches for fall detection, such as QMedic, or can track GPS location, like SmartSole's shoe insoles. Others are video cameras that record. People use surveillance systems like

Ring inside the home. Some caregivers may be tempted to use technology to replace care, as researchers in England found in a recent study. A participant who had visited his father every weekstarted wearing a fall detector around his wrist. Another participant believed her father was active around the house, as evidenced by activity sensor data. She later realized the app was showing not her father's movement, but his dog's. The monitoring system picked up the dog's movements in the living room and logged it as activity.

Technology isn't a substitute for face-toface interaction, stressed Crista Barnett Nelson, executive director of Senior Advocacy Services, a nonprofit group that helps older adults and their families in the North Bay Area outside San Francisco. "You can't tell if someone has soiled their briefs with a camera. You can't tell if they're in pain, or if they just need an interaction."

In some instances, people being monitored changed their habits in response to technology. Clara Berridge, a professor of social work at the University of Washington who studies the use of technology in elder care, interviewed a woman who stopped her usual practice of falling asleep on the recliner because the technology would falsely alert her family that something was wrong based on inactivity deemed abnormal by the system. Another senior reported rushing in the bathroom for fear an alert would go out if they took too long.

The technology presents another worry for those being monitored. "A caregiver is generally going to be really concerned about safety. Older adults are often very concerned about

safety, too, but they may also weigh privacy really heavily, or their sense of identity or dignity," Berridge said. Charles Vergos, 92 and living in Las Vegas, is uncomfortable with video cameras in his house and wasn't interested in wearing gadgets. But he liked the idea that someone would know if something went wrong while he was alone. His niece, who lives in Palo

Alto, California, suggested Vergos install a home sensor system so she could monitor him from afar. "The first question I asked is, does it take pictures?" Vergos recalled. Because the sensors don't have a

video component, he was fine with

New monitoring technology is helping family caregivers manage the relentless task of looking out for older adults with cognitive decline.

them in the house for a while, you don't even think about it."

ome monitoring systems include earable watches for

fall detection or can

track GPS location.

The sensors also have made conversations with his niece more convenient for him. She knows he likes to talk on the phone while he's in his chair in the den, so she'll check his activity on her iPad to determine whether it's a good time to call.

People making audio and video recordings must abide by state privacy laws, which typically require the consent of the person being recorded. It isn't as clear, however, if consent is needed to collect the activity data that sensors gather. That falls into a gray area of the law, similar to data collected through internet browsing.

Then there is the problem of how to pay for it all. Medicaid, the federal-state health program for low-income people, does cover some passive monitoring for home care, but it isn't clear how many states have opted to pay for such service.

Some seniors also lack access to robust internet broadband, putting much of the more sophisticated technology out of reach, noted Karen Lincoln, founder of Advocates for African American Elders at the University of Southern California.

The relief monitoring devices bring caregivers may be the most compelling reason for their use. Delaine Whitehead, who lives in Orange County, California, started taking medication for anxiety about a year after her husband, Walt, was diagnosed with Alzheimer's.

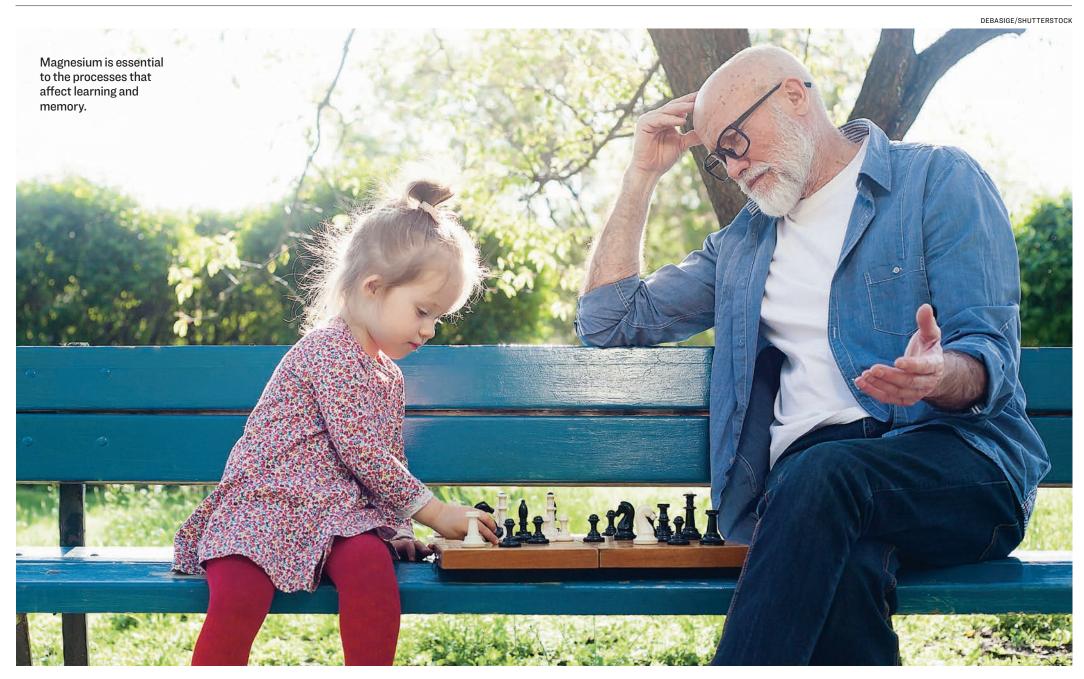
Like Weathers-Jablonski, Whitehead sought technology to help, finding peace of mind in sensors installed on the toilets in her home.

Her husband often flushed too many times, causing the toilets to overflow. Before Whitehead installed the sensors in 2019, Walt had caused \$8,000 worth of water damage in their bathroom. With the sensors, Whitehead received an alert on her phone when the water got too high.

"It did ease up a lot of my stress," she said.

Sofie Kodner is a writer with the Investigative Reporting Program at the University of California-Berkeley Graduate School of Journalism. The IRP reported this story through a grant from The SCAN Foundation. Republished from Kaiser Health News.

No technology can benefit people as much as in person care, consideration, and companionship.



The Role of Magnesium for Cognitive Function in Older Adults

Taking advantage of this natural synergy is one way to maximize your vitamin D status, especially for improving brain elasticity and resisting COVID-19

Continued from Page 9

Using NHANES data from 2,984 participants over the age of 60, the researchers compared serum vitamin D status and dietary magnesium intake against cognitive function scores.

After adjusting for confounding factors, in- "He conducted autopsies of 18 consecutive take above the median." cluding total calorie consumption and magnesium intake, higher blood levels of vitamin cortex (the gray matter responsible for infor-D positively correlated with decreased odds mation processing), thalamus (modulates of having a low cognitive function score on sensory inputs), basal ganglia (responsible the Digit Symbol Substitution Test.

The same trend was found when they looked at vitamin D intake, rather than blood level. The correlation of higher vitamin D levels and better cognitive function was particularly strong among those whose magnesium intake was equal to or greater than 375 mg per day, the researchers reported.

"We found that higher serum 25(OH)D levels were associated with reduced risk of low cognitive function in older adults, and this association appeared to be modified by the intake level of magnesium," they wrote.

Improved Brain Plasticity

While magnesium intake by itself didn't appear to have an impact on cognitive function in the study above, other research has highlighted its role in healthy cognition.

Memory impairment occurs when the connections (synapses) between brain cells diminish. While many factors can come into play, magnesium is an important one, notes Dr. David Perlmutter, a neurologist and fellow of the American College of Nutrition.

"It has now been discovered that magnesium is a critical player in the activation of nerve channels that are involved in synaptic plasticity. That means that magnesium is critical for the physiological events that are fundamental to the processes of learning and memory," he wrote in an article on his website.

A study published in Neuron in 2010 found a specific form of magnesium called magnesium threonate enhanced "learning abilities, working memory, and short- and long-term memory in rats." According to the authors, "Our findings suggest that an increase in brain magnesium enhances both short-term synaptic facilitation and long-term potentiation and improves learning and memory functions."

COVID's Effect on the Brain

While we're on the topic of the brain, a July 1, 2020, article in The Washington Post reviewed findings from autopsies of COVID-19 patients. Surprisingly, Chinese researchers had reported that COVID-19 patients can exhibit a range of neurological manifestations.

a host of neurological effects, from inability to taste or smell, to strokes, seizures, and delirium. Many report being confused or disoriented at discharge.

A previous COVID-19 infection is also associated with a new psychiatric diagnosis, which may be due to stroke due to blood clot in the brain, according to researchers in the United Kingdom, the Post reported. The Post reported how Isaac Solomon, a

neuropathologist at Brigham and Women's Hospital in Boston, set out to investigate where the virus might be embedding itself in the brain using available data and anecdotal reports.

deaths, taking slices of key areas: the cerebral for motor control) and others."

Interestingly, while doctors and researchers initially suspected that brain inflammation was causing the neurological problems seen in some patients, Solomon's autopsies found very little inflammation. Instead, these neurological manifestations appear to be the result of brain damage caused by oxygen deprivation.

Signs of oxygen deprivation were present both in patients who had spent a significant amount of time in intensive care, and those who died suddenly after a short but severe bout of illness. I believe this is likely due to increases in clotting in the brain microvasculature.

Solomon told The Washington Post he was "very surprised," by the finding. It makes sense, though, considering COVID-19 patients have been found to be starved for oxygen. As reported by The Washington Post:

"When the brain does not get enough oxygen, individual neurons die ... To a certain extent, people's brains can compensate, but at some point, the damage is so extensive that different functions start to degrade ... The findings underscore the importance of getting people on supplementary oxygen quickly to prevent irreversible damage.'

Magnesium and Vitamin D **Impact Mortality**

Getting back to magnesium and vitamin D, previous research using NHANES data from 2001 through 2006 found the duo has a positive impact on overall mortality rates. This study, published in BMC Medicine in 2013, also pointed out that magnesium "substantially reversed the resistance to vitamin D treatment in patients with magnesium-dependent vitamin-D-resistant rickets."

The researchers hypothesized that magnesium supplementation increases your vitamin D level by activating more of it and that your mortality risk might therefore be lowered by increasing magnesium intake. That is indeed what they found. According to the authors:

We now know COVID-19 patients report "High intake of total, dietary or supplemental magnesium was independently associated with significantly reduced risks of vitamin D deficiency and insufficiency respectively."

> In other words, magnesium intake has a positive impact on vitamin D levels. This also appears to have a role in disease formation, according to the study.

> "The associations of serum 25(OH)D with mortality, particularly due to cardiovascular disease (CVD) and colorectal cancer, were modified by magnesium intake, and the inverse associations were primarily present among those with magnesium in-

> In plain language, the links between low 25(OH)D, an important form of vitamin D, and various health outcomes, including death, cardiovascular disease, and colorectal cancer, were reduced when people had higher magnesium levels. "Our preliminary findings indicate it is possible that magnesium intake alone or its interaction with vitamin D intake may contribute to vitamin D status. The associations between serum 25(OH)D and risk of mortality may be modified by the intake level of magnesium."

Magnesium is critical for the physiological events that are fundamental to the processes of learning and memory.

Dr. David Perlmutter, neurologist and fellow of the American College of Nutrition

Magnesium Lowers Vitamin D

Requirement by 146 Percent According to a scientific review published in 2018, as many as 50 percent of Americans taking vitamin D supplements may not get significant benefit as the vitamin D simply gets stored in its inactive form, and the reason for this is because they have insufficient magnesium levels.

GrassrootsHealth recently concluded you need 146 percent more vitamin D to achieve • Organic, raw grass-fed yogurt and natto a blood level of 40 ng/ml (100 nmol/L) if you don't take supplemental magnesium, compared to taking your vitamin D with at least 400 mg of magnesium per day.

The interplay between magnesium and vitamin D isn't a one-way street, though. It goes both ways. Interestingly, while vitamin D improves magnesium absorption, taking large doses of vitamin D can also deplete magnesium. Again, the reason for that is because magnesium is required in the conversion of vitamin D into its active form.

Magnesium Plus Vitamin K Lowers Vitamin D Requirement Even More

Magnesium isn't the only nutrient that can have a significant impact on your vitamin D status. GrassrootsHealth data further reveal you can lower your oral vitamin D requirement dramatically simply by adding magnesium and vitamin K2. As reported by GrassrootsHealth

"244 percent more supplemental vitamin D was needed for 50% of the population to achieve 40 ng/ml (100 nmol/L) for those not taking supplemental magnesium or vitamin K2 compared to those who usually took both supplemental magnesium and vitamin K2."

How to Boost Your Magnesium Level

The recommended daily allowance for magnesium is around 310 mg to 420 mg per day depending on your age and sex, but many experts believe you may need anywhere from 600 mg to 900 mg per day.

Personally, I believe many may benefit from amounts as high as 1 to 2 grams (1,000 to 2,000 mg) of elemental magnesium per day, as most of us have EMF exposures that simply cannot be mitigated, and the extra magnesium may help lower the damage from that exposure.

My personal recommendation is that unless you have kidney disease and are on dialysis, continually increase your magnesium dose until you have loose stools and then cut it back. You want the highest dose you can tolerate and still have normal bowel movements.

When it comes to oral supplementation, my personal preference is magnesium threonate, as it appears to be the most efficient at penetrating cell membranes, including your mitochondria and blood-brain barrier. But I am also fond of magnesium malate, magnesium citrate, and ionic magnesium from molecular hydrogen as each tablet has 80 mg of elemental magnesium.

Eat More Magnesium-Rich Foods

Last but not least, while you may still need magnesium supplementation (due to denatured soils), it would certainly be wise to try to get as much magnesium from your diet as possible. Dark-green leafy vegetables lead the pack when it comes to magnesium content, and juicing your greens is an excellent way to boost your intake. Foods with high magnesium levels include:

Avocados

- Swiss chard
- Turnip greens
- Beet greens • Herbs and spices such as coriander, chives,
- cumin seed, parsley, mustard seeds, fennel, basil and cloves Broccoli
- Brussel sprouts
- Bok Choy
- Lettuce

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

You can aid

vour ioints by

changing what you eat.

Foods and Supplements for Better Joint Health

These 25 ingredients to good health can help keep you mobile as you age

LISA ROTH COLLINS

How are your joints doing? Many people of all ages experience some joint discomfort and pain, especially when the weather changes, they have overdone their exercise routines, or it's related to arthritis or other conditions that affect the joints. The good news is that you can help support and promote better joint health by modifying your diet and taking a few choice supplements.

Supplements for Joint Health

First, let's take a look at 12 supplements shown to be helpful for helping keep joints healthy in a variety of ways.

Calcium

Calcium is a key player in joint health. It works along with vitamin D and other nutrients to support and promote joint integrity. If you aren't getting sufficient calcium from food (1,000 mg is the daily requirement), then a supplement can help. You have numerous options when it comes to calcium supplements; choose the one that works best for you.

Chondroitin

Chondroitin is a substance found in human cartilage that helps cushion the joints. It is often taken along with glucosamine to help reduce joint pain and support joint health. In supplement form, it is known as chondroitin sulfate. The typical dosage used in clinical trials has been 800 mg to 2,000 mg daily in divided doses.

Ginger

Ginger can help with indigestion and other gastrointestinal ailments, but did you know it also can assist with joint health? Among the studies of ginger and joint health, one conducted at the University of California-Los Angeles reported that ginger reduced stiffness and pain in the knee joints by 40 percent when compared with placebo. The herb appears to work by impacting certain inflammatory processes.

Glucosamine

Glucosamine is a compound found in the body's cartilage, which is the tissue that cushions the joints. The body's natural levels of glucosamine decline as people age, so supplementing with this substance may work to keep the cartilage in joints healthy. Glucosamine is available in several forms, but glucosamine sulfate is the one taken to manage inflammation of the joints and osteoarthritis. The European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis recommends 1,500 mg daily of crystallized glucosamine sulfate and calls it the "logical choice to maximize benefits in OA [osteoarthritis] patients."

Magnesium

This versatile mineral has been shown to help with joint health and pain. In a 2018 study, low intake of magnesium was associated with worse function and pain in people with knee osteoarthritis. A 2021 report noted that "there has been a growing body of clinical studies pointing to an intimate relationship between dietary magnesium and OA." Use of magnesium supplements may provide pain relief and support for joint health.

MSM

Methylsulfonylmethane (MSM) is an organosulfur compound found in people, animals, and plants that is sometimes used to help manage arthritis and ease pain and inflammation of the joints. In a 2017 article in Nutrients, the authors noted that MSM can provide these benefits while also being "well-tolerated by most individuals at dosages of up to four grams daily, with few known and mild side effects."

Omega-3 Fatty Acids

Coldwater fatty fish and some other foods are sources of omega-3 fatty acids. However, many people prefer to take omega-3 supplements as either fish oil or krill oil. These fats prompt the body to make chemicals that fight inflammation.

Turmeric (curcumin)

The herb turmeric contains a highly active ingredient called curcumin, which is often used to manage joint pain. Turmeric suggested.



has anti-inflammatory properties and can be helpful in relieving arthritis pain. The suggested dose is 500 mg to 2,000 mg daily as an extract with a high curcumin concentration, which is typically around 95 percent

Vitamin D

For those who don't get enough vitamin Dproducing sunlight, a supplement is often in order. Some research indicates that low vitamin D levels are associated with joint discomfort and pain. This nutrient assists the body in absorbing calcium to help keep bones strong. You should have your vitamin D levels checked with a simple blood test before taking a supplement to determine if you are deficient and how much of the supplement you need.

Vitamin K

Both vitamins K and D are needed for calcium metabolism. Therefore, it's essential to get enough vitamin K to promote joint and bone health. In one meta-analysis, women who took vitamin K2 supplements showed a significant improvement in bone health and a lower risk of fractures.

Boswellia

Boswellia serrata, also known as Indian frankincense, is a potent anti-inflammatory. In a recent review of seven trials, the use of Boswellia was found to reduce joint pain, inflammation, and stiffness and improve joint function when compared with placebo. Research suggests at least four weeks of treatment of the extract is needed for results.

Devil's Claw

This native of South Africa is a flowering plant that contains compounds called iridoid glycosides, which have anti-inflammatory powers. Harpagoside is believed to be the most potent of these compounds. There is some evidence that devil's claw may help with inflammation associated with arthritis.

Foods for Joint Health

Enjoy as many of these foods as you can in your regular diet. They can play an important role in supporting joint health.

Berries

Blueberries, strawberries, raspberries, and blackberries are among the fruits with the best antioxidant levels that can ward off inflammation. Enjoy by the handful or in smoothies.

Bok choy

Just one of the numerous cruciferous vegetables that contain sulforaphane, a compound that can block the inflammatory process and may also slow cartilage damage in the joints.

Broccoli

This cruciferous vegetable contains sulforaphane, a substance with the ability to help block enzymes that can cause the joints to swell.

Fish

Coldwater fish (e.g., tuna, halibut, salmon, trout) are great sources of omega-3 fatty acids, which fight inflammation in the joints. Two to three servings per week are



Turmeric has antiinflammatory properties and can be helpful in relieving arthritis pain.



Antioxidants and other plant compounds in spinach can relieve inflammation and support joint health.



Blueberries, strawberries raspberries, and blackberries are among the fruits with the best antioxidant levels that can ward off inflammation



Coldwater fish (e.g., tuna, halibut, salmon, trout) are great sources of omega-3 fatty acids, which fight inflammation in the joints.

Garlic

Garlic contains an anti-inflammatory compound called diallyl disulfide that interferes with pro-inflammatory substances. Therefore, you can use garlic to help fight inflammation, and it may help stop damage to the cartilage in your joints. Choose fresh garlic when possible.

Ginger

If ginger supplements are not for you, then be sure to enjoy this herb in your food. Ginger contains gingerol and shogaol, chemicals that block inflammation pathways. Ginger is great in stir fry, smoothies, baked goods, soups, and candies.

Grapes

A Texas Women's University study reported that eating grapes regularly can ease knee pain associated with osteoarthritis. Grapes also may improve joint flexibility and overall mobility. Substances such as resveratrol and proanthocyanidin in grapes are believed to be responsible for these benefits.

Green tea

Green tea is a great source of catechins, otent compounds that can support joint health by "downregulating inflammatory signaling mediators" and other activities that help protect and preserve collagen and cartilage, according to research.

Olive oil

Olive oil is a great source of omega-3 fatty acids, which fight inflammation. Use extra-virgin olive oil in dressings, drizzled on vegetables, stirred into soups, and as a butter substitute.

Spinach

Antioxidants and other plant compounds in spinach can relieve inflammation and support joint health. The antioxidant kaempferol is found in very high levels in this vegetable, and it has been shown to reduce the impact of inflammatory agents in rheumatoid arthritis.

Fart cherry

Tart cherry and its juice have been studied for their ability to reduce inflammation and fight osteoarthritis. In one study, individuals who consumed two eight-ounce bottles of tart cherry juice daily for six weeks showed significantly reduced inflammation and symptoms of osteoarthritis when compared with placebo.

Turmeric

The curcumin in turmeric blocks enzymes and cytokines that cause inflammation. Enjoy turmeric in curries and other Indian dishes as well as smoothies and soups.

Walnuts

Walnuts are a good source of healthy omega-3 fatty acids, which fight inflammation, ncluding that associated with joint pain.

Bottom Line

Certain foods and supplements can provide support and protection for joint health. These common foods and supplements can be easily incorporated into your lifestyle.

Lisa Roth Collins is a registered holistic nutritionist and also the marketing manager at NaturallySavvy.com, which first published this article.

More-or-Less Resolutions

Start with these flexible resolutions today and improve your life forever

Continued from Page 9

Eat a healthier diet. Eating healthier is no doubt one of the top resolutions made by people every year. As well it should be. A healthy diet fuels a healthy body to live a healthy and fulfilling life.

Rather than trying to change your entire diet at once, look for incremental ideas. Instead of cutting out sugar entirely, maybe you could remove it a couple days each week. Rather than switching to a no-meat diet on a whim overnight, add an extra vegetable to each meal.

Sometimes switching your diet overnight works, but that's rarely the case. Instead, look for smaller ideas that move you closer and closer to that ideal.

How can you be just a little more generous with your life this year?

Spend less money on unnecessary purchases. We all need food, shelter, and clothing. To live is to consume and that requires the use of financial resources. But too often, we confuse unnecessary purchases with actual needs. And when we do, money gets even tighter and financial stress builds.

Take a good look at where your money is going, especially if you're struggling. Can you find just one or two recurring purchases that are unnecessary? If so, cut back on them in 2022.

If you want more financial resolution ideas, here's a list of 10 of them.

Read more books. How many books did you read in 2021? A few? Several? None? Whatever that number was for you, read more in 2022. There are benefits to reading both fiction and nonfiction.

Become more generous. I don't think you'll ever regret a life lived for others. In fact, science supports the assumption that the most fulfilled lives are those lived for others.

So how can you be just a little more generous with your life in 2022? Could you give a little more money or volunteer a few more hours?

Ask more questions. One of the best pieces of life advice that I ever received came from a gentleman who was just a few years older than me as he was sitting down for dinner at a friend's house.

"One of the easiest ways to become interesting is to learn how to ask good questions," he said to me.

That was more than 20 years ago, and I've never forgotten that. It has entirely changed how I interact with others—both new people that I'm just meeting and people that I've known for years.

Try it yourself. Make a special effort to ask



Read more this year.

more questions of the people around you.

Complain less. Complaining is almost never a positive reaction to our circumstances. There are times when notifying someone of an injustice is good and proper. But most of the time, we complain simply because things aren't going exactly as we want them.

Complaining has a negative effect on ourselves and the people around us. It brings everyone down. I know this is a tough resolution to measure because we don't usually realize how much we complain.

However, I would recommend trying to go a full day without verbalizing any complaints. A little while later, try the experiment again. The more you try it, the more you'll notice complaining when it happens.

Appreciate your spouse more. Too often, we expect the most from the people we're closest to. We would never make the same demands on our boss or co-worker as we do on our spouses. When it comes to our spouses, it's easy to

notice all of the things that we wish they were, rather than appreciating all the good that we see every day.

In 2022, resolve to appreciate your spouse more than you did in 2021. Work in more compliments, more flowers, more conversations, more dates, and more selfless service. You made a lifelong commitment to your spouse. Make sure your relationship is heading in the right direction.

Get more exercise. This resolution is the perfect example of a "more-or-less" decision. If you aren't active at all, resolving to go running every day is a resolution that will likely fail in the first week.

Instead, just decide to add more exercise to your daily routine. We've all been reminded of the importance of physical health these past two years, so add in just a little more exercise in 2022.

If you didn't exercise at all in 2021, go for two walks per week. If you were haphazard in your physical exercise in 2021, set aside a specific time each week to create more consistency.

Pray more. Regardless of your faith or non-faith beliefs, I'm a fan of prayer. Even if you don't believe in God, there are still benefits to being still, expressing gratitude, and articulating heartfelt desires.

If you have a religious faith, resolve to pray more in 2022—whatever that means for you.

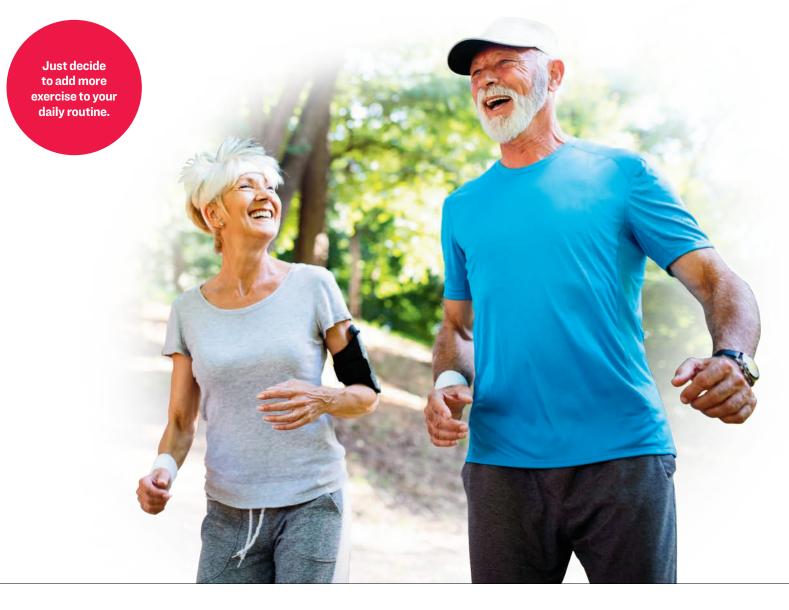
If you don't have a religious faith, consider how prayer might change you. It slows our mind, calms our spirit, and centers our heart. It removes our mind from the culture of consumption that surrounds us and calls us to identify our desires and articulate our values.

Dream bigger dreams for your life. You're unique and important. You hold the potential to make a significant difference in the lives of others. Maybe that means you can make a world of difference to one, or maybe that means you can be the one to make a difference to the entire world. But you never will until you believe that you can.

In 2022—starting today—dream bigger dreams for the person you can be and the impact you can make. Refuse to just coast through life holding out until it's over. Live intentionally for others, and your life will be the one that changes the most.

The year 2022 holds incredible potential for you. Take hold of that, not by falsely claiming the potential to make sweeping changes overnight, but by resolving to get just a little bit better in the areas of life that matter most. Once you begin taking a few steps in the right direction, you'll be surprised by how far you can get.

Joshua Becker is an author, public speaker, and the founder and editor of Becoming Minimalist, where he inspires others to live more by owning less. Visit BecomingMinimalist.com



Concerned About Overeating?

Here's what you need to know about food addiction

> causes of addictive eating are so diverse that treatments can't be one

The

underlying

size-fits-all.

TRACY BURROWS & MEGAN WHATNALL

For many of us, eating particular foods can be comforting: a pick-me-up during a hard task; a reward after a long day at work; a

satiating end to a lovely dinner. But some people have a compulsive and uncontrolled urge to eat particular foods,

especially hyper-palatable "junk" foods. This can impact their day-to-day functioning and their ability to fulfill social, work, or family roles. People who struggle with addictive eating may have intense cravings, which don't relate to hunger, as well as

increased levels of tolerance for large quantities of food, and feelings of withdrawal. Rather than hunger, these cravings may be

prompted by low mood, mental illness (depression and anxiety), high levels of stress, or heightened emo-"Food addiction" or "addictive

eating" isn't yet a disorder that can be diagnosed in a clinical setting. Yet patients often ask health professionals about how to manage their addictive eating.

These health providers generally acknowledge their patients' addictive eating behaviors but may be unsure of suitable treatments

Food addiction is commonly assessed using the Yale Food Addiction Scale.

The science of addictive eating is still emerging, but researchers are increasingly noting addiction and reward pathways in the brain triggered by stress, heightened emotions, and mental illness are associated with the urge to overeat.

How Common Is It?

Many factors contribute to overeating. The abundance of fast food, junk food advertising, and the highly palatable ingredients of many processed foods can prompt us to eat whether we are hungry or not.

However, some people report a lack of control over their eating and are seeking help for this. Around one in six people (15 to 20 percent) report addictive patterns of eating or addictive behaviors around food

While food addiction is higher among people with obesity and mental health

conditions, it only affects a subset of these groups.

How to Tell If You Have a Problem?

Typically, food addiction occurs with foods that are highly palatable, processed, and high in combinations of energy, fat, salt, and sugar while being low in nutritional value. This might include chocolates, confectionery, takeaway foods, and baked products.

These foods may be associated with high levels of reward and may therefore preoccupy your thoughts. They might elevate your mood or provide a distraction from anxious or traumatic thoughts, and over time, you may need to eat more to get the same feelings of reward.

However, for others, it could be an addiction to feelings of fullness or a sense of reward or satisfaction.

There is ongoing debate about whether it is components of food that are addictive or the behavior of eating itself that is addictive, or a combination of the two.

Given that people consume foods for a wide range of reasons, and people can form habits around particular foods, it could be different for different people.

It Often Starts in Childhood

Through our research exploring the experiences of adults, we found many people with addictive eating attribute their behaviors to experiences that occurred in childhood.



be good



WISE HABITS

Why You Shouldn't Fixate on the Outcome

Focus on the process to gain often overlooked benefits

LEO BABAUTA

You're starting a project or a new exercise plan, and it's in shaky new territory for you. You feel doubt about whether you can do it, so you're tensely doing everything you can to make sure it will turn out the way that you hope.

The stress, fear, doubt, and tension you feel likely come from an attachment to how things will turn out. For example, we want to lose weight and get fit through exercise or be brilliant at our new project and have

everyone think that we're wonderful. But perhaps we could acknowledge these truths.

The outcome isn't always fully in our control. Sometimes other people get in the way or unintentionally sabotage a project. Sometimes things happen that we didn't expect. Sometimes, despite our best efforts, things just turn out differently than we pictured in our heads. The weather might turn, or we might come down with the flu. We might even get injured, or something may throw our schedule off.

There are multiple outcomes that will **be OK, if not great.** Maybe we won't get marathon we've been training for.

But maybe we'll get healthier despite not come from external things. meeting the goal. Maybe we'll enjoy the exercise or meet other people who are trying to get healthier. Maybe it won't turn out as well as we had hoped, but we can still enjoy the process.

The outcome we hope for isn't the only one we can appreciate. In fact, if we are broadminded, we may see that the actual outcome could be even better.

Focusing on the outcome is detrimental. It causes us to stress out, to enjoy the because we doubt we'll succeed.

For example, we may walk away from writing that novel before we even start, because we doubt that it will be good. But how do you ever get good at writing a novel if you never attempt it?

Focusing on the outcome can lead to disappointment if it ends up not being what we wanted. We may also be disappointed in ourselves when we don't live up to our own expectations or be disappointed in others for the same reason.

What if the outcome does matter? Say you're supposed to hit objective X for your work. Well, you should do the actions that are most likely going to get you that outcome. Plan out the steps, then execute them. But as you're doing each of the steps, you don't have to be attached to the outcome

Let Go

Letting go of our attachment to the outcome is freeing. It helps us be more present with the doing, the being, and the act itself, rather than what might come in the future. It can help us have better relationships because we're more focused on people than on the goal. It can help us have a better relationship with ourselves, as we focus six-pack abs, even if we do our best with an on our own well-being and contentment, exercise plan. Or maybe we won't finish the rather than some external source of possible happiness. Spoiler: Happi

> What can you focus on instead of the outcome?

The Intention

I've found my intention in doing a task to be much more important. It's what I hope to bring to the task, rather than what I hope to get out of it. It's how I want to show up right now, rather than how I want things to be in the future.

For example, I intend to be helpful and loving as I write this; I intend to be mindprocess less, or to not even start something ful and appreciative of nature as I go out people you're working with

It takes a certain kind of courage to attempt something new, to set a goal, and work to make it real. But for better results, focus on the steps, not the destination.

for a walk or run; and I intend to be fully present, compassionate, and open-hearted with whomever I'm talking to. I bring this intention and try to let it inform how I move through the world.

The Effort

Instead of worrying about how things will turn out, pay attention instead to how focused you are on it, how much effort you're putting into it, and how mindful you are as you do it. How much of your heart are you putting into it? How much love and care are you giving to it?

The Process

The outcome is a result of the process—if you're not getting the outcome you want, focus on improving the process. How much care are you taking as you do it? How can you step up your game? Pay attention to how you're doing things.

The Moment

What's beautiful about this particular moment as you do the action? What do you notice? Can you be curious as you do the act, instead of having a fixed mindset? What is there to appreciate about yourself, about the other person, about everything around you, right now?

The Relationships

Much more important than the outcome is the relationship you have with the person you're serving or working with.

When you're focused on the outcome, you often disregard the feelings of the people you're working with, snapping at them when they're not doing things the way you would like. Instead, you can focus on your connection with them, on finding ways to make them enjoy the process more, and on being warm or compassionate.

Think about how this might change things for you. If you're working on a shaky new project, you can focus on what's beautiful about the moment, having fun with the effort, playing and being curious, and being more loving toward yourself and others. This transforms every act, every habit, every project, and every moment with others.

Do every act out of devotion and love, letting go of any attachment to the outcome.

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



When you're focused on the outcome, you often disregard the feelings of the

These events are highly varied. They range from traumatic events to the use of dieting or restrictive eating practices or are related to poor body image or body dissatisfaction.

Our latest research found addictive eating in teenage years is associated with poorer quality of life and lower self-esteem, and it appears to increase in severity over time. Children and adolescents tend to have fewer addictive eating behaviors, or symptoms, than adults. Of the 11 symptoms of the Yale Food Addiction Scale, children and adolescents generally have only two or three, while adults often have six or more, which is classified as severe food addiction. The associations we observed in adolescents are also seen in adults: Increased weight and poorer mental health are associated with a greater number of symptoms and prevalence of food addiction.

This highlights that some adolescents will need mental health, eating disorder, and obesity services in a combined treat-

ment approach. We also need to identify early risk factors to enable targeted, preventative interventions in younger

How Is It Treated?

age groups.

The underlying causes of addictive eating are diverse so treatments can't be one-size-fits-all.

Some people report a lack of control over their eating and are seeking help for this.

ALL PHOTOS BY SHUTTERSTOCK For some people, eating a bit of junk food is a rare indulgence but for some it is a compulsion driven in part by the way some foods are designed.

A large range of treatments is being trialed. These include passive approaches such as self-help support groups and medications such as naltrexone and bupropion, which target hormones involved in hunger and appetite. There is also bariatric surgery to assist with weight loss. The most common procedure in Australia is gastric banding, where an adjustable band is placed around the top part of the stomach to apply pressure and reduce appetite.

However, few of the available self-help support groups include involvement or input from qualified health professionals. While providing peer support, these may not be based on the best available evidence, with few evaluated for effectiveness.

Medications and bariatric surgery do involve health professional input and have been shown to be effective in achieving weight loss and reducing symptoms of food addiction in some people.

However, these may not be suitable for some people, such as those in the healthy weight range or with complex underlying health conditions. It's also critical people receiving medications and surgery are counseled to make diet and other life-

> style changes. Other holistic, personalized lifestyle approaches that include diet, physical activity, as well as mindfulness, show promising results, especially when co-designed with

consumers and health professionals.

Our Emerging Treatment Program

We're also creating new holistic approaches to manage addictive eating. We recently trialed an online intervention tailored to individuals' personalities.

Delivered by dietitians and based on behavior change research, participants in the trial received personalized feedback about their symptoms of addictive eating, diet, physical activity, and sleep, and formulated goals, distraction lists, and plans for mindfulness, contributing to an overall action plan.

After three months, participants reported the program as acceptable and feasible. The next step in our research is to trial the treatment for effectiveness. We're conducting a research trial to determine the effectiveness of the treatment on decreasing symptoms of food addiction and improving mental health.

This is the first study of its kind and, if found to be effective, will be translated to clinical practice.

Tracy Burrows is a professor of nutrition and dietetics at the University of Newcastle in Australia, and Megan Whatnall is a post-doctoral researcher in nutrition and dietetics at the University of Newcastle. This article was first published on The Conversation.

5 Ways to Fight the Winter Blues

Short days may get you down, but these strategies can help you stay upbeat

When the winter blues get severe, they might be better identified as seasonal affective disorder (SAD), which can sap you of energy and leave your mind and body feeling down.

This seasonally recurrent kind of major depression is likely worse for many people due to our modern indoor lifestyles.

About 10 percent to 20 percent of cases of recurrent depression follow a seasonal pattern. While a summer pattern isn't entirely ruled out, the predominant trend involves fall-winter depression with spring-summer remission.

SAD is distributed across the general population. Young adults and women, however, are most likely to experience it, with the reported gender difference following a 2:1 to 9:1 range. It has also been identified in children and teens. Here are some ways to combat SAD, and its less severe cousin "the winter blues," naturally.

1. Vitamin D

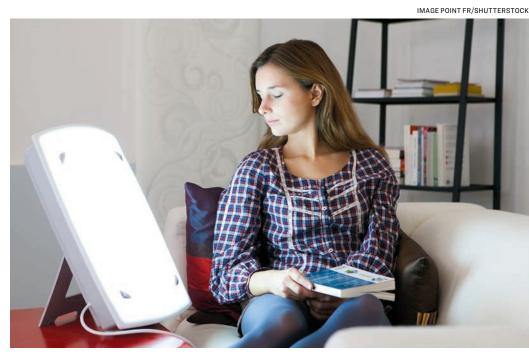
A 2015 study probed the relationship between 25-hydroxy vitamin D (25(OH)D) and depressive and anxiety disorders in a population of Finnish men and women ages 30 to 79. The study sample involved 5,371 subjects, of which 354 were diagnosed with depression and 222 with anxiety.

Subjects with higher vitamin D3 levels showed a reduced risk of depression. Higher serum concentrations of the nutrients were linked to a lower prevalence of depression particularly among men, younger people, divorcees, and those who had an unhealthy lifestyle or metabolic syndrome.

"These results support the hypothesis that higher serum 25(OH)D concentrations protect against depression even after adjustment for a large number of sociodemographic, lifestyle, and metabolic factors," the authors wrote.

2. Light Therapy

Widely investigated for treating SAD is light therapy, or daily exposure to a box containing fluorescent lamps during symptomatic months. The standard and optimal dosing is 10,000 lux of full-



Light therapy is widely investigated for its potential to treat seasonal affective disorder.

spectrum or cool-white fluorescent lights behind an ultraviolet shield with a recommended duration of 30 minutes to two hours per day for 2 to 4 weeks.

In healthy subjects, exercise in bright light led to greater symptom relief than in ordinary room light.

Bright light therapy has been deemed effective for seasonal depression as well as non-seasonal depression. Evidence also shows that it may improve responsiveness to antidepressant treatments.

While light therapy and antidepressants previously showed comparable effectiveness in treating SAD, few studies directly compared them. A 2006 double-blind randomized trial, conducted in four Canadian centers across three winters, randomly assigned 96 patients to eight weeks of treatment: 10,000 lux light treatment and a placebo capsule, or placebo light and 20 milligrams (mg) of fluoxetine (brand name Prozac) a day.

Findings showed that while there were no significant differences in results between light therapy and antidepressant treatment, the former led to earlier response onset and lower rate of adverse events relative to fluoxetine. Fluoxetine was linked with side effects such as agitation and sleep disturbance as well as palpitations, although both treatments were generally well-tolerated by the subjects.

3. Melatonin

In a 1986 study, researchers tested the hypothesis that melatonin mediated the effects of shortening days on SAD symptoms in the winter. Based on the results of three different studies, they found that melatonin secretion may be abnormal in SAD. It may play some role in the symptoms and the effects of light therapy, but was claimed unable to account for the phenomena all by itself.

Melatonin supplementation alone has vielded mixed results in clinical trials in winter depression. In a study, for instance, evening melatonin was no more effective than placebo in sustaining a desired antidepressant effect. Yet some people may respond to 2 to 3 mg of melatonin at bedtime and to support the resetting of their body clock.

4. Cannabidiol (CBD)

CBD, a constituent of Cannabis sativa that doesn't have the psychoactivity of THC, has drawn much interest in recent years for fending off a range of neuropsychiatric disorders as well as depression and anxietyrelated disorders.

CBD can be incorporated into one's diet through the winter months, particularly in cooking and creating CBD-infused ingredients to be used in common recipes. Other common forms of CBD include CBD oil, capsules, paste, drops, crystals, and food supplements.

5. Regular Exercise

Aerobic exercises have been demonstrated to be beneficial in treating nonseasonal major depression. Thus, they have been explored for SAD.

In a study, supervised physical exercise paired with bright light exposure appeared to be effective in enhancing mood and certain aspects of health in wintertime. In healthy subjects, exercise in bright light led to greater symptom relief than in ordinary room light and led to improvements in both depressive symptoms and vitality rather than just the latter.

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