

THE EPOCH TIMES

LIFE &

TRADITION

COURTESY OF SILVER AND SAGE BY KARI MARTENS VIA VANESSA OULD



FAMILY FIRST

Finding Happiness in the Simple Life

A young family's faith carries them through life, work on a community pasture in rural Canada

LOUISE CHAMBERS

A family of four that manages a community pasture in rural Canada has found happiness in the simplicity of everyday life. Their belief is to live wholeheartedly in every aspect of life, through the good and the bad, and to see God's hand through it all.

Canadian natives Vanessa and Levi Ould, who are in their late 20s, currently live in west central Saskatchewan, Canada, with their children: Jeremiah, 4, and Hadley, 2. They work on the community pasture for six months of the year but live there for the whole year.

"The Lord opened this door and we are so grateful," Vanessa told The Epoch Times.

Early Life

A horse lover for as long as she can remember, Vanessa spent her childhood and teen years riding horses and taking lessons. She also competed in shows but had never ranched or even ridden the western style of horseback riding.

What inspired her to become a true "cowgirl" was moving to Alberta in 2012 to manage a horse program for a year-round kids' camp.

Continued on Page 2

1. Levi and Vanessa Ould with their children Jeremiah and Hadley.
2. Vanessa Ould noted how resilient children can be.
3. The young children inherited their parents' love of riding.
4. The pasturelands of central Saskatchewan, Canada.

COURTESY OF VANESSA OULD



COURTESY OF VANESSA OULD



COURTESY OF BOX T PHOTOGRAPHY BY TANYA CHAPPELL VIA VANESSA OULD



(FRAMES) SHUTTERSTOCK

Neighbors Helping Neighbors Through Lasagna

Volunteers across the US cook up some warmth and love through 'quintessential comfort food'



DAVE PAONE

There's no problem that a pan of lasagna can't solve.

While that statement isn't really true, Rhiannon Menn believes it can at least help.

"Lasagna is the quintessential comfort food," she told The Epoch Times. "It communicates warmth and love."

At the start of the lockdowns in March 2020, Menn was a

mom in San Diego who wanted to do something kind to support families in her neighborhood who were contending with pandemic-related woes.

Through a social media post, she offered to deliver a hot pan of lasagna to the doorstep of anyone who was interested in one.

"In those early days, I didn't just want to deliver a meal; I wanted to deliver that sense of warmth and love and kindness that said: 'We're here for each other. I'm here for you. We're going to get through this together.' And I think lasagna does that," she said.

The First Delivery

After Menn posted her offer online, there were seven families who responded.

One of them was a woman who was taking care of her mother, sister, and a 6-month-old baby. Her income had stopped due to the lockdown and their refrigerator had broken down.

"They had been eating ramen noodles for two weeks," Menn said. "That just broke my heart."

When Menn drove up to the residence, she saw the discarded refrigerator out front.

Continued on Page 2

CHENYING/SHUTTERSTOCK

DEAR JUNE On Family and Relationships

Sibling Wonders How to Deal With Addicted Brother

Dear June,

What can I do about my brother, a drunk who gets angry and is very difficult to deal with? He does not live in the same state as myself, so is easily ignored.

Would-be Helpful Brother

Dear Would-be Helpful Brother, As to whether to ignore your brother or not, it might be helpful to consider first whether you think you have a responsibility or duty to help him.

Secondly, if there is no responsibility or duty, does your conscience tell you to help him anyway?

It's important to answer these questions first, because it would certainly be easier to ignore him and you will face significant difficulty in helping him. Helping a loved one recover from addiction can be very painful and will take grit and determination to see it through; reminding yourself why you've taken on this burden will help you carry it.

If you do choose to help him, I would start by psychologically preparing yourself. There are, of course, many resources for this. Alcoholics Anonymous is a well-known one, and on my shelf, I also have a book called, "The Addiction Spectrum," co-authored by Dr. Paul Thomas, who is himself a recovering alcoholic and offers a 13-point plan and holistic approach to recovery.

My advice when dealing with a loved one with a drinking problem is to see them as separate from the addiction.

I would like to offer a few thoughts on the nature of addiction and recovery. I am not an expert on this topic, so consider these as thoughts for reflection.

The first thing to understand about recovery is that the desire and strength to carry through with it comes from within the person who is addicted. Friends and family can help create a supportive environment, but the person themselves must be willing to do the hard healing work. So be realistic about what you can achieve.

I personally know three men who have struggled or still struggle with alcohol. One had to hit rock bottom, where he realized that if he didn't turn his life around, he would die. He first sought out AA, where he took the

spiritual messages from the group to heart and made spirituality the center of his life. In his later years, he dedicated himself to creating a healing center and tried to help others as much as he could. One of the great lessons I take from his story is how powerful helping others is. It truly is a great healer.

The second man doesn't seem to be winning the battle with alcohol. He has been in and out of rehab and his pattern of regressing and lying about it has left his life in shambles, divorced and distant from his children. For the third man, one of his sons is a frequent drinker and does not yet seem to recognize this as the beginning of a possible problem. I hope he can keep it in check, but, given his family history, I see a great risk.

So as regards your brother, he may not be ready to turn his life around, and the best thing you can do is wait, watch, and let him know you are there for him. You don't have to say this outright, but staying connected via email, social media, or phone calls, or going to visit him periodically just to hang out, will let him know you care.

Depending on your situation, it might be advantageous for you to move closer to him.

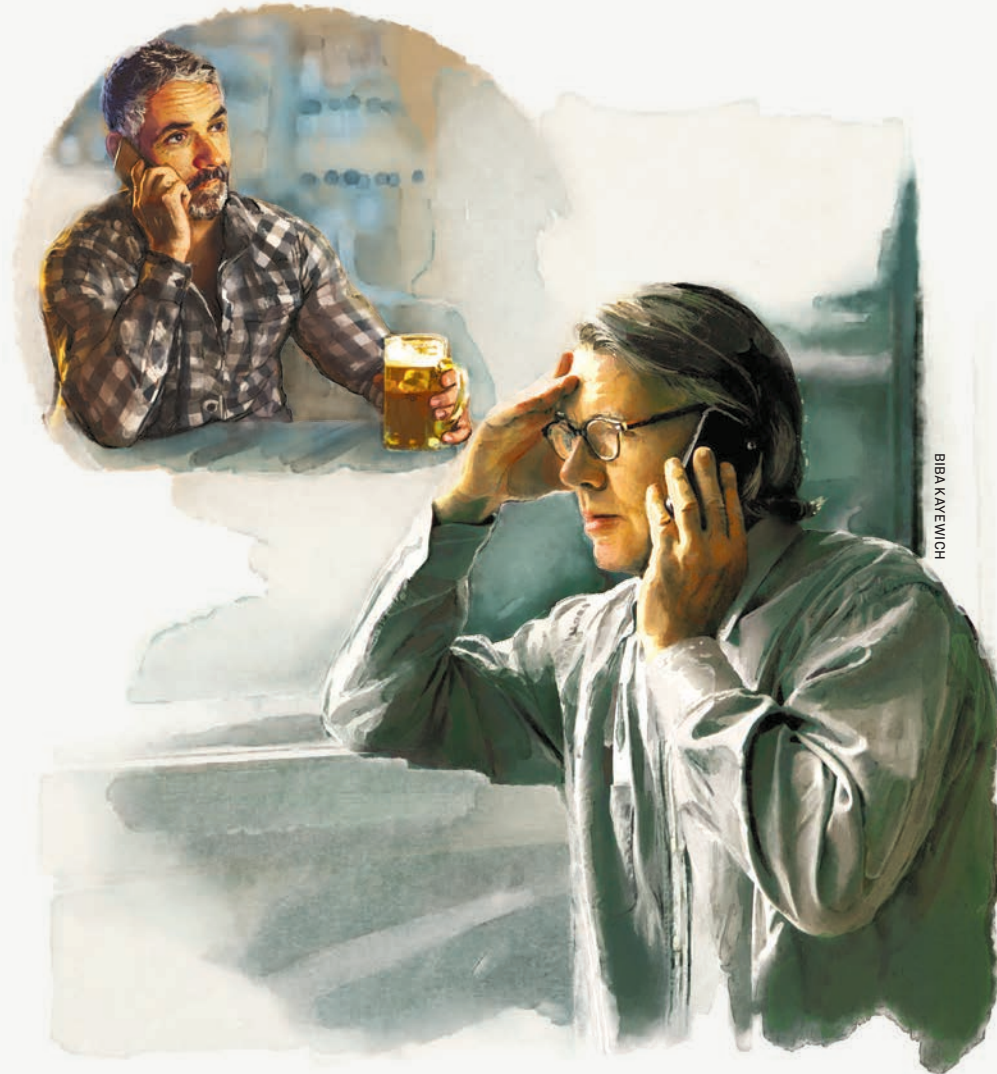
The way I see addiction is like a cartoon devil that sits on a character's shoulder, whispering bad ideas into their ear. The character goes along with the bad ideas, putting the little devil in control. But fundamentally, the character and the devil are two different entities.

So my advice when dealing with a loved one with a drinking problem is to see them as separate from the addiction. The goal is for them to find the strength to cast off the devil. Hold fiercely to your belief in their self-worth. They may not be able to distinguish between the ideas coming from the little devil (addiction) and their own thoughts, but you can.

In order to really help them, I think you need not only to distinguish between them and the addiction, but also learn not to become angry or upset by the addiction. This doesn't mean that you ignore or condone bad behaviors; it simply means that your emotions are not involved, which is much less stressful for you. I realize this is easier said than done, but if you can stay calm when your brother becomes angry, you will have much more bandwidth to help him.

Try this, even if you can only do so in your heart. You may choose to have no contact with him, but do so without anger, contempt, or disgust for who he is. Only sadness and pity, perhaps, for the life he is wasting.

Another reason behind the impor-



stance of believing in the worth of a person who is addicted to alcohol: Often, these people don't see their own inherent value. It may be that this is the reason they have a habit of drinking in the first place. Alcohol gives people a glimpse of who they could be, allowing them to feel strong and powerful, right, relaxed, and at peace. These are states of mind that we can all attain through inner work, but which come easily through alcohol—at least, at their most basic level. But unlike inner work, which over time increases our capacities and solidifies our self-worth, these states become harder to attain through alcohol as the addiction only creates a desire for itself.

Eventually, alcohol causes some people to lose all bearing on the rest of their life, taking over their emotions and thoughts and making them angry and intolerable, like your brother.

All this is again to say that it is important not to see addiction as the sum total of a loved one, even if that is who they are on the surface. Why? Because then you can still hold them dear, even respect certain things about them, and your believing in them may help them eventually believe in themselves.

Of course, someone who is addicted may do things that are disgusting, contemptible, and pretty intolerable, and I don't suggest you make light of these. Certainly, don't try to mitigate social consequences they might face; for example, by giving them money. Consequences may be what wakes

your brother up and gives him strength to fight his addiction, like the man I knew who had to hit rock bottom before addressing his addiction.

If and when your brother is ready to turn his life around, then I would make an effort to be there for him, expecting to weather ups and downs. You have not mentioned a wife or children, but I feel compelled to say that if there are children in the picture, I think they should be protected as much as possible from their father in his drunk, angry state, which can be very unsafe both physically and emotionally. So if your brother has children, I would first see what you can do make sure that they are not unduly affected by their father. If there are boys, you might consider doing activities with them and showing them a better model of manhood than their father.

Sincerely,
June



Do you have a family or relationship question for our advice columnist, Dear June? Send it to DearJune@

EpochTimes.com or Attn: Dear June, The Epoch Times, 229 W. 28th St., Floor 7, New York, NY, 10001

June Kellum is a married mother of three and longtime Epoch Times journalist covering family, relationships, and health topics.

night off right. Continue your winning streak with a healthy dinner. Ensure that you cut off caffeine early enough in the day to not disrupt your sleep, and enjoy nourishing your body with the good nutrition it needs.

Connect and Enjoy

Spend time each night connecting with loved ones and doing things you enjoy. If you're in the habit of watching television night after night, mix it up a bit. Play a game, go for a walk, or work on a project.

Turn Screens Off

At least an hour before bedtime, turn off all screens and begin to wind down. This is a great time to wash up, change into pajamas, read a book, write in your journal, or meditate.

Tone Things Down

Let the atmosphere of your home gently guide you toward sleep. Turn down the lights and make sure the temperature is nice and cool for sleeping. Candles at night can be very soothing. Night air coming through a window can be lovely. Some people prefer

the humming of a fan or recorded nature sounds as they head to dreamland.

Plan Tomorrow

Set your intention for tomorrow the night before. Before you fall asleep, take pen to paper and jot down the three most important things to do the next day. This will help you mentally prepare for the day ahead and remind you in the morning which priorities to focus on.

Better habits at night can improve sleep, energy, focus, and stress levels.

Fall Asleep on Time

A consistent nighttime routine will signal to your body when it's time to fall asleep. Enjoy a regular, sound sleep schedule and the benefits it brings you throughout the day.

A good nighttime routine can be enjoyable and empowering, helping you to feel prepared for whatever tomorrow may bring.



A long and wide walkway invites visitors to admire the front façade of Nymphenburg Palace. The property was originally a country estate intended to be used as a hunting lodge and consisted of a two-story cube with a garden and large wood behind the building. Over the years, the building was extended, but very few alterations were made to the original structure, with two wings added on each side of the palace and the façade modernized in a French style. The central building has details from the French Regency style, an architectural and design transitional style between the architectural styles promulgated by Louis XIV and Louis XV.

LARGER THAN LIFE: ART THAT INSPIRES US THROUGH THE AGES

NYMPHENBURG PALACE

A European Gem of Bavarian History

ARIANE TRIEBSWETTER

Historic, mythical, beautiful. These three words describe the architectural gem located west of Munich, Germany, that is the Nymphenburg Palace, a once-popular summer residence of Bavarian rulers.

In 1662, Elector Ferdinand Maria of Bavaria offered land outside Munich to his Italian-born wife, Henriette Adelaide of Savoy, to commemorate the birth of the heir to the throne, Max Emanuel. Two years

later, Italian architect Agostino Barelli began work on a summer residence for the electress in the style of an Italian villa, and architect Henrico Zuccalli continued the project in 1673.

Henriette Adelaide loved the building and called it her "borgo delle ninfe" ("castle of the nymphs"). Her son, Max Emanuel, extended the country estate in 1701, adding magnificent residential pavilions and side galleries. His successor, Elector Karl Albrecht, extended Nymphenburg's estate to what we see today.

The palace's style ranges from baroque,

rococo, and neoclassicism, and combines Greco-Roman mythology with Bavarian history. From 1805 to 1918, the German Wittelsbach dynasty of elected rulers resided in the palace as rulers of the Kingdom of Bavaria.

The frescos, furniture, and paintings in Max Emanuel's apartments are decorated in a baroque style. The ceiling fresco in the great hall showcases a rococo-style stucco ornamentation. The apartments of Queen Caroline, mother of renowned King Ludwig II, represent the period of Bavarian kings in the neoclassical and

Napoleonic Empire style.

Nymphenburg offers a fascinating glimpse of Bavarian history. It remains one of the best examples of various European architectural styles combined in a single palace. As the grounds were expanded and upgraded to the court styles of each era, they came to reflect the varied cultural influences that marked Bavarian history.

Ariane Triebswetter is an international freelance journalist with a background in modern literature and classical music.

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A Great Day Begins the Night Before

Ways to improve your nighttime routine

DEJAN DUNDJERSKI/SHUTTERSTOCK



Wind down in the evening by reading, journaling, or meditating.

BARBARA DANZA

Most people tend to put at least some thought into their morning routine. Indeed, the way you begin your day surely affects the several hours to follow. As the day winds down, though, one's nighttime routine can easily devolve into binge-watching and unhealthy snacks on the couch.

Improving your nighttime routine can reap huge benefits during the day. Better habits can improve sleep, energy, focus, health, and stress levels. Here are some ideas to consider for your nighttime routine.

Tidy First

When the work of the day is done and you're transitioning into your free time at night, resist the urge to head straight for an entertaining screen; instead, set up your space for tomorrow. Perhaps you put on some upbeat music to pop around to as you tidy up, set out your clothes, prepare the coffee, and ready anything that your morning self will thank you for.

Nourish Your Body

Feeling prepared for tomorrow starts the

The Heart of Homeschooling: Advice From a Mother of 5

BARBARA DANZA

One of the unintended consequences of the pandemic and its policies has been the explosion of families choosing to homeschool their children.

While pandemic measures have eased, homeschooling still remains a popular option. Many parents discovered benefits to their children and families that they now don't want to give up. Still, others have become more aware of unsavory issues in public schools. As its popularity continues to grow, other parents are taking note and thinking that this could be the best choice for their families as well.

For those just about to step out on the journey of homeschooling their kids, it can seem a daunting or scary proposition. For them, lessons learned from more experienced homeschooling parents are invaluable. I asked Jodi Mockabee, a blogger, curriculum creator, and homeschooling mother of five, for her advice for new homeschoolers. Here's what she said:

The Epoch Times: What have you found to be the greatest benefits of homeschooling?
Jodi Mockabee: We were not prepared for how efficient homeschooling would be. I started noticing how unnecessary repetition was in certain subjects and how other subjects overlapped with each other. We were able to come up with a system that exposed the children to truth, goodness, and beauty through good literature, while simultaneously allowing ample time to explore the outdoors, play sports, and visit interesting places. The greatest benefit has been that it has given us more time: More time together, more time for rest, more time for play, and more time to create.

The Epoch Times: For the parent just about to embark on their first year of homeschooling, what are the key steps you'd recommend they take to kick off the new year?
Ms. Mockabee: I would encourage a new parent to read about different homeschooling philosophies prior to starting the year. Two books I would recommend for a new homeschooler are "The Call of the Wild and Free" by Ainsley Arment and "For the Children's Sake" by Susan Macaulay.

Both books will introduce you to an entirely new view of education that is hope-filled and exciting. After reading those books, I came up with a few goals for the year. Keep the expectations realistic. If you make too long of a list, it will feel like it's not possible. I rarely write down more than five goals. Sometimes, a goal can be as simple as laughing together more; other times, there can be an educational goal such as mastering long division for a specific child.

Setting a few goals can help you from going wayward and will keep you placing one foot in front of the other on the academic journey—while also giving space to experience life together.

After setting the goals, I would recommend becoming a student of each child. Meet with each child and find out what they're looking forward to or what his or her concerns are. Oftentimes, I will choose literature based on different children's interests so that each child is actively engaged during our reading time.

I will also purchase a few items to strew around throughout the year that may inspire a child without telling him or her. For example, one year I bought a compass and map of a nearby national forest. I just left it by the wood stove for someone to find. The child who discovered it has become quite the outdoorsman! Another time, I left out a rock collection with a book on rocks. Rather than introducing it to the children, I let them discover it on their own. After they found it, they spent hours identifying rocks and learning together about geology. They're constantly teaching me about rocks on our hikes. These are small actions that can ultimately open up large passions and interests.

The Epoch Times: How does homeschooling differ for the elementary years versus the middle and high school years?
Ms. Mockabee: We have children in all three levels of academia, and I can honestly say that not too much changes—aside from the amount of writing and the added activities, such as having a part-time job or participating in high school sports. Of course, each child progresses with math and independent reading, but we are usually together for read-aloud time; the



© BBA KAYEWICH

Leaving interesting items around for children to find piques their curiosity and interest.



“ We have specific habits in our household that we call 'daily disciplines.' These are daily tasks that include physical exercise, household duties, and independent academic work. ”

Jodi Mockabee, homeschooling mother

younger children end up participating and listening to higher-level books, such as "Plutarch's Lives" and "Beowulf."

I do start to outsource some classes in high school as we take advantage of dual enrollment programs at local colleges. Rather than my high schooler taking Calculus in high school, he is taking it in college. This earns him credits toward his high school diploma and college degree simultaneously. It's quite an efficient system! In our state, homeschoolers can participate in public school sports and activities without attending classes, so we really take advantage of all available options.

The Epoch Times: What are some common mistakes new homeschooling parents make?
Ms. Mockabee: A lot of new homeschoolers make the mistake of trying to replicate the classroom in their own home. Not just by decor, but also by creating the same systematic model. Learn alongside your child, knowing that any time spent researching, discovering, reading, and experiencing is time well spent. It doesn't have to look like sitting at a desk filling in the blanks of a science workbook.

The Epoch Times: What's the best homeschooling advice you've ever received?
Ms. Mockabee: I cling to the words of Charlotte Mason, a British educator, who taught at the turn of the 20th century. One of her quotes is, "Education is an atmosphere, a discipline, a life." Her teachings have really helped me understand the nature of education. It is not just about academics; it's also about character development and equipping our children to be mentally, physically, and spiritually healthy.

The Epoch Times: What do you wish you had known when you were just beginning to homeschool?
Ms. Mockabee: I wish I would have had more confidence in the early years. I spent a lot of time worrying that I would fail my children and feeling like homeschooling was one big experiment. Sometimes, I still

feel that way. But now that I have several years under my belt, I have come to discover that all children will have educational holes in at least one area—regardless of where they were schooled. So instead of focusing on what I am "not" doing, I try to make sure that what we "are" doing is quality-filled and tends to the needs of the whole child.

The Epoch Times: What strategies or tools have worked best for you in your homeschool?
Ms. Mockabee: We have specific habits in our household that we call "daily disciplines." These are daily tasks that include physical exercise, household duties, and independent academic work. Most of these disciplines are done before we even join together for breakfast. This starts the day off productively.

We then gather together for what we refer to as "Morning Collective." This is the time when I read aloud from several classical books and we discuss big ideas and concepts. It always proves to me how capable children are of understanding sophisticated language and humanity. These conversations are the heart of our homeschool.

While the disciplines create production, our Morning Collective time expands their worldview. Both are tools that have contributed significantly to our homeschooling.

The Epoch Times: If you could only offer one piece of advice to the parents about to begin their first year as homeschoolers, what would it be?
Ms. Mockabee: Know that falling into a rhythm that fits your family will take time. Don't put pressure on yourself or your children to instantly love homeschooling. It took us almost a year to find the right kind of method. We ended up getting rid of all of the curricula that I had originally purchased, aside from math, and replacing it with classical literature. We started writing about what we had read and even added illustrations to our work every day. I never even knew that was an option!

We have thrived ever since then and have years of books filled with illustrated documentation of the books we have read. The children still review them.

But discovering that rhythm took time, so give yourself a little grace as you navigate a whole new path for your family.

This interview has been edited for clarity and brevity.

FOR KIDS ONLY

THE EPOCH TIMES

The Forest Path

By Lucy Maud Montgomery

Oh, the charm of idle dreaming
Where the dappled shadows dance,
All the leafy aisles are teeming
With the lure of old romance!

Down into the forest dipping,
Deep and deeper as we go,
One might fancy dryads slipping
Where the white-stemmed birches grow.

Lurking gnome and freakish fairy
In the fern may peep and hide...
Sure their whispers low and airy
Ring us in on every side!

Saw you where the pines are rocking
Nymph's white shoulder as she ran?
Lo, that music faint and mocking,
Is it not a pipe of Pan?

Hear you that elusive laughter
Of the hidden waterfall?
Nay, a satyr speeding after
Ivy-crowned bacchanal.

Far and farther as we wander
Sweater shall our roaming be,
Come, for dim and winsome yonder
Lies the path to Arcady!



WHAT DO YOU GET WHEN YOU CROSS A **TURTLE** WITH A **PORCUPINE?**

ALL PHOTOS BY SHUTTERSTOCK



“ You don't have to be great to start, but you have to start to be great. ”

ZIG ZIGLAR (1926-2012), AMERICAN AUTHOR AND MOTIVATIONAL SPEAKER

A PRESIDENT DIES

William McKinley, 25th president of the United States, circa May 4, 1900.



On Sept. 14, 1901, President William McKinley succumbed to a gunshot injury and passed away. He was 58 years old.

McKinley was attending the World's Fair in Buffalo, New York, eight days earlier. While giving a speech, a man shot him. He became the third U.S. president to be assassinated.

McKinley was the nation's 25th president. He is remembered for leading the country through the Spanish-American War of 1898 and holding fast to the gold standard.



McKinley entering the Temple of Music on Sept. 6, 1901, shortly before the shots were fired.

By Aidan Danza

THE BLAKISTON'S FISH OWL



The Blakiston's fish owl is the largest owl in the world, weighing in at up to 8.8 pounds.

On average, it's the world's largest owl, although one enormously sized Eurasian eagle owl beat the record-sized Blakiston's fish owl by 3 1/2 ounces. Yet the Blakiston's is extremely rare in its Far Eastern home and is thus one of the enigmas of the bird world. Up until recently, very little was known about the bird, but a few teams of researchers working out of Vladivostok, Russia, and Hokkaido, Japan, have begun to unravel the mystery of its life.

They're called fish owls because of their fishy diet. Fish govern all aspects of life for the Blakiston's fish owl. Since they must eat fish, they hunt in rivers. Since they must hunt in rivers, they must live over them, too. These rivers must be productive, and they also must remain unfrozen in the freezing climate of the Far East. The trees in which they reside must be very old and large, so as to form suitable cavities for a nest.

Raising young Blakiston's fish owls is a long process. Pairs might form when the owls are 2 years old, but they can't lay eggs until the age of 3. Even then, the owls may not have any young because of

environmental pressures (a hard winter, etc.) When the time is right, however, the owls will lay in March and incubate for an unknown period. The female incubates the eggs, while the male brings her food. When the owlets hatch, the male continues to bring them food during the day, while the female joins him at night. They leave the nest 50 days after hatching but stay on the "family property" into their second year.

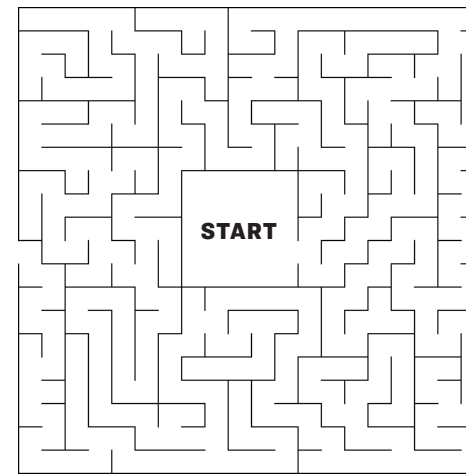
A fish owl hunt is quite interesting. They seem to be very capable hunters, hunting not only fish, but frogs, ducks, and small mammals. In the spring, they eat frogs more than anything else.

Their strategy is similar to that

of other raptors: The owl stays at a low perch, sometimes directly on the ground, scanning the water. When it sees a potential meal, it swoops down on the animal, taking it directly back to the perch to be eaten. When the prey is too large to fly a relatively long distance, the owl eats it partially until it's small enough to manage. Then it flies to its lookout post and feasts.

ALL PHOTOS BY SHUTTERSTOCK

AMAZING ESCAPES!



USE THE FOUR NUMBERS IN THE CORNERS, AND THE OPERANDS (+, -, AND X) to build an equation to get the solution in the middle. There may be more than one "unique" solution but, there may also be "equivalent" solutions. For example: 6 + (7 X 3) + 1 = 28 and 1 + (7 X 3) + 6 = 28

Easy puzzle 1

5	7		
	21		
4	5		
+	-	x	÷

Solution For Easy 1
9 + 5 + 7 = 21

Medium puzzle 1

8	12		
	32		
8	9		
+	-	x	÷

Solution for Medium 1
8 + 8 + (6 - 2) = 32

Hard puzzle 1

20	27		
	17		
7	23		
+	-	x	÷

Solution for Hard 1
4 - 02 - 02 + 12 = 17



- FLASHLIGHTS
- ARROW
- WAX
- MATCH
- VEHICLE
- TOOTH BRUSH
- CLIPS
- GLASSES
- CARDINAL
- SHRUBS
- GRASS
- SHRUBS
- BUCKET

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| Families | Matches |
| Fishing | Mess kit |
| Flashlight | Nature |
| Flies | Overnight |
| | Parent |
| | Ranger |
| | Rope |
| | Safety |
| | Tents |
| | Trail |

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► Check out our **Digital Guides** for an in-depth look at the latest trends in health.



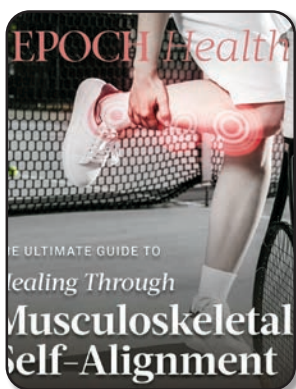
The Ultimate Guide to Growing Your Own Food

No green thumb? No problem! Feeding your family with a home garden is easier than you think. See our expert tips on how you can get started here.



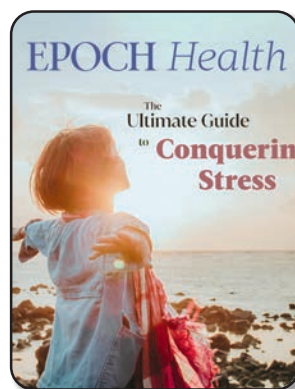
Healing From Long COVID and COVID Vaccine Effects

Learn about the lifestyle changes and treatments that can help you mitigate the symptoms of long COVID and COVID vaccine side effects.



The Ultimate Guide to Healing Through Musculoskeletal Self-Alignment

Discover simple ways to address muscle and bone pains that you can incorporate into your daily life.



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EPOCH Health

What People Are Saying



This is true journalism. This is what the Founding Fathers meant by ‘freedom of the press.’

— DARRYL AGEE

“You have been my source of hope. The truth is so scarce in media. The quality of my life is subject to the quality of truth in my life. Friends, work encounters, community interactions, all hinge on truth. The meticulous delivery of all sides of issues you cover permit me to sustain my hope in humanity. You have my deep respect and gratitude. I have told many, many patients (I am a physician) about you and will continue to do so. Truth + trust = hope + health.”

— DR. MARY ELLEN BLUNTZER

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