WEEK 29, 2022

## THE EPOCH TIMES

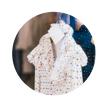
# IMDES BOLLES

ALL PHOTOS BY SHUTTERSTOCK UNLESS NOTED OTHERWISE





Being overweight leads to unsettling situations, like being unable to sit comfortably in a regular airplane seat.



Never feeling comfortable in your clothes makes the simple act of dressing a daily stressor for many overweight people.



Rena Greenberg is one among many certified hypnotists helping people gain better awareness of their inner world.

COURTESY OF RENA GREENBERG

M-FOTO/SHUTTERSTOCK



## New Study: Unvaccinated Wrongly Maligned

Decision to not get COVID-19 vaccine comes with consequences, but maybe not for the health care system

#### JENNIFER MARGULIS

A large-scale international study of those unvaccinated against CO-VID-19 finds a pattern of discrimination—and a relatively low hospitalization rate.

While the study's findings are limited by the nature of the selection process, in which unvaccinated people opted in to participate, the new study suggests that those who declined the vaccine may not be

the burden to the health care system many have claimed them to be. The study is now available as a preprint (which means it hasn't yet been peer-reviewed). It was uploaded to ResearchGate earlier this month.

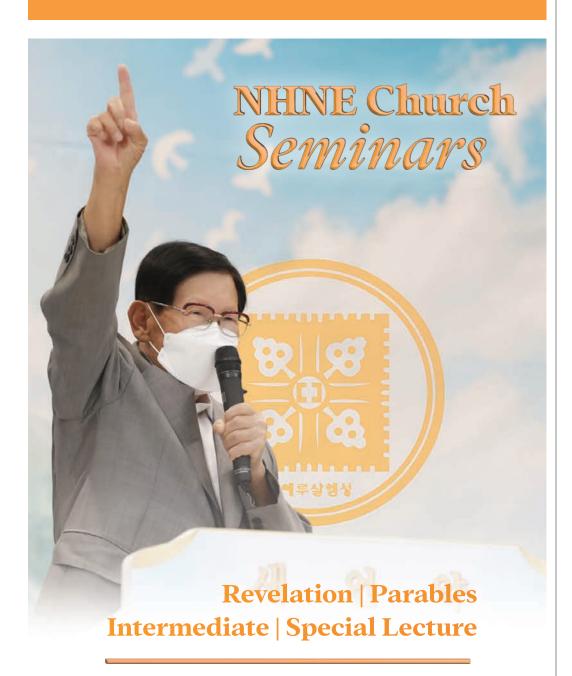
The findings hold significant importance to policymakers. According to Our World in Data, 60 percent of the world is fully vaccinated against COVID-19. The 40 percent who aren't vaccinated against the virus have been frequently blamed

for the duration and severity of the COVID-19 pandemic, even as vaccination rates reached up to 90 percent in many jurisdictions.

With government agencies, news media, and social media algorithms ignoring or misrepresenting the contending science around COVID-19, the unvaccinated have faced often intense pressure to get vaccinated against COVID-19.

Continued on Page 5

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# Is Electroconvulsive Therapy Getting a New Image?

This controversial therapy is more widely used than ever, but its troubling consequences remain

#### **MARTHA ROSENBERG**

here are few psychiatric therapies that are as controversial as electroconvulsive therapy (ECT) which sends pulses of electric currents through the brain to intentionally cause a seizure. Few people would expect it to make a comeback.

Intended to treat severe and treatmentresistant depression, severe mania, catatonia, and dementia-associated agitation and aggression, ECT is usually conducted two to three times per week for three to four weeks. It's a treatment, not a "cure."

"Most people treated with ECT need to continue with some type of maintenance treatment," the American Psychiatric Association stated.

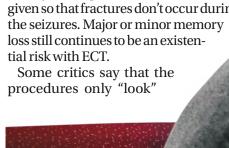
Kitty Dukakis, wife of the Democratic presidential candidate Michael Dukakis, told media outlets in 2016 that she receives maintenance treatment every seven or eight weeks. At least 100,000 Americans receive ECT every year, according to Mental Health America.

It isn't known why ECT affects mental conditions, although the supposition of early developers—that the seizures of epi-

lepsy somehow obviated schizophrenia was subsequently debunked, according to "Desperate Remedies: Psychiatry's Turbulent Quest to Cure Mental Illness" by Andrew Scull, a distinguished professor emeritus of sociology at the University of California-San Diego. In the 1930s, doctors tried to induce seizures with drugs until Italian psychiatrist Ugo Cerletti saw the fits of electrically stunned pigs at a Rome slaughterhouse and thought the

same could be done with humans. Many believe that electroconvulsive therapy, historically linked to patient punishment or efforts to produce patient compliance in mental health settings, has vanished. But it's still popular and even experiencing an image makeover. According to Scull, in the days of Cerletti, the "sheer violence" of the induced seizures often produced "fractures of the long bones or of hips sockets" and dislocated jaws. Many medical attendants were necessary to hold patients down during the procedures.

Today, patients are typically "asleep under anesthesia during the procedure, so they feel no pain. Muscle relaxants are given so that fractures don't occur during the seizures. Major or minor memory loss still continues to be an existential risk with ECT.



less violent and still take a bodily toll. According to Somatics, the company that makes the top-selling ECT machine Thymatron: "During the ECT stimulus and seizure the jaw muscles commonly clench tightly. This poses risks of tooth fracture or displacement and biting of [the] tongue and cheeks. These can cause mouth bleeding with pulmonary aspiration of blood. These risks are mitigated by inserting a mouth protector prior to the electrical stimulus."

Tooth fracture isn't the only ECT risk listed in the Somatics' Thymatron instruction manual. As with drug ads on TV, an entire list of possible adverse effects from

"adverse reaction to anesthetic agents/ neuromuscular blocking agents; adverse skin reactions (e.g., skin burns); cardiac complications, including arrhythmia, ischemia/infarction (i.e., heart attack), acute hypertension, hypotension, and stroke; cognition and memory impairment; brain injury; dental/oral trauma; general motor dysfunction; physical trauma (i.e., if inadequate supportive drug treatment is provided to mitigate unconscious violent movements during convulsions) including fractures, contusions, injury from falls, dental or oral injury; hypomanic or manic symptoms (e.g., treatment-emergent mania, postictal delirium or excitement); neurological symptoms (e.g., paresthesia, dyskinesias); tardive seizures; prolonged seizures; non-convulsive status epilepticus; pulmonary complications (e.g., aspiration/inhalation of foreign material, pneumonia, hypoxia, respiratory obstruction such as laryngospasm, pulmonary embolism, prolonged apnea); visual disturbance; auditory complications; onset/exacerbation of psychiatric symptoms; partial relief of depression enabling completed suicide; homicidality; substance abuse; coma; falls; and device malfunction (creating

potential risks such as excessive dose administration), and death."

"If holding the patient's jaw or touching the patient's head during the electrical stimulus, make sure to use electrically insulating gloves," it reads.

#### **Does Money Drive the Continued** Use of ECT?

Many critics of the mainstream medical system say that reimbursement potential shapes the character of treatment—that clinicians and hospitals base care on a "wallet biopsy" of how much the patient's insurance will pay.

According to Kenneth Castleman, a biomedical engineer who has been on the faculty of the California Institute of Technology and the University of Texas, ECT costs little to administer and "brings in about two billion dollars per year in the USA alone."

On a forum of the nonprofit Student Doctor Network website in 2019, one

poster detailed ECT's financial appeal: "I think ECT has the potential to be extremely lucrative, but the challenge is that it only becomes so with volume. Paying nursing staff, an anesthesiologist, whatever it costs to have the space, the device itself, etc. is going to be expensive and completely [nonviable] if you're treating only a handful of patients each day. If you have staff that know what they're doing, you're efficient, patients show up on time, and you're only running one treatment room, I think it's possible to treat anywhere from 3-5 patients per hour. If you really get things running and can run two rooms at once ... you could double that, but that would be an extremely busy day and arguably unsafe."

In 2018, research cited in MedPage



TOM WERNER/GETTY IMAGES

It was found

that when

health care

providers start

patients with

treatment-

resistant

depression on

ECT earlier

rather than

later, it's more

'cost-effective.'

**BILLION** 

ECT costs little to

administer and "brings

in about two billion

dollars per year in the

USA alone."

explore

The Thymatron instruction manual also cautions staff to avoid the risk of "accidental shock" by not contacting "the patient, or any conductive surface touching the patient, unless wearing electrically insulated gloves."

Today also showed that finances factor

into the use of ECT.

Specifically, it was found that when health care providers start patients with treatment-resistant depression on ECT earlier rather than later, it's more "cost-effective." ECT is usually only given after a patient has tried seven antidepressants unsuccessfully, according to the article, but giving a patient ECT treatment after only two unsuccessful antidepressants, "maximizes ECT's health-economic value."

#### Writers and Public Figures **Touched by ECT**

References to ECT aren't just found in movies such as the 1975 film "One Flew Over the Cuckoo's Nest," in which ECT was cruelly administered to Randle McMurphy, the character played by Jack Nicholson.

In 1972, the Democratic nominee for vice president, Thomas Eagleton, a senator from Missouri, was dropped when his prior shock treatment for depression was revealed. Famous writer Ernest Hemingway had shock therapy at the Mayo Clinic shortly before killing himself in 1961.

Hemingway reportedly said of the experience: "What is the sense of ruining my head and erasing my memory, which is my capital, and putting me out of business? It was a brilliant cure but we lost the patient."

The poet Sylvia Plath re- brain has known side ferred to ECT in her autobiographical novel, "The Bell Jar," writing, "I wondered what terrible thing it was that I had done" to deserve the punishment of ECT.

Yet not all ECT recounted by public figures is cast in a bad light. Referring to the memory loss that occurs with ECT, late Star Wars actress Carrie Fisher said: "Some of my memories will never return. They are lost—along with the crippling feeling of defeat and hopelessness. Not a tremendous price to pay."

Kitty Dukakis told The New York Times had banished her demons." Both women were troubled with mental health conditions and substance abuse.

Is ECT Making a Comeback? Google "electroconvulsive

therapy" today, and you'll be assured the treatments are safe and effective and that outdated myths need to be put to rest, such as that it produces brain damage. In 2018, a 60 Minutes segment, "Is Shock Therapy Making A Comeback?" told viewers that "ECT is now but patients are now shows that neurogenesis tends considered one of the most effective treatments for people who haven't been helped by

antidepressant medication." During the segment, Dr. Sarah Lisanby, of the National Institute of Mental Health, told Cooper: "It's not something that you have to be afraid of, and so many of my patients, after they've had ECT, say to me, 'Why did I wait so long to do this?'" Dukakis makes an appearance in the segment and viewers are told that she "has undergone ECT more than 100 times."

Many don't welcome such a comeback. Dr. Peter R. Breggin, who has been called "the conscience of psychiatry," has criticized ECT as early as 1979 in his medical book, "Electroshock: Its Brain Disabling Effects."

"ECT works by damaging the brain," he wrote in an ECT synopsis. "The initial trauma can cause an artificial euphoria which ECT doctors mistakenly call an improvement. After several routine ECTs, the damaged person becomes increasingly apathetic, indifferent, unable to feel genuine emotions, and even robotic. Memory loss and confusion worsen. This helpless individual becomes unable to voice distress or complaints, and becomes docile

and manageable. ECT doctors mistakenly call this an improvement but it indicates severe and disabling brain injury."

In a phone interview, Breggin told The Epoch Times that ECT isn't just growing in use, but that the intensity of the shocks that new machines are delivering is also increasing.

#### **What Patients Say**

While some patients embrace ECT, as we saw with Dukakis and the late Fisher, those touched by ECT whom The Epoch Times interviewed had sad and upsetting stories. Fred, 58, said ECT was suggested for his 82-year-old depressed mother, who was no longer making her own health care decisions. Before he could investigate the treatments, a sibling authorized the procedures.

"At first, she was like our old mom happy and energetic," he said in an interview. "But after a few months, the positive effects wore off, and in two years, she had serious dementia, which she had not had before. She was never the

same and died with the severe dementia." One woman using the pseudonym Jill was hospitalized with treatment-resistant depression and said the memory loss from currents through the her ECT treatment was so severe that she "did not remember having it or consenting to it until I opened the file with the

paperwork from the hospital."

Jill couldn't even remember the name of the doctor who recommended it. "I was in a total fog" after the treatment, she said. After five years, memories of much of her life are gone and unretrievable.

While suicide certainly occurs from depression, we also spoke to siblings of another family whose loved one took her own life soon after being "talked into taking ECT." They blame the treatments.

Sending electric

effects.

ECT promoters often cite neurogenesis the growth of new brain cells—which is often seen on brain scans after ECT, as physical evidence that ETC works and how it works. For example, research

> chopharmacology in 2020 opines that "neurogenesis might contribute to the efficacy of ECT." Research published in Psychiatry Research in 2015 suggests that "ECT could possibly bring the long-term beneficial cognitive effect by regulat-

published in the Journal of Psy-

ing neurogenesis." **ECT** treatments

to develop after brain injury the very side effect of ECT that Breggin cited.

Research published in 2013 in the Journal of Neurotrauma states: "Many studies demonstrate that various brain injuries induce neurogenesis in a number of neurological disorders in humans, including Huntington's disease, ischemic stroke, Alzheimer's disease, epilepsy, and aneurysmal subarachnoid hemorrhage.

"Our data suggest that neurogenesis may be induced in [the] human brain after TBI [traumatic brain injury]."

ECT may look better and cleaner today than it did half a century ago, but questions remain about its safety and increasing usage.

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

## Study Shows Adults Commonly Overestimate the Quality of Their Diet

#### **SARAH COWNLEY**

Do you think you have a healthy diet? You might be surprised to learn that most

adults overestimate the quality of their diet. According to a new study from the U.S. Department of Agriculture's Agricultural

of adults can accurately assess their diet. In fact, it's mostly those who evaluate their diet as poor who are the most accurate.

While previous studies have found that self-rated health is a strong predictor of mortality, there isn't much research on whether self-rated diet quality is predic-Research Service, only a small percentage tive of the actual quality of diet. So researchers wanted to determine whether a single question could be used as a screening tool for nutrition studies. If it was able to do so, it would replace a detailed dietary questionnaire that's commonly used in nutrition research.

For the study, data was used from the National Health and Nutrition Examination Survey, a nationally representative survey of U.S. adults conducted every two years. All participants were required to complete 24-hour detailed dietary questionnaires and rate their diet as excellent, very good, good, fair, or poor.

Researchers used the questionnaires to score each participant's diet quality. Foods ranked as healthier included fruits and

vegetables, whole grains, healthy fats, lower-fat dairy products, seafood, and plant proteins. Foods considered less healthy included refined grains and foods high in sodium, added sugars, or saturated fats.

Significant disconnects were found between the calculated scores and how participants ranked their own diets. Almost 99 percent of them overrated the healthfulness of their diets.

"It's difficult for us to say whether U.S. adults lack an accurate understanding of the components of a healthful versus unhealthful diet or whether adults perceive the healthfulness of their diet as they wish it to be—that is, higher in quality than it actually is," said lead author Jessica Thomson.

"Until we have a better understanding of what individuals consider when assessing the healthfulness of their diet, it will be difficult to determine what knowledge and skills are necessary to improve self-assessment or perception of one's diet quality."

Sarah Cownley has a diploma in *Nutritional Therapy from Health* Sciences Academy in London and she enjoys helping others by teaching healthy lifestyle changes through her personal consultations and with her regular contributions to the Doctors Health Press. This article was originally published on



When it comes to figuring out how healthy your diet is, research suggests you are more likely to be accurate if you don't think you are eating that well.

## n recent years, meditation has become a social trend. While the body

appears calm on the surface when meditating, the genes in the body L change dramatically. Meditation is typically a seated affair,

like tai qi and qigong. From the late 1970s to the 1990s, a variety of Chinese qigong masters came out to teach gigong practices, and many Chinese people developed the habit of going to the park in the morning to practice, a trend that came to be called "qigong fever."

but there are moving meditations also,

Later, qigong spread from China to the West, such as the widespread practice called Falun Gong (also known as Falun Dafa). Most of these qigong and yoga practices originated from the Buddha school. In the past, yogis emphasized spirituality and spiritual enhancement. Nevertheless, after yoga came to the West, its spiritual aspect was excluded, and only the physical adjustment part was left, which is the most popular form of yoga that we see today. The yoga practices with more depth also emphasize the use of meditation to train people's consciousness, not just to improve the balance of the body.

Meditation is becoming increasingly popular in the West, with even some executives practicing meditation during their lunch breaks to improve their work efficiency.

According to a survey conducted in 2019, 14 percent of people in the United States had tried meditation.

Meditation has become a very important social phenomenon. Why did this occur, and what are its benefits to people?

#### **Improved Heart** and Cranial Nerve Health

During the COVID-19 pandemic, there were some studies that tried to use meditation to help patients alleviate their CO-

VID-19 sequelae or vaccine side effects.

As early as 2020, professors at the University of California-San Francisco recognized that the impact of COVID-19 was so severe that it could damage multiple human organs at the same time. Two doctors, Juliet Morgan and Meghan Jobson, found that meditation could help patients recover from their symptoms.

Even beyond holistic health commu nities, there seems to be a degree of international consensus that meditation is helpful for people recovering from the side effects of COVID-19 vaccines and the lingering effects of the disease itself.

The Western medical community has been doing research on meditation for two to three decades, and meditation has soon found to have the following benefited

- activating specific brain regions;
- increasing heart rate variability; suppressing inflammation; and
- increasing telomerase expression, which
- affects the body's aging mechanism.

In addition, meditation has been shown to be beneficial for both myocardial damage and neurological side effects caused by the COVID-19 vaccines.

Researchers have observed changes in brain activity during meditation through brain imaging techniques and brain wave tests, and they found that the insula and premotor cortex were effectively activated during meditation. A 2013 study published in The

Journal of Social Psychology showed that even five minutes of meditation improved heart rate variability, a parameter used in Western medicine to reflect the elasticity of the interval between each heartbeat. A high heart rate variability indicates strong cardiac regulation.

Moreover, there are different stages of  $meditation, and the \, meditation \, experience$ of the study subjects varied. For instance, the effects experienced by long-term medi-



Genetic research has found meditation and meditative movements improve heart and cranial health, and boost immunity and self-healing power

In addition to

meditation, studies

have found that

yoga, tai chi, and

qigong can all

improve our health

at different levels.

tators and occasional practitioners were discovered to be different.

#### **Immune Genes**

Significantly Upregulated When meditating, the body may appear to be still, but there are dramatic changes

taking place at the microscopic level. A large-scale genomic study published in the Proceedings of the National Academy of Sciences (PNAS) showed that meditation activates the body's

immune system. In this study, the subjects used a meditation method that emphasized stimulating inner thoughts and potential, rather than just focusing on physical movement and the muscle and bone

balance. Three hundred and 88 subjects participated in an eight-day meditation practice, and their blood samples were collected

for comparison at four different points in time: two time points before the session, the last day of the eight-day session, and three months after the session.

It was discovered that after eight days of meditation, many genes in the human body were significantly upregulated, and the range of their upregulation was two

to four times. Three months after meditation, the regulation of some genes returned to levels close to those before meditation, but there were still some genes whose upregulation remained. This means that the effects of meditation are long-lasting. And the finding that an eight-day meditation practice still has positive effects after three months is delightfully surprising.

#### **Meditation Activates Powerful Self-Healing Genes**

The researchers classified the genes according to their effects and found that many of the genes that were most substantially regulated after meditation were antiviral and related to immunity enhancement.

A total of 220 immune genes were upregulated, and 68 of which were related to interferon and

belong to the innate immune mechanism. The eight days of meditation had a very significant strengthening effect on the overall immunity of the body.

This study was conducted on peripheral blood and showed that meditation had an effect on the entire body's immunity, not just on one organ. Yoga, tai chi, and qigong can have multifaceted anti-aging, and antiinflammatory aspects, of people in the tried meditation system enhancement. according to a survey conducted in 2019.

ALL IMAGES BY SHUTTERSTOCK

The study also observed that meditation not only enhances the interferon and immune activation responses, but it also improves the body's ability to break down and metabolize RNA so that if there is an invasion of viral RNA, the body can degrade it relatively quickly.

#### The Healing Effect of Meditation on

**Long COVID and Vaccine Side Effects** Is meditation effective for patients with long COVID symptoms or vaccine side effects? The answer to this question pertains to each patient's own physical qualities, immune potential, and the severity of the disease.

However, it's clear that meditation can regulate a number of genes that are important for the regulation of the immune sys-

tem, including TRIM22, STAT1, and STAT2. STAP2 is closely related to interferon and can bind to STAT1, and it can combine with the interferon regulatory factors to affect innate immunity. TRIM22 also af-

fects the expression of gamma-interferon. Meditation has a positive effect on these key genes. Therefore, overall, effective meditation will definitely help with recovery from COVID-19 symptoms and vaccine side effects.

The study also compared meditators with patients with mild and severe CO-VID-19 symptoms. The researchers used red dots to represent upregulated genes related to natural immune and antiviral mechanisms, and blue dots to represent downregulated genes. The genes in meditators were essentially red, compared to many genes expressed in blue (indicating severe impairment) in people with mild and severe COVID-19 symptoms.

Many genes related to virus resistance are significantly upregulated, so in addition to helping with recovery, meditation is also very effective in preventing infections and severe COVID symptoms.

#### Qigong and Tai Chi Also Cause **Changes in Gene Expression**

In addition to meditation, studies have found that yoga, tai chi, and qigong can all improve our health at different levels. A study published in Frontiers in Psychology comprehensively analyzed the effects of yoga, tai chi, and qigong on the human body at different levels, including changes in gene expression, biomolecules, and neurotrophins. And it found that yoga, tai chi, and qigong can have multifaceted effects on antioxidant, antiaging, and anti-inflammatory aspects, as well as on cancer prevention and immune system enhancement.

Researchers used microRNAs to test and compare the expression of multiple genes in both yoga practitioners and walkers who listened to relaxing music in a natu-

The conclusion is that during the short period after yoga practice, 97 genes in the yoga practitioners' bodies were regulated, with increased expression.

In the reference group of walkers, there were 24 genes with increased expression. That is, 73 extra genes were regulated as a result of yoga practice.

This was not a large-scale study, and only a small number of genes were analyzed. Nowadays, as genetic sequencing technology is becoming increasingly advanced, we hope to see larger analyses of the effects of these traditional health practices on gene expression.

*Health 1+1 is the most authoritative* Chinese medical and health information platform overseas. Every Tuesday to Saturday from 9:00 a.m. to 10:00 a.m. EST on TV and online, the program covers the latest on the corona-

virus, prevention, treatment, scientific research and policy, as well as cancer, chronic illness, emotional and spiritual health, immunity, health insurance, and other aspects to provide people with reliable and considerate care and help. Online: EpochTimes.com/Health TV: NTDTV.com/live

## Effects of Yoga, Tai Chi, and Qigong on the Human Body

	Yoga Tai Chi		Qigong	
Epigenetics	Tumor necrosis factor 🏠	Aging gene methylation 👚	_	
Gene expression	Inflammation 🎩	Inflammation <b>4</b> Antiviral response <b>↑</b>	Immunity  Cell metabolism  Cell death	
Biomolecules	Reactive oxygen species levels Cortisol Inflammation markers	Inflammatory cytokines  Cortisol	ACTH ♣  Cortisol ♣  Endorphins ♠	
Neurotrophins	Brain-derived neurotrophic factors	<del>-</del>	_	

# New Study: Unvaccinated Wrongly Maligned

Decision to not get COVID-19 vaccine comes with consequences, but maybe not for the health care system

#### Continued from Page 1

"What the survey aimed to do is gather insights about health outcomes, choices, and discrimination experienced by the marginalized subpopulation of people from diverse socio-economic backgrounds, ethnicities, and cultures who have elected to exercise their right of refusal of COVID-19 injections," the study authors said.

In many places in the United States, those who declined the COVID-19 vaccines have been discriminated against, stigmatized, and marginalized from society. Nurses and health care workers were fired, Air Force cadets were denied commissions, and family members found themselves ostracized within some of their most intimate and important relationships.

The vilification of the unvaccinated has come with the censorship of both science and personal experience. Many doctors, nurses, scientists, and other health care professionals who speak out about the safety and necessity of these vaccines have been threatened with the loss of their medical licenses, deleted from social media, canceled from events with their peers, and fired from their jobs.

#### The Control Group

The study is based on data collected from the Control Group Cooperative (CGC), which was founded in July 2021 by a citizens group in the UK to represent and connect people who elected to not get the COVID-19 vaccines.

The goal of the CGC has been to analyze the long-term health outcomes and experiences of these individuals through self-reported surveys. According to their website, there are currently more than 300,000 unvaccinated participants from more than 175 countries participating in their long-term study.

The study was conducted by Robert Verkerk, founder of the Alliance for Natural Health International, an affili ate of the CGC. A team of international scientists contributed to the research. The study analyzes the data from the CGC survey from the first five months of its operation—from September 2021 through February.

#### The Cohort

The cohort analyzed by Verkerk consisted of 18,497 individuals out of the 297,618 people who had joined the CGC by the end of February.

A plurality of participants were from the continent of Europe (40 percent), followed by Oceania (27 percent), and North America (25 percent). Three percent of participants were from South America and Asia, while less than 1 percent were from Africa. Ages ranged anywhere from 1 to more than 90 years old, with most participants being middle-aged.

#### **Motive for Refusal**

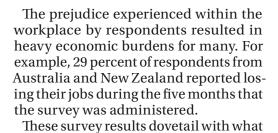
Individuals participating in the study declined COVID-19 vaccination for various reasons. These included past vaccine injuries, preference for more natural remedies, lack of trust in pharmaceutical companies and government entities, and concerns about the validity of vaccine study results.

One-third of the individuals in the study self-reported that they received vaccinations as children. That figure may be low, as others may not have reported or even remembered—their previous vaccinations.

While some had never been vaccinated, the cohort was mainly concerned about the safety, efficacy, and necessity of the CO-VID-19 vaccines, not all vaccines in general.

**Discrimination Based on Vaccination** Between 20 and 50 percent of respondents, depending on where they lived, reported being personal targets of hate and discrimination. Many felt victimized for their vaccination status, especially those living in Europe, Australia, New

Zealand, and South America. They reported that they faced discrimination in the workplace, from friends or family members, and from their respective state authorities, because of their "unvaccinated" status.



unvaccinated individuals have been facing globally. Those who don't succumb to peer pressure, advertising, or incentivizing are then threatened with an ultimatum: Get the vaccine or get fired. That's what happened to Destiny Car-

penter, a former nurse at Colorado Can-

vons Hospital. Carpenter is among one of the hundreds of U.S. nurses who have been fired for refusing to get the vaccine, as Fox News reported in September 2021. Carpenter was nominated for the Daisy Award for extraordinary nursing three

times during her tenure at the hospital. This award is granted to the most deserving nurse for exuding compassionate care to their patients.

#### Those who declined the COVID-19 vaccines have been discriminated against, stigmatized, and marginalized from society.

In February, FiercePharma reported that more than 15,500 health care workers in the United States had been fired or suspended or had chosen to resign from their hospital jobs over their decision to remain unvaccinated.

About 40 percent of respondents, regardless of age, reported that they experienced mild or moderate mental health issues during the duration of the survey, while approximately 20 percent reported experiencing severe mental health issues.

In an analysis of the mental health issues experienced by the cohort, the scientists noted that the mental health burden "may be associated more to the human response to the pandemic, rather than psychological, fear-based reactions to any threat posed by the SARS-CoV-2 virus itself."

In other words, the respondents' mental health problems appeared to mainly be a result of being stigmatized and marginalized from society.

#### A Pandemic of the Unvaccinated? While the study gives insight into the ex-

perience of the unvaccinated, it always raises questions about assertions that this group is an undue burden on the health care system.

"Only 74 respondents out of the 5,196 (1.4 percent) who reported suspected or known SARS-CoV-2 infection also reported that they were hospitalized following infection. Therefore, outpatient or inpatient hospitalization was reported in just 0.4 percent of the full survey cohort. Of these, 15 were outpatient only, another 15 were hospitalized for less than 3 days, 26 were hospitalized between 3 and 7 days, 11 for between 7 and 14 days and only 10 for more than 14 days," the study reads.

While the study is potentially prone to bias because of the selection pool for the survey, an infection-hospitalization ratio of 0.4 percent would certainly challenge many assertions about the burden of the unvaccinated.

A study published in the Journal of Public Health Management and Practice in May 2021 found an overall infectionhospitalization ratio of 2.1 percent that varied more by age than by race or sex. "Infection-hospitalization ratio esti-

mates ranged from 0.4 percent for those

younger than 40 years to 9.2 percent for

those older than 60 years."

The study also found that hospitalization rates based on case counts overestimated the IHR by a factor of 10, "but this overestimation differed by demographic groups, especially age."

ported that they had caught COVID-19 had only mild symptoms and were sick for less than a week. Fatigue and coughing were the most common symptoms recorded.

cinated, another unique trait of the CGC cohort may also be their propensity to try various therapeutics to treat their CO-VID-19 infections.

#### Against the Grain

Participants reported that they didn't need a vaccine to lessen their symptoms: Most infections were mild to begin with, and many respondents said they turned to are exposed to circulating coronavirusnatural remedies when they did get sick. es, including SARS-CoV-2, which would Participants reported that they opted to

support their immune systems naturally by taking preventative vitamins such as zinc, vitamin C, vitamin D, and quercetin. A study published in June 2021 in the ral immunity or refuse the vaccines for journal Inflammopharmacology by an religious, medical, or ethical reasons,

international team of researchers from India, Italy, and the United States, shows that using natural remedies is a scientifically sound choice. This study explored the immune-boost-

in combating COVID-19 infections. The scientists found that if administered at higher-than-recommended daily doses, the principles of beneficence and justice, many vitamins had the potential to re- according to Verkerk. duce viral load and risk of hospitalization from COVID-19.

The decision to combat COVID-19 with non-pharmacological immune-enhanc- Baby, Your Way: Taking Charge of ing interventions may also help explain why the hospitalization rates of the unvaccinated in the study were so low.

#### What About Ivermectin?

A portion of the participants reported that they also took ivermectin, an anti- in Pakistan on prime-time TV in Paris, parasitical that has been both promoted and hotly criticized as a treatment for CO-VID-19, as The Epoch Times has reported.

a meta-analysis published in June 2021 in the American Journal of Therapeutics states: "Moderate-certainty evidence finds that large reductions in COVID-19 deaths are possible using ivermectin. Using ivermectin early in the clinical course may reduce numbers progressing to severe disease. The apparent safety and low cost suggest that ivermectin is likely to have a significant impact on the SARS-CoV-2 pandemic globally."

#### **Injecting Infants**

On June 18, the Centers for Disease Control and Prevention (CDC) announced that it was authorizing the emergency use of Moderna and Pfizer vaccines for babies 6 months and older. About 20 million U.S. children are in this age bracket. The announcement has raised concerns

that side effects from the vaccine aren't being weighed against potential benefits. As of June 12, the U.S. Vaccine Adverse Event Reporting System (VAERS) indicated that there have been 1,301,354 adverse events and 28,859 deaths from COVID-19 vaccines. A recent analysis of VAERS reports done by two journalists in Israel re-

vealed that there were 58 serious adverse effects in babies prior to the rollout of the vaccine authorization for those aged 6 months and older. The reports failed to indicate if these infants and toddlers were involved in the Pfizer clinical trial or why they received vaccination. Verkerk is deeply concerned about the

During

the COVID-

19 pandemic, the

unvaccinated were

vilified for being

ospitalized with

COVID.

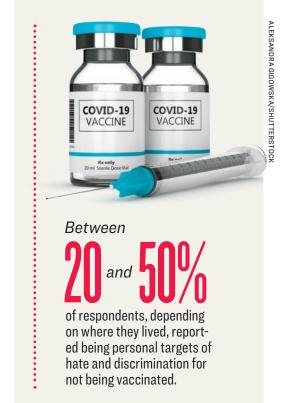
CDC vaccine authorization for children younger than 5. He holds master's and doctorate degrees from Imperial College London and is co-author of more than Most of the CGC respondents who re- 60 peer-reviewed journal articles in the areas of health, agriculture, and environment. He's also the co-chair of the World Council of Health's Health & Humanity Committee. He told The Epoch Times Beyond the fact that they were unvac- via email that many parents want this vaccine for their children because, like every parent, they want what's best for their child.

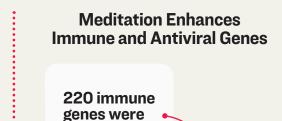
"However, they've been misled as to the known science on both the benefits and the risks," he wrote. "There could be disastrous long-term consequences for some children if they are exposed to the spike protein via the vaccine before they otherwise result in broader-based, more robust, naturally-acquired immunity."

For Verkerk, it's about choice. We shouldn't vilify those who rely on natu-

"We have seen a dramatic erosion of the principles of medical ethics," he wrote. We need to respect autonomy (the right of competent adults to make individualing properties of vitamins and minerals ized and informed decisions about their own medical care) and adhere to the principle of first doing no harm, as well as to

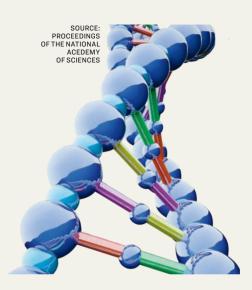
Jennifer Margulis, Ph.D., is an awardwinning journalist and author of "Your Your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family." A Fulbright awardee and mother of four, she has worked on a child survival campaign in West Africa, advocated for an end to child slavery and taught post-colonial literature to non-traditional students in inner-city Atlanta. Learn more about her While ivermectin remains controversial, at JenniferMargulis.net





upregulated

and 68 of which were related to interferon



#### **CONAN MILNER**

besity has been a health crisis for decades, but the problem just keeps on growing. According to the World Health Organization (WHO), the number of obese individuals worldwide has nearly tripled since 1975. Today, obesity is even prevalent among children. It's estimated now that "most of the world's population live in countries where overweight and obesity kills more people than underweight," notes the WHO.

How did so many get so fat, so fast?

of easy access to junk food and the now-common sedentary lifestyle is a reliable recipe for

and even less physical activity than before

Ironically, obesity was found to be a major risk factor for serious cases of COVID-19. In addition to having a detrimental effect on

other health risks, such as heart disease, stroke,

and Type 2 diabetes. Obesity is also the second leading cause of cancer—quickly closing in on cigarette smoking, currently in first place. According to the Centers for Disease Control and Prevention, these conditions are among the leading causes of preventable, premature death. But they don't merely impact the individual; they also weigh heavily on the health care system. The annual medical cost of obesity in the United States last estimated in 2008

grown over the past few years. The problem is clear, so why does a solution remain elusive? Perhaps it's because the Some factors are obvious: The combination root of the issue lies deep in our subconscious, It's really about changing where our beliefs about pleasure and pain plant the seeds of thought and action.

was \$147 billion, and that figure has no doubt

#### But new factors continue to compound the **Eating out of Malformed Emotions**

problem. Take, for example, the mandates We typically think of obesity as a body probmeant to slow the spread of COVID-19. Locklem. In addition to the physical health risks down requirements, promoted to protect our that come with it, there's also the constant health, also helped make many people even burden of hauling around a fatter form: unand airplanes that are painfully small, and the **moving away from pain.** disconcerting feeling that your body is taking up too much space.

Excess calorie consumption and low physical activity primarily fuel weight gain. But your immune function, excess fat also carries it's our minds that ultimately drive our eating and exercise habits. How exactly we're

supposed to fix our minds to lose our fat can be confounding. For those of us with extra pounds, it's tempting to judge ourselves as lazy gluttons who merely lack the willpower and self-control necessary to slim down. But many who have managed to shed pounds through sheer force of will typically gain it all back again and then some.

According to weight-loss hypnotist Rena Greenberg, willpower alone will never be

our association to pleasure and pain. The way the mind works is that we're always moving towards pleasure and

Rena Greenberg, weight loss hypnotist

"It's really about changing our association to pleasure and pain," Greenberg said. "The way the mind works is that we're always moving toward pleasure and moving away

Greenberg and others build their hypnosis

Week 29, 2022 THE EPOCH TIMES

around this fundamental idea. "We're always going to seek some form of pleasure, and we're always going to want to

stay away from pain," she said. For many, hypnosis is a word that brings to mind a pendulating pocket watch inducing a deep trance. This mesmerizing technique allows the hypnotist to steer your subconscious so you speak and act like a fool, to the delight

of an audience. But Greenberg explains that stage hypnosis is a lot different from the behavioral hypnosis that she practices.

"I use hypnosis to empower people to tap into their own inner voice of wisdom to know exactly what eating plan is best for them and how to motivate themselves to get them to create new habits," she said.

In a sense, hypnosis is a helping hand to dig deeper into our own minds.

If hypnosis seems like a strange prescription for weight loss, consider that many of the eating habits you already hold are the result of hypnotic suggestion. For example, we're constantly barraged by subliminal and other subconsciousness-shaping advertising techniques to stimulate an insatiable hunger for fattening foods. These foods are hyperpalatable combinations of fat, sugar, and salt. They are designed to be addictively tasty.

And then we are bombarded by messages that program us to crave the pleasure these foods promise. Just look at any advertisement for fast food or candy and you'll see that they are dripping with tantalizing promises of pleasure and fulfillment. Then our body betrays us by giving us a hit of dopamine when we eat these foods. If we are sad, lonely, or bored, trying to give up these foods can feel excruciating.

#### **Supporting Research**

As obesity becomes a global health burden, researchers have grown more interested in evaluating the potential for hypnosis as a weight-loss intervention. One study by researchers in Malaysia put overweight people in two randomly assigned groups. Once a month, both groups received health education (diet, exercise, and behavioral recommendations), but one group also had three hypnotherapy sessions.

"Participants that frequently practiced selfhypnosis lost more weight," the researchers

found, though both groups lost some weight. "Essentially, the positive outcomes indicated the promising potential of hypnosis as an alternative tool in facilitating weight loss efforts for those in need."

A similar randomized controlled trial published in the journal Obesity gave both groups exercise and behavioral recommendations and individualized diets. The test group also got three hypnosis sessions, during which self-hypnosis was taught to increase self-control before eating. The results: The hypnosis group had improved satiety, improved quality of life, and lower inflammation.

"Indeed, habitual hypnosis users showed a greater weight loss," wrote the researchers. While research is relatively slim on hypnosis and weight loss, other studies have offered encouraging results. There are various methods of hypnosis used to aid in weight loss. One method described in the American Journal of Clinical Hypnosis includes five elements:

1. Direct suggestions about the amount and type of food

2. Ego-enhancing suggestions that help patients live more pleasantly

3. Mental imagery focused on a desired goal 4. Auto-hypnosis to reinforce the therapist's suggestions

5. Audio recordings for additional support after the formal treatment

Part of the reason hypnosis works is because it helps people become clearer about what they actually want—and more effective in pursuing it.

"Nobody wants to be heavy. Nobody wants to be uncomfortable or embarrassed by their body. So why do we get into this mess? Because we're following other people's suggesmind is a blank slate and it's up to our conscious mind to decide what you want in your life and what program it's going to install."

**Reclaiming Control** Greenberg's work in hypnosis is in-

and family-rich networks also led to benefits

when compared to close-family or family-

There's more than one way to access the cog-

nition-based benefits of community, which

is good news for older adults whose familial

ties may already be cemented. While a varied



spired by her own health issues. Years ago,

she suffered a heart condition that put her

in the hospital and left her without energy.

Sapped and recovering from a heart attack

that came while she was already hospitalized,

vigor. It worked, and in the process, she came

to understand that daily choices are what

make the difference in health and well-being.

Her hypnosis program, and the programs

of others in her field, take aim at supporting

Greenberg's weight-loss hypnosis program

has been used in more than 75 hospitals and

by more than 100 major corporations. Several

of Greenberg's clients have lost more than

100 pounds and have managed to stay slim

Unless you've personally experienced such

too good to be true. With so many weight-

loss schemes out there and so many stories

of failure, it's only natural to view hypnosis

Greenberg remembers one particularly sus-

picious client who worked at a Florida hospital

"She reluctantly came to the group session.

was a waste of her time," Greenberg said.

When Jane was at the grocery store reaching

ask, "Do you really want that?" That brief yet

weight, but every method was a flop.

people in making those choices.

even years later.

with suspicion.

**Suspicion Versus Results** 

she sought out lifestyle changes to recover her

Part of the reason hypnosis works is because it helps people become more clear about what they actually want-and more effective at pursuing it.

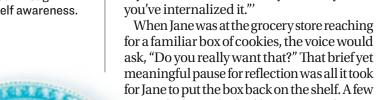


Rena Greenberg is a certified hypnotherapist with an established track record helping people



lose weight.





months later, she had lost 65 pounds. According to Greenberg, the force behind Jane's transformation was that her brain held a new subconscious script. Passing up cookies no longer felt like a painful deprivation, so Jane didn't require much willpower to resist them.

"Willpower is when we're whiteknuckling it using the conscious part of

the mind," Greenberg said. "But these habits of binge eating, snacking, emotional eating, and night eating are very much ingrained in the subconscious part of the mind. That isn't a reason to despair, but that is something to be aware of. If we could have done this with the conscious mind alone, we already would The success or failure of willpower is clear

and immediate. Transforming the subconscious, however, is subtle and slow. Greenberg typically meets only a few times with each client, but they may listen to recordings of these hypnosis sessions every day for months.

Over time, this message-reinforcing method allows the subconscious mind to adopt a new script and let go of the old messages informed by junk food advertising, a decadeslong donut addiction, or dysfunctional family rituals centered around food.

"Ninety percent of our thoughts are just the same thoughts we had yesterday," Greenberg said. "It just repeats the same ones over and over."

Greenberg says this is true when it comes to food and other areas of our lives as well. Becoming aware of our repetitive thoughts and beliefs and then changing them is a practice people have used for millennia; hypnosis is simply one way to do it. And when we succeed, the results are significant.

"We can grow, transform, and be happier," Greenberg said.

#### Desire to Change

reaching out.'

Although Greenberg has seen a lot of success with weight-loss hypnosis over the past 30 years, she readily admits it doesn't work for

"I get calls almost every day from someone who wants me to help someone else," a dramatic transformation, it might seem she said.

"They'll say, 'Can you help my son? He's gained 80 pounds. He's home all day in his apartment, and he doesn't even want to see anyone anymore.' And I have to tell her, 'No, I can't help him because he's not the one

that featured the hypnosis program. Jane was "They have to want it. It has to be their idea. in her 60s and had been overweight her whole I'm not waving a magic wand. I'm just helping life. She had tried all kinds of things to lose them to retrain their own mind."

Changing your subconscious may not require as much willpower as typical diet routines, but it does require other strengths Afterward, she was annoyed. She felt like it of character, such as motivation, humility, "Two or three months later, she reached back and surrender. Sometimes even the pain out to me. She said, 'I can't believe I waited so and frustration of being trapped in a fat long in my life to do this. I hear your voice evbody are necessary to inspire enough deerywhere.' I said, 'It's not my voice anymore; sire for change.

The process takes time, but the results of successfully adopting a new subconscious script may take you by surprise. Greenberg mentions a woman named Sharon who lost more than 100 pounds through hypnosis. Halfway to her weight loss goal, Sharon suddenly discovered she had acquired new

"She was in the grocery and all of a sudden she looked down at her cart and she couldn't believe it," Greenberg said. "Her cart was full of fruit, vegetables, and none of the processed crap she used to buy. She didn't even realize she was the one putting these foods into her cart."



seems like a strange prescription loss, conside that many of the eating habits you already hold of hypnotic

billion.

## The Health and Healing Powers of Community

People need people, and when we fulfill that need, our minds and bodies benefit

### **ERIN WILDERMUTH**

There are unexpected "nutrients" in life certain experiences and habits that give the mind and body essential support and make a marked improvement in how well we think, feel, and move as we age. Social determinants of health are aspects of

everyday living that impact our health. They span from intuitive components, such as economic status, to less apparent determinants, such as community. In their 1999 book "Social Determinants of Health," Michael Marmot and Richard

Wilkinson provide scientific evidence in support of this added dimension of well-being. They found that poverty alone doesn't explain discrepancies in health. "When people change social and cultural environments," the authors write, "their disease risks change." What does this mean for everyday people

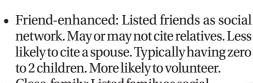
trying to improve their own health and wellbeing? Access to health care, screenings, and checkups are only part of the story. A person's social and cultural environment their community—also impacts their physical and mental health. Here are five researchbacked ways to tap into community-based health benefits.

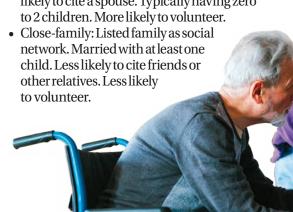
**Nurture Ties With Family and Friends** 

Social ties are at the heart of every commu-

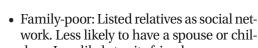
nity and can help prevent age-associated cognitive decline, but which social ties are most important? Data collected as part of the longitudinal Survey of Ageing, Health and Retirement in Europe (SHARE) initiative have been helpful in exploring this question. The data measured cognitive scores using immediate recall, delayed recall, and fluency while also measuring five types of social connection spouse, children, other relatives, friends, and volunteering—based on the participants' lists of confidants (maximum of seven).

In a 2021 study, researchers modeled the SHARE data to examine five social structure









dren. Less likely to cite friends. • Multi-tie: Listed relatives, family, and friends. Likely to cite a spouse, have many children, and volunteer.

 Family-rich: Listed relatives and family. Likely to cite a spouse and have 1 to 2 children. Less likely to cite friends or volunteer.

Participants in the multi-tie group experienced less cognitive decline on all measures than those in other groups, an indication that varied connections might be the key to staying sharp in old age. The friend-enhanced



social network including family and friends is the gold standard, a friend-enhanced social network can be built at any time and offers

health benefits.

poor groups.

Volunteer The SHARE study found that volunteering was an attribute in two of three community groups most likely to improve cognitive decline. Other studies have looked at volunteering on its own and found good reason to head to your local soup kitchen or community center.

Beyond the cognition-based benefits of an enriched social network, volunteering is associated with a reduction in hypertension. Hypertension, or high blood pressure, can damage artery walls leading to stroke or heart disease, two major causes of morbidity.

One study looked at Americans aged 50 and older and took baseline blood pressure readings from those who had volunteered more than 200 hours in the previous year and those who hadn't. The study found that the people who had volunteered were significantly less likely to develop hypertension over the next

**Explore Alternative Living Arrangements** Retirement homes have long been a potential living arrangement for older adults, while group homes have been popular among young adults. Multigenerational liv-

ing, however, is currently making a resur-

gence through intentional living arrangements including cohousing and familial multigenerational housing. Multigenerational communities can help delay age-associated cognitive decline by increasing a person's access to a diverse and multi-tiered

social network.

Further, cohousing represents a unique model that allows Americans to live in a multigenerational, intentional community without giving up the independence of single-family living. The mental health benefits of these communities were highlighted during the COVID-19 period of isolation, with cohousing residents reporting lower levels of anxiety, depression, and self-destructive coping strategies than their peers outside of intentional communities. Several studies also have reported an association with improved physical health, though more research needs to be done to corroborate these findings.

Team sports offer a great way to exercise and join a fun social community.



It's unclear whether familial multigenerational housing has a positive impact on elder health when compared to living with a partner. Seniors living alone, however, tend to subjectively experience poorer health and exhibit poorer health outcomes.

Children growing up in multigenerational housing exhibit improved cognitive functioning, possibly due to the strengthening bonds generated between young children and their elders. Additionally, financial benefits and the development of a village atmosphere can decrease the burden of child-rearing in isolation for young families.

#### Join a Social Group

An excellent way to build a community of friends and level up into either the multi-tie or friend-enhanced social categories is to join a social group. This is especially important for retired people, as an important source of social cohesion and cognitive complexity can be lost when people leave their work.

A study of English retirees found that participants who remained actively engaged in two social groups after retirement experienced a 2 percent risk of death in the first six years of retirement. For participants who began retirement with two social groups but maintained neither, the rate of mortality shot up to 12 percent. The relationship was linear: For every group lost in the first year of retirement, a participant was likely to experience a 10 percent lower quality of life at the follow-up six years later.

The importance of social groups extends beyond retiree health. Stroke patients' resiliency has been linked to the number of social groups they had before having a stroke, while people suffering from a brain injury are less likely to

experience post-traumatic symptoms if they join a social group after their injury. Moreover, college students who belong to multiple social groups exhibit better mental health outcomes and higher levels of resiliency.

#### Community Gardening

Gardening is a time-honored tradition known for getting people active and outdoors. In many circles, community gardening is considered an upgrade. In addition to the physical benefits of gardening, those who garden in community report an improved sense of well-being, resilience, and optimism. For people who don't live near a community garden, resources on how to get started and funding opportunities have been sprouting up in support of their creation.

#### Conclusion

There are many ways to tap into your community as a resource for health. What works best is often personal and depends on a person's own interests and inclinations. If your community is lacking and the available options aren't a great fit, you aren't alone and you aren't without options. You can be the one to take that first step by starting a book club, exploring cohousing, or spearheading a garden in our own community.

Erin Wildermuth is a writer turned master's/doctoral student studying molecular medicine and genome biology. She is passionate about using scientific knowledge and technology to improve the human condition, whether that be human health or social organizing. She holds a master's degree in international political economy from the London School of Economics.

THE EPOCH TIMES Week 29, 2022

# The Questions You Ask to Create the Life You Want

We create our life each day, from the patterns and direction of our choices-or avoidances

#### **LEO BABAUTA**

Very often, the way we live our lives is that we go through the motions: We do our work, try our best, tackle the things we have to do, take on our obligations, or we slack off on those obligations and find comforts where we can.

What we often forget is that no matter what, we're creating our lives.

What if we took a more intentional approach and created our lives on purpose? What if we took life as a blank slate and decided what we really wanted it to look like? What if we felt empowered to choose, to create, to bring to life what our hearts

really wanted? In this article, I'm going to share three questions to seriously take on if you want to create your life.

I highly encourage you to take these on with full commitment. Pour yourself into them, don't just read and think about them. Set time aside, go for a walk, take along a notebook, and really create something here. It's your life you're creating.

#### Question 1: What Do You Want to Create?

If you could have anything you wanted in life, what would it be? Not just possessions (although those, too). Think about relationships, an experience of life, a way of being, or a way of living.

What does your heart really want? Why do you care about that? Why does it matter?

For example, some things my heart wants include:

- Serving people by helping them be with
- their fears and create meaningful lives • Deeply intimate and nourishing relationships (wife, kids, family, friends,
- Vibrant and strong health
- Adventure, curiosity, and wonder • A house on the beach, with daily dives

I'm actively creating those things (the house on the beach is a ways off, though). I'm only actively creating them because I decided that I really want to create them they're what my heart is calling for.

Spend some time feeling what you want to create in your life. What matters to you? Are you willing to do what it takes to create those, including stepping out of your comfort zone? If not, you might consider that comfort is the thing you want most.

Don't worry about getting the list right. Just put what comes up for you. You can always evolve the list, like any creation. But write it down. Talk to others about it. Go for walks and contemplate some more.

Question 2:

What Are the Required Actions? Once you have a decent draft of the life you

Put a short list of required actions (and what they're helping create) in front of you each day.





Each day gives you the chance to choose to create the life you want.

Once you are clear on

what you want to create,

then you can take action.

**Martin Rubenis OLYMPIC ATHLETE** 

loved ones.

and commit to them.

how much you really want these things. How important are they to you? Is there on the list, such as comfort or rest?

A Book That Has Inspired The World

I have indeed experienced all the miracles.

background you have or what country you

are born in, you will benefit from Falun Dafa.

huan Falun is the main text of Falun Gong (also

called Falun Dafa). The book expounds upon

profound principles of Truthfulness, Compassion

moral character on a path to spiritual perfection, and more.

Find out why it has captured the hearts and minds of tens

and Tolerance. It addresses the long-forgotten term

"cultivation," the origins of illnesses, karma, the role of

The book was a national bestseller in China in the

1990s, and has been translated into over 40 languages.

of millions of people in over 100 countries worldwide!

No matter what your experience or what

What Do You Tend to Do When Those **Actions Meet With Resistance?** 

Start to take the actions each day. Put a short list of required actions (and what

want to create, ask yourself: What actions would be required to create this life? Make a list. Don't worry about getting

it right. Put the things that are absolutely required. Examples:

• Vibrant and strong health: 7 1/2 hours of sleep per night, eat 90 percent whole

foods, and daily exercise and meditation. House on the beach: save money to buy a small plot of land near the beach and increase income to be able to save. [Insert

can live my life with wonder, curiosity, and adventure in every moment. For others, such as my intimate and nourishing relationships, I need to put in time each day to nourish and be nourished by my

What actions would you need to take for each thing you want to create in your life? Make a list. Take an action from each item

Are you willing to take those actions to create the life you want? If not, reconsider something else you want more that's not

Question 3:

they're helping create) in front of you

Do a review at the end of each day and each week: How's it going? What's getting in the way? What do you need to adjust? Most importantly, what's your tendency

when the actions are met with resistance? Do you tend to gravitate toward distractions, comforts, busywork, beating yourself up, overwork, addiction, perfectionism, or hiding?

This is where things get real. Up until this moment, things were just abstracactions for what I'd need to do to increase tions. When we meet resistance, our patterns show up. These patterns—and the fears that lead to them—are exactly For some, I can live them right now; I why we haven't created the lives we want yet. They're why we let ourselves fall into routine and obligation. It's not our way to face our fears.

> The work begins here: Turn toward the fears and be with them. Love them. Live the life you want to create in the moment when the fears show up. For me, that means being with the fears with a sense of curiosity, wonder, adventure, intimacy, nourishment, service, vibrancy, and strength. Diving into the fears as I would dive into the ocean—with zest and love.

How do you want to live when the fears

Creating the life you want means living it, as you create it.

What will you create from this moment

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

What made Falun Gong stand out from other qigong exercises and meditation practices was a moral

system—compassion, truthfulness, and forbearance—

LAUDER PROFESSOR, UNIVERSITY OF PENNSYLVANIA

Falun Gong has taught me how to be considerate of

relaxation, mental clarity, and freedom from stress.

others and how to improve my relationships by handling

conflicts constructively. [...] It has given me incredible

unmistakably Buddhist in origin.

Shiyu Zhou

PH.D., USA

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#### **JENNIFER MARGULIS**

While Cesarean delivery remains the most common surgical procedure among women of reproductive age, hysterectomy isn't far behind, according to Johns Hopkins Medicine. The second most common surgery for women of childbearing age, hysterectomy involves the surgical removal of the womb. It can be performed using three different techniques: vaginal, abdominal,

long COVID

scientifically

verified energy

through a

channel

and laparoscopic.

Only 10 percent of hysterectomies are to treat cervical, endometrial, or

Johns Hopkins Medicine

Health Network, approximately 600,000 hysterectomies are performed each year. In fact, about "one-third of American women will have had a hysterectomy by the age of 60," states Brigham and Women's

However, Dr. Jennifer Lang, an obstetrician-gynecologist and gynecological oncologist based in Los Angeles, believes hysterectomies are over-performed.

"I consider removing this particular organ as a very radical and extreme act that should be only proceeded with after a

uterus as a sacred The Epoch Times.



However, he was stuck with lingering chest

congestion and fluttering heartbeats (pal-

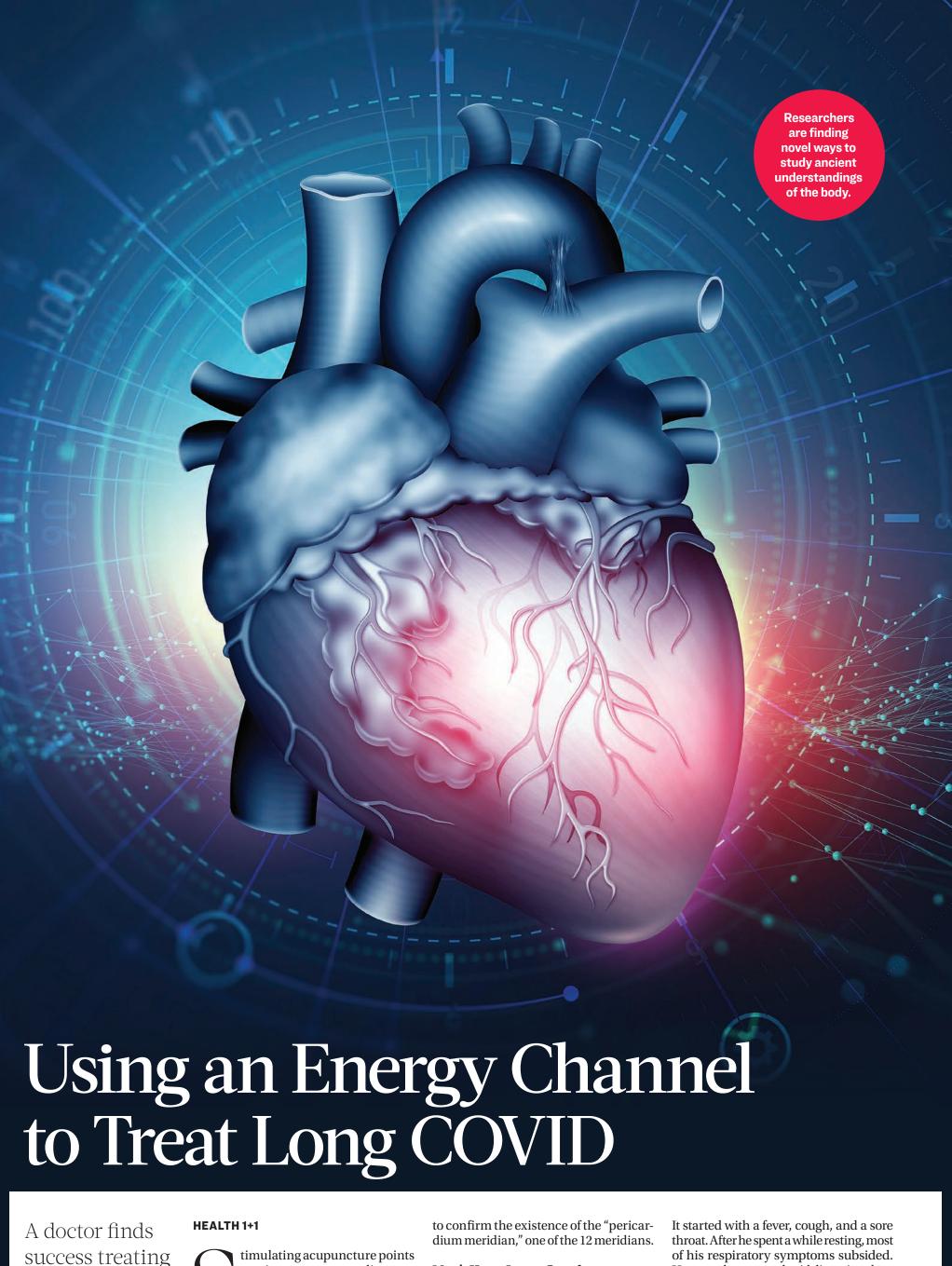
pitations). When he exercised, his palpita-

for him to rock climb and left him dis-

The heart discomfort made it difficult

tions became more obvious.

Continued on Page 12



**Man's Heart Issues Cured** 

registered acupuncturist.

In January, a 28-year-old man came to

the clinic of professor Jonathan Liu, a

This young man and his entire family

had always been Liu's patients. He used to

ing. Not long ago, he contracted COVID-19.

have a lot of energy and loved rock climb-

Within a Month

## Did You Need That Hysterectomy?

Nearly 40 percent of these surgeries may not be necessary

According to the National Women's

ovarian cancer.

can improve or cure diseases.

In the West, acupuncture and

acupressure are gradually gain-

ing popularity. However, do me-

ridians really exist in the human body?

The scientific community has looked

at this from different perspectives. In

one recent study published by Harvard

Medical School, researchers were able

trial of every other less extreme option that is out there," Lang, who sees the organ that plays a spiritual role in a woman's life, told

sary according

to a 2015 study

published in the

American Journal

of Obstetrics and

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NEW YORK Sep. 2022

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# 5 Ways to Prevent and Reverse Sarcopenia

Stave off the loss of skeletal muscle with a combination of foods proven to work

Omega-3 fats, whey, and exercise are in this population. Among sarcopenic just three of the effective ways to fight sarcopenia off before it strikes.

A form of muscle loss, sarcopenia is a common condition affecting up to 12 percent of older adults. The progressive loss of skeletal muscle mass and strength is linked to an increased risk of physical disability, poor quality of life, and death.

Despite the lack of international consensus on diagnosing sarcopenia, it's characterized by loss of skeletal muscle mass and function in older

Fortunately, you can take meaningful actions to prevent and reverse sarcopenia. Some of its causes are a natural result of aging, but others are preventable through a healthy diet and lifestyle strategies. Quality food with adequate nutrition, for instance, may help preserve skeletal muscle regeneration as you age.

Here are five strategies to help fight this condition naturally

#### 1. Omega-3s

Omega-3 fatty acids are known to stimulate protein anabolism in animals and may benefit sarcopenia.

To test this hypothsis, researchers randomly assigned 16 healthy older adults to receive omega-3 fats or corn oil for eight weeks. Results showed that omega-3s stimulated muscle protein synthesis and may be useful for preventing and treating sar-

Omega-3 fats are deemed a useful therapeutic agent for the disease due to their anti-inflammatory properties targeting "inflammaging," the age-related chronic low-grade inflammation assumed to contribute to the development of sarcopenia.

A diet rich in pro-inflammatory foods has, in fact, been correlated with a higher risk of sarcopenia, suggesting an anti-inflammatory diet may be one

In addition, omega-3s may also have vitamin may be crucial to maintain an anabolic effect on muscle by activatand improve muscle strength and ing mTOR signaling, which affects dozens of processes, including the cellular growth, proliferation, motility, and survival, as well as protein synthesis. Omega-3s may also reduce insulin resistance, which has additional benefits in the face of the diabetes epidemic. Omega-3s may also complement the effect of exercise or protein supplementation, with researchers urging a further review of the exact dosage, frequency, or use of these fats for this benefit.

2. Whey Protein Protein supplementation sometimes necessary to maintain skeletal muscle mass, and whey pro-

tein is among the best. In two animal experiments, researchers found that whey protein attenuated induced muscle atrophy by enhancing the net protein content that regulates the synthesis and degradation of muscle protein. They dubbed the food a "necessary and probable candidate" for developing sarcopeniafighting functional foods.

Highlighting the combined benefit of therapy and nutritional intervention, separate research found that, combined with omega-3s, polyphenols, and electrical muscle stimulation, whey protein increased muscle strength in elderly adults suffering from limited mobility. Paired with Panax ginseng berry extract, soluble whey protein hydrolysate also improved sarcopenia-related muscular deterioration.

3. Exercise

If anything is going to help keep our muscles from wasting away, it's

Exercise leads to sustained benefits to sarcopenia in heart failure cases, helping to reduce skeletal muscle wasting

men of advanced old age, tai chi and whole body vibration were also found to be effective in improving muscle strength as well as physical perfor-

A 2019 review of 331 articles also revealed that exercise was beneficial for skeletal muscle regeneration, muscle metabolism, and motor function in mice with sarcopenia. "The methods of exercise interventions mainly involved the use of treadmills, voluntary wheelrunning, forced wheel-running, swimming, and resistance training," notes the study, published in Journal of Sport and Health Science in 2019.

#### 4. Miso Diets marked by high consump tion of fish, soybean products,

potatoes, most vegetables, mushrooms, seaweeds and fruits, along with low rice intake, was linked with lower rates of sarcopenia in community-dwelling older

Miso is a fermented paste that is traditionally added to many Japanese dishes. In a cross-sectional study, habitual miso intake was associated with a low prevalence of sarcopenia in patients with Type 2 diabetes. Insulin resistance is considered a risk factor for the condition, which is characteristically present in Type 2 diabetes

#### 5. Vitamin D

Studies on vitamin D supplementation, including a systematic review of 29 studies, offer com-

pelling evidence of increased muscle strength. Vitamin D deficiency is a common health problem globally, particularly among older individuals. Vitamin D regulates multiple human functions, including the skeletal muscle, so the fat-soluble

In a 2012 study, greater visceral fat and lower muscle mass were associated with lower vitamin D3 levels among elderly Korean men. Results suggested that screening for deficiency may be appropriate in the elderly with visceral obesity or sarcopenia.

Explore sarcopenia research on the GreenMedInfo.com database to learn more about nutritional and natural interventions for this condition.

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To find the studies mentioned in this article, please see the article online at *TheEpochTimes.com* 



it's exercise

# Did You Need That Hysterectomy?

Continued from Page 9

THE EPOCH TIMES Week 29, 2022

Common Reasons for Hysterectomies

#### **Fibroid Tumors**

When nonmalignant tumors cause heavy bleeding and pelvic pain, doctors will often recommend a hysterectomy. Without a uterus, a woman no longer experiences painful periods.

#### **Endometriosis**

Endometriosis is a condition in which uterine tissue extends outside of the uterine walls and attaches to the ovaries, intestines, or fallopian tubes. This can cause severe bleeding and pelvic pain.

#### **Uterine Prolapse**

Uterine prolapse occurs when the uterus falls out of its normal position due to the weakening of the ligaments. A woman who has a prolapsed uterus often feels pressure in her lower abdomen and may not be able to fully empty her bladder.

#### What About Cancer?

In a 2016 study conducted by Duke Cancer Institute, scientists observed that women with the BRCA1 gene were specifically at risk for uterine carcinomas.

Some women who have the BRCA gene elect, after a recommendation from their doctor, to get a prophylactic hysterectomy to reduce their likelihood of developing cancer.

While you may think hysterectomies like mastectomies—are mostly performed to prevent or treat cancer, only 10 percent of hysterectomies are to treat cervical, endometrial, or ovarian cancer, according to Johns Hopkins Medicine.

#### What's the 'Hystery'?

The hysterectomy procedure dates all the way to the Middle Ages when it was done in a more barbaric and dangerous way than it is today. They were previously conducted to remove a prolapsed uterus.

Early hysterectomies were performed without anesthesia.

The mortality rate was around 70 percent, according to the journal Clinical Obstetrics and Gynaecology. Women who were lucky enough to survive the operation often died shortly afterward from complications, which ranged from inflammation of the abdominal wall, hemorrhage, and sepsis. Hysterectomies became safer in the 20th

century as the complications decreased with the invention of anesthesia and antibiotics. The current mortality rate from a hyster-

ectomy is thought to be less than 1 percent, old. More than half had comorbidities, according to the National Women's Health Network. While this may seem reassuring, with 600,000 hysterectomies performed a year in the United States, these numbers suggest that thousands of women die from these operations every year.

#### **Risks from Hysterectomy**

A hysterectomy is surgical menopause. Pregnancy isn't possible afterward, and most women need to take hormones for the rest of their lives. That has been an ongoing source of sadness for my friend whom we'll call Anna. Anna felt she wasn't adequately counseled by the surgeon who removed her womb. Now, in her early 50s, she and her partner are trying to have a baby via surrogacy using donor eggs.

Complications are possible with any type of major surgery. Some of the short-term risks from getting a hysterectomy, according to Stanford Health Care, include allergic reaction to anesthesia, blood clots, blood loss, damage to surrounding organs, and infection.

Dr. Shannon Laughlin-Tommaso, an obstetrician-gynecologist who works at the Mayo Clinic in Rochester, Minnesota, conducted a longitudinal study for more than 20 years. She analyzed more than 2,000 women who had a hysterectomy for benign gynecological diseases.

That study, published in 2018, found that women who had hysterectomies were at increased risk for hypertension, high cholesterol, obesity, and even cardiac abnormalities.

The same sample of women was also analyzed in a separate longitudinal study published in 2019 in the peer-reviewed journal Menopause. Women post-hysterectomy, researchers discovered, were at an increased risk for anxiety and depression.

The risk of depression was even higher for women who underwent a hysterectomy between the ages of 18 and 35. Laughlin-Tommaso is critical of the pro-

cedure. "Because women often get a hysterectomy at a young age, knowing the risks associated with the procedure even years later is important," she told a reporter for the Mayo Clinic. "Our study shows that removing the uterus may have more effect on physical and mental health than previously thought."



**Advances in Techniques** 

In 2021, the FDA approved the Hominis Surgical System, a "new robotically-assisted surgical device (RASD) that can help facilitate transvaginal hysterectomy in certain patients." Because it enables surgeons to perform hysterectomies remotely, without needing to touch the patient, RASD has become an even more common method during COVID, according to Nature Machine Intelligence.

This technique surgeons to use computer-generated software to maneuver surgical instruments through tiny incisions in the patient's body to remove the uterus through the vagina, rather than through the abdomen. A video camera is inserted laparoscopically through a small incision in the abdomen so that the instruments inside the patient are visible.

#### **Should You Trust the Robot?**

In 2021, the FDA conducted a clinical study of 30 patients undergoing transvaginal hysterectomy using the Hominis Surgical System to test its safety and effectiveness.

Patients ranged in age from 37 to 79 years and osteoporosis.

#### Women who had hysterectomies were at increased risk for hypertension, high cholesterol, obesity, and even cardiac abnormalities.

According to the FDA, all 30 patients underwent successful hysterectomies via this new technique. Minor complications, such as blood loss and urinary tract infections, occurred.

While this seems promising, the study had several flaws. If the patient's procedure didn't have to be converted to a traditional method of hysterectomy, it was considered successful. In addition, study participants were only followed for six weeks after the surgery. Whether they suffered long-term adverse effects is unknown.

#### 17,000 Device Malfunctions, 274 Deaths But we do know about problems with another robotic hysterectomy method, the da Vinci System, which was cleared for use by the FDA in 2005.

In a 2009 study published in the journal Obstetrics and Gynecology, 510 patients were followed after their procedures were performed with the da Vinci. Twenty-one patients reported dehiscence (opening) of the surgical wound in the vagina. Six of the patient's bowels prolapsed transvaginally. A 2018 investigation by NBC found that in a 10-year period there were more than

Vinci reported to the FDA. Of those, 17,000 were device malfunctions, including parts of the device falling off into patients' bodies, and 274 were deaths.

20,000 adverse events caused by the da

NBC also reported that training programs for surgeons to use the da Vinci weren't required.

In 2015, Laurie Featherstone received a da Vinci hysterectomy. Weeks after her robotic-assisted operation, excess fluid filled her kidneys. Her ureter and colon had been burned by the device. She will use a colostomy bag for the rest of her life. Despite her doctor's reassurance that the robotic technique would lead to fewer complications, Featherstone now lives with

"I put all my faith in the doctor and didn't ask questions," Featherstone told NBC.

permanent health problems.

#### Was That Hysterectomy a Necessity?

A 2015 study published in the American Journal of Obstetrics and Gynecology revealed that nearly 40 percent of hysterectomies may not be necessary.

This study analyzed the use of alternative treatments prior to a hysterectomy for women with benign conditions. They examined the medical records of 3,397 women who underwent hysterectomies. Some of the results were shocking:

 Though a hysterectomy is a major surgery that should be offered after other treatments haven't worked, nearly 40 percent of the women in this study had "no documentation indicating they underwent alternative treatment prior to undergoing a hysterectomy."

• Around 40 percent of women under 40 years old "had pathology that did not support the need for a hysterectomy." Upon laboratory examination of the tissue samples, it was found that there was no risk of cancer.

If these numbers are correct, of the 600,000 hysterectomized women in the United States, some 120,000 didn't need the procedure.

#### **Allopathic Alternatives**

It seems women with benign gynecologic conditions aren't being informed of alternative medical and natural treatments. Many doctors offer hysterectomies to women who may not need them without first considering less invasive methods.

Women with uterine fibroids can get a myomectomy, which surgically removes the fibroid while keeping the uterus intact. The Mayo Clinic describes the procedure as involving the removal of fibroids either through an incision in the abdomen or minimally invasive techniques through the belly button or vagina.

Myolysis is another alternative a woman can receive to treat fibroids. A gonadotropin-releasing hormone agonist is first given to decrease the size of the fibroid. The procedure is then performed by inserting a laser fiber or electrode into the fibroid to

Women who experience heavy menstrual bleeding can also try endometrial ablation. This is a less invasive procedure that removes the uterine lining via electricity, fluids, cold, or balloon therapy, among others.

According to the NIH, hormone therapy may also be effective in treating endometriosis without needing a hysterectomy.

#### **Lifestyle Changes Help** Dr. Aviva Romm, an integrative family

physician who studied at Yale University, encourages her patients to focus on preventing fibroids in the first place and healing endometriosis naturally

According to Romm, three lifestyle

#### Eat Your Vegetables

A 2016 study in the Journal of Obstetrics and Gynaecology Research found that a diet rich in cruciferous vegetables and fruits was correlated with reducing uterine fibroids.

An added benefit to eating fresh vegetables is that it can help cure endometriosis, Romm noted in an article, "The Natural Approach to Endometriosis: Getting to Your Root Causes."

#### Ditch Dairy

Consuming an excess amount of milk products causes an increase in estrogen levels. Uterine fibroids thrive in high-estrogen environments. Integrative doctors believe that dairy triggers the inflammatory process associated with endometriosis.

#### **Avoid Endocrine Disruptors**

Endocrine-disrupting chemicals, as defined by the Endocrine Society, are "substances in the environment, food sources, personal care products, and manufactured products that interfere with the normal function of your body's endocrine system

High exposure to these chemicals is known to increase fibroid growth. Everything you can do to reduce your exposure to these chemicals, including drinking out of glass instead of plastic, using chemicalfree cosmetics, and eating organic produce, will help, Romm said.

#### The Darker Side of Medicine

that we cannot ignore."

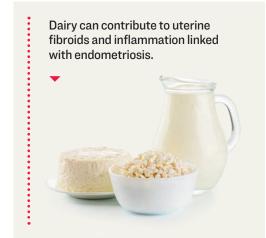
There was a whole generation of obstetricians who were trained to believe that after a woman has reached menopause, her uterus was just an excess object that could cause problems if left inside, Lang said.

the surgical field, Lang hopes unnecessary hysterectomies will become less common. "Hysterectomies are fueled by the business of medicine and reimbursement for procedures," Langinsisted. "There's money there. That's the darker side of medicine

As more "uterus owners" are entering

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



promoted it. Second, drug companies vig-

orously marketed the antipsychotic drugs

that came on the scene soon after lithium,

and the psychiatric community seized on

these new agents." These new agents be-

The FDA finally granted authorization for

lithium use in 1970, followed by approval

as a prophylactic for mania, a major step

In 1995, Valproic acid (Depakote) was

approved by the FDA to treat mania. Even

though it was shown to have no advan-

tage over lithium and was even found to

be less effective, Abbott Labs marketed

Depakote heavily to both physicians and

consumers. Needless to say, the market-

ing was very effective and lithium use

That shift isn't without consequence. Lith-

ium isn't without its own complications,

but it's a fraction of the cost and generally

favored by patients. Meanwhile, a 2007 study published in Developmental Medi-

cine and Child Neurology linked Depakote

with autism, finding an 8.9 percent rate of

developing autism among children exposed

to the drug before birth, compared to a 1

percent rate among the general population.

And while drugs like Depakote take

teams of researchers and millions of dollars

to create, Cade's discovery "was made by

an unknown psychiatrist, working alone in

a small chronic hospital, with no research

training, primitive techniques and negli-

gible equipment. ... [This] was hardly likely

to be compellingly persuasive, especially

ing campaigns of drug companies, lithi-

um prescribing has been far surpassed by

newer and more profitable agents. A recent

study estimated that lithium has fallen to

approximately 23 percent usage compared

to a previous level of 60 percent. Lithium

isn't only far less expensive than newer

for Depakote) but it has also been shown

to be just as effective therapeutically if not

Today, largely due to the effective market-

in the U.S.," notes Brown.

came all the rage.

toward full acceptance.

subsequently declined.

A doctor finds success treating long COVID through a scientifically verified energy channel

#### Continued from Page 9

After checking his conditions, Liu found that the young man not only experienced palpitations during exercise but also had symptoms of psychological tension. Liu decided to treat him by starting from his pericardium meridian. Liu needled his pericardium meridian and prescribed Chinese herbal medicine. In little more than two weeks, the young man's heart symptoms were cured, and he was able to rock climb again.

Why were his heart problems cured by treating his pericardium meridian with acupuncture?

The word pericardium is derived from the Latin words "around (peri)" and "heart (cardium)." As its name implies, pericardium is the membrane enclosing the heart. It's the guard that protects the heart. And "meridian" can be interpreted as a "channel of energy."

Usually, our emotional ups and downs will cause the energy in the body to fluctuate strongly, which can damage the heart. In Western medicine, we'd talk about the detrimental effects of different hormones triggered by stress. People who are emotionally unstable and often stressed tend to have unhealthy hearts. The negative energy of the SARS-COV-2 virus will also damage the heart after infection. In particular, many people with post-COVID-19 symptoms (long-COVID) often still have residual viruses in their bodies, and these microscopic parasites continue to attack

The energy of the pericardium merid-

ian can protect the heart from damage and prevent bad energy from entering the heart. When Liu needled the pericardium meridian for this young man, he was strengthening the energy of his pericardium meridian to fight against the

According to traditional Chinese medicine, the "heart" doesn't refer to only the heart itself, but also the person's state of mind. Therefore, besides treating chest congestion, palpitations, and angina, the pericardium meridian can also improve mental tension and insomnia.

#### **Harvard Study Confirms Existence** of Pericardium Meridian

Traditional Chinese medicine places great importance on the meridians, and many concepts of healing are closely related to them. However, the meridians are invisible to the naked eye, so conventional Western medicine still holds reservations about

However, in March 2021, a paper published in the medical journal Evidence-Based Complementary and Alternative Medicine, a collaboration between Harvard Medical School and the Institute of Acupuncture and Moxibustion of the China Academy of Chinese Medical Sciences (CACMS), observed the possibility of the pericardium meridian's existence

The pericardium meridian is one of the

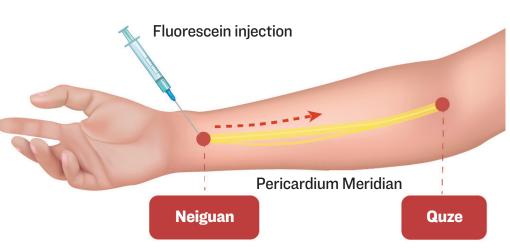
"12 meridians." It starts in the chest, follows the midline of the forearm, travels to the palm of the hand, and ends at the tip of the middle finger. It has nine acupoints: Tianchi, Tianquan, Quze, Ximen, Jianshi, Neiguan, Daling, Laogong, and Zhongchong (from PC-1 to PC-9).

In the study, 15 healthy volunteers were recruited, and two Chinese physicians marked the pathways and acupuncture points of the pericardium meridian on their hands and arms and used a low resistance detector for further confirmation. Afterward, they injected fluorescein into the volunteers' pericardium meridians and observed the direction of the fluorescein's movement with a special camera.

It was emphasized in the study that the fluorescein was injected intradermally not subcutaneously, intramuscularly, or intravenously—to ensure that it would not disperse into the blood vessels.

The scientists were surprised to find that after the volunteers were injected with fluorescein in the Neiguan (PC-6) point on their wrists, over time, fluorescent lines appeared on most of their arms. These "glowing lines" spread along their arms, all the way to the bend of their elbows. The path of this line is precisely the path of the pericardium meridian.

In other words, starting at the Neiguan (PC-6) Point, the fluorescein follows the pericardium meridian all the way to the Quze (PC-3) Point.



Fluorescein was injected intradermally (in the surface of the skin) where it then dispersed in line

It's worth noting that the bright spot at the Quze (PC-3) Point appeared even earlier than the fluorescent line, as if the fluorescein entered the body and then "time traveled" to Quze (PC-3) Point. What's more interesting is that the Quze (PC-3) Point is considered a "He-Sea point" in traditional Chinese medicine. The ancients believed that these kinds of points could gather energy, so, in a way, the results seem to confirm this.

In addition to the Neiguan (PC-6) Point, the researchers also injected fluorescein into one volunteer's Jianshi (PC-5) Point, and a fluorescent line also appeared. In some cases, the lines extended all the way to the upper arm. This phenomenon lasted for 18 hours before the lines slowly disappeared.

In order to confirm whether similar linear traces would appear if fluorescein was injected at any point on the hand, the researchers designed a control study in which fluorescein was injected at a point one centimeter away from the Neiguan (PC-6) acupuncture point (a non-acupuncture point injection). This experiment was performed seven times, and none of the experiments generated

A total of 28 acupuncture point injection experiments were performed: 23 injections were given at the Neiguan (PC-6) Point, and fluorescent lines appeared 18 times; one injection was given at the Jianshi (PC-5) Point, and a fluorescent line also appeared; and four injections were given at the Daling (PC-7) Points, and fluorescent lines appeared three times.

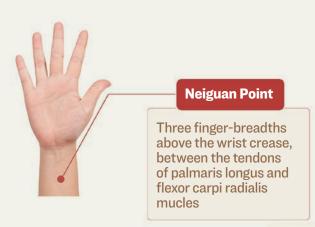
Overall, 22 of the 28 injections showed lines. Compared with the non-acupuncture point injections, the statistical pvalue of the acupuncture point injection experiments was less than 0.001, which means that the existence of the pericardium meridian is clearly possible and not just a figment of the ancients' imaginations (in general, a p-value of less than 0.05 is statistically significant).

*Health 1+1 is the most authoritative* Chinese medical and health information platform overseas. Every Tuesday to Saturday from 9:00 a.m. to 10:00 a.m. EST on TV and online, the program covers the latest on the coronavirus, prevention, treatment, scientific research and policy, as well as cancer, chronic illness, emotional and spiritual health, immunity, health insurance, and other aspects to provide people with reliable and considerate care and help. Online: EpochTimes.com/Health TV: NTDTV.com/live

## Massaging Acupoints for Palpitations, Insomnia

So, specifically, how does one use the pericardium meridian to treat diseases?

We can perform acupressure: Press each point 100 times, two or three times a day (e.g. once in the morning and once in the evening). You can use your thumb to rub the points directly, or you can use a massage device to produce a slight soreness and swelling at the points. The following are the three major pericardium meridian points to massage.



Neiguan Point (PC-6): Treat Heart Problems, Improve

If you have palpitations, irregular heartbeat, a sudden myocardial infarction (heart attack), or other heart problems, massaging the Neiguan (PC-6) Point can help relieve the symptoms.

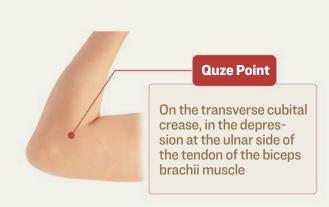
If someone around you suddenly suffers a heart attack, you should call an ambulance first, then observe the patient's vital signs and keep communicating with the patient about his or her condition.

If the patient loses consciousness, make sure to clear his or her airway to avoid suffocation. While waiting for an ambulance, press the patient's Neiguan (PC-6) Points continuously to delay myocardial necrosis to gain some precious time to save the patient's life.

When using acupuncture, acupuncturists generally consider the direction of the needle: "needling along the direction of meridian Qi-energy flowing (shunjing) is tonifying, and needling against the direction of meridian Qi-energy flowing (nijing) is reducing."

For instance, if the needle is inserted into the Neiguan (PC-6) Point, it can be inserted in the direction of the palm of the hand (shunjing) to regulate the heart function, or in the direction of the upper arm (nijing), which can also penetrate the Jianshi (PC-5) and Ximen (PC-4) Points to improve angina pectoris (chest pain or pressure) and provide pain relief.

The Neiguan (PC-6) Point is a major point that not only treats heart problems but also improves insomnia.



#### Quze Point (PC-3): Regulate Heart Function

Quze (PC-3) is the He-Sea point of the pericardium meridian, which means that a lot of energy gathers here, allowing it to regulate the function of the corresponding internal organs. For example, it regulates the function of the pericardium and helps the heart contract. It can be massaged regularly to improve palpitations, chest congestion, and arrhythmias.



#### Daling Point (PC-7): Relieve Pain, Adjust Mood

The Daling (PC-7) point is a Shu-Stream acupoint of the pericardium meridian and can treat many pains, such as chest and underarm pains, arm pain, and elbow pain. It's also an acupuncture point that emphasizes reducing, and it can clear heart and liver "fire" energies. Therefore, when you are angry or upset, you can press the Daling Point to relieve your anger.

SOURCE: EVIDENCE-BASED COMPLEMENTARY AND ALTERNATIVE MEDICINE

## **Acupoint Injection Versus Non-Acupoint Injection**

•		•		
Injection Site	Number of fluorescent times	No fluorescent lines	Total	P-value
Neiguan	18	5	23	< 0.001
Jianshi	1	0	ī	0.125
Daling	3	1	4	0.024
All 3 acupoints	22	6	28	< 0.001
Non-acupoint	0	7	7	

#### **JOE D. HAINES JR**

THE EPOCH TIMES Week 29, 2022

Dr. Walter Brown begins his 2020 book "Lithium, a Doctor, a Drug and a Breakthrough," by asking, "What do Abraham Lincoln, Winston Churchill, and Ernest Hemingway have in common?" The answer is bipolar disorder, previously known as manic-depressive illness.

Bipolar disorder is a serious mental illness characterized by extreme mood swings, in cluding extreme excitement (mania) phases and extreme depressive feelings.

Bipolar is one of the more common mental illnesses in the United States., affecting more than 3 million people. However, the number is likely higher due to underdiagnosis and misdiagnosis (i.e. major depression). Lithium has been found to result in a 10-fold decrease in the rate of suicide, an amazing discovery. Interestingly, communities with higher levels of lithium in the drinking water are associated with a low rate of suicide.

"Using data for 27 Texas counties from 1978-1987, it is shown that the incidence rates of suicide, homicide, and rape are significantly higher in counties whose drinking water supplies contain little or no lithium than in counties with water lithium levels ranging from 70-170 micrograms/L," notes one study published in Biological Trace Element Research in 1990.

There was little effective treatment for bipolar disorder until Dr. John Cade began using lithium in 1948. His discovery is perhaps one of the most important, yet largely unsung, medical innovations of the modern era. It would come to save an untold number of lives and launch a pharmacological revolution—all based on a miraculous metal rescued from decades of stigmatization. Cade's discovery was responsible for ending insulin comas, lobotomy, and incarceration, and exile in those suffering from bipolar disorder.

The New York Times recently described lithium as the "Cinderella" of psychiatric drugs. Beyond lives, lithium has also saved billions of dollars in health care costs. And to think it was almost lost to mankind. The story behind this breakthrough treatment is both unlikely and remarkable.

Chemists tell us that lithium has an atomic number of 3 and exists as a soft white metal in its natural forms of lithium carbonate and lithium chloride. Lithium is a highly reactive element, serving as an essential ingredient in hydrogen bombs and nuclear reactors. It's better known as a component of batteries.

In the 19th century, lithium was unsuccessfully tried as a treatment for illnesses caused by elevated uric acid in the body. Lithium had a brief resurgence in the late 1940s as a salt substitute for patients with cardiovascular disease who needed to rethe amount of salt substitute recommended to take was not specified, so patients taking in an excessive amount of lithium became toxic, and some died. The FDA pulled the lithium salt substitute off the market. However, the damage was done, as lithium now had a reputation for tox-



# Lithium: The Cinderella Drug

This breakthrough treatment costs a fraction of more expensive, less effective drugs

effective, and likely

icity. The medical uses of lithium fell out of favor until the mid-20th century when Cade began his investigations.

Shortly after Cade completed his psychiatry training, World War II broke out and he was shipped out to Malaysia as a general medical officer. The Australian and British troops were forced to surrender to the Japanese and were subsequently incarcerated at the infamous Changi Prison in Singapore. While in prison, Cade thought a good deal about the

cause of manic-depressive illness (now called bipolar disorder), which he observed in some of his fellow war After the war, Cade re-

turned to his home in Ausunderprescribed. tralia, weighing only 90 lbs due to severe malnutrition. After recuperating, he took a position at a small 200-bed mental hospital. Cade began experimenting on guinea pigs in a primitive laboratory he created in an unused kitchen he commandeered on the grounds of his mental hospital. It was equipped with a bench

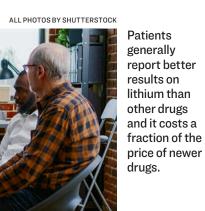
and some jars of chemicals.

Cade quickly discovered that lithium tranquilized the guinea pigs. He then moved on to human trials, experimenting on himself then with 10 manic patients and had remarkably good results. Thus the first effective treatment for manic depressive illness was born. Danish psychiatrist Dr. Mogens Schou became an enthusiastic advocate of Cade's work.

In the words of Dr. Walter Brown: "Cade's research in 1948 and 1949 is an oddity. A

maceutical revolution' for drugs, (\$0.15 per pill compared to \$3.77 showing a drug can relieve mental symptoms."

there was a 20-year delay before psychiatrists accepted and routinely prescribed lithium. As Brown states: "Why the slow acceptance of lithium? First, since lithium is a natural substance, drug companies could not patent it, so it was of no commercial interest and no drug company



revolutionized the treatment of manic-depressive illness and naturally occurring the outlook for its victims. mineral, it breaks the Cade is rightly credited for mold of psychiatric launching the 'psychophardrugs-cheap,

> Brown further describes why more so compared to the newer agents. As far as safety, monitoring periodic lithium blood levels has demonstrated that lithium



toxicity is easily avoided. Thus, an obscure psychiatrist in Australia, Dr. John Cade, was responsible for discovering one of the most important treatments in psychiatry. Content with his lithium findings, Cade produced no further research. However, with his lithium discovery, Cade revolutionized the treat-

ment of bipolar disorder.

Joe D. Haines Jr., MD, MPH, FAAFP is a board-certified family practitioner. In addition to family medicine, he also completed an aerospace medicine residency and received an MPH while serving in the US Navy. Dr. Haines has practiced medicine for 40 years and remains active with medical expert witness work and writing. He is a veteran of the Afghanistan War, serving as the wing surgeon for the Marine Corps in 2011. He has more than 200 publications in a

## Color Your World With Fruits and Vegetables

'Eat the rainbow' is advice that keeps getting better the more we learn

#### **LISA ROTH COLLINS**

Eating a rainbow of colors every day is one of Dr. Bernard Jensen's famous recommendations for keeping healthy. Every pigment provides specific protection for plants. Research shows that humans receive similar benefits from eating colorful vegetables and fruit.

Whatever food ideas you come up with, always ask yourself, am I eating a rainbow?

#### Red

Red vegetables and fruit contain a variety of phytochemicals including lycopene. Foods rich in lycopene are known for their ability to fight heart disease and some cancers, such as prostate cancer. Lycopene-rich foods include watermelon, pink grapefruit, tomatoes, and tomato-based products (spaghetti sauce, tomato paste, tomato juice, and tomato soup), papaya, and guava. Use a small amount of fat, such as olive oil, when cooking tomato-based products to help the body absorb lycopene.

Find your daily dose of reds in red apples, cherries, red grapes, raspberries, watermelon, beets, strawberries, red cabbage, red onion, radishes, red peppers, rhubarb, tomatoes, chili peppers, and red potatoes.

#### Menu ideas:

- Tomato soup/gazpacho
- Roasted red pepper soup • Whole grain pasta with tomato sauce
- Nachos with salsa

#### Orange and Yellow

Orange and yellow fruits and vegetables contain powerful antioxidants such as vitamin C in addition to the phytochemicals, carotenoids, and bioflavonoids. Deep orange vegetables and fruit contain beta-carotene, a disease-fighting antioxidant. Beta-carotene is believed to play a role in reducing the risk of cancer and heart disease, promoting good eyesight, boosting the immune system, and slowing the aging process.

Include orange and yellow fruits and vegetables in your diet every day like yellow apples, apricots, butternut squash, cantaloupe, carrots, corn, grapefruit, lemons, mangoes, nectarines, oranges, papaya, peaches, pineapples, pumpkin, yellow peppers, and vellow raisins.

#### Menu ideas:

- Pineapple pizza • Organic corn on the cob
- Honey-glazed carrots



Kale and red pepper lasagna.

#### Green

greens are rich in energizing and alkalizing chlorophyll. Go green every day with fruits • Kale risotto and vegetables like avocados, green apples, • Lentils with Swiss chard asparagus, artichokes, Asian greens, broccoli, Brussels sprouts, celery, cucumbers, green grapes, green beans, green cabbage, kiwi, spinach, leeks, limes, okra, pears,

Green vegetables contain potent phyto-

Lutein is a powerful antioxidant known for its ability to protect your eyes and maintain good vision. Green vegetables such as spinach, collards, kale, Romaine lettuce and other leafy greens, green peas, broccoli, as well as honeydew melon and

kiwi fruit, pack a lutein punch. Indoles are believed to play a role in protecting against some cancers, such as of anthocyanins are beets, blackberries, breast and prostate. Foods rich in indoles include arugula, bok choy, broccoli, Brussels sprouts, cabbage, cauliflower, kale, rutabaga, Swiss chard, turnips, and watercress.

#### Menu ideas:

Steamed kale

• Spinach lasagna

peas, and zucchini.



Frozen berries and oatmeal.

Chilled cucumber and avocado soup

- Kiwi-kebabs
- chemicals such as lutein and indoles. Leafy Chinese stir-fry

wide variety of journals.

- Cabbage rolls

Spinach salad with raspberry vinaigrette

### Garlicky kale

Blue and purple fruits and vegetables contain anthocyanins and phenolics

Blue and Purple

that are powerful free-radical fighters. These two antioxidants are believed to contribute to reducing cancer and heart disease risk and slowing the aging process, in addition to having antiinflammatory effects. The best sources black currants, blueberries, elderberries, and purple grapes. The best sources of phenolics are prunes, raisins, eggplant, and fresh plums. Other sources include boysenberries, cherries, cranberries, purple asparagus, purple cabbage, purple peppers, and red grapes.

#### Menu ideas:

• Oatmeal with frozen berries

 Yogurt with berries Beet salad

Blueberry smoothie

• Beet and carrot pasta sauce • Chicken salad with red grapes

Cranberry juice

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

# Tips to Lower Your Grocery Bill

Here are 14 ways to save money on your food bill without buying junk

#### **MOLLIE DONGHIA**

t was a cold Saturday afternoon earlier this year as I was unpacking our weekly haul of groceries. My husband, the keeper of our finances, was analyzing our spending habits from the past month.

"Do you realize how much we've spent on groceries the past four weeks?" he asked me. I hadn't, but was shocked to hear that the amount had exceeded our budget by a significant amount.

saw for myself how much we had spent. I realized that as a family of five on a singleincome with financial goals to meet, our spending on groceries had to change.

As I brainstormed a plan, I knew there are limited as much as possible.

My goal was not only to lower our monthly

From this challenge, a "No Spend Month"

I learned mindful ways of spending less on groceries during that time that have carried through and allowed us to save at least \$100

on groceries each month.

#### **Plan Your Meals**

Not planning your meals for the week is wasting food, particularly produce.

#### Make a Store List

purchasing duplicates.



MAT LECOMPTE

of yourself.

Oppressive summertime heat gets every-

body talking about the importance of stay-

ing cool. But a regular summer day can also

Hot weather, in a way, is like a stress test

for your body. Some people will respond

poorly. Hot temperatures could lead to

heart attacks, stronger symptoms for

people with congestive heart failure, or

Heat can pose rather serious risks to both

A report by the Centers for Disease Control

and Prevention from 2020 used data show-

ing that hospital admissions for cardiovas-

cular problems jumped in the days after

Other research published in Stroke, a

journal published by the American Heart

Association, found that hot temperatures

seem to increase the risk of ischemic stroke.

Regulating heat is all about blood flow.

A healthy body gets rid of heat by push-

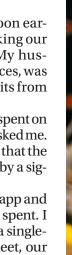
ing blood to the skin. People also sweat,

enhanced arrhythmias.

the heart and brain.

temperature spikes.

visible so you to eat them.



I quickly scanned our budgeting app and

were factors I didn't want to neglect. For example, our family prioritizes eating a whole-food diet, where processed foods

grocery spending, but to do so without sacrificing our health.

followed-when we reduced our non-essential spending down to zero and our essential spending as low as we could reasonably go.

a month going forward.

Here's 14 ways that I've found to spendless With food prices skyrocketing, it's wise to make sure you are eating well without spending extra money.

similar to setting out for a drive without a destination in mind. You'll likely take detours and unintended pit stops along the way. Planning your meals limits impulse spending on items you don't need and allows you to overlap ingredients to avoid

When it comes to impulse spending, researchers from OnePoll found that 30 percent of total grocery expenditures by Americans was done impulsively. That's why to a list of go-to meals. This allows you making and sticking to a list is essential in order to keep a budget in check.

#### **Shop your Pantry and Freezer**

A pantry and large freezer are great places to stock up on items you use regularly or can buy in bulk and freeze. Buying meat Shop Sales and Buy Bulk and certain produce in larger quantities can When something you use regularly comes Have a Budget and Track It already have in these spaces as you make purchases. If you eat it often and know you your store list, and use up items to avoid



Having a large chest freezer allows me to

**Keep a Freezer Inventory** 

stock up on meat, freeze additional meals when I batch cook, and store berries and fruit that we pick ourselves throughout the year. But what benefit is it if I don't know what I've got in there and it ends up going bad if not used? To solve this problem, I keep a simple freezer inventory. On a sheet of paper, I make a map of the freezer and list the item, quantity, and date it was frozen. Every few months, this inventory gets updated.

#### Stick to a Go-To Meals

As you make your plan for the week, stick to keep regular staples on hand that you use regularly and limits the need to buy ingredients that might only be used once. Limiting the luxuries can save a significant amount on your bill.

be cost saving. Pay attention to what you on sale, stock up. The same goes with bulk will use it, buy in volume to save money.

#### **Buy Cheaper Proteins**

Food prices are at an all-time high, with the biggest hikes being in meat (especially pork and beef). Instead of buying meat for most of your meals, try using other protein-rich foods. Beans, lentils, nuts, seeds, and eggs are great sources of protein to add to your diet that are much more affordable.

#### Buy in Season

Staying Cool Is All about Blood Flow

keep cool.

putyour body at risk if you're not taking care are at high risk for issues resulting from

away from the skin.

Fresh produce can be enjoyed all year, but you'll pay a premium when it's not in season. If you're unsure, check out this seasonal list

by the USDA so you can enjoy fresh fruits and veggies without paying outrageous prices for produce that isn't at its peak.

#### **Buy Frozen or Canned**

When fresh produce isn't in season or doesn't fit your budget, buying frozen or canned is a much more affordable option. Research has found that frozen and canned versions are generally equivalent in nutrition to fresh produce and are 20 to 30 percent cheaper.

#### My goal was not only to lower our monthly grocery spending, but to do so without sacrificing our health.

month. Then, decide how you'll track your ten up to 300 percent. spending. Do you love paper and pencil? Create a simple graph to track those dollars as you spend them. Mint and You Need a Budget are apps that can track your spending electronically, if that is more your style. When we can visualize how our money is being spent, it allows us to be more conscious of our purchases.

#### **Be Creative With Leftovers**

Americans throw out 30 to 40 percent of the food supply each year, with much of it being lost at the production and distribution stages but the largest single category of waste is from consumers. Be aware of what

is about to spoil and don't hesitate to freeze anything you can't use right away. If you're not into eating the same meal a day or two in a row, be creative with using up your leftovers. Turn extra veggies or meat into a stir fry. Chop up your chicken to make tacos. Or place leftovers in the freezer to enjoy for another dinner.

#### **Be Selective With Organics**

If you prefer to buy organic produce, shop smart to avoid paying more than you actually need to. The Environmental Working Group's Dirty Dozen list maps out which produce is recommended to buy organically and which are generally safe to eat without being organic.

#### **Skip Pre-Made Foods**

Pre-made foods (like rotisserie chicken, the salad bar, or baked goods) can be very handy if you don't have time to cook from scratch. However, they come with a steep cost. Baked goods have the highest markup Choose a realistic goal for each week or of almost any item in the grocery store—of

#### **Compare Unit Prices**

When trying to decide if a certain size or brand is more affordable, pay attention to the item's price per ounce, typically listed next to the label on the shelf. The math is already done and the cost savings can be significant.

Mollie (and her husband, Mike) blog at This Evergreen Home where they share their experience with living simply, intentionally, and relationally in this modern world. You can follow along by subscribing to their twice-weekly newsletter.

ALL PHOTOS BY SHUTTERSTOCK

## A healthy body gets rid of heat by pushing blood

Here are some ways you can optimize your chances of staying safe when it gets hot out. Know the symptoms of heat exhaustion: Headache, dizziness, weakness, nausea, or cool, moist skin can all signify heat exhaustion. It can be treated by moving out of the heat or using a damp cloth to cool off.

Excessive heat, however, can overwhelm

this system. It's also why people with blood

flow issues, such as high blood pressure, a

history of heart disease, or Type 2 diabetes

heat exposure, as it makes it difficult to

If things don't improve in about an hour, seek medical attention.

Heat stroke is more severe and is a medical emergency. It will feature a rapid pulse, body temperature over 103 degrees F, and red, hot, dry skin.v

**Stay hydrated:** Hydration helps the heart pump efficiently, and muscles work more effectively. Sip water daily and monitor how much water you're losing through sweat. which evaporates to get draw more heat Urine should be a light yellow.

to the skin.



Watermelon, cucumber, and other water-rich fruits and vegetables are great for the summer heat.



Pay attention to what you eat: Watermelon, cucumber, and other water-rich fruits and vegetables are great for the summer heat. However, you'll want to avoid big meals that tax your body.

Heavy meals demand more blood to go to the digestive system, which can limit what is available to get to the skin to help keep you cool.

Mat Lecompte is a health and wellness reporter for Bel Marra Health, which first published this article.



# Taking a Mental Health Day Can Be Good for You

If you need a day to de-stress, get the most out of it with these tips

#### **SANDRA WALKER**

THE EPOCH TIMES Week 29, 2022

When you're feeling sick, you know it's probably best to take the day off from work in order to recover and feel better. But while we may know how important it is to take care of our mental health, many of us may still hesitate to take time off work in order to do this.

There may be any number of reasons why you may feel you need to take a mental health day. Personal problems, poor working relationships, and overwork are all common reasons—as well as feeling burnt out, overwhelmed, and stressed. Left unchecked, these factors may eventually lead to stress, unhappiness, and even mental illness.

Tackling mental health problems early is important for preventing them from getting worse. This is why taking a mental health day to care for yourself, de-stress, and regroup can be useful. So if you've been feeling more tired than usual, are having trouble sleeping (or not getting good-quality sleep), experiencing changes in appetite, or even feeling more impatient than normal, it may be a sign that you need to take a day off work to look after your mental health.

A word of caution here though: Spending your mental health day ruminating on your woes, thinking about the things that are stressing you out, or simply doing nothing at all is unlikely to have any benefit to you.

Making the Most of Your Day The best way to spend your mental health day is likely to be linked to the reason you took it in the first place.

If you're overwhelmed with your workload and have been very busy, then spending time thinking about how you can improve your work-life balance, or getting organized might be most useful in helping you to feel better. If you're miserable with your job, then spending the day looking or applying for other jobs might be a good call. But if you're feeling emotionally or psy-

**Get creative.** We know that creativity is good for us, even if you aren't very good at wnat you re doing

chologically drained, here are a few other

things you can do to improve things:

Whether it's painting, singing, crafting, or writing a journal, spending time being creative helps release tension and boost energy levels.

Just as our body can be worn down and need a rest, so too can our minds. If you take a mental health day, make sure it does what you

The best way to spend your mental health day is likely to be linked to the reason you took it in the first place.

**Exercise is** shown to be as effective as medication in treating many mental health issues.



It's a bit like how you worked through issues and learned by playing as a child. Creativity works much in the same way. It can help us relieve stress and indirectly helps us work through the things that were bothering us to begin with.

**Get physical.** Exercise is shown to be as effective as medication in treating many mental health issues. In fact, exercise can be so good for mental health that it's often used as a first-line treatment for people with moderate depression.

It doesn't matter what kind of exercise you do, either. Whether you like running, weightlifting or pilates, any exercise is good for managing stress and lifting mood—thanks, in part, to the feel-good chemicals that our body naturally releases during exercise.

Get outside. Being in nature has a measurably calming effect on our bodies. It activates our "rest-and-digest" (parasympathetic) nervous system, which is important for helping to reduce stress levels. You could try activities such as for-

est bathing, a popular pastime in Japan, which involves walking quietly in forests and woodlands while trying to be present in the moment and breathing deeply. If you don't live near a woodland, then activities such as gardening and walking in the park are really beneficial, too.

**Get spiritual.** This doesn't mean going to church necessarily (though that is certainly included) but also practices such as mindfulness, meditation, and yoga, which are shown to be exceptionally good for our overall mental well-being. For added benefit, try doing these outdoors if the weather's nice.

To get the most out of your mental health

of worry or distress. This may take some

day, spend some time actively considering what steps you need to take to improve whatever issues may have been affecting your mental health in the first place. It might be best to do this at the start of your day so that you can spend the rest of the day doing an activity you enjoy. Most importantly, focus on what you're doing if you can—rather than continuing the cycle

practice to get the hang of though. Regardless, taking a day when you feel you need it to actively invest in yourself, recharge your batteries, and address any issues that may be troubling you is likely to have long-term benefits for your mental health. And if you keep these practices up in your daily life, it's likely you'll see continued mental health benefits.

> Sandra Walker is a clinical academic in cre ative and community approaches to mental distress at the University of Portsmouth in the United Kingdom. This article was originally published on The Conversation.

## Socializing Gives Older Adults a Healthier Sense of Purpose

As we age, our daily interactions become more important to our overall sense of well-being

#### **BRANDIE JEFFERSON**

Having positive social interactions is associated with a sense of purpose for older adults, which can fluctuate from day to day, according to new research.

And although these findings apply to both working and retired adults, the research found that for better and for worse, these interactions are more strongly correlated to purposefulness in people who are retired.

"Specifically for our retired older adults, this is a construct we should really care about," said Gabrielle Pfund, who led the study as a doctoral degree student in the lab of Patrick Hill, associate professor of psychological and brain sciences at Washington University in St. Louis.

The team worked with a group of some 100 adults with an average age of about 71. For 15 days, the researchers asked participants three times daily about the quality of the social interactions they'd had that day. Every evening they were asked to use a scale of one to five to answer the question: How much do you think your life had a purpose today?

After analyzing the responses, they found—relative to each person's own baseline—the more positive interactions a person had during the day, the more purposeful they reported feeling in the evening. Other measures, including employment and relationship status, did not predict a person's sense of purpose.

Of note, Pfund said, the study also shows how dynamic a person's own sense



Researchers discovered that the quality of our daily social interactions has a major impact on our overall sense of life purpose-

especially after we retire.

Adults with a higher sense of purpose lead longer, healthier, and happier lives.

of purpose could be.

"Most research on sense of purpose is focused on big-picture orientation of someone being purposeful versus someone being not purposeful," she said. But, it turns out, purposefulness may be more dynamic.

Although some people do tend to be generally more or less purposeful overall, Pfund said, "We found purpose can change from day to day. Everyone was experiencing fluctuations relative to their own averages."

The association was much stronger in retired people, the data showed: More positive social interactions showed a stronger association with a higher sense of purpose, while more negative interactions were more strongly tied to a lower sense

"For everyone, but specifically for our retired older adults, the people in their lives really matter," Pfund said.

The research has its limitations, two among them being that the sample was taken from data collected in Zurich, Switzerland, and that the respondents were typically in good health. These findings may look different in other countries or amongst older adults with poorer health.

Having a sense of purpose is about more than feeling good. Prior research has shown that adults with a higher sense of purpose lead longer, healthier, and happier lives. They have lower rates of Alzheimer's disease and heart and other cardiovascular problems.

"The people in your life are going to have a very, very big impact on that," she said. "If you find yourself surrounded by people who bring you down ... that's going to have

an impact. "On the flip side, if you're surrounded by people who lift you up and who infuse your life with positivity, that's going to have an

impact, too." And that, she said, is good news.

"If you're feeling like your life has no purpose, that's not how it's always going to be. That's not your life. That can change." The study appears in the American Journal of Geriatric Psychiatry. Funding came from the Swiss National Science Foundation.

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16 MIND & BODY
Week 29, 2022 THE EPOCH TIMES

# The Energy Preservation of Introverts

We all draw energy differently, and while some are energized in crowds, others need time alone

LYNN JAFFEE

The world is made up of introverts, extroverts and people that fall someplace in between. For some, being one or another doesn't make a big difference in their lives. However, for introverts like me, it explains a lot.

I grew up in a family with a lot of kids, and was labeled sensitive because I was often overwhelmed by the chaos and commotion of living with so many people. As an adult married to a strong extrovert, I compared my handful of close friendships to my husband's vast army of friends and acquaintances and wondered if I was lacking in some way. It wasn't until I was in my late 30s that I realized that there was a word for how I interacted with the world—introvert.

So what does it mean to be an introvert? The simplest explanation is that social interactions can take a great deal of my energy, and to restore that energy, I may need time alone. In contrast, extroverts are often energized by social events and large gatherings.

This means that when I go to a large social event like a party or a wedding, I have an expiration date; a time when I'm done, depleted, and ready to go home. If I'm not able to leave, I begin to lose my ability for social niceties and become irritable or simply shut down. To make matters worse, my husband can take a good 45 minutes just saying goodbye. It's not pretty and it has nothing to do with the people at the event. It's just that my social bank account has become overdrawn.

When my husband is out of town, I look forward to having a night or two to myself. However, when I'm gone, he fills his time socializing with friends and relatives. And I gravitate toward people with whom I have a strong connection. They are my close friends with whom I can share life's highs and lows and can go deep. We may not get together every week, or even every month, but when we do our time is spent catching up on what's important in each other's lives.

Being an introvert doesn't mean that I'm shy, in fact, most introverts aren't. I freely speak to strangers, am comfortable starting conversations, and can address an auditorium full of people. However, I feel out of place at big events because there's little opportu-



nity for connecting deeply. I can make small talk for a while, but it's not my strong suit, so after a while I become exhausted.

Do introverts have less energy than extroverts? In Chinese medicine, your energy (called Qi) comes from Heaven and Earth. It comes from Heaven in the air you breathe and from Earth in the food that provides your body with the nutrients necessary to sustain life.

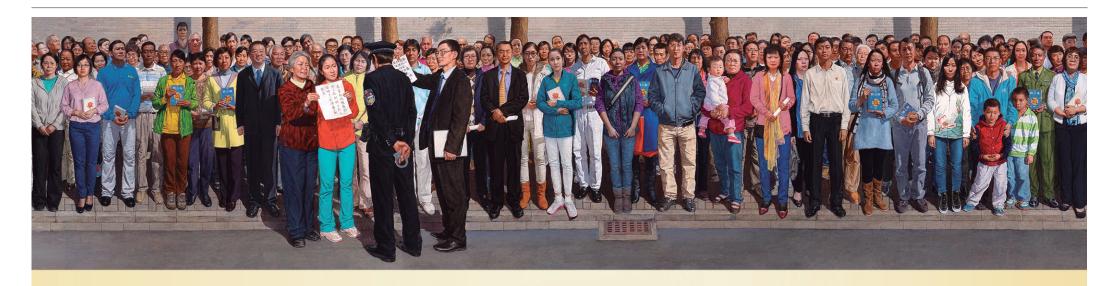
Breathing deeply increases your circulation and oxygenates your blood. Breath work also ramps up the parasympathetic nervous system, which slows your heart rate, decreases the circulation of stress hormones, and allows your body to recover from stress.

Movement, digestion, metabolism, immunity, and every other function in your body use up energy. For introverts, however, there are many more things in the world that deplete our energy; things such as sensory overload, social media, advertising, news, crowds,

Interactions can take a great deal of my energy, and to restore that energy, I may need time alone. and any kind of conflict. We introverts choose—or are hardwired—not to expend energy in events where we can't connect in a meaningful way. This isn't a judgment, but just how we roll. Socializing in large groups is difficult and energy-sapping.

So do introverts have less energy? Not necessarily; but they likely have less social energy for large groups. I think of being an introvert as a form of energetic self-preservation. And clearly, introverts replenish their energy in ways that are different from extroverts. While we all make energy through the air we breathe and the food we eat, we introverts gather energy from quiet time and solitary pursuits, while extroverts draw energy from being around other people.

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



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