THE EPOCH TIMES



The Cash and Consequences probably have no idea how stigmatized their natural aging used to be. of Hormone Therapies

Hormone replacement is sold as a fountain of youth for men and women, but researchers keep finding risks

MARTHA ROSENBERG

Women approaching menopause today

In 1966, a bestselling book called "Feminine Forever," written by Robert A. Wilson, a Wyeth-funded gynecologist, called postmenopausal women "flabby," "shrunken," "dull-minded," and "desexed." Ads for hormone replacement therapy (HRT) in medical journals accused women of "outliving their ovaries" and other health crimes. The solution was HRT.

By 1966, HRT was already well established. Since 1941, women had been routinely prescribed "conjugated equine estrogens"—pregnant mare urine—for



Hormone replacement therapy is supposed to offer us the keys to health and longevity, but researchers warn that all too often, the opposite is true.

IMAGE POINT FR/SHUTTERSTOCK

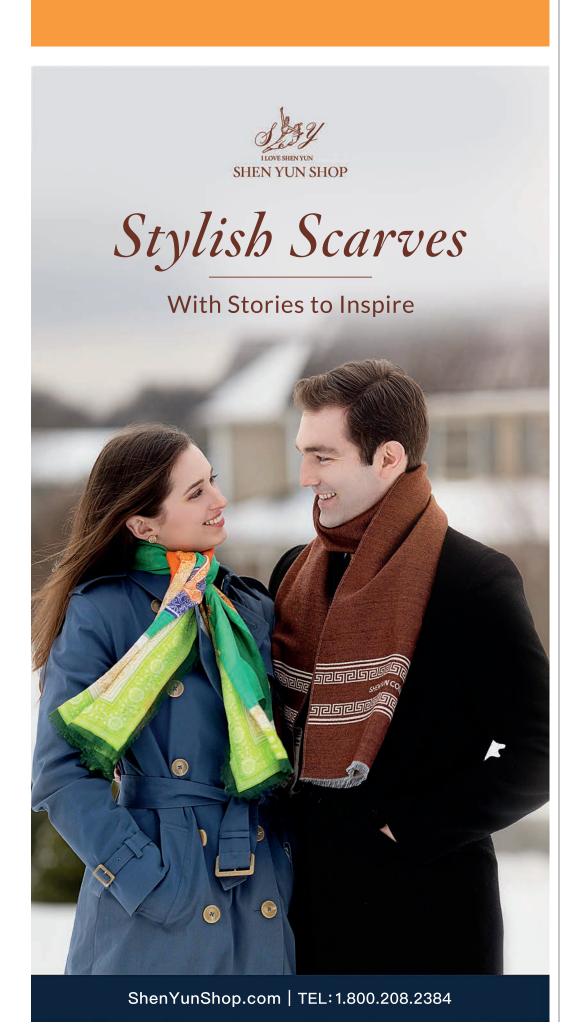
menopause in drugs such as Premarin, made by Wyeth, a pharmaceutical company that was purchased by Pfizer in 2009.

But in 1975, The New England Journal of Medicine (NEJM) published disturbing research titled "Association of exogenous estrogen and endometrial carcinoma." Of the studied women, those on menopausal estrogen had 4.5 times the risk of endometrial cancer of those not on the hormone. In 1979, NEJM put another nail in HRT's

"There was a sharp downward trend in the incidence of endometrial cancer that paralleled a substantial reduction in prescriptions

for replacement estrogens," it reported.

Continued on Page 4





Thunder strikes awaken something deep in the Earth, and inside of us as well.

CHINESE WISDOM FOR SEASONAL LIVING

Spring Thunder Awakens Your Senses and Activates Our Earth

Solar Term: 'Insects Awaken' (March 5 to March 19)

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: 'Insects Awaken'

2021 Dates: March 5 to 19

The first day of spring in Western culture is March 20, which bursts onto the scene at the tail end of the Chinese solar term Insects Awaken, which is characterized and humidity.

In Chinese legend, thunder comes from the god Pangu, the creator of human beings. After he created the space between heaven and earth, his breath turned into wind, his voice into thunder, and his sweat

During the winter, legend says, the thunder hibernates inside the earth. When spring comes, farmers who begin digging their fields wake the thunder up from hibernation. In turn, the thunder helps to break the ground. The thunderclaps also wake up the insects—hence the term "Insects Awaken."

The majority of Earth's atmosphere (78 percent) is atmospheric nitrogen, making it the largest source of nitrogen. Thunder also causes the chemical reaction between nitrogen and oxygen to create NO2, which is a very important process in atmospheric chemistry.

At this time, insects and microbes are actively moving under the earth, which helps prepare the land for farming. All farming commences from this time of year.

Underground insects aren't the only ones to awaken—all bugs are starting to move around. This includes airborne insects such as bees and butterflies, as well as tiny life forms invisible to the naked eye. Bacteria start to repopulate after the humidity buildup from the previous solar term, Rain Water.

The traditional festival of Longtaitou (Lóngtáitóu), or "dragon raising its head," falls on March 4 in 2022. The dragon is regarded in China as the deity in charge of rain, which is an important factor for agriculture.

On this day, beginning in 1046 B.C., the Chinese emperor would go out into the fields and lead his officials in farming. Another ancient practice to celebrate the festival was to fumigate insect pests by burning herbs and sprinkling the ashes around to deter them.

Living in Harmony With 'Insects Awaken' In traditional Chinese medicine, spring is the season to detox.

During this season, the Chinese recommend avoiding red meat, cutting out alcohol, and reducing sugar intake, as these all cause "heat" in the body, leading to

According to the five elements theory from traditional Chinese medicine, red belongs to the element fire. Red meat and red chili should be avoided at this time because they may worsen the symptoms of skin allergies, which are very common spring ailments.

Alcohol speeds up inflammation inside our body, which may cause irritation and disease. Sugar is one step away from alcohol, so having less sugar is good during this term, especially for those who easily get the flu or cough in spring.

Those with weak respiratory systems or allergies to pollen, or who suffer from skin diseases, often feel uncomfortable around this time due to changes in temperature

Seasonal Eating

Steaming and boiling are the best cooking methods to mitigate the effects of this term, as foods cooked with these methods are less stimulating or irritating to

During the winter, legend says, the thunder hibernates inside the earth.

In general, avoid deep-fried foods, as they add heat. Fire is one form of oxidation. Oxidation also occurs in the body, and Western researchers now know that eating red meat can contribute to oxidative stress.

Foods that don't contribute to this include vegetables. Steam vegetables or eat salads with vinaigrette dressings to cleanse the blood and trim down extra fat from the winter.

Good foods to eat include asparagus, bitter melon, carrot, celery, green beans, pumpkin, radish, and tomato. The best herbs are cooling peppermint, dandelion, daisy, and yarrow.

Wild-grown vegetables are particularly beneficial to consume right now, as they are full of vitality, enzymes, and trace

Cultured foods are also important to eat. Fermented drinks like fruit vinegar, such as apple cider, or kombucha, with a hint of honey and fresh peppermint leaves in lukewarm or room temperature water, make for a perfect detox or pick-me-up drink for this season.

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 an Institute in Sydney, and the founder of Heritage Formulations, a complete solution for TCM professionals. Visit RootsTCM.com for details.

MEDICALLY CORRECT

The Sounds of Healing

Music therapy offers a gentle, effective, and research-backed way to treat several ailments

PETER WEISS

love music, especially some good oldfashioned jazz, such as that performed by Herbie Hancock or Harvey Mason. In fact, those two helped me get through all-night study periods preparing for my exams during medical school. I was even able to thank them in person many years later.

Music has a power over us that most people

Aristotle thought that music could actually mimic the emotion and character of humans. He pointed to gentleness, happiness, anger, sadness, and bravery as some examples. Apollo, the Greek god of music, was also the god of sunlight and healing. Music was thought to have the power to affect people's thoughts and actions in ancient Greece. The same can be said today.

G.T. came to me with a history of chronic depression. She was 41 years old, had been on numerous antidepressant medications, and had seen several therapists. She wanted to know if going on hormones would help. Never mind that she was still about 10 years away from menopause. Hormones weren't her problem—or its solution.

By coincidence, I happened to have just read about the use of music therapy for treating depression, as well as many other ailments. G.T. was eager to try. It took several months, but she found immense relief and significant improvement in her depression from her music therapy. It was a life-changer for her.

Plato commented on how different musical instruments have different effects on emotion. This makes There is a symmetry just as much sense today as it did the sound of music. Music therapy has come a long

way, with still much more to be EVELEEN/SHUTTERSTOCK learned. The National Institutes of Health (NIH) convened a workshop in January 2017 known as "the Sound Health" initiative to learn more.

"Current research findings suggest that the auditory cortex in the brain is the key region to process many of the unique sound features of music, such as pitch, rhythm, and harmonic structures, although much more remains to be investigated in order to fully understand the neural correlates of music listening and music processing," research-

What this means is that music has the ability to help humans modulate experiences and cope in a much more effective manner. Music therapy is currently used to help treat chronic pain, post-traumatic stress disorder, Parkinson's disease, strokes, addiction, autism, dementia, and many more illnesses and conditions.

Ray Charles once said: "Music is powerful. As people listen to it, they can be affected. They respond." Music can help us jog our memory or "get

in the mood" for almost anything. There's a reason that we dance to high-pitched, deepresonating, fast-paced music at a nightclub, but have soft, peaceful music when we're in a grocery store.

Music is the applied use of sound waves to give a pleasant (hopefully) experience. Sound waves are also used in medicine, such as in ultrasound or high-frequency sound waves in the rapeutics to treat certain tumors.

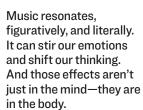
Yehudah Menuhim, a legendary classical violinist and conductor, described music as "a communication far more powerful than words, far more immediate, far more efficient." Music therapy can also be

very helpful for children with autism. Therapists have to find a musical experience that strikes a chord with the child. There's a symmetry between our brain waves between our brain waves and the waves that carry the and the waves that carry sound of music. Successful music therapy for children with au-

tism includes improved social

behavior, increased attention span, improved vocalization and comi cative skills, and reduced anxiety, according to a systemic review of music therapy research, "Music as a Therapeutic Intervention with Autism," published in the Therapeutic Recreation Journal in 2015.

Music therapy has been used as a part of an integrated approach in treating addiction as well. The right music can activate dopaminergic pathways in a similar fashion as some illicit drugs. This may reduce cravings and improve the mood of the individual. Music as a sound wave can also calm the parasympathetic nervous system, which can then promote relaxation and decrease anxiety. An interesting note is that a full "music history" needs to be taken, as some music can trigger a memory response,



Music has the ability to help humans modulate experiences

and help us cope in a much more effective manner.



An interesting use of music therapy is in the neonatal

which is counterproductive.

An interesting use of music therapy is in the neonatal intensive care unit. The goal is to try to mitigate the painful experiences of the premature infant, as well as parents and caregivers. This isn't simple music exposure, but calibrated and individualized music therapy using sound patterns with known physiologic and neural responses.

"Music therapy may well offer an attractive complement or alternative to medical treatments when considering the long-term effects of repeated stress and pain on the developing brain" a 2018 study published in Developmental Medicine and Child Neurology reads.

Today, with so much available technology at our fingertips, we have new and effective ways to benefit from music therapy. GOMO Music is an online service that has the perfect tagline: "Improve your health, mood, pain, and mind with sound." GOMO Music and other services like it give the opportunity for people everywhere to access the benefits of music therapy with the ease of an app.

We all have different tastes in music. So much has to do with what we grew up with. I have a love for classic jazz and something called Klezmer (old Eastern European folk jazz). It's what I grew up with and it stuck. It triggers memories from my childhood.

Don't laugh, but I also like Tom Jones, Muse, The Killers, Mumford & Sons, and Dean Martin when I'm in the operating room. It puts me in the right frame of mind and keeps the tension in the operating room to a minimum. Music is such an important part of our being and health.

As Bob Marley famously sang, "One good thing about music, when it hits you, you feel

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.

natural sources of these polyphenols,

which show up repeatedly in the foods

Some examples of foods rich in poly-

phenols include coffee, berries, nuts, and

Can You Get a Blue Zone Gut?

The world's longest-living people feed their gut well

MAT LECOMPTE

Blue zone guts are pretty impressive. I'm not talking about the bellies in the Labatt section of the stadium. I mean the global blue zones: places around the world where inhabitants regularly live in good health to over 100 years old.

Gut health is dominating conversations about health and longevity. And why shouldn't it? Research shows the microbial population living in your gut—your microbiome—can play a role in immune strength, mood, inflammation, and cognitive function.

What's really cool is that people living in blue zones live in diverse environments. They live in different parts of the world, eat different foods, and come from different cultures. But they share health and longevity. And it might have to do with, among other

things, gut health. Here are a few things that may contribute to blue zone gut health:

All of these things are rich in fiber, as well

Eat more whole grains, nuts, veggies, and fresh fruit. as soluble fiber, which feeds good gut microbes. These microbes help you maintain a diverse and strong microbiome.

Beans may have some extra benefit, too. Some data suggest that a cup of beans per day may add as many as four years to life expectancy. Besides fiber, all of these foods are nu-

tritionally rich and feature inflammation-fighting antioxidants.

Stock up on fermented foods. Fermented foods have great shelf life without additives. They also seem to be another common feature of blue zone diets. They can help increase the population of good bacteria, and thereby prevent chronic inflammation.

Pack in plenty of polyphenols. Polyphenols are antioxidant compounds that may help protect cells from damage in various ways. Many of the blue zones have abundant

Gut health and diet aren't likely to be the only factors that add length to people's lives in blue zones, but they are things that anyone,

anywhere, can apply.

Stay away from processed foods.

spinach.

People in these areas don't eat many processed foods. That means their di-

ets are rather low in sugar, and most added sweetness comes from sources like honey. Processed foods and high

levels of added sugar and processed seed oils can contribute to an unhealthy gut.

> Instead of salt, food is more likely to be seasoned with healthier options like turmeric, garlic, ginger, and other spices.

Eating a diet that nurtures gut health isn't the only habit that adds length to people's lives in blue zones, but diet is a modifiable factor that you might be able to implement.

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





Continued from Page 1

If you consider yourself old, you will act old. Your body will hurt more and you will avoid participating in things that you feel you're "too old" to do.

But if you realize that your mind is lying to you, that you can do anything you want to do at the age that you are, you will open yourself up to new experiences, new interests, and new passions.

So even if you've never walked a mile in your life, it's not too late to start. And even if you are mobility impaired, or have had a recent illness or operation, you can still become fit. It doesn't matter if you're 55 or 85, you aren't too old—and it isn't too late.

Running at 59, Marathoning at 90

Just ask Stelios Prassas. Prassas was born in 1931 in Athens. Last year, he was one of some 30,000 participants who ran in the Athens Marathon. He took the same route that was followed by Pheidippides, the herald who brought news of a battle victory from Marathon to Athens during the Persian Wars in 490 B.C. Prassas was 90 years old.

Prassas told the Greek Reporter that he has the mindset and fitness level of a teenager. He listens to what his body and heart tell him, he said.

He grew up playing soccer barefoot on the streets of a very different-looking Athens. But he didn't start running marathons until he was 59 years old.

Exercise staves off chronic disease and spurs your body to make feel-good endorphins and endocannabinoids.

In order to

shape, you

doing the

or activity

around.

you love, not

the other way

get back into

need to start

exercise, sport,

Exercising, eating a plant-based, mostly vegetarian diet, and feeling a deep appreciation for his wife all bring him joy.

"The moment I go to ... work out," Prassas told the Reporter, "I feel great love that fills my heart. I feel so much happiness."

Fitness Matters

We all know the advantages of exercising: moving your body throughout the day ultimately gives you more energy, helps stave off lifestyle-induced diseases including heart conditions, obesity, and adult-onset

In June 2020, a team of scientists from Brazil found that exercise even helps strengthen the immune system, making the body better able to fight COVID-19. Exercising also keeps you from putting on unwanted weight, especially when you exercise in the morning, and is also protective against premature death.

Exercise also makes you feel better. While you're working out, your body makes endorphins (feel-good hormones) and endocannabinoids (lipid-based chemical messengers). These beneficial neurotransmitters can help improve every aspect of

Plus, exercising is fun, and we all need more fun in our lives. It also gives you an excuse to go outside, which has the added And there's a social component to exer-

benefit of exposing your skin to sunlight. cising—especially if you do activities such as playing "walking soccer," participating

in a senior rowing club, or taking a gentle group fitness class. Exercising can be a good way to meet new people and make new friends.

Week 10, 2022 THE EPOCH TIMES

What's Holding You Back?

Yes, it's good for you. Yes, it will make you feel good. So why aren't you actually exercising? What's keeping you from getting off the proverbial couch?

Maybe some of these excuses are the ones you are using to stay stationary.

THE BLOCK "I feel like I won't be good at it." You tell yourself you can't learn basketball (my personal favorite) at age 65 because ... you won't be good at it. We use excuses like this to keep ourselves stuck.

THE SOLUTION Banish that negative voice. It doesn't matter whether you're the next Michael Jordan or you never sink a single shot. What matters is that you're outside (or at the gym) bouncing that ball and shooting some hoops.

THE INSIGHT: A key to "successful" exercise as an older adult is to realize that exercise isn't an expression of your self-worth. It's not something you have to be "good" at. Instead, it's something you do for its own internal reward. It will promote your health and happiness—whether you're "good" at

THE BLOCK "I'm too tired." Yes, you may

get winded more easily. Yes, your body may not be as supple or agile as it once was. But if that isn't stopping Betty Oare from riding Sidenote or Stelios Prassas from running marathons, it shouldn't stop you.

THE SOLUTION Go at your own pace. Do a little or do a lot. Don't overdo it, but don't use feeling tired as a reason not to try.

THE INSIGHT: Once you start, you'll see that exercising will actually give you energy, according to doctors at Harvard University.

THE BLOCK "I can't start doing ____ because I'm not in good enough shape." This is an excuse that a lot of us use to not participate in the sports we once loved.

"I'll play tennis again once I get back in shape," a 50-something professor said to me years ago. His words sounded absurd

THE SOLUTION In order to get back into shape, you need to start doing the exercise, sport, or activity you love, not the other way around. Again, baby steps. Start slowly. Pay attention to your body.

THE INSIGHT: Don't let the idea that you're out of shape keep you from getting into

Eating Also Matters

Fitness over 55 is not just about moving throughout the day, it's also about healthy eating. There's a feedback loop here: The more you eat foods that optimize your health, the more energy you'll have to exercise, spend time outside, and try new things. But most of us eat SAD—a Standard American Diet—even when we know it isn't the best way to optimize our health.

This is where we need to look to blue zones, our ancestors, and Asian cultures to fix what's broken about our food habits. People in blue zones live longer than people elsewhere, and that includes Okinawa, Japan. When my friend's four children were going to school in Japan, snacks were always whole foods in season: daikon radishes, for example, or Satsuma mandarins.

In Japan, which is considered one of the healthiest, if not the healthiest country in the world (the Japanese life expectancy is among the highest while obesity rates are among the lowest), people also tend to eat more moderately, much like Westerners used to.

Hara Hachi Bu

Instead of making themselves unpleasantly full with food, the Japanese strive to practice a concept called "hara hachi bu," which translates into eating only until you're 80 percent full.

This idea comes originally from Okinawa, the Japanese island with an astonishing number of healthy centenarians.

Try it. Your stomach may growl in protest at first, but once you get used to eating without overeating, you'll likely find that your food is tastier and your mealtimes are more enjoyable.

It's important, too, to choose fresh, seasonal, whole foods whenever possible. The SAD or SWD (Standard Western Diet) often is high in heavily processed refined grains

(such as white pasta, bagels, and white bread) and high in refined sugars. These food choices cause the levels of sugar in our bloodstreams to first spike and then plummet, leading to a ping-pong effect that puts stress on our adrenals, negatively affects our mood, and predisposes us to diabetes.

Instead of packaged, highly processed foods containing high amounts of sugar and unhealthy nonfood additives, choose fresh seasonal vegetables and fruits, legumes, nuts, fermented foods, wild-caught fish, a moderate amount of grains, pasture-raised grass-finished meats (if you eat meat), and indulge only in homemade

Getting Started

The Japanese

concept called

translates into

you're only 80

'hara hachi

bu,' which

eating until

percent full.

strive to

practice a

You're ready. You want to change your lifestyle habits and start a fitness routine. You're committed to moving more throughout the day, throwing away the unhealthy foods in your cupboards, and being more active. So now what?

Sign up for a class: Your local senior center or OLLI (Osher Lifelong Learning Institute) offers free or very affordable classes to older adults. Sign up for an activity such as birdwatching or English country dancing, where you learn new skills while being active. The nice thing about doing it this way is that it allows you to get fit without you even realizing it.

Try different activities: It may take a while to find the fitness activity that you like best. Maybe you'll discover an unexpected fondness for running, or maybe stationary bicycling is more your thing. If you're a social person, try pickleball. If you'd rather have a head cold than talk to other people, a solo sport such as cross-country skiing or hiking in the woods may the best choice.

Find a buddy: An accountability or exercise buddy will help you keep your momentum. Find a friend or relative who also has a goal (which may or may not be related to fitness), and set up a system where you check in on each other to monitor your daily progress.

If that's not enough to keep you on task, make it into a higher-stakes game. You each put money in a kitty. Whoever achieves his or her weekly goal gets the kitty that week. If you both fail, you give the money to your favorite charity and try again.

Aim for the a.m.: "A day that you exercise in the morning is a day that you exercise" is one of my 80-something father's favorite pearls of wisdom. This is a good insight. Besides, there may be more benefit to exercising in the morning, before you've eaten anything, than at other times of day. Research has consistently shown that there are myriad health benefits to fasting exercise. For example, one study done by scientists at the University of Leuven in Belgium that was published in the Journal of Physiology showed that exercise done before breakfast burns more fat and regulates insulin levels more effectively than exercising after you've eaten. Now lace up those sneakers, and go for

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

that slow jog.



It can be hard to start moving after being sedentary, but using your body ends up giving you more energy.

The Cash and Consequences of Hormone Therapies

Hormone replacement is sold as a fountain of youth for men and women, but researchers keep finding risks

Continued from Page 1

Not wanting to lose a dependable franchise, hormone drug makers added progestin to the estrogen-only HRT, which reduced the risk of endometrial cancer. Drugs such as Prempro then debuted, which combined the two hormones. In 2001, more than 126 million prescriptions for HRT were written in the United States, according to The New

A Drug Empire Unravels

How were drugmakers able to convince so many doctors and women that HRT was necessary? HRT was presented as a fountain of youth—an anti-aging therapy—and pushed by beautiful people such as top model Lauren Hutton. In addition to the youthful skin and hair benefits implied in HRT ads, scientific papers claimed that HRT therapy "may decrease the risk for or delay the onset of AD [Alzheimer's Disease in postmenopausal women and "may even reduce the risk of atherosclerosis." Look pretty and not get "old person" diseases? What's not to like?

But, like the 1970s debacle, the newer HRT soon began to be linked to cancer and defensive, scientific papers such as, "Is there an association between hormone replacement therapy and breast cancer?"

and "Sex Hormone-Binding Globulin and Breast Cancer Risk," emerged. At least 26 scientific papers defending or promoting the therapy were commissioned by Wyeth—not written by doctors, but by a mar-

HRT was billed as a fountain of youth—an anti–aging therapy and pushed by beautiful people like top model Lauren Hutton.

And it soon became apparent that HRT needed defending. The results from the federal Women's Health Initiative (WHI) in 2002, which investigated HRT, made it look less like a "fountain of youth" and more like a "fountain of age."

The study found that women on HRT had a 26 percent higher risk of breast cancer, a 29 percent higher risk of heart attacks, a 41 percent higher risk of stroke, and a doubled risk of blood clots. Newly released data published in the Journal of the American Medical Association also found an increased risk of dementia. "These findings, coupled with previously

reported WHI data, support the conclusion that the risks of estrogen plus progestin outweigh the benefits," the researchers wrote. Other studies have found that women

on HRT were found to be more likely to lose their hearing; develop gallbladder disease, asthma, or melanoma; experience urinary incontinence; need joint replacement; develop ovarian and/or lung cancer; and develop non-Hodgkin's lymphoma. HRT not only increased the risk of breast

cancer; it made detection more difficult. A 1995 article in the journal Radiology states that "an increase in mammographic density" was demonstrated in most subjects undergoing continuous combined HRT. In 2008, researchers said that "this adverse effect on breast cancer detection should be incorporated into risk-benefit discussions with women considering even shortterm combined hormone therapy."

As doctors and patients absorbed the extreme hyping of HRT benefits and the hiding of its risks, prescriptions dropped precipitously. So did breast cancer. Between 2001 and 2004, U.S. cases of breast cancer in postmenopausal women dropped by 8.6 percent and estrogen-fed cases of breast cancers fell by 14.7 percent.

Aftermath and Dawn of Low T

After the second HRT meltdown, the lowest hormone dose possible for the shortest duration was the medical recommendation for menopausal symptoms; long-term use was discouraged, despite positive estrogenic effects on bones. But drugmakers didn't concede the anti-aging territory, especially because drugs taken long-term (think statins and blood pressure pills) are their best products versus short-term drugs such



as antibiotics that make no real money.

The women in the study were "too old" and "too menopausal" drugmakers said, and the doctors and researchers that they funded said HRT drugs should be used earlier. Enter the concept of "perimenopause," which, it was said, could occur as early as a woman's mid-30s.

"Just when you get used to PMS, they say you have perimenopause," a related car-

The apparently bad WHI results also stemmed from the wrong hormones being used, HRT promoters said as they rolled out new HRT candidates and "bio-identical" hormones. Most of these bio-identical hormone producers already had skin in the HRT game.

The study over again. Although ads didn't accuse men of "outliving their testicles," the rest of the found women sales pitch was the same. If men were losing on HRT had their sex drive, energy, muscles, and looks, it wasn't aging-it was testosterone defia 26 percent ciency. A 40-fold increase in testosterone higher risk of prescriptions occurred between 2005 and 2015, according to research in the Journal breast cancer, of the American Geriatrics Society. Many testosterone replacement prod-29 percent ucts, including pills, injections, patches, higher risk of gels, solutions, and even underarm deodorant have been approved by the heart attacks, Food and Drug Administration, but they aren't without risks, 41 percent

higher risk of

stroke, and a

doubled the

risk of blood

Drug makers rely on the

"anti-aging" market,

because drugs taken

long-term make more

drugs like antibiotics.

JAZZLOVE/GETTY IMAGES

money than short-term

clots.

heEpochTime include a worsening of benign prostate problems, heart failure, sleep apnea, and liver toxicity. "Low T" is likely overdiagnosed and overtreated, according to the Journal of the

according to researchers in

Therapeutics and Clinical

Risk Management. Risks can

Meanwhile, the emergence of "Low T" or

"low testosterone" in men was déjà vu all

American Geriatrics Society researchers. "We join others who characterize the mass marketing of testosterone coupled with the permissive prescribing of testosterone for common, nonspecific, agingrelated symptoms as disease mongering," the researchers wrote.

In an interview, Dr. Thomas T. Perls, a professor of medicine at the Boston University School of Medicine and one of the paper's authors, told me that what's called Low T may actually be signs of a suboptimal lifestyle and diet.

"Men who are in excellent general health tend to have no decline in their testosterone, but men with common underlying problems such as obesity and poor fitness may. The irony is that the poor fitness level puts these male patients at risk for heart attack and stroke, and they are being given a drug that puts them at further risk," Perls said. In a 2020 video, Drs. Mark Hyman and George Papanicolaou agreed that lifestyle factors should always be considered before testosterone replacement.

After the many dramas around HRT for women, I asked Perls if nothing had been learned about the reckless promotion of "fountain of youth" products. To find

the studies mentioned in this ticle, please see the "Actually, marketers did learn from watching a hormone marketed to prevent the ills of agarticle online at ing," he said. "They invented the term 'andropause' for a condition that numerous endocrinology experts state does not exist and began selling testosterone."

> 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.

THE EPOCH TIMES Week 10, 2022

IPPELNAOI/GETTY IMAGES

KRISTEN FISCHER

lime is a precious commodity—especially when we lead busy lives. We all get 24 hours in one day, many of us wishing we could have just a few more to get it all done. With a little strategizing, is it actually possible to get some of our time back? That's the notion behind "The 1 Day

Refund: Take Back Time, Spend It Wisely" by Donna McGeorge. The Australiabased time guru believes that people can recover 15 percent of their time—one day per week—and lead more purposeful, productive lives.

It sounds like a tall order, but McGeorge says it's possible to do more in life by doing less. Her book isn't just about reclaiming your time to do more at work; in fact, freeing up 15 percent of your time can be used to have a less-jammed schedule or do the elusive "nothing at all."

"If you are so busy, your calendar is so

Strategies for Managing Stress

You don't need to be 100 percent on 100 percent of the time. That's the path to burnout and illness.

Donna McGeorge, author

full that people can't get time with you, chances are you are missing things," Mc-George told The Epoch Times.

> "The key is to operate at 85 percent capacity so you're not fully stretched and stressed the whole time," McGeorge said. "You don't need to be 100 percent on 100 percent of the time. That's the path to burnout and illness."

So I asked her, why 15 percent?

Less is more, so the principles in the book are really about better optimizing the time you have so you can free said. "It's important to remind yourself that up extra time. The book is broken down in order to be your best self in whatever into sections for how to make thinking, breathing, living, working space.

"The constant question is what can we take away, do less of or streamline and simplify. We need to do this with our work and lives. Remove friction and experience more flow. Or simply slow down the pace," she said.

As she writes in her book: "We become so crippled by thinking about all the things we need to do that we resort to doing all the wrong things, so we end up feeling unfulfilled at the end of the day. Sadly, we often repeat the cycle day after day.'

Why You Should Make Time

It's not hard to set aside time in our calendars for appointments and meetings, McGeorge notes. But it can be hard to make time to loosen up your schedule.

"So many of us sacrifice our time to other people's needs, agendas, or problems," she situation you're in, you need space.'

If you're not sure that you want to reclaim your time (or what to do with that time if you can), McGeorge advises you to "just stop."

"Find yourself an hour (at least) and just sit. Then you need to decompress or take stock," she suggested. "Write down everything that's on your mind. Everything." This includes tasks to be done and things that you're thinking about.

now, or never; and what you need to do versus what you can delegate.

home mom, people rely on you to have your act together, to make decisions, to have a plan. If you're not taking the time to create space for this, you're at risk of letting the most important people in your world down," she said.

me for?" she advises.

"Do three important things and not a hundred low-value things," she said.

Then make decisions based on the filters of things that need to be done now, not

"Whether you're a CEO or a stay-at-

Giving your mind space to decompress have the biggest impact, and which activities can be eliminated, automated, or delegated. Right there, you're freeing

doing today that my future self will thank A big part of that means doing what

Frequently ask yourself, "What am I

"The Pareto principle can apply here by identifying the 20 percent of activities you do that yield 80 percent of your results."

How to Make Time Want to free up your time? Here are a few

tips that McGeorge suggests:

Start small. If setting aside one hour per day feels like too much, then try for 30 minutes. Set aside any amount of time. "Whatever you feel you can protect and not give away," she advises.

Look at the beginning or end of the day. If you finish the workday at 5:30 p.m., for example, look at protecting the last 30 to 60 minutes of your day. "That way you have a bit more control over your state at the end of the day, and you can use that time to wrap things up," she said. Early bird? Don't load the beginning of your day with meetings or activities. "Many people start a little earlier to accomplish this, but I'm not sure we have to," she said. "Simply decide that the first hour is for you."

Time-block meetings. Having random meetings scattered throughout your day can eat up your whole schedule, leaving you little time for heads-down work. Blocking time for meetings helps secure (hopefully) uninterrupted time for other

Monitor messages—just not all day. It's tempting to check your inbox constantly, but the practice can interrupt your flow. Check in at frequent intervals, maybe for the first five minutes of each hour instead of every 15 minutes.

Dig in. Another way to get things done is to go hard for an hour—something that Mc-George calls an "hour of power." Set a stopwatch and get to work, whether you need to do laundry or prepare a presentation for an upcoming meeting. "If you spend one hour per day fully focused on one task, you will surprise yourself with what's possible," she said. Sometimes getting something done frees up other resources.

What to Do With More Time

Reclaiming your time does little if you don't use it well. All that eliminating, prioritizing, eliminating, and delegating now needs to be put to good use. You've got to figure out what new activity aligns with your purpose, McGeorge said.

For some people, that purpose is to destress and gain some breathing room in

through at work and want the time for more work. If that's you, you'll want to have a clear view of what you're trying

Not sure what you want to do with your time and feel like you need to find some der that question, McGeorge said.

"It's not about life, the universe, and

It's important to remind yourself that in order to be **your best self** in whatever situation you're in, you need space.

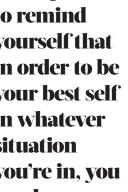
The principles in the

book are really about

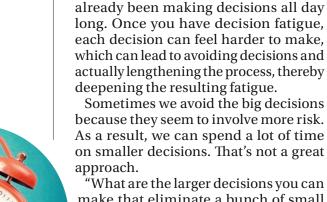
better optimizing the

time you have so you can

free up extra time.



Donna McGeorge,



"What are the larger decisions you can make that eliminate a bunch of small ones?" McGeorge asks.

everything, it's about putting aspects of

Reclaiming your time and spending it

wisely is one part of the equation. Discov-

ering the buzzkills in your day is another

that can help you personalize how you

Whether you're a mom or a business

owner, you have to make decisions all

day. While we may not think of deci-

sions as requiring much energy, they

do. Each decision requires us to weigh

options and sacrifice one path over an-

other. It's a lot of mental and emotional

effort, and it can leave you with decision

Decision fatigue is an energy vampire.

For example, if you walk through the

door after a long day of work and a fam-

ily member asks 0what's for dinner, it

can feel especially burdensome if you've

your world into perspective," she said.

Time—and Your Power Over It

Taking Back Your

organize your day.

For example, you can decide at the beginning of the week what dinner will be each day and that you will order dinner on any one night where you're just too tired to deal with it.

Reminder Time

It's entirely possible you can optimize your time to get back your 15 percent. If you do, you can likely reduce that overwhelmed feeling of chaos that can claim us when we don't feel like we have the time we need for the things before us. Once you've done that, it's a matter of what you want to do with that time. And it's perfectly acceptable to say you don't want to do anything at all. Free, unstructured time to walk or contemplate the miracle of creation or just chit-chat more with a neighbor is meaningful even if it doesn't fit into the idea of being "productive."

Knowing what you want to do with that extra 15 percent can give you the motivation to take the steps necessary to get it. And McGeorge's book can help.

The good news is that even if you don't feel you have the time or energy to read a whole book about saving time, you don't have to. McGeorge's book is broken down so you can digest it in small bits. Plus, there are illustrations that make her principles easy to grasp if you're a visual learner.

"My principles work for anyone who is wanting to overcome overwhelm, take back control, and focus on what's important," McGeorge said.

Kristen Fischer is a writer living in New Jersey.

their day. If that is you, you'll now have to quiet your mind and unwind. That and write things down can help you ask can involve taking a walk, meditating, yourself which things you should do that or daydreaming, which all have thera-'The 1 Day Refund: Others may be trying to make a break-Take Back Time,

to accomplish at work.

purpose first? Get out in nature and pon-

ney that must be viewed as a marathon

High-intensity interval training (HIIT).

- Fitness Blender is a great resource for free at-home workouts. • One-Minute Workout is a fantastic read
- online to understand the physiology of

Stress is a charge on the expense account of long-term health. In our fear-inducing world, this stress-debt has become a devastating

HIIT; and, of course, to get results in a short amount of time!

Reduce the Toxic Load

hold cleaning products.

As discussed in our previous article on allostatic load, internal and external environmental toxins can contribute to

stress and overall allostatic load. To Reduce the Body's Toxic Load: Scrutinize personal care and house-

• Drink clean water by using a Berkey water filter or other high-quality system. Consider filtering shower and bath

• Identify and clear infections such as candida, Lyme, mold, and viruses with a functional medicine practitioner.

 Determine and remove heavy metal exposures such as amalgam fillings, cigarette smoking, air and water pollution, cookware, medications, and so forth. Keep in mind that rice is a significant source of arsenic exposure. Consuming fish such as shark, swordfish, tilefish, and king mackerel can increase exposure to mercury.

Reduce the Stress You Can Control While there's much in life that you can't control, there are areas where your actions can directly reduce or eliminate major contributors to your stress load.

Ways to Remove Stress:

• Say no. It's important to be mindful of your limits so you don't take on commitments you can't handle.

Spend It Wisely

Donna McGeorge

Wiley, Jan 18, 2022

Author

Publisher

Pages

176

• Avoid people who stress you out. This may sound harsh, but limiting time with people who are takers and not givers may be helpful in reducing stress.

 Limit your exposure to news and social media. The reality is, we have a choice in what we are exposed to. Use news outlets and social media as a tool but avoid those that are not life-giving for you. Choose to silence the noise.

• Have realistic expectations of yourself. In preparation for the day ahead, plan out your top priorities; this can be done the night before or in the morning to start the day. Drop unimportant tasks to the bottom of the list. Better yet, cross them off entirely. The world will go on.

Mitigate the Impacts of Stress You Can't Control There will inevitably be stressors you

have no control over. Beyond managing your own reaction to those stressors, which is the most powerful step you can take, these additional measures can help.

• Take part in regular mindfulness and/ or prayer. At their core, mindfulness and prayer make us conscious or aware of something. While we believe practicing mindfulness and prayer should be a lifestyle, it can fall into the stress

management category. • Cultivate life-giving relationships and social support.

• Express gratitude for the gifts in your life. Gratitude radically shifts our

physiology for the better. Focusing on the gifts we've been given calms the body, lowers inflammation, improves mood, benefits the heart, improves sleep, increases blood flow to the hypothalamus, optimizes dopamine levels in the brain, and rewires brain pathways toward positivity.

Develop a sense of purpose. Identifying and acting upon what fuels you can have profound impacts on your stress levels and overall quality of life.

 Manage your time appropriately. Mismanagement of time is a significant contributor to increased stress.

Consider Supplementing With Adaptogenic Herbs

A class of herbs that helps the body respond to stress is called adaptogens. Holy basil, ashwagandha, ginseng, maca, and Rhodiola are some of the adaptogenic herbs we use at our clinic. Generally speaking, these herbs help support proper circadian rhythm and cortisol levels, hypothalamic and pituitary function (HPA axis), and neurotransmitter regulation.

Dr. Ashley Turner is a traditionally trained naturopath and board-certified doctor of holistic health for Restorative Wellness Center. As an expert in functional medicine, Turner is the author of the gut-healing guide "Restorative Kitchen" and "Restorative Traditions," a cookbook comprised of non-inflammatory holiday recipes.

your own control **ASHLEY TURNER**

Stress is a corrosive

influence on your well-

being and largely within

Allostatic load—the sum total of all sources of stress in our lives and their impact on the brain and body—takes a profound toll on our overall health and well-being. Stress sets off a biochemical shift in the body that gears it to fight or flight at the expense of rest, digestion, and restoration. Fortunately, there are practical strategies for reducing stress and the overall allostatic burden on our bodies.

Remember, stress isn't just in your head. It changes your entire physiology in a fundamental way. For that reason, don't take what follows as simple advice on living a healthier lifestyle, take it as a medical prerogative not unlike taking a medicine essential to staving off the debilitating effects of a disease.

Prioritize Quality Sleep

Sleep is the most important nutrient for the body. This is the time your body needs to rest and repair. In fact, not getting consistent quality sleep is associated with impaired immune function,

cognitive decline, obesity, trouble managing weight, systemic inflammation, decreased mental health, and increased

overall disease risk. If you're waking up in the middle of the night and unable to fall back asleep, it might be caused by blood sugar dysregulation. When blood sugar drops in the middle of the night, adrenaline is released by the body to compensate. This wakes you up and hinders your ability to fall back asleep.

Strategies for Achieving Restorative Sleep:

fore sleep.

- Consider sleep an investment in your
- self and your daily capability. • Be mindful of your stress levels during the day. Functioning in a hyper aroused state during the day doesn't foster quality peaceful sleep at night.
- Consider wearing blue-light-blocking glasses two hours before sleep if you're exposed to artificial light in that time

Turn off screens about two hours be-

- Sleep in a completely dark environment. Use black-out curtains if needed. • Don't allow electronics in your sleeping environment. These include cellphones, computers, TVs, LED alarm
- clocks, and so on. • Turn off your Wi-Fi at night, as EMFs disrupt sleep and overall health.

Nutrient-Dense Diet

Consuming nutrient-poor food causes inflammation and is an overall stressor to the body. Hyper-processed foods are cheap, easy, and mildly toxic. Food should be medicine. Real food gives the body what it needs to heal itself, fight off infections, and recover from injury. Finding the correct diet for your body is an important piece in managing al-

Endorphins act upon the opiate receptors in the brain and initiate a positive feeling in the body, therefore reducing stress.

Tips for a Better Diet:

- Understand that your brain and body are created molecule by molecule from the food you eat.
- Identify and eliminate food sensitivities with your doctor. • Identify and correct nutrient deficiencies.
- the center aisles of the grocery store. • Try to eat or shop from the Environmental Working Group's list of Clean 15

Avoid processed and refined food-like

products that are generally found in

and Dirty Dozen produce lists to avoid the highest levels of pesticides and herbicides.

 Avoid conventionally raised meats, eggs, and dairy products as they are high in exogenous hormones (chicken and pork have no added hormones), antibiotics, and other undesired components.

Exercise releases feel-good neurotransmitters in the brain called endorphins. Endorphins act upon the opiate receptors in the brain and initiate a positive feeling in the body, therefore reducing

Exercise, particularly high-intensity interval training (HIIT), also increases brain-derived neurotrophic factor (BDNF) within the brain. BDNF helps the brain develop new connections, repair failing brain cells, and protect healthy brain cells. Higher BDNF levels could be considered a natural antidepressant. Likewise, lower levels of BDNF are associated with depression, mood disorders, and neurocognitive

When planning how to move your body for greater health, it's important to consider what you enjoy doing. Exercise can be fun, and should be! Do you thrive in a group setting? Do you enjoy being outdoors? Playing organized sports? Getting it done from home? The most important factor in a sustainable fitness program is that you adhere to it for long-term results. Fitness is a jourrather than a sprint.

Some Inspiration for Physical Fitness:

- Strength training.
- CrossFit. • Walking/jogging.
- Dance and barre. Hiking.
- Yoga.
- · Taichi and qigong. Intramural and recreational sports programs.

Your body is trying to tell you when it has problems, but you may not be able to hear it

EMMA SUTTIE

Learning to "listen" to our bodies is a powerful skill that can help us live our healthiest lives possible. When put into practice, it can mean the difference between being healthy or sick.

During my time in clinical practice, I sought to empower my patients by teaching them how to listen. Gaining an acute awareness of your body is a subtle art and something we instinctively all know how to do. This type of listening is a deep connection to your body, a knowing, that lets you hear what it's telling you. Your body is always talking to you; it's just that most of us have forgotten how to listen.

Why We Have Forgotten

We live very differently than our ancestors petually rushing, sitting at desks under electric lights, and in front of computers — clues are subtle, but if not attended to we can, usually while doing several other things, and don't sleep enough to allow our bodies to rest and repair. We go to the gym to exercise instead of simply going outside. To know what time it is, we look at a clock on the wall or attached to our wrist instead of the sun's position in the sky.

Our ancestors, however, lived differently. The thought of ancient people may conjure images of harsh living conditions, grueling physical work, and a life devoid of pleasure. But more and more, we're beginning to recognize that their lifestyles were far more conducive to health and well-being than our hectic modern ones.

Agrarian people lived a simpler life connected to the world they inhabited. But with the development of factory farms, automation, advances in technology, and the movement of people into big cities, are even emotional pain maps, mapping

we have disconnected ourselves from the natural world—a connection deeply embedded in all of us. This connection is the way we have survived for thousands of years.

Foods were eaten according to the seasons, reaping the benefits of whatever was growing at that particular time of year. It was a complete symbiosis of people and their surroundings, each feeding and supporting the other.

An awareness of our surroundings and being in harmony with the earth's cycles and rhythms was how we could make subtle changes to our behavior to ensure we passed our genes on to the next generation.

When the Body Speaks

The body offers us clues telling us when did. Many of us live in crowded cities, per-things are going well, something is needed, or things are not right. At first, these for many hours every day. We eat when they become more pronounced until ultimately they can manifest as severe diseases in a last-ditch attempt to get our

Pain

Pain, for example, is a clue. Pain is the language the body uses to communicate with us. A migraine, stomachache, or a knot in your shoulder are all ways your body is trying to tell you something. It may be a clue about your diet, the quality of your sleep, or how much time you spend hunched over your computer. Many holistic disciplines also believe the body and emotions are intimately linked, and to treat pain, you must also treat the person on a deeper level. In Chinese medicine, certain emotions are linked to certain organs. Grief, for example, is linked to the lungs. There The body offers us clues telling us when things are going well, something is needed, or things are not right.

modern people find it

hard to listen.



Pain can be a clue that factors like diet, exercise, or stress management

be trying to say to you based on its location. For example, pain in the middle spine may indicate guilt and being stuck in the past. Intuition Your "gut" is another clue.

Neuroscience, the study

of the nervous system, tells us that intuition or a "gut feeling" results from a lot of processing that happens in the brain and has evolved to ensure the brain is "prepared to deal with a current situation as optimally as possible." In the West, we have been primarily taught to dismiss these feelings and rely instead on rational thought processes because they appear more reliable. In psychology, intuition is often explained as one of two types of thinking, the other being analytic reasoning. Intuitive thinking is described as fast, subconscious and automatic. Analytic reasoning is slow, deliberate, logical, and conscious. Science is beginning to discover that things like intuition are an important information delivery system. Because intuition happens below the level of our conscious awareness, it's simply more difficult to understand.

Attunement

Our hectic lives and constant stimulation-from caffeine to social medialeave our minds buzzing with thoughts. Sometimes we can be so absorbed in thinking and rushing we don't even notice we're hungry. If we want to better tune in to what our bodies are telling us, we need to tone down our mental activity. Meditation and other activities can calm our minds and give us a clearer experience of our bodies. That can mean noticing a tightness in our stomach or a tension in our neck. And these physical clues can also tell us what's happening in our minds and hearts, whether it's guilt over a selfish act, or fear about an upcoming deadline.

We're all born with a deep connection to our bodies and spirits. Moving away from more natural lifestyles of the past toward hectic modern ones has created a disconnect in this crucial communication system. The disconnect from nature leads to a disconnect from ourselves and ultimately, our ability to listen.

The good news is that we can reconnect and hone this skill with a bit of practice and awareness. Simple things can foster this listening in our lives. Spending time outside every day allows us to slow down, get back into our bodies, and be able to appreciate things such as a passing but terfly or the beauty of a flower.

An excellent way to start is to begin a conversation with yourself—a daily "checking in" to see how you are doing and what your body may be telling you. Another way is to take notice of clues such as pain and attend to them. Cultivating a relationship with yourself and your surroundings will help you hear everything your body is telling you.

Emma Suttie is an acupuncture physician and founder of Chinese Medicine Living—a website dedicated to sharing 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 practice Thrive Consulting. She is a lover of the natural world, martial arts, and a good cup of tea.

THE **EPOCH TIMES**

TRUTH and TRADITION

EpochShop.com

Our subscribers love our honest-to-goodness journalism so much they've asked for more ways to share it with others. That's why we created this shop, to help fans conveniently order our promotional materials and more of the original content they love.

SHOP TODAY!

MIND & BODY | 9 THE EPOCH TIMES Week 10, 2022



Nanoparticles Being Used in More Food and Drugs

Extremely small particles of various compounds are being used as food additives with unknown effects

JANIS SIEGEL

Continued on Page 15

If you're one of those people that can often be found in the food aisles of grocery stores reading labels and looking for ingredients you can't pronounce and don't want to eat, you've most likely noticed several ingredients that, unbeknownst to you, are made using nanotechnology—a process that converts silver, copper, gold, aluminum, silicon, carbon, and metal oxides, among other metals, into atomsized particles that are one-billionth of a meter in size.

Commonly used nano-sized ingredients include titanium dioxide, which may be the most well-known additive. Others, such



These particles can penetrate cell walls and potentially create inflammation and disease.

as silicon oxide, calcium carbonate, iron oxides and hydroxides, calcium silicate, tricalcium phosphates, and synthetic silicas, are only a few of the additives that may be in your pantry right now.

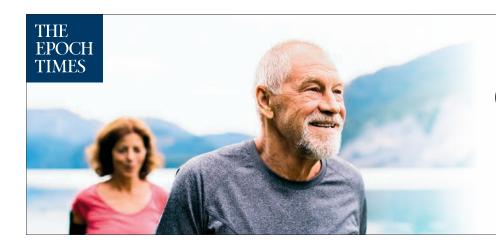
A New Ingredient

Nanotechnology has become widely used in food production and manufacturing since the 1990s, and its components are unimaginably small—one-hundredth the size of a strand of human hair. They make our food more colorful, brighter, creamier, or crunchier, and they keep it fresher for longer as well.

Continued on **Page 11**



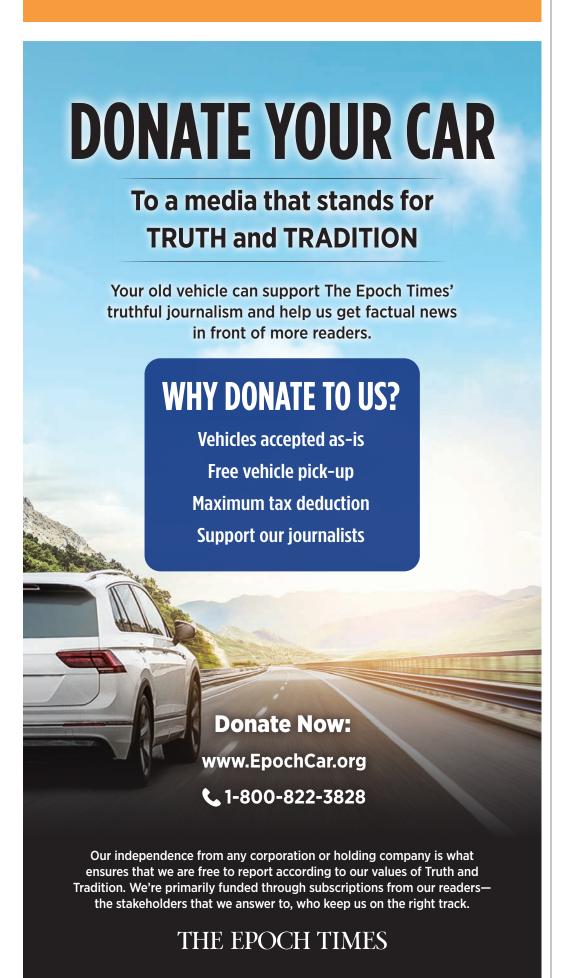
There are some common additives you can look out for once you know what they are.



Care about health? So do we.

Get practical health news for your daily life for just \$1*.







Healthy skin grows from the inside out, and what you eat makes all the difference.

8 Great Foods for Your Skin

You are what you eat, and that shows up on your most visible layer

KERI GANS

You might be familiar with the phrase "You are what you eat." Technically, I would say that phrase is not 100 percent valid, but what I can say is that what you eat can play a major role in how your skin looks overall. The foods and nutrients we choose on a regular basis may help with anti-aging, improved skin tone and elasticity, and protect against skin damage. Here are eight foods I would suggest you start enjoying on a regular basis:

Almonds

Almonds are a good source of fatty acids and antioxidants, including vitamin E.

"Under photographic analysis, the almond group had significantly decreased wrinkle severity and width compared with the control group at 16 weeks," according to a preliminary study by the University of California-Davis Dermatology Clinic, which demonstrated that daily almond consumption of around 2 ounces, may reduce wrinkle severity in postmenopausal

females and offer other anti-aging benefits. Almonds can be enjoyed as a midday snack, tossed into salads, sauteed with green beans, or even ground into a flour and used as a breading for fish or chicken cutlets.

The omega 3 fatty acids found in salmon and other fatty fish have been found to improve skin barrier function, inhibit UVinduced inflammation and hyperpigmentation. Hyperpigmentation are patches of skin that are darker than surrounding areas. Also, omega-3 fatty acids are believed to stifle your body's response to irritation and attract water to skin cells to plump up the skin and reduce wrinkles.

The easiest way to enjoy this benefit is to simply rub some olive oil, fresh lemon, ground pepper, and a little salt on a piece of salmon and then grill or broil it. Or one can even buy canned wild Alaskan salmon, which is known to be sustainable. Then, mix with egg and breadcrumbs to make delicious salmon cakes.

Strawberries One cup of strawberries contains 108 percent of the daily value (DV) of vitamin C. Vitamin C is essential to collagen production, and the more collagen you have, the firmer your face may be. Vitamin C can also help repair and maintain DNA, basically bolstering cells' ability to renew.

Blend up some strawberries in your morning smoothie, slice over peanut butter toast versus jam, and/or mixed with cottage cheese, yogurt, or dairy-free yogurt

Vitamin A, a powerful antioxidant, is known to maintain and repair skin cells, fight free radical damage that can prematurely age the skin, and reduce the development of skin cancer cells. A vitamin A deficiency may result in a dry, flaky complexion. A medium-sized sweet potato packs around twice a man's daily requirement of vitamin A and three times a woman's.

There are many ways to enjoy this nutritious spud, such as sliced and roasted as "fries," pureed into a soup, or simply baked and topped with Greek yogurt and scallions.

Canned Light Tuna

lenium, which research has shown protects the skin from UV irradiation-induced

oxidative stress. Selenium also has been shown to help preserve elastin, a protein found in our connective tissue that may keep your skin smooth and tight.

Week 10, 2022 THE EPOCH TIMES

Canned tuna can be tossed into a pasta, bean, or simple green salad, or mixed with mayo, red onion, and celery and enjoyed on whole wheat toast.

Chickpeas

Zinc, another powerful antioxidant with anti-inflammatory properties, can be found in chickpeas and other legumes. Studies have found that a zinc deficiency may affect sebum production, which is vital to our skin's health, and contribute to skin breakouts at any age.

Chickpeas are tasty roasted with olive oil for a crunchy snack, mashed with avocado for an exciting twist on avocado toast, or tossed in pasta sauce, salads, or soup.

Canned Tomatoes

Lycopene, a phytochemical found in tomatoes, may help eliminate skin-aging free radicals caused by ultraviolet rays. As nutrient-rich as raw tomatoes are, canned or cooked tomato products are actually higher in lycopene. Canned tomatoes can be easily used in sauces and soups and are especially handy when tomatoes aren't in season.

Vitamin C is essential to collagen production, and the more collagen vou have, the firmer your face may be.

Dark Chocolate

Not that we ever need an excuse to eat dark chocolate, but the flavanols found in dark chocolate may help reverse the effects of sun damage by neutralizing the changes that appear in sunexposed skin. One study found that regular cocoa flavanol consumption also had a positive effect on facial wrinkles and elasticity. Please remember though that even with these possible skin benefits, one shouldn't exceed the recommended serving size of 1 ounce

Keri Gans is a NYC-based registered dietitian nutritionist, certified yoga teacher, and author of "The Small Change Diet." Gans is a sought-after nutrition expert and has conducted thousands of interviews worldwide. The Keri Report, her own bi-monthly podcast and newsletter, helps to convey her no-nonsense and fun approach to living a healthy lifestyle.

To find the studies mentioned in this article, please see the article online



Canned light tuna is a good source of se- As nutrient rich as raw tomatoes are, canned or cooked tomato products are actually higher in lycopene.

Nanoparticles Being Used in More Food and Drugs

Extremely small particles of various compounds are being used as food additives,

Continued from Page 9

with unknown effects

Nanotechnology is used in the manufacturing of everyday products, such as electronics, food and food packaging, medicine, toys, clothing, sunscreens, cosmetics, dietary supplements, and much more.

While they can provide a myriad of benefits, these increasingly popular product enhancers come at a price, according to consumer groups and health experts—and that price is our health.

Health Implications

Because these particles are so small, studies have shown that they can breach the blood-brain barrier. Researchers are already exploring this quality for drugs meant to treat neurological conditions. But when it comes to food, that's not a feature anyone is asking for. These particles are also able to circulate throughout the body and get absorbed into the bloodstream and organs. They can penetrate cell walls and potentially create inflammation and

"They may pass through the lining of the gut and enter the bloodstream, which may trigger an inflammatory or immune response," Harvard School of Public Health's Georgios Pyrgiotakis told WebMD. "They may also build up in various parts of the body, including the lungs, the heart, and reproductive organs."

In a July 2020 study, a group of researchers at the University of Massachusetts Amherst found that titanium dioxide, which is commonly added to gum, candy, drinks, and desserts, caused changes in the gut microorganisms of two groups of mice.

Both were given doses of titanium oxide. One group was fed a low-fat diet and the other a high-fat diet. After further testing to isolate the titanium dioxide effect, both groups had inflamed colons, which can lead to abdominal pain and diarrhea. The obese mice had more pronounced

Vaccine Technology

Nanotechnology is currently being used in two of the three mRNA COVID-19 vaccines being given in the United States today.

There's a lipid nanoparticle coating surrounding the mRNA in the vaccines, which allows them to penetrate the cell's wall. "Lipid nanoparticles are a vital compo-

mRNA COVID-19 vaccines, playing a key role in protecting and transporting the mRNA effectively to the right place in cells," stated the Chemical Abstracts Service, a division of the American Chemical

"Of the many COVID-19 vaccines under development, the two vaccines that have shown the most promising results in preventing COVID-19 infection represent a new class of vaccine products: They are composed of messenger ribonucleic acid (mRNA) strands encapsulated in lipid nanoparticles (LNP)."

But scientists have continued to call for greater oversight of these substances by



Many additives found in food, including titanium dioxide, silicon oxide, and calcium carbonate, are considered nanoparticles, so small, they can escape the digest tract.

These increasingly popular product enhancers

come at a price, according to consumer groups

and health experts—and that price is

our health.

penetrate cell walls and potentially create inflammation and disease.

These particles can

because of their size. Because they easily cross the blood-brain barrier, they may damage it by altering the layer of cells that line the inner wall of blood vessels.

FDA Looks Closer

The FDA, the agency charged with overseeing these additives, has begun to weigh the health risks from nano-sized additives.

The agency currently classifies nanoparticles in food with the designation Generally Recognized as Safe (GRAS) if the manufacturer is already using the same ingredient in its larger, conventional form.

"The particle size distribution of a food substance may affect its ability to be absorbed by the body or to migrate from food packaging into food," the FDA stated in a 2007 guidance document on nanotechnol-

ogy in food. "The FDA does not categorically judge all products nanomaterial or otherwise involving application of nanotechnology as intrinsically benign or harmful. The FDA is monitoring the evolving science and has a robust research agenda to help assess the safety and efto escape our digesfectiveness of products using tive tract and migrate

In 2011, the FDA Nanotech-raising new concerns produced with nanoparticles nology Task Force was created about food additives. to coordinate its efforts with research scientists in the United

States and internationally. Its goals are to Research on the long-term effects of intrain staff in the latest science at state-ofthe-art facilities and to encourage collaborative research projects.

"Production and application of nanoparticles in consumer products is at an alltime high due to the emerging field of nanotechnology," the FDA stated in a 2017 Grand Rounds webcast. "Direct detection and quantification of trace levels of nanoparticles within consumer products is very challenging and problematic."

By 2020, the FDA reported that applica-

tions for the approval of products containing nanotechnology had skyrocketed in the previous 10 years. According to many experts in the United States, there are 1,900 to 2,500 food products that use nanotechnology.

In response to health concerns about these products, countries around the world have taken steps to limit or ban some or all nanotechnology in their food.

In 2010, Canada banned nanotechnology in organic food production. Since 2011, the European Union has required all food to be labeled if it contains engineered nanomaterials. In 2015, the bloc required additional testing to ensure health safety.

> In 2018, the European Food Safety Commission was petitioned by a group of scientists within the agency to reject the food additive silicon dioxide as safe for consumption because of nanoparticles in it, until a particle size distribution could be confirmed.

Beginning Jan. 1, 2020, France banned any foods containing titanium dioxide from entering the

In the United States, the FDA throughout the body are doesn't require any products

to be labeled or banned, and its guidelines recommend oversight on a case-by-case basis.

gesting nanoparticles remains scant.

Janis Siegel is an award-winning news journalist and columnist that has covered international health research for SELF Magazine, The Times of Israel, the Fred Hutchinson Cancer Research Center, and others. Ms. Siegel launched a health column featuring cutting edge research from world-class academic institutions.

Short-Term Dietary Change Improves Depression Symptoms

Brain-healthy nutrients found in whole foods may be key to lowering severity of depression

JOEL FUHRMAN

Proper brain function is dependent upon good nutrition. Omega-3 fatty acids, B vitamins, and zinc are all key nutrients for brain tissue. Vitamin B12, folate, and vitamin B6 are involved in the production of neurotransmitters, and zinc has antioxidant effects in the brain. The omega-3 fatty acids DHA and EPA are important for the structure of brain cell membranes. Inadequate levels of each of these nutrients have been linked to a greater risk of depression.

Protection against oxidative stress makes plant food-derived antioxidants beneficial for the brain. Also, many phytonutrients have anti-inflammatory and other non-antioxidant functions that may also enhance brain health.

By contrast, consumption of fast food has a dose-dependent association with the likelihood of depression, and greater consumption of commercial baked goods (muffins, donuts, and so forth) is also linked to a 38 percent increase in depression risk.

Diet as a Rapid Treatment for Depression

A new study investigated whether improving the diets of young adults with symptoms of depression could improve those symptoms. Men and women aged 17 to 35 were surveyed, and those with moderate to severe depression symptoms and high sugar and saturated fat intake were invited to participate.

Half the participants were asked to follow a diet that included five servings of vegetables daily, plus whole grains, legumes, fruits, nuts and seeds, turmeric, and cinnamon. They were also instructed to reduce sugars, other refined carbohydrates, processed meats, and sweetened beverages. Lean meats, eggs, unsweetened dairy products, fish, and olive oil were also permitted. The other group was given no dietary instructions. They were just asked to continue their regular diets and return again after three weeks for follow-up.

Importantly, the researchers were able to validate that the diet change group increased their intake of phytochemical-rich vegetables

and fruit by using skin spectrophotometry. This light-based measurement responds to skin "yellowness" from the level of carotenoids in the skin, which is determined by carotenoidrich vegetable and fruit intake.

Depression Scores Improve Alongside Skin Carotenoid Scores

Before and after the dietary intervention, the participants completed surveys rating their frequency and severity of depression symptoms. Participants were contacted again by phone three months later for another survey. Depression scores decreased in the diet intervention group between baseline and three weeks but stayed

the same in the control group. The improvement in depression scores improved proportionally to increases in fruit and vegetable intake measured by skin carotenoid scores. There were also improvements in measures of stress and anxiety.

After three months, about 80 percent of the diet-change group said they had maintained at least some aspects of the diet. The group's depression scores remained similar to their scores at the three-week follow-up, which were lower than their baseline scores. Three weeks of small improvements—eating more vegetables and fruits and reducing high-gly-

cemic refined carbohydrates and processed meats—set the participants on a course to making longer-term dietary improvements and maintaining a lower level of depression

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 prevent-**Healthy food** ing and reversing disease through nutritional methods. can make us happier, according to



Week 10, 2022 THE EPOCH TIMES

How Coconut Oil Can Benefit Your Health

Research on coconut oil contradicts official pronouncements about saturated fats

JOSEPH MERCOLA

hile more than 2,000 studies have been performed on coconut oil, demonstrating a wide range of benefits, it continues to be wrongfully vilified, mainly because 90 percent of its fat content is saturated. However, saturated fats, and most particularly coconut oil, are an important part of the human diet.

If you have bought into the media hype **Support healthy thyroid function:** Unlike that saturated fats are unhealthy and will raise your risk of heart disease, it may be time to reconsider your position.

Coconut products, particularly coconut oil, have been used by certain populations around the world for millennia, and in places where coconut oil is consumed as part **Promote heart health**: Animal and human

kapuka and Tokelau, for example, whose diets tend to be high in coconut and other saturated fats and low in cholesterol and

"Vascular disease is uncommon in both populations and there is no evidence of the high saturated fat intake having a harmful effect," notes a study published in The American Journal of Clinical Nutrition in 1981.

Another study focused on the Kitava people in Papua New Guinea. Besides eating a lot of fish, fruit, and tubers, coconut is also a prominent staple. None of the indigenous people in this study reported stroke, sudden death, chest pain, or discomfort due to coronary heart disease. In fact, the researchers concluded that stroke and coronary heart disease appeared to

be absent in this population. Aside from its internal health benefits, co-

 $conut\,oil\,also\,has\,countless\,other\,uses.\,You$ can rely on it for topical beauty applications, for example, thereby avoiding any number of hazardous chemicals.

How Coconut Oil Can Benefit Your Health, Well-Being

Nutritionally speaking, the healthy fats found in coconut oil can have significant effects on your well-being. Research has shown coconut can:

soy oil and other vegetable oils, coconut oil doesn't interfere with thyroid function. It has anti-inflammatory properties that can help reduce inflammation that may lead to hypothyroidism and hyperthyroidism.

Take the Polynesian populations of Pufactors such as LDL and HDL cholesterol levels may be improved by taking coconut oil. In particular, coconut oil's saturated fats may increase "good" HDL cholesterol, while also helping convert "bad" LDL cholesterol into a less harmful form.

> Promote healthy brain function: Researchers found that ketones may work as an alternative energy source for malfunctioning brain cells, which has been found to reduce symptoms in patients with Alzheimer's disease.

> Boost immune function: The lauric acid, antimicrobial lipids, capric acid, and caprylic acid that coconut oil contains are known for their antifungal, antibacterial, and antiviral properties. Regularly using it may help prevent colds/flu, and alleviate illnesses like hepatitis C, herpes, and the

> > ALL PHOTOS BY SHUTTERSTOCK

Coconut oil is easy on your digestive system and won't produce an insulin

spike in your

bloodstream.

To find

the studies

article, please see

the article online at

TheEpochTimes.

com

showed that the lauric acid in coconut oil disintegrates viral membranes of SARS-

Co-V, inhibits the virus's maturation, and prevents binding of viral proteins to host cell membranes. Boost energy: The medium-chain fatty

Epstein-Barr virus.

acids, also known as medium-chain triglycerides (MCT) in coconut oil are immediately digested and converted into energy by your liver.

Research published in March 2021 also

May support healthy metabolism: Some animal studies have shown that coconut oil may raise metabolism.

Aid weight loss: Coconut oil provides an excellent fuel for your body and stimulates

Aid digestion: Coconut oil is easy on your digestive system and won't produce an insulin spike in your bloodstream. The MCTs can also be absorbed easily in your digestive tract, compared to longer chain fatty acids found in polyunsaturated vegetable oils.

Control Crohn's disease: Research shows healthy plant-derived fats such as coconut oil can bring about positive changes in your gut bacteria, decreasing the symptoms of Crohn's disease, an often debilitating condition.

Maintain healthy, youthful-looking skin: Applying coconut oil topically benefits your skin, reducing the appearance of wrinkles and fine lines as the oil keeps your connective tissues strong and supple. Limited evidence also suggests it may

boost collagen production, although the mechanism of action is unknown.

Control candida: A study published in mSphere found that mice given coconut oil had a tenfold drop in the colonization of Candida albicans yeast in their gut, compared to mice given soybean oil or beef tallow.

Promote oral health: One study found that massaging coconut oil on your gums for 10 minutes a day for three weeks significantly reduced plague and decay-causing Strepto-

Use Coconut Oil for Cooking

Coconut oil is an excellent choice for cooking, as it can resist heat-induced damage. This way, you're not consuming damaged, oxidized oils. Processed vegetable oils, on the other hand, such as soybean, corn, cottonseed, and canola oil, produce oxidized cholesterol when heated, which increases thromboxane formation—a factor that clots

Heating those oils can also produce two toxins: cyclic aldehydes and acrylamide.

It's beyond unfortunate that the American Heart Association (AHA) decided to slow down much-needed progress by sending out its international presidential advisory warning against the use of coconut oil and butter, reiterating its old recommendation to use polyunsaturated fatty acids (PUFA) such as margarine and vegetable oil instead.

Overall, the AHA still recommends limiting your daily saturated fat intake to 5 to 6 percent of your daily calories, based on a 2,000 calorie-a-day diet. In my opinion, this is far below what your body needs for optimal health.

This advisory was sharply criticized by many health experts, and for good reason. For starters, the studies on which the advisory was based all date from the 1960s and early 1970s—the eras when the low-fat myth was born and grew to take hold. Many studies since then have demolished and refuted the science the AHA still clings to, but none of them were included.

According to Dr. Cate Shanahan, a family physician and author of "Deep Nutrition: Why Your Genes Need Traditional Food," notes that none of the studies included in the AHA's saturated fats analysis involved coconut oil specifically.

It's also worth noting that most of the early studies on coconut oil that found less than favorable results used partially hydrogenated coconut oil, not unrefined virgin coconut oil. Hydrogenated oil is not the same as unrefined oil, even when you're talking about something as healthy as coconut. This detail is what led to the undeserved vilification of coconut oil in the first place.

Medium-Chain Triglycerides and Their Health Benefits

Ninety percent of the fat in coconut oil is saturated and about two-thirds of the fats are medium-chain fatty acids or mediumchain triglycerides(MCT). MCTs get their name from their chemical structure, and can be divided into four groups based on their carbon length:

- 6 carbons (C6), caproic acid
- 8 carbons (C8), caprylic acid • 10 carbons (C10), capric acid
- 12 carbons (C12), lauric acid

Clinical uses of MCT oil are typically made from a combination of C8 and C10, which increase ketone levels far more effectively than the others' chain lengths. These clinical uses include:

ing tea can benefit your heart health in

Appetite reduction and weight loss

 Improved cognitive and neurological function with possible implications in neurodegenerative diseases

- Increased energy levels and improved athletic performance
- Improved mitochondrial function and subsequent reduced risk for diseases such as atherosclerosis, diabetes, cancer, cardiovascular disease, and autoimmune
- As part of a specialized dietary therapy for the treatment of epilepsy
- Prevention of nonalcoholic fatty liver

As a general rule, the shorter the carbon chain, the more efficiently the MCT is converted into ketones, which are an excellent mitochondrial fuel. Ketones can even pass the blood-brain barrier to supply your brain with energy. As a fuel, they also have an advantage over glucose in that they produce fewer reactive oxygen species and secondary free radicals when burned.

Ketones also help suppress the hunger hormone ghrelin, and as your ketone level rises, CCK, a satiety hormone, is activated. As a result, food cravings and hunger pangs vanish, which will go a long way toward avoiding unnecessary snacking. MCTs also:

- Have a thermogenic (heat-producing) effect, which has a positive effect on your metabolism
- · Are helpful for ridding your gut of harmful microorganisms such as pathogenic bacteria, viruses, fungi, and parasites
- Have antioxidant and anti-inflammatory properties

MCT Oil–Another Healthy Alternative

Coconut oil provides a mix of all of these MCTs, but the longer-chained C12 (lauric acid) makes up over 40 percent of it. The exception is fractionated coconut oil, which contains primarily C8 and C10. Lauric acid is most well-known for its antibacterial, antimicrobial, and antiviral properties. Since it's a longer-chained molecule, it doesn't increase ketone levels to any significant degree.

While coconut oil provides a range of MCTs, for clinical uses such as those listed above, a more concentrated and potent MCT oil is recommended. Most commercial brands of MCT oil contain a 50/50 combination of C8 and C10. My personal preference is straight C8 (caprylic acid), as it converts to ketones the fastest. It also tends to be easier on your digestion.

While concentrated MCT oil and/or coconut oil can both be consumed daily, start with a small amount. Taking high doses of MCT oil before you develop tolerance can cause loose stools and gastrointestinal side effects.

I recommend taking no more than 1 teaspoon of MCT oil to start. Have it at the same time as another fat, such as a handful of nuts, with ghee in your coffee, or as one of the oils in your salad dressing. Once your tolerance increases, you can slowly increase to as much as 4 tablespoons of MCT oil or coconut oil per day.

If you stop taking it for a while and then restart, begin with a small amount again to allow your digestive system to readjust. That said, MCT oil is often more easily digested by those struggling to digest other types of fat, such as those with malabsorption, leaky gut, Crohn's disease, or gallbladder impairment (such as an infection or if you had your gallbladder removed).

Upgrade Your Coffee Creamer Many people who drink coffee do so with all kinds of additives, often referred to just as "cream and sugar." Nondairy creamer can **Hydrogenated** oil is not the same as unrefined oil, even when you're talking about something as healthy as

Unlike other vegetable

oils, coconut oil doesn't

interfere with thyroid

function.

in the kitchen and elsewhere. As mentioned, coconut oil is not only a beneficial food, it can also replace a number of pricey and potentially hazardous personal care products, including moisturizers, hair masks, shavcoconut. ing lotion, cleansers and makeup removers, body scrub, toothpaste, and much more. If you've gone on a low-fat diet, or followed advice that recommends vegetable oils over coconut oil or butter, it may be time to reconsider your options. Saturated fats won't necessarily make you pack on pounds, nor will they automatically raise your risk for

MCT oil, or C8 to it.

Explore the Many

Uses for Coconut Oil

many health benefits. Of course, with all things, the balance of foods and what you eat with them can make all the difference. There are different qualities of every food product and just because you eat something healthy doesn't make up for all the other unhealthy things you may eat.

heart disease. On the contrary, saturated

fat, such as that found in coconut oil, offers

scarcely be called "cream" at all and is more

aptly described as a synthetic combination

of chemicals, transfats, high-fructose corn

syrup, and artificial flavors. Give your coffee

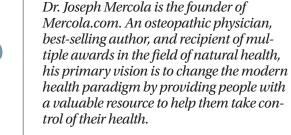
an upgrade by adding some grass-fed butter,

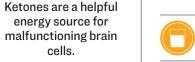
Keeping a jar of organic coconut oil on hand

could save you a lot of money since it replaces a wide variety of other products, both

If you want to try an experiment, get your blood levels checked and then swap all of those margarine spreads and processed vegetable oils you're using for coconut oil. After about three months or so, recheck your blood levels and compare your results. Chances are, you'll find yourself in a lower risk category for heart disease than you were before, even if your total cholesterol (which says nothing about your heart disease risk) happens to go up.

A simple way to get more coconut oil into your diet is to add it to your coffee or smoothie in the morning.









Make this famous brain-boosting high-performance beverage found on *Bulletproof.com*:

- 1. Brew 1 cup (8 to 12 ounces) of coffee using filtered water with 2 1/2 heaping tablespoons of freshly ground organic coffee beans. A French press will help preserve beneficial oils in the coffee that would otherwise be filtered out.
- 2. Add anywhere from 1 teaspoon to 2 tablespoons of C8 MCT oil. Alternatively, you could use organic coconut oil.
- 3. Add 1 to 2 tablespoons of grass fed, unsalted
- butter or grass fed ghee.

4. Mix the ingredients in a blender for 20 to 30 seconds until it looks like a foamy latte.

several ways. Research appearing in the Those who "European Journal of Preventive Cardiology," for example, reported that people made a habit who drink tea three or more times per week have improved cardiovascular health when compared with those who consume fewer cups per week. More than 100,000 people participated in the study, and they were followed up for a median of 7.3 years. The authors noted that the benefits were that are harvested and how they're probetter for green tea drinkers than for black cessed that make them different. tea and for men than for women. Those who made a habit of drinking tea were 20 percent less likely to develop heart disease and stroke and 22 percent less likely to die from heart disease or stroke. Experts say the cardiovascular benefits may be attributed to polyphenols, which can raise good cholesterol, reduce inflammation, widen blood vessels, and improve clotting.

The most recent research on this topic was an umbrella review of 23 systematic reviews in 2021. According to the authors, "consistently consuming 2 cups of unsweetened tea per day offers the right levels of flavonoids to potentially decrease CVD [cardiovascular

of drinking tea were 20 percent less likely to develop heart disease and stroke and 22 percent less likely to die from heart disease or

stroke.

disease] risk and its progression."

Did you know that levels of good cholesterol (high-density lipoprotein and HDL) decrease naturally as we get older? Drinking tea may help with this decline. One study looked at how HDL levels changed over a six-year period among more than 80,000 people. Those who drank tea on a regular basis have a slower age-related decline in HDL than those who didn't consume it regularly. The decline in HDL translated into an 8 percent decrease in cardiovascular risk.

Coconut oil's saturated

fats may increase

"good" HDL cholesterol.

Which Is Better, Black or Green Tea? Both types of tea are rich in polyphenols,

but it's possible that the fermentation process for making black tea reduces the effectiveness of polyphenols. That may explain the better cardiovascular benefits seen in people who drank green tea than those who drank black tea.

According to Dr. Guy L. Mintz, director of cardiovascular health and lipidology at Northwell Health's Sandra Atlas Bass Heart Hospital in New York, this large study made it clear that "tea, particularly green tea, is

cardioprotective, and should be considered as another tool in the cardiac prevention

Bottom Line

If you already enjoy tea on a regular basis, don't stop. Your heart and cardiovascular system are benefiting from this habit. If tea hasn't been on your radar, consider enjoying three or more cups per week to help lower your risk of cardiovascular problems. Of course, if you're adding loads of sugar to your tea, you aren't getting the same benefits, so keep that in mind.

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





Tea leaves contain large amounts of polyphenols, antioxidants that help protect the cells against damage from free radicals, oxidative stress, and related health problems.

Drink a Cup of Tea for Your Heart

A long list of studies affirms the healthy effects of drinking this stimulating beverage

LISA ROTH COLLINS

Apples, please step aside for a moment: A cup of tea a day could keep the doctor away and support heart and cardiovascular health as well. You should still keep eating apples, but when it comes to choosing beverages, your heart could benefit from making the world's second most common drink your drink of choice more often.

What's Special About Tea?

First of all, we are talking about Camillia sinensis, the plant that gives us black, green,

Tea leaves contain large amounts of polyphenols, micronutrients that are found in plants. There are more than 8,000 different types of polyphenols, including catechins (the most prominent), flavanols, leucoanthocyanidins, and phenolic acid. Polyphenols are antioxidants, which means that they help protect the cells against damage from free radicals, oxidative stress, and related health problems, such as coronary heart disease and inflammation.

come from the same plant; it's the leaves
Numerous studies have shown that drink-

Here are a few ways to support your adult children as they have children of their own

JENNIFER MARGULIS

s there anything more special than holding your newborn in your arms for the first time? Looking at the softest, most sweet-smelling person vou've ever seen? The wrinkly skin. soft fingernails, and unfocused eves that gaze back at you more keenly than anyone vou've ever met in vour life.

Perhaps the only thing that trumps holding your own new baby is holding your first

Last year, at age 53, my colleague Valerie Coulman became a grandma for the first time. Holding her grandson was so special.

"Such a tiny precious face, and I had the chance to inspect the fingers and toes for myself." Coulman, a writer and editor based in southern Oregon, told me. "It was extra special for me because the hospital where he was born only allowed two visitors or labor support, and I was the only grandparent able to go in for the two days of their hospital time. That was such a privilege."

According to cultural anthropologist Meredith Small, professor emerita at Cornell University and author of "Our Babies, Ourselves: How Culture and Biology Shape the Way We Parent," most adults in America never hold a newborn baby, let alone care for one, before they become parents themselves.

Grandparents, on the other hand, have years of experience. So how do you turn that experience into a better childhood for your grandchild?

Be Careful With Unsolicited Advice While it's tempting to want to use that

experience to tell your adult child how to parent (after all, you know the best diapers to use and the toxins it's important for newborns to avoid), it's often better to let the new parents in your life come to you with their questions and concerns instead of bombarding them with unsolicited advice.

'It's not my place to parent their baby, but I can step in when they're tired, offer advice or ask questions when they're not sure ... and bite my tongue when I would have done things differently," said Coulman.

Too many people are too eager to criticize new parents, she said. "Being a cheerleader for the things they're doing right seems better."

Remember back when your child was a baby learning how to walk. You couldn't walk for them, but you could be there to kiss those pudgy knees when they fell down, offer your finger for their little hand to grasp so they could toddle along beside you with some support, and cheer them on with applause, smiles, and hugs when they finally took their first steps.

Beyond that, and perhaps most essentially, you inspired them to walk and showed them how with your own movements.

Now your son or daughter is taking their first steps becoming a mom or dad, stepping into a new role with new responsibilities and demands. And your job isn't to tell them what to do but to be there for them as they walk their parenting path.

If offering unasked for advice is not helpful, what is? What are the best ways to help new parents?

Do What Needs to Be Done When my friend Katelyn had

her son via an unplanned Csection, the birth was pretty traumatic for her. Afterward, she was so worried about dropping the baby that she had her husband hold Aidan for the first few weeks.

Katelyn admitted to me that she was a wreck. She needed both emotional and physical support as she recovered from the birth and learned to be a mom for the first time.

"My mom cleaned the entire house while I was in the hospital," she remembered, her voice full of gratitude. "The best is when friends and family just notice what needs to be done, and do it. If they see that the fridge is empty, they can bring over a bag of groceries. If the bathroom's dirty, no new mom is going to ask a friend to clean it, but almost every new mom would be relieved

There's an endless list of things that need doing, but some of the more help-

- Tidying up: It's hard to take care of a new baby 24/7 and also keep a tidy house. Help tidying up is always appreciated.
- Restocking bathroom supplies: A new family will need things like toilet paper, Epsom salts, and washcloths or baby wipes, more often than they realize. Ask them to send you a list of supplies to buy, or just bring over some toilet paper (everyone needs toilet paper).
- Shopping for food: New parents, especially nursing mamas, should have plenty of easy-to-eat organic fresh vegetables and fruits on hand, as well as lots of healthy drinks to keep them hydrated (filtered water, coconut water, and cold-pressed vegetables juices are all good choices).
- Laundry: Newborns are miniature spitup factories, to say nothing of the sub stances that come out the other end. Toddlers are arguably worse. Running a load of laundry for the new family (without asking how the machine works) can be invaluable.
- Yard work or errands: It's amazing how little time new parents have when all their energy is focused on a newborn. Taking care of anything that they don't have time to do—weeding the garden, mailing packages—is a great way to pro-

Help With the Older Kids

Maybe you're on your first grandchild like Coulman. Or maybe lucky number 7 has just come along. New parents need a lot of help with their first babies, but families with older kids need help too.

"I thought I knew it all, but I didn't have the same child the second time around," my friend Frank said not long after his second child was born. Frank is a stay-at-home dad whose sons are just 17 months apart. "The second was a totally different baby."

Frank was especially grateful for his mother-in-law's help with the baby so that he and his wife could be there for their toddler. "We wanted him to feel like he was

said. "My mother-in-law tended to the baby children have and we were able to keep doing our activi-**If the** ties with P.J." bathroom's dirty, no new

mom is going

to ask a friend

to clean it,

but almost

every new

mom would

be relieved if

someone did.

mom and daughter

Doing some laundry or

household chores for

busy new parents will

always be appreciated.

Organize a Meal Train

sible, you can also just bring over an or-

them some healthy meals.

less time worrying about what and how to



still an important part of the family," Frank When your

children, it can to overstep your bounds.

Just going to the bathroom, never mind showering or preparing dinner, can feel daunting to a new family. Sleep-deprived and disheveled, new parents need to eat. If you're local, the best thing you can do is organize a meal train for them so they won't have to think about cooking for the first month or so. Ask friends and other family members to sign up. Specify dietary restrictions and timing. But if that isn't fea-

ganic home-cooked meal (or two or three). If you're not local and won't be able to visit, consider giving the new family a gift certificate to an organic food market, restaurant, or Door Dash. Or look for a local organic caterer wnom you can pay to bring

The best choices are meals that can be frozen and reheated, like nourishing soups or enchiladas. A well-stocked fridge and freezer will help the new parents spend more time getting to know their baby and feed themselves.

Arrange a Photo Shoot

It's so nice to have pregnancy and newborn photos and to have some professional shots of the whole family as the baby grows. Another way you can support your adult child's new family is by setting up a photo

shoot—that includes a few with you as well! In addition, a photo album, picture frame, or an extra computer drive (photos take up so much space) all make excellent presents for a new family as well.

A personalized picture frame with baby's date of birth, height, and weight is also a

Make Something Meaningful

Consider making something yourself for the baby: a handmade outfit, hand-knit sweater, or a baby blanket. Or perhaps a painting if you like to do art, or a step stool or child-sized bookcase if you do carpentry. When you make something yourself, you give your grandbaby a part of yourself and

My children's great aunt made each of our four children a baby quilt. Not only do my children still cherish these blankets, one of my daughters took fabric arts in high school and has been continuing the tradition. Now she makes a quilt for each new baby in our family, a practice that warms the baby—and our hearts as well.

Jennifer Margulis, Ph.D., a frequent contributor to The Epoch Times, is an award-winning health and science writer. She is also the author of "Your Baby, Your Way: Taking Charge of Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family." Learn more and sign up for her weekly emails at her website: www.JenniferMargulis.net

11 Forgotten Ways to Simplify Your Life

Decluttering your home and clearing your schedule aren't the most critical ways to simplify

MIKE DONGHIA

A cluttered home and a busy schedule may be the least important areas of your life to simplify.

For many people, these areas are a great starting point because they can be the easiest places to begin. Getting a few wins under your belt can lead to a snowball of life changes.

But the other reality that I have seen is that many busy people are also singledminded and focused on their life's purpose and other people with somewhat cluttered homes have complete inner

That is the kind of simplicity that really carries weight.

The most wonderful benefits of minimalism come from a life that's focused on 6. Guard yourself from addictions of all the things that matter. We can't lose sight of that even as we try to achieve a simple aesthetic and clutter-free lives.

Take a minute to remind yourself in case you've forgotten any of the ways on this list to simplify your life from the inside out:

1. Don't procrastinate on the small **stuff.** In the effort to simplify your life, it's possible to become too big-picturefocused and start to believe that life's drudgery is beneath you. No one escapes the hard, ordinary work of everyday life, and ignoring it today only makes your life more complicated tomorrow.

2. Don't keep looking for a perfect **plan.** Settle for a good enough plan and make it great through your hawk-like focus and ability to learn as you go. In almost every scenario of life, there's only so much you can learn from a standstill. You must take the first steps to reveal the rest of the path forward. Don't complicate life by endlessly ruminating when it's possible to learn as you go.

3. Take care of your health while you still have it. I was talking to my sister today and we were both remarking how common it is to not fully appreciate what you have until it's gone. It's one of the most predictable responses in our human nature, and yet it sometimes seems inescapable. Without a doubt, good health is a blessing that makes all other activities easier and more enjoyable. Protect, preserve, and strengthen what you have today.

4. Settle the question of life's meanmy life and one that I consider to be a great lifestyle.

simplifier. My personal faith brings clarity to my values and shape to my priorities. It keeps me from thinking too highly of myself and my circumstances, or too poorly. There are obviously greater reasons beyond simplicity to ponder the great questions of life, but don't wait. Begin your personal journey today.

5. Don't look for shortcuts. Take the hard path. This week I was considering a shortcut. I weighed the pros and cons and ultimately decided that shortcuts rarely deliver what they promise. What we think we want is the destination, but the good life we desire is really about the journey, the people we share it with, and the person we become along the way.

kinds. While I have not personally struggled with addiction to drugs or alcohol, I have seen their impact on the lives of those I love. I do know, however, what it's like to constantly give in to distraction or to be so attached to my phone it feels like I could never give it up. Fighting addictions is like playing life in hard mode. Find a way to let go, and enjoy an inner simplicity like you never imagined.

7. Avoid self-pity. Of all the vices, is there one so sad and self-defeating as self-pity? We feel sorry for ourselves and ruminate on our own failures or bad breaks—to what gain? Self-pity adds complexity to your life by causing you to focus on the wrong thing: yourself. Wake up to the reality that what's past is past, and that in this moment, you're free to focus on

What we think we want is the destination, but the good life we desire is really about the journey,

the people we share it with, and the person we

become along

the way.

what you can do now.

8. Avoid envy. When I compare my life to the life I expected and hoped for when I was younger, I'm thrilled. I have a very happy marriage, close friends, three lively children, a satisfying job, and plenty of leisure time. The realization that I have everything (actually, way more!) than I could ever need brings me peace and helps me to remember what is important. But when I compare my life to the lucky few who have even more good thingssuddenly I'm unhappy and anxious. My simple advice to myself is to keep my eyes on what's good.

9. Be reliable. There's not too much advice that is absolutely universal in its application. One such piece of wisdom is to be reliable. When you're reliable, the people you care about most trust you. When you're reliable, you find favor and respect and all sorts of good things among the circle of other reliable people. To cut yourself off from this circle of reliability is one of the quickest ways to add layers of complexity to your life. Don't leave the circle!

10. Don't lie or pretend to be something you're not. Maybe you're not tempted to tell outright lies, but how often do you paint yourself to be something other than who you really are? Putting your best foot forward is one thing, but always concealing your mistakes or flaws adds complexity to your life because you always have to hide and wonder if you'll get found out. Do your best, be yourself, and those who really know you will allow that to be enough.

11. Surround yourself with people you admire. Good friends rub off on you in a hundred subtle ways. As social creatures, we're always trying to fit in and often be like those around us. Choosing your friends wisely and seeking to become closer with those you admire, is one of the easiest ways to simplify your life. Instead of fighting the negative influence of unhealthy friends, good friends make it easy to live into your values.

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 subscrik ing to their twice-weekly newsletter. This article was originally published on This



ing. Undoubtedly, faith is a huge part of Simplicity is a virtue. It cleanses the mind, eases the heart, and uplifts our daily

Evergreen Home.

TRADITIONAL CHINESE MEDICINE

Feeding Your Heart and Soul With Joy

Continued from Page 9

The Eastern View

In Chinese medicine, joy is the emotion associated with the heart. Our ability to feel joy openly and honestly directly reflects our heart energy. This connection makes sense when we think about where we feel joy in our bodies. When you watch a child master a new skill, come home after a long day to a pet that is happy to see you, or reach a goal that has taken months or years to achieve, we usually feel this sense of joy deep in our chests—in our hearts.

In Eastern philosophy, joy is a healthy mental state that promotes our internal organs' effective functioning and a balanced emotional state. Joy makes the mind peaceful and relaxed, benefits the immune system, and causes the body to relax and slow down. Joy is a crucial aspect of a healthy body and a meaningful life. Our ability to feel joy means having a healthy, balanced heart and essence.

The heart has a spiritual component called the shen. The shen is difficult to explain as it can't be seen, touched, or measured. It's the part of us that becomes consciousness, awareness, inspiration, and, later in life, wisdom. The shen is our ability to feel joy, wonder, love, and enchantment and guides us on our path through life. It embodies our true nature and helps us realize it.

Our ability to feel joy represents a healthy heart and shen. When someone lacks joy in

their life or can't feel the joy around them, we look at the heart and suspect impairment in the person's shen or spirit. And these are common right now. Some symptoms of an imbalance in the heart or problems with shen are:

- insomnia
- dream-disturbed sleep
- palpitations
- anxiety concentration problems
- being easily startled unable to communicate clearly
- being overly talkative feeling disconnected

Interestingly, these symptoms are common after trauma, directly affecting the heart

If you are not sure how to find joy in your own life, bring it to someone else.

The Science of Joy

Joy, it seems, is something that even science is beginning to explore. Positive psychology, a relatively new movement born in the late 1990s, actually studies joy and its effects. Positive psychology emphasizes the positive influences in life and focuses on a person's strengths instead of weaknesses. It is the scientific study of what makes life worth living.

A Harvard Magazine article by Craig Lambert entitled "The Science of Happiness" explains that "for much of its history, psychology has seemed obsessed with human failings and pathology. The very idea of psychotherapy, first formalized by Freud, rests on a view of human beings as troubled creatures in need of repair."

The article continues, "though not denying humanity's flaws, the new tack of positive psychologists recommends focusing on people's strengths and virtues as a point of departure."

It seems that science is finally catching up to what many ancient traditions have believed all along.

In Eastern medicine, human strengths and virtues are where we begin. We are beauty, perfection, and joy manifest. It's Throughout the pandemic, there have been how we are created and come into the world. Neuroses, illness, and disease are considered a separation from

our true nature—the physical world's way of telling us that we aren't aligned with our authentic selves.

Joy, unlike happiness, is not all about self. Joy is about connection. Beethoven knew little happiness, but he knew joy. The mystics have linked joy to connection with a power greater than themselves.

Finding Joy in Everyday Life The three main religions (I prefer to think of them as philosophies) of China—Taoism,

Buddhism, and Confucianism—all advocate restraint when it comes to emotions and each has made contributions to Chinese medicine. This idea of moderation is a thread that runs throughout Eastern medical theory. The importance of modera-

tion is worth noting in a time of extremes. That said, seeking out joy is a worthy pursuit. And the limits to finding it are only our imaginations. One way to figure this out for yourself is to turn your attention inward

and think about what brings you joy. Below are some examples that might help you find inspiration:

- spending time with friends your children
- being in nature
- writing or reading • dancing, singing, or painting

• gardening or building something

 helping others or volunteering listening to music cooking for yourself or someone else

many inspiring stories of creative ways peo-

ple are bringing joy into their lives and

you as well.

the lives of others. If you are not sure how to find joy in your own life, bring it to someone else. This giving works be-

cause the act brings joy to

Finding joy usually isn't difficult; it is a natural byproduct of a happy life. However, during a pandemic, we are all cautiously feeling our way through uncharted waters. Our unusual circumstances mean we have to be a little more deliberate about

good at to increase the our search. joy in your life. So find joy in the world and your life, then spread it around

Do things that you're

as much as possible. Joy is one way we can come back together and, at the same time, feed our hearts.

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

Keeping the older kids entertained while mom and dad tend to the new baby is a great way to help out.





MIND & BODY

Week 10, 2022 THE EPOCH TIMES

Hard of Hearing Makes for Hard Living

Regaining the ability to hear clearly with a little technological help is a liberating joy

DONNA MARTELLI

I was 66 years young and didn't think I could be hard of hearing. I mean, I could hear the TV, the movies, people talking, the phone, and radio. Wasn't that enough? However, I noticed a few things that made me wonder.

I watched a DVD with my sister (she's only almost 40). I had trouble hearing when the actors spoke softly, and I asked her to please turn up the TV. She did, and I still couldn't hear the actors unless they were talking with exclamation points

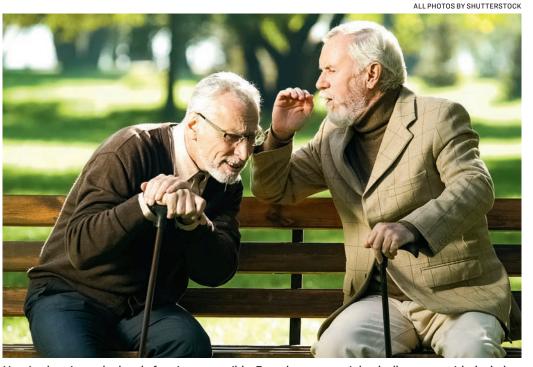
There were several other clues as well. Like missed phone calls because I couldn't hear the right, missed portions of my pastor's sermon, and my son saying "Mom, that TV is loud!" I hadn't noticed.

And every time my husband spoke to me, I had to say "What?" and then have him repeat it louder or closer. That wasn't very pleasant. One time my husband had an important video on his phone to share with me. I couldn't hear anything except mumbling, so I just gave up and tried to decipher it by watching the pictures.

That last one was the proverbial straw that convinced me that just maybe my hearing needed help. Within a week, I got a postcard in the mail for a free hearing analysis. Was that a coincidence? I do not believe so. Knowing that I needed to get checked out, I went to get my free test. The audiologist put tiny speakers in my ears, and I had to push a button on a stick every time I heard a tone.

It was painless and somewhat boring but what she found was astounding to me. I had mild to moderate hearing loss in both ears. I was missing about half my hearing.

She told me that the loss had begun at least seven years ago and progressively worsened. She let me try sample hearing aids and what I heard was fantastic. Trying these on convinced me that the tests



Hearing loss is gradual and often imperceptible. But when you get it back all at once, with the help of hearing aids, you realize what was lost.

Trying hearing

convinced me

that the tests

were correct

as there were

many new

sounds all

around me.

and detailed

aids on

If you do

amount

of hearing

loss, your

quality of

life can be

enhanced

hearing aids.

significantly

have even

a moderate

were correct as there were many new and detailed sounds all around me. I began to think of what I had missed because I couldn't hear. I'll never know.

I had to wait a couple of weeks before getting my hearing aids. Insurance paid half the cost of them. All my appointments to check and clean them and further analyze my hearing were a part of the package. On the day that I got my hearing aids, the practitioner told me that I should only wear them a few hours at a time. That was because my brain could be overwhelmed as it worked to interpret the new sounds it was receiving. She did a few more tests and made the proper adjustments to my aids before she turned me loose on the world. When these were completed, I went to my car and turned on the ignition. Whoa, was it loud! Then the turn signal, which I never heard before, clicked loudly in my ears. I had to turn the radio way down for the sound to approach a comfortable level.

I wore my new hearing aids all day from the beginning. I never felt overwhelmed or confused; I felt simply outstanding! I discovered some other benefits as the days went by: rium was restored.

- I heard the soft talk in movies and TV shows. How delightful! That gave me a newfound advantage in understanding the plots.
- My husband was happy that he didn't have to repeat himself continually.
- My sister noticed that I was getting stories straight most of the time instead of understanding only bits and pieces.

A friend who obviously cannot hear very well refuses to get hearing aids. He thinks that accepting that loss means he is old and infirm. It's a stigma that remains, although, thankfully, not nearly so much as even a few years ago. He sees me as younger than himself, but I am not; I am simply happy and hearing!

If you suspect you have a hearing loss, do not hesitate to get tested. I am so glad that I did. Most hearing health centers will give you a free test. If you have little to no loss, then you have only lost an hour or so of your day.

But if you do have even a moderate amount of hearing loss, your quality of life can be significantly enhanced with hearing aids. The ones of today are hardly noticeable. Now I can hear everything going on around me, so watch out, world, I'm listening!

Formerly a professional dancer with the Harkness Ballet of New York, Donna Martelli has written three books, as well as course manuals, book summaries, blogs, articles, and devotionals. She lives in Indianapolis and is married with five children and 12 grandchildren. She is the author of "When God Says Drop It" and "Why the Dance."





THE 6TH NTD INTERNATIONAL FIGURE PAINTING COMPETITION

Reviving the pure authenticity, beauty, and goodness in art

June 2023 | New York City

Call for Global Entries / Deadline: 1/15/2023 / US\$25,000+in Awards



