

THE EPOCH TIMES

LIFE &

TRADITION

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Some of you know exactly what you want from the future. Others, having left behind the structure and demands of school, may feel at loose ends.

Be true to all you are, and whatever else happens, you can always look at yourself without shame in the mirror.

Commencement Means Beginning

ADVICE FOR NEW GRADUATES

JEFF MINICK

For most high school and college seniors, the big day is now over.

You've gathered with your classmates and loved ones, walked across a stage wearing a cap and gown, received a diploma and a handshake, and are now officially graduates.

Some of you will go on to college or post-graduate studies. Others will join the work force or the military. Some of you know exactly what you want from the future: a specific career, marriage; someday a family of your own.

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Finding Hope as Gas Prices Rise and Society Tanks

ANNIE HOLMQUIST

I wince inwardly while sailing past the gas station on my way to work. The price has gone up since I last drove by it ... yesterday. In fact, the price seems to go up about 10 cents a day lately. At that rate, by the end of summer, it will be ... no, I can't think about that. Doing so will only bring panic.

Unfortunately, I doubt I'm the only one lately who fights a tendency to fear the future. I hear others bring up the state of the world in everyday conversations, won-

dering out loud what on earth we are going to do. Even if we put gas prices aside, everything else—from maxed-out credit-card debt to random attacks on innocent people to empty shelves at the grocery store—seems to signal that we're heading toward another Great Depression ... or maybe worse.

Hard times are ahead. And for those of us who have lived an ultra-comfortable existence for a long time, the thought that our

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JUSTIN PAGET/GETTY IMAGES

Though some may fear hardship and deprivation, it is a good time to take stock of the overall situation.

TRUTH and TRADITION
In Our Own Words

The Journey to Good Health



“It’s made me realize that getting healthy doesn’t have to be about sacrifice or self-denial. When you know better, you naturally want to do better.”

Conan Milner
Senior Health Reporter

Dear Epoch VIP,

My name is Conan Milner, and I’m a health reporter for The Epoch Times. I’ve been writing for the paper since 2005, and exclusively for the Mind & Body section since 2014. This job has given me the opportunity to research and report on subjects I’m very passionate about, such as understanding how our bodies work and learning new ways I can take care of mine.

Health was not always my passion. For years, it wasn’t even a concern. In college especially, I had about as unhealthy a life as you can imagine. I smoked compulsively, worked nights, and slept little. My diet consisted primarily of Coney dogs and Burger King. **But it all caught up with me by my early 20s. It seems so young, but I felt old—miserable both mentally and physically.**

Luckily, I met (and then married) an acupuncturist and my lifestyle changed dramatically. In addition to writing for The Epoch Times, I have helped my wife manage her clinic for over 20 years. In that time I’ve learned a ton about herbs, witnessed the power of natural medicine, developed an enormous respect for ancient Chinese wisdom, and have honed exceptional kombucha brewing skills.

My own health journey has served me well as a reporter because it has given me the kind of perspective that only comes with falling on your face, picking yourself back up, and walking a new road. This process has taught me that better health is often about making better choices. Even if you’re born with great genes and enjoy top-notch health insurance, you still must eventually face the consequences of your lifestyle.

My articles give me a chance to share this journey with my readers. For example, after the opportunity

of talking to several trainers, physical therapists, and a couple of back surgeons, I began to see exercise in a whole new light. Previously, I had little time or interest for anything athletic, but I’ve since developed a regular weight lifting routine that is still going strong after more than three years. Likewise, I’ve learned how to take care of my microbiome, discovered that a simple walk in the woods can inspire and help me let go of anxiety, come to know how to meditate for a clear mind, and have found that I should always be kind to others and grateful for what I have.

For me, these habits have little to do with willpower, and much more to do with an understanding of what hurts me and what heals me. It’s made me realize that getting healthy doesn’t have to be about sacrifice or self-denial. When you know better, you naturally want to do better.

I choose the topics I write about primarily on what I would like to read, and I know I couldn’t find such freedom at any other publication. The Epoch Times has given me the support and encouragement to tackle subjects that many other organizations shy away from. It’s allowed me to cover controversial subjects such as vaccines, wireless radiation, GMOs, and other topics that are often ignored or censored due to corporate interests.

Of course, I always keep in mind that our success comes from our readers—individuals who are curious, thoughtful, and hold the truth in high regard. Thanks for sharing this journey with me.

In truth and tradition,

Conan Milner
The Epoch Times



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