

MIND & BODY

In the United States, **41.9 percent** of adults are now obese.

Wegovy/Ozempic

Isn't a Miracle Drug, It's Part of the Problem

Obesity grows out of cultural changes that have left people around the world with a dangerously delicious problem



Americans eat some of the unhealthiest food in the world which makes treating obesity with a drug another example of symptom-oriented medicine, say experts.

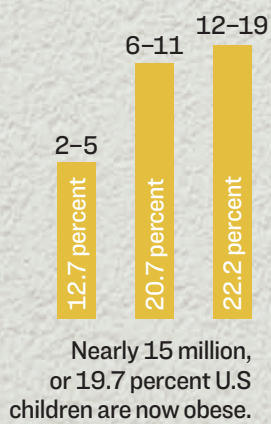
RAW EGG NATIONALIST

Commentary

In October 2022, a fan posted a picture of a noticeably slimmer-looking Elon Musk and asked the Twitter mogul a question: “Hey, @elonmusk what’s your secret? You look awesome, fit, ripped & healthy. Lifting weights? Eating healthy?” “Fasting” was Musk’s not-so-surprising first response (fasting is very trendy now, especially in the tech world). The follow-up—“And Wegovy”—was rather more surprising, if only for its honesty.

Musk’s admission to his 116 million Twitter followers—and the world—that he had used Wegovy—also known as Ozempic—was a huge boost to the profile of the not-so-secret weight-loss “wonder drug” that many other celebrities are using, although most won’t dare admit it. In a way, it was only fitting that Musk, the man who bought Twitter at a huge cost because he believes in open and free speech, should help blow the lid on just how widely used this new drug is among the glitterati.

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UNDENIABLE FACT

Diet and lifestyle are the critical factors influencing a person’s weight.

Vitamin D: 4 Ways Supplementation Can Improve Elderly Health

Boosting levels coincides with lowered risk of debilitating mental and physical diseases

AMY DENNEY

Vitamin D deficiency is often accompanied by symptoms and diseases that are casually dismissed as “old age.”

Vitamin D, which acts more like a hormone than a vitamin, plays several important roles and can affect everything from cognition to cancer.

Among its roles, it helps control calcium and phosphate levels in the body.

What sometimes appears to be rapid physical and cognitive deterioration associated with aging, can actually be vitamin D deficiency, which proponents argue could be avoided with supplementation. Vitamin D deficiency has been linked to osteoporosis, cardiovascular disease, cancer, diabetes, autoimmune diseases, and depression. A majority of the population worldwide is vitamin D deficient.

Vitamin D deficiency has a murky list of symptoms—such as the fatigue, weakness, brain fog, and anxiety that accompany a plethora

of diseases. It’s also possible that vitamin D deficiency may be lurking with no symptoms at all.

The only way to know for sure if your vitamin D level is low is to test, but the test isn’t always covered by insurance, and Medicare rarely pays for it—assuming a doctor recommends it in the first place. One test costs \$30–\$100. There’s also no universal lab value or vitamin D level that offers meaningful guidance to those who want to protect themselves against the list of diseases associated with deficiency.

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As we age, our skin makes less vitamin D from sunlight, which can leave the elderly people more prone to deficiency.



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The aging process is complicated by vitamin D deficiency, in part because it becomes more difficult to synthesize vitamin D from the sunlight as we get older.

Vitamin D: 4 Ways Supplementation Can Improve Elderly Health

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Research has shifted and swayed as to how much vitamin D we need and any risks associated with too much. That situation is confusing to patients and even doctors who may suffer from analysis paralysis. But there are specific findings applicable—especially to seniors—that indicate that supplementing with vitamin D does make a difference.

Understanding Vitamin D Levels

The first step is to test, rather than guess, your vitamin D levels.

Vitamin D is produced in your skin with a lesser amount being absorbed through your food. Then, it's sent to your liver, where it's converted to 25-hydroxycholecalciferol, also known as 25-hydroxyvitamin D, or 25 (OH)D. This is what the test measures.

Exactly how much 25 (OH)D you should have in your blood is up for debate.

GrassrootsHealth, a nonprofit public health research organization made up of 48 scientists, issued a call to action that recommends that people of every age need to reach and maintain a 25 (OH) D serum level of between 40–60

nanograms/milliliter (ng/ml) for optimal health. A 2017 report in Nature Reviews Endocrinology states that despite varying recommendations from medical organizations, all of them agree that anything less than 10 ng/ml should be avoided at all ages. Some experts say 25 ng/ml is normal, while others argue that it's too low.

The aging process is complicated by vitamin D deficiency, in part because it becomes more difficult to synthesize vitamin D from the sunlight as we get older. Intake of vitamin D from foods such as salmon, tuna, milk, eggs, pork, and beef liver is also lower in senior years. We know most older adults are deficient, but what to do about it has become a medical stumbling block.

It's an issue that's been complicated to the point of controversy as research creates new, confusing headlines every few months. Even a quick glance through undated articles on Today's Geriatric Medicine's website doesn't settle questions about the benefits of vitamin D, who should take it, and how much they should take.

On top of this, the number of stories on vitamin D dangers and toxicity seems

disproportionate to the actual risk. There's a small group of people who don't tolerate vitamin D supplementation, which is why levels should be monitored by lab testing and a physician.

How Much Is Enough?

The Institute of Medicine last set standards in 2019 for a tolerable upper limit dose of vitamin D at 4,000 international units (IU) per day, while the Endocrine Society at about the same time recommended 10,000 IU per day as the upper limit.

The National Institutes of Health recommendation is 600 IU daily for people aged 51 to 70 and 800 IU for those older than 70 but not more than 4,000 IU each day. But whether that will allow a patient to reach a serum level of 25 ng/ml, which some consider a health level, is a case-by-case basis. The Epoch Times recently reported on the trend of higher doses of vitamin D being used for incurable diseases, and research shows that there are benefits to getting the level between 40 and 60 ng/ml.

Dosing is more of an art than a science, as a 2017 study in Dermato-Endocrinology noted. One goal of the study was to achieve an average serum level of 40 ng/ml among the 3,882 participants. Another goal was to closely study toxicity. Participants at the beginning of the

study were taking an average of 2,100 IU vitamin D daily with an average serum level of 35 ng/ml. The researchers found that it required 6,000 to 7,000 IU (depending on weight) to achieve a vitamin D level of 40 ng/ml. At the end of the study, the average serum level for all participants was 51 ng/ml. Vitamin D intakes of up to 15,000 IU per day were found safe in the study.

Dr. Ellie Campbell, an integrative primary care specialist, told The Epoch Times that her level was at less than 20 ng/ml when she first checked in 2006, and it took her 1.6 million IUs of vitamin D to reach a level above 50 ng/ml. Since then, she has found that it takes 5,000 IUs daily to keep it at that level.

Many patients aren't aware of their vitamin D levels, and it frustrates her that labs report levels of 25 ng/ml and 30 ng/ml as "normal."

"Normal is determined by a scattergraph by the last 100 or so specimens," Campbell said. "They're not reporting optimal."

In other words, don't have a good scientific basis for making any specific claims about what ideal 25 (OH) D levels are. What we do know is that diseases arise when levels get too low and that people with higher levels do better.

There are at least four reasons elderly populations should consider vitamin D supplementation.

Vitamin D: The National Institutes of Health recommends a daily dose of

600 IU daily for people 51-70

800 IU for people 70+



Many consider ibuprofen harmless but all drugs have side effects.

Nonlethal Alternatives to Ibuprofen

Thousands die each year from common painkillers but there are safer, science-backed options

SAYER JI

Back in 2013, one Reuters article opened with the following stunning sentence: "Long-term high-dose use of painkillers such as ibuprofen or diclofenac is 'equally hazardous' in terms of heart attack risk

as use of the drug Vioxx, which was withdrawn due to its potential dangers, researchers said."

The 2004 Vioxx recall, as you may remember, was spurred by the nearly 30,000 excess cases of heart attacks and sudden cardiac deaths caused by the drug between 1999 and 2003. Despite the fact that scientific research had accumulated as early as 2000 linking Vioxx to increased heart attacks and strokes, the drug's manufacturer, Merck, and the Food and Drug Administration remained silent as the death toll steadily increased. The Reuters report focused on research published in The Lancet indicating the risk of heart attack increases as much as a third and the risk of heart failure doubles among heavier users of non-steroidal anti-inflammatory drugs (NSAIDs).

Pain and unhealthy levels of inflammation are fast becoming default bodily states in the industrialized world. While, in most cases, we can adjust the underlying pro-inflammatory conditions by altering our diet, reducing stress, and avoiding environmental chemical exposures, these approaches take time, discipline, and energy. Sometimes we just want the pain to stop now. In those often compulsive moments, we find ourselves popping an over-the-counter pill to kill the pain.

The problem with this approach is that, if we do it often enough, the side effects

accumulate and we put our lives at risk. Ibuprofen really is a perfect example of this. As mentioned above, this petrochemical derivative has been linked to a significantly increased risk of heart attack and increased cardiac and all-cause mortality risk (when combined with aspirin). Among the more than two dozen serious adverse health effects, people taking these drugs may suffer:

- Anemia
- DNA Damage
- Hearing Loss
- Hypertension
- Influenza Mortality
- Miscarriage

Ibuprofen is, in fact, not unique in elevating cardiovascular disease risk and/or mortality. The entire category of NSAIDs appears to have this under-recognized dark side; cardiovascular disease and cardiac mortality score highest on the list of more than 100 unintended adverse health effects associated with their use.

So what does one do? Pain is pain. Whether it happens to you or you witness it in another (which can be worse), finding relief is a top priority.

Research on Natural Pain Killers
Here's some evidence-based research on alternatives to ibuprofen, sourced from

the National Library of Medicine.

Ginger. A 2009 study found that ginger capsules (250 milligrams, four times daily) were as effective as the drugs mefenamic acid and ibuprofen for relieving pain associated with women's menstrual cycle (primary dysmenorrhea).

Topical arnica. A 2007 human study found that topical treatment with arnica was as effective as ibuprofen for hand osteoarthritis but with a lower incidence of side effects.

Astaxanthin, ginkgo biloba, and vitamin C combined. A 2011 animal study found this combination to be equal to or better than ibuprofen for reducing asthma-associated respiratory inflammation.

Chinese skullcap (Baicalin). A 2003 animal study found that a compound in Chinese skullcap known as baicalin was equal in effect to ibuprofen in reducing pain.

Omega-3 fatty acids. A 2006 human study found that omega-3 fatty acids (between 1200–2400 mg daily) were as effective as ibuprofen in reducing arthritis pain but with the

Mind and Body Benefits of Vitamin D

1. Vitamin D Reduces Recurrent Vertigo
A study published in 2020 in Neurology found that those who supplemented with vitamin D (and calcium) to get to a minimum level of 20 ng/mL of 25 (OH) D reduced their chances of recurrent episodes of benign paroxysmal positional vertigo, the most common type that happens when a change in head position causes a spinning sensation.

Conducted in Korea, the study compared a group of 445 people taking vitamin D to 512 people in an observation group that didn't receive supplements or have their levels monitored. There was a 24 percent reduction in the annual recurrence rate for those who took vitamin D, according to a statement about the study.

Traditional treatment involves a physical movement performed by a doctor that shifts the particles in the ear that are causing the vertigo, which can contribute to falls, fractures, and head trauma. "Our results are exciting because so far, going to the doctor to have them perform head movements has been the main way we treat benign paroxysmal positional vertigo," said Dr. Ji-Soo Kim of Seoul National University College of Medicine in South Korea. "Our study suggests an inexpensive, low-risk treatment like vitamin D and calcium tablets may be effective at preventing this common, and commonly recurring, disorder."

3. Vitamin D Lowers the Risk of Dementia

A new study examining the vitamin D supplementation habits of 12,388 participants from the National Alzheimer's Coordinating Center data linked supplementation to significantly lower rates of dementia. Results were published this month in Alzheimer's & Dementia: Diagnosis, Assessment and Disease Monitoring. Among the nearly 3,000 participants who developed dementia over the decade-long study, 75 percent had no vitamin D and the other 25 percent had only baseline exposure. Overall, the study found vitamin D was associated with a 40 percent lower risk of dementia.

There are currently about 50 million people living with dementia worldwide, a number that's expected to triple by 2050, according to the study.

Professor Zahinoor Ismail of the University of Calgary and the University of Exeter, who led the research, said in a statement:

"We know that vitamin D has some effects in the brain that could have implications for reducing dementia, however, so far, research has yielded conflicting results. Our findings give key insights into groups who might be specifically targeted for vitamin D supplementation. Overall, we found evidence to suggest that earlier supplementation might be particularly beneficial, before the onset of cognitive decline."

2. Vitamin D Helps Prevent Cancer
When it comes to advanced cancer, vitamin D supplementation can extend life, according to a 2020 study published in the Journal of the American Medical Association. In a clinical trial of 25,871 patients, vitamin D reduced the risk of metastatic or fatal cancers in those with a normal body mass index.

The Vitamin D Council highly recommends women with breast cancer take 5,000 to 15,000 IU per day of vitamin D and check levels to ensure that they stay above 70 ng/ml. For prevention, the level recommended is 60 ng/ml. Several studies show a benefit associated with reducing breast cancer.

Because of a family history of cancer, Campbell said she's adamant about keeping her vitamin D levels high. Depending on dosing, vitamin D was shown to lower breast cancer risk by up to 83 percent from 30 percent at an American Association for Cancer Research Annual Meeting in 2008.

"There's no drug on the market that can lower your breast cancer risk to that level," she said. "Everyone should know about this."

4. Vitamin D Reduces Falls and Fractures

Older studies show as much as a 72 percent reduction in falls among those with higher vitamin D levels in nursing homes. On the other hand, a recent and highly publicized study in The New England Journal of Medicine concluded that there was no correlation between vitamin D and fractures in older adults.

Critics of that study, which had dosing inconsistencies, as well as a few other 2022 studies, say there's a distinct benefit for taking vitamin D. One of those studies in the Journal of Bone and Mineral Metabolism reviewed 28 studies of 61,744 cases and 9,767 hip fractures and concluded that low serum vitamin D levels in the elderly are associated with an increase in the risk of hip fracture.

"What a difference we could make to the nursing home population because they fall less often," Campbell said. "It's one of the cheapest, easiest interventions. If we push those levels to where the science tells us it should be, our patients are recipients of the benefits."

The New England Journal of Medicine study received plenty of publicity, but it's drawn some criticism, too. Participants in the trial were given an initial high dose of vitamin D and then received a smaller daily dose of 2,000 IUs, while the placebo group was permitted to take up to 800 IUs per day. Grassroots Health was critical of this type of research for creating skepticism and preventing optimal dosing.

Additional research has found that not only does low vitamin D translate to more falls, but it's also associated with muscle weakness and pain, as well as gait disorders. Data demonstrated that those with a level of 20 ng/ml of 25 (OH)D and higher had better use of their lower extremities.

The Vitamin D Council keeps an updated list of conditions that may benefit from using this hormone, along with links to studies. Grassroots Health also has information about vitamin D, testing, levels, and transformation stories.

added benefit of having fewer side effects.

Panax ginseng. A 2008 animal study found that panax ginseng had analgesic and anti-inflammatory activity similar to ibuprofen, indicating its possible anti-rheumatoid arthritis properties.

St. John's wort. A 2004 animal study found that St. John's wort was twice as effective as ibuprofen as a pain-killer.

Anthocyanins from sweet cherries and raspberries. A 2001 cell study found that anthocyanins extracted from raspberries and sweet cherries were as effective as ibuprofen and naproxen at suppressing the inflammation-associated enzyme known as cyclooxygenase-1 and -2.

Holy basil. A 2000 study found that holy basil contains compounds with anti-inflammatory activity comparable to ibuprofen, naproxen, and aspirin.

Olive oil (oleocanthal). A compound found within olive oil known as oleocanthal has been shown to have anti-inflammatory properties similar to ibuprofen.

There are, of course, hundreds of additional substances that have been studied for their pain-killing and/or anti-inflammatory effects, and there are also aromatherapeutic approaches that don't require the ingestion of anything at all.

But even here, with such seemingly gentle approaches, there's danger. When we think of taking an alternative pain-killer to ibuprofen, we're still thinking within the palliative, allopathic medical model: suppress the symptom, and go on about our business.

It would behoove us to look deeper into what's causing our pain. And when possible, remove the cause(s).

That often requires lifestyle changes, such as a dramatic dietary shift away from pro-inflammatory foods, many of which most Westerners still consider absolutely delightful.

Sayer Ji is the author of the best-selling book "Regenerate" and founder and director of GreenMedInfo.com, the world's largest open-access natural health database. As a natural health rights advocate, Sayer co-founded Stand For Health Freedom, a nonprofit organization dedicated to protecting basic human, constitutional, and parental rights and recently launched Unite.Live, a worldwide platform for conscious content creator.

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Wegovy/ Ozempic

Isn't a Miracle Drug, It's Part of the Problem



MARIJA KORNEVA/GETTY IMAGES

If your favorite actor or actress has recently lost a noticeable amount of weight, chances are they've been using Wegovy.

ALL PHOTOS BY SHUTTERSTOCK UNLESS OTHERWISE NOTED

Continued from Page 1

If your favorite actor or actress has recently lost a noticeable amount of weight, chances are that they've been using Wegovy. One of the tell-tale signs is the so-called Ozempic face, a gaunt look caused by the loss of facial fat. Although buccal fat removal is now an increasingly common procedure in which fat from around the cheeks is surgically removed to give the face a harder, more angular look, it's just as likely that celebrities are using Wegovy.

Semaglutide, the drug's proper name, was created by Danish pharmaceutical company Novo Nordisk as a treatment for Type 2 diabetes in 2012. Clinical trials began in January 2016 and were completed in May 2017. The drug is injected and works by mimicking a natural gut hormone called GLP-1, which is responsible for regulating insulin and blood sugar levels. In basic terms, the drug helps to curb hunger pangs and makes the user feel full for longer. If you don't feel hungry, you won't eat, and if you don't eat, you'll start losing weight: It's that simple.

Many drugs start as treatments for a condition different from the one they ultimately become known for treating. Viagra was a blood-pressure medication before users reported that it had a surprising and, in many cases, not unwelcome

side effect.

Semaglutide was first approved for use as a diabetes treatment under the Ozempic brand, not long after clinical trials came to an end, and then later approved as Wegovy, a higher-dose treatment for obesity in the United States, the UK, and the European Union.

The buzz about semaglutide and its fat-busting effects had been building for some time before Musk's tweet. By 2020, it was already the 129th most commonly prescribed medication in the United States, with more than 4 million prescriptions.



Novo Nordisk developed semaglutide to treat Type 2 diabetes.

After a shortage of Wegovy in the United States, doctors began prescribing Ozempic off-label as a fat-loss treatment. Shortages of Ozempic have also been reported in Australia, where new prescription guidelines had to be issued to prioritize the diabetes patients for whom the drug was originally developed. These failures to meet the growing demand for semaglutide led Novo Nordisk's competitor Eli Lilly to state that it was working "around the clock" to make sure there was an adequate supply of its drug tirzepatide, which functions similarly.

In the first nine months of 2022, Novo Nordisk reported a 59 percent growth in sales of Ozempic and Wegovy. Social media, especially TikTok, are now awash with videos about semaglutide and its

After a shortage of Wegovy in the United States, doctors began prescribing Ozempic off-label as a fat-loss treatment.



Elon Musk is the rare celebrity to admit to using Wegovy.

miraculous effects. The tag "#ozempic" has hundreds of millions of views on TikTok alone. Given all of this attention and positive coverage, it's perhaps no wonder that semaglutide is already being hailed as the "solution" to obesity.

Obesity is, of course, one of the prevailing illnesses of modern life in the developed world, if not the prevailing illness. All the evidence suggests that it's a problem that's getting worse, not better—much worse, in fact. A recent study in the *Journal of Obesity* focused on the long-term weight gain of nearly 15,000 adults in the United States and found that one-fifth of U.S. adults gained 20 percent of their body weight over 10 years.

The study also found that women gained nearly twice as much as men over the same period and that younger adults gained the most overall, at an average of 17.6 pounds between their 20s and 30s. Over a lifetime, the combined weight gain adds up to 45 pounds, more than enough to push most people into the category of seriously overweight or even obese.

In the United States, according to the most recent statistics from the U.S. Centers for Disease Control and Prevention, 41.9 percent of adults are now obese, a significant increase from the 30.5 percent who were obese at the turn of the millennium. The prevalence of severe adult obesity has increased to 9.2 percent from 4.7 percent.

Among U.S. children, nearly 15 million, or 19.7 percent, are now obese, and 12.7

Prevention: A Higher Form of Medicine

The 3 Tiers of Doctors Forum: Helping us modify our individual disease risk is the job of middle-tier doctors

JINGDUAN YANG

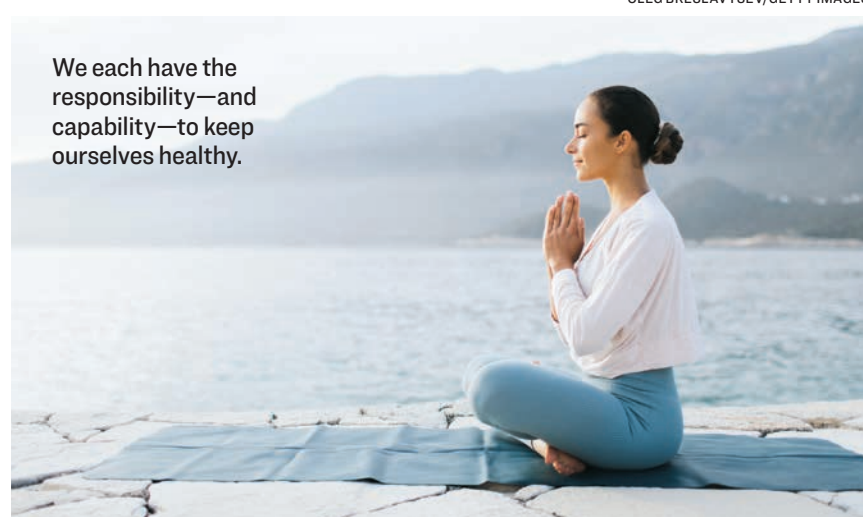
Modern life is exhilarating—but living in a fast-paced rhythm also brings worries, stress, tension, anxiety, and even mental exhaustion. People's desires for personal health within the chaos of life are becoming more prevalent.

Dr. Yang Jingdian, a well-known psychiatrist in Philadelphia, launched a series of lectures titled "The Three Tiers of Doctors Forum" to share insights into spiritual and physical health. The following is a transcript of his talk.

The lower-tier doctors treat diseases, the middle-tier treats people, and the upper-tier doctors treat the country. Health is a business for everybody. Welcome, everybody, to the Three Tiers Doctors Forum. I am Dr. Yang.

In the last talk, we spoke about the concept of lower-tier medical treatment. This form of treatment deals with disease that has manifested fully and is threatening the patient or causing significant distress. Most medical treatments in common use reside at this level.

Today, we will focus on talking about our understanding of how middle-tier treatments work. Middle-tier treatments must deal with the fact that a human being is an extremely complicated entity with vastly different genetic potentials and other characteristics.



We each have the responsibility—and capability—to keep ourselves healthy.

Middle-tier treatments contend with the reality that people not only have a physical structure, but also an extremely complex, intricate, and individually varied biochemical system.

Human Beings Need the Soul, Spirit to Control the Body

During our life, we are constantly exhaling and inhaling, ingesting and expelling. There is a set of energy structures and circulation systems in our body that is constantly moving. This is what allows people to maintain good physical and psychological function. But even so, human beings are not yet complete.

Consider a car as an example. Even though it has a body structure, oil, water, electrical circuits, and an engine—it still cannot move.

“Even if people are born with a certain genetic defect, this doesn't mean they are destined to get sick.”

Dr. Yang Jingdian, psychiatrist

It still needs a driver to get it going. The same is true for human beings, who need the soul and spirit to control the human body. Without those, one will not be a complete, valuable, and meaningful person in society. In that sense, the composition of human beings is indeed extremely complicated.

In fact, ancient Chinese medicine has a very thorough understanding of these things. In the "Yellow Emperor's Inner Canon," there is a complete system and a good discussion of the spirit, ethereal soul, corporeal soul, intent, and will, which are all within the category of spirit and soul.

Based on this discussion, there exist some codes of conduct as required for the human spirit and soul. They are benevolence, righteousness, propriety, wisdom, and integrity. Because of this, traditional Chinese medicine (TCM) requires people to achieve peace of mind and believes that regulating the mind is the key to health. And through such regulation, one can really achieve a peaceful state of mind.

Emotion is a kind of strong energy. When the emotion is not at peace, the energy system in the body will become out of balance, causing various dysfunctions in it, and various biochemical reactions in the body will also be affected. Over time, various physical diseases will come by themselves.

Scientific Basis Exists for Wisdom, Legends of Chinese Medicine

The development of modern medicine has gone through a short process, with a history

percent of 2- to 5-year-olds, 20.7 percent of 6- to 11-year-olds, and 22.2 percent of 12- to 19-year-olds are now obese. The estimated medical cost of obesity in the United States was nearly \$173 billion in 2019.

A problem on this scale obviously requires a bold approach. But what's bold about creating a drug that does nothing to address the real causes of the increasingly overweight, unhappy world we live in?

Champions of semaglutide claim that it's, above all else, a compassionate treatment for weight problems, since traditional approaches—eating less, moving more—don't really work. Some of us just weren't made to be a normal size; it's in our genes to put on weight, and so as soon as we're put in a modern environment of abundance, we end up overweight. It's something like a law of nature: It's irresistible.

While I would be the first to say that there are many things we don't know about obesity (why do the Hadza, Tanzanian hunter-gatherers, not get fat, despite eating as much sugar, in fruit and honey, as Americans? Why do people at higher altitudes suffer lower rates of obesity?) and that there are obviously individual genetic components that make us more or less susceptible to obesity, it's an undeniable fact that diet and lifestyle are the most important factors when it comes to a person's weight.

How could it be otherwise? Semaglutide works by stopping you from eating, and your caloric needs then outweigh your intake, causing you to lose weight. The drug doesn't alter your genetics.

The fundamental truth is that in the past hundred or so years, we in the developed world have undergone a profound transformation in the way we eat and live. We've effectively broken with the past and the lifestyles of our ancestors, who lived active lives—often of toil, for sure, but not always—and consumed diets overwhelmingly composed of natural, whole foods.

In the best instances, people in traditional societies, such as those described by the famous dentist Weston Price in his 1939 book "Nutrition and Physical Degeneration," were able to flourish on rich diets of nutrient-dense animal foods—organ meat, fatty cuts, seafood, dairy, eggs, and fat products such as butter and lard—and displayed a health and vitality that eludes all but the most fortunate of us today.

Now what do we eat? Processed foods loaded with added sugars, refined grains, toxic seed, and vegetable oils—once thought fit to be used only as industrial lubricant—and a witch's brew of colorings, flavorings, texturizers, and other additives. These foods have come to make up an increasingly large part of our diets over the past century, and the results have been disastrous.

British toddlers (children aged 2 to 5 years old), for example, now consume nearly two-thirds of their daily calories from processed food, according to a new study, making their diet perhaps the worst in the world among their age cohort. Tod-

The Evolution of Semaglutide

Semaglutide was first sold as a diabetes drug under the brand name Ozempic.

In 2021 a higher dose version was approved for treating obesity and was sold under the brand name Wegovy. The injected drug works by curbing your hunger and making you feel full for longer.

When a Wegovy shortage emerged, doctors started prescribing Ozempic off-label.

Semaglutide was approved to treat diabetes under the Ozempic brand.

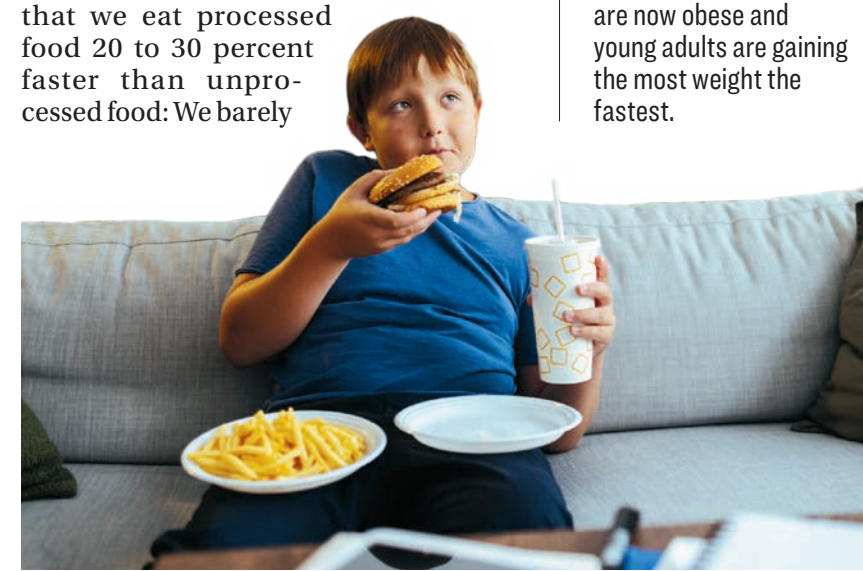


dlers in the United States don't fare much better, with 58 percent of their calories coming from processed food.

Study after study has linked this kind of food with every possible ailment you could care to imagine, from autism to Alzheimer's—including, of course, obesity. A 2021 BBC documentary titled "What Are We Feeding Our Kids?" revealed that consuming processed food in typical quantities for just a month can actually rewire the brain's pleasure and automatic-behavior centers in the manner we might expect of a drug addict, in addition to causing weight gain, anxiety, loss of libido, hemorrhoids, and a wide variety of other nasty problems. These worrying brain alterations persist even if you stop eating processed food.

The addictiveness of processed food isn't a side effect; it's by design. Armies of highly paid food scientists labor to ensure that processed food products are "hyper-palatable," hitting the "bliss point" where qualities such as crunchiness, sweetness, and saltiness are perfectly balanced. The food is easy and, most of all, satisfying to eat.

Indeed, one study shows that we eat processed food 20 to 30 percent faster than unprocessed food: We barely



Nearly

1 in 5

AMERICAN CHILDREN

are now obese and young adults are gaining the most weight the fastest.

LUBAPHOTO/GETTY IMAGES

When the emotion is not at peace, the energy system in the body will become out of balance.

Jingdian Yang, M.D. F.A.P.A. is a board-certified psychiatrist specializing in integrative and traditional Chinese medicine for chronic mental, behavioral, and physical illnesses. He contributed to the books "Integrative Psychiatry," "Medicine Matters," and "Integrative Therapies for Cancer." Co-authored "Facing East: Ancient Secrets for Beauty+Health for Modern Age" by HarperCollins and "Clinical Acupuncture and Ancient Chinese Medicine" by Oxford Press. Dr. Yang is also the founder of the Yang Institute of Integrative Medicine and the American Institute of Clinical Acupuncture and the CEO of Northern Medical Center, Middletown, N.Y., since July 2022.

Middle-tier doctors help patients avoid disease by supporting healthier eating habits and other lifestyle improvements.



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MADE TO MOVE

Exercise Better Than Drugs for Depression and Anxiety

Research reveals that exercise offers better mental health outcomes for people facing common ailments

DUSTIN LUCHMEE

Research finds that exercise is an effective method for managing the symptoms of depression, anxiety, and stress across numerous populations. While the benefits of exercise are generally recognized for physical health, they're often overlooked in the management of mental health disorders.

One out of every eight people worldwide has a mental health disorder. These disorders are commonly treated with antidepressants. For some patients, antidepressant medications have undesirable side effects, such as gastrointestinal disorders, loss of sex drive, and weight gain.

Because of potential side effects, the cost of medications, and difficulty finding the right medication, many with mental health issues such as depression and anxiety seek alternative treatment options.

Compared with medications, exercise has been shown to be a low-cost and healthier alternative for effectively boosting mental health, making it a viable treatment option for depression or anxiety.

How Exercise Improves Mental Health

Since 1994, exercise has demonstrated promise as a treatment for mental health conditions such as depression and anxiety. Physiologically, exercise mediates the activity of serotonin receptors, which are associated with an antidepressant effect and responsible for the feeling of happiness.

Brain imaging has revealed that depression is linked to structural factors, including reductions in brain volume in the frontal and temporal lobes. These brain regions are responsible for emotional regulation, learning, and memory.

Physical activity has been shown to promote brain volume, particularly in those more susceptible to volume reduction. Increased blood flow to the brain delivers more biomolecules that improve brain cell growth and development. One such molecule, brain-derived neurotrophic factor (BDNF), has been shown to increase with moderate exercise.

How Inflammation Causes Depression

Recent research has shown that exercise not only has a positive impact on brain physiology but also reduces inflammation in the body. This is significant because inflammation has been linked to the development of depression and other mood disorders. By reducing inflammation through exercise, individuals may be able to improve their mental health and overall well-being.

A recent meta-analysis found elevated ranges of inflammatory biomarkers in blood samples of depressed patients. Depression can create a pro-inflammatory state in the body, which puts people with depression at



Exercise has a powerful and immediate mood-boosting effect that is all the more pronounced when done outdoors.

Exercise was shown to increase academic performance in children, improve learning and memory in adults, and prevent cognitive decline in the elderly.



Exercising, even walking, can improve cognitive function,

STANISLAV PALAMAR/SHUTTERSTOCK



To maintain an exercise habit, find something you enjoy doing.

LPH/SHUTTERSTOCK

risk for other health complications.

Depression may cause people to make poor food choices, overeat, and avoid regular physical activity. These behaviors can cause weight gain and lead to obesity.

Obesity causes chronic inflammation in the body, which can lead to other health issues such as diabetes, cancer, and heart conditions.

Obesity and depression were found in a recent study to have a cyclic relationship: People living with obesity are 55 percent more likely to develop depression than individuals who aren't obese, and individuals who are depressed are 58 percent more likely to become obese than individuals who don't have depression.

Physical exercise has been shown to reduce inflammation within the body, which can help reduce symptoms of depression.

While specific mechanisms are still unclear, adults who exercise have been shown to have reduced levels of IL-6, a key inflammatory molecule, and elevated IL-6 has been implicated in depression. Blood samples taken from 116 adults who reported mild-to-moderate depression showed a reduction in IL-6 levels after three 60-minute exercise sessions for 12 weeks, with a significant reduction in depression severity.

Exercise Boosts Brainpower and Mood

Cognitive deficits have been found in people with depression. Struggling to process and use information can cause depression to worsen.

Common cognitive impairments in patients with depression include deficits in attention, executive functioning, and memory. These cognitive impairments are found even after a person's depression goes away.

The remediation of cognitive impairment and alleviation of depressive symptoms each play an important role in improving outcomes for patients with depression. Therefore, cognitive impairment represents a core feature of depression that can't be discounted and may be a valuable target for future interventions.

Exercise was shown to increase academic performance in children, improve learning

and memory in adults, and prevent cognitive decline in the elderly. These cognitive benefits are connected to the physiological changes that occur with exercise: an increase in blood flow to the brain, an increase in brain volume in key brain regions, and a reduction of inflammation in the body.

Children who exercise regularly have demonstrated increased performance in subjects such as math, reading, and language. This is thought to be a result of how exercise facilitates the activity of different brain networks.

In older women, an exercise regimen using both resistance bands and walking for three 60-minute sessions per week was shown to reduce symptoms of depression, improve cognitive function, and increase BDNF levels. Resistance band training and walking are both low-impact activities, making them accessible to a wide range of people.

While exercise has been clinically proven to resolve depression in a variety of patient populations, regular exercise can also be used to prevent depression and anxiety. In the general population, regular exercise of any intensity has been shown to provide protection against depression.

While most studies examining exercise as a preventative tool against depression and anxiety have focused on adults, more research is needed to examine its effectiveness for children and adolescents. However, five small clinical trials have also demonstrated that exercise reduced reported depression in healthy children.

Exercise methods such as tai chi, low-impact exercise, aerobic exercise, and weight training offer a wide range of physical and mental health benefits. Exercise is a viable treatment option for depression and anxiety, and it's important to overall mental health and well-being.

Dustin Luchmee is a Philadelphia-based health reporter for The Epoch Times. He mainly covers stories on neuroscience, mental health, and COVID-19. He has a masters degree in data science and previously worked in neuroscience research.

8 PEOPLE

One out of every eight people worldwide has a mental health disorder.

The Promise and Problems of Supplements



In an analysis from **2001-08**, it was determined that

about

90 PERCENT of Americans are deficient in vitamins D and E,

and more than

40 PERCENT have some other form of nutritional deficiency.

Supplements may resolve certain nutrient deficiencies, but they aren't a magic pill some believe.



Getting your vitamins and minerals in a bottle may give you a boost, but some synthetics come with risks

MARINA ZHANG

Supplements have become a staple in the diets of many Americans as awareness of skyrocketing nutritional deficiencies grows.

In an analysis from 2001-08, it was determined that about 90 percent of Americans are deficient in vitamins D and E, and more than 40 percent have some other form of nutritional deficiency. Depending on the study, 35 percent to 80 percent of Americans now take supplements. The data are more uniform in the higher age brackets, with about 80 percent of adults older than the age of 60 using supplements.

While nutritional supplements can re-

solve nutrient insufficiencies and provide health benefits, they aren't meant to replace a wholesome diet. They might even come with unknown side effects and risks.

Supplements: Mostly Synthetics With Potential Risks

When someone buys a bottle of supplements, they may assume that what they're getting is the extracted, concentrated version of whatever vitamin or mineral they would find in food.

More often than not, the active ingredient in their bottle is synthetic, meaning that it's been manufactured using industrial chemicals.

Continued on Page 12

The Unexpected Ways People Overcame Cancer

Cancer survivors routinely report that internal changes helped them beat a terminal cancer diagnosis

CHINYI LI

Cancer is one of the most dreaded diseases of our time. For years, cancer has been one of the leading causes of death worldwide. Many cancer patients suffered grueling treatment but still succumbed to the disease. However, some cancer patients who were deemed incurable have defied the odds and made miraculous recoveries. What are the secrets of these cancer survivors?

Li Ou (a pseudonym) is a cancer sur-

Everyone has innate self-healing power, which is the primary force behind curing cancer.

vivor in Taiwan who was diagnosed with stage IVB nasopharyngeal carcinoma (terminal stage) four years ago, with a two-year survival rate of just 10 percent. Despite the odds, he's still alive today and enjoys better physical health than he did before his cancer diagnosis. So how did Li beat cancer? He attributed his success to his "optimistic and positive attitude" and daily exercise, with hospital treatments serving as a complementary aspect of his approach.

Li stated that despite the pain he endured during his battle with cancer, he refused to see himself as a patient. Instead, he likened cancer to a "severe cold" and persisted with his daily routine of going to work and completing his household chores.

Continued on Page 14

10 keywords

to explain the "decisive difference" between themselves and cancer patients whose disease had progressed.

- Physician
- Family
- Friends
- Information
- Treatment method
- Diet
- Mindset
- Effort
- Luck
- Other

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If you're eating plenty of fruits and vegetables, you're doing well. But if you are eating the foods mentioned below, beware.

Avoid These Foods to Protect Your Gut Microbiome

Common foods and drugs can kill your beneficial microbes and feed problematic ones

GEORGE CITRONER

The gut microbiome is a complex ecosystem of bacteria, viruses, and fungi that are vital to your brain and body. What you eat can define whether that ecosystem contributes to a state of health or disease.

An unhealthy gut microbiome can undermine a person's health by contributing to leaky gut, autoimmune diseases, digestive problems, and mental health issues. Dr. Colby Kash, chief operating officer and co-founder of Camelot Biocapital and author of "The Autoimmune Plague: How to Regain Sovereignty Over Your Body and Life," told The Epoch Times.

A negative gut microbiome profile can lead to an increase in inflammatory signaling, which damages the gut lining, he warned.

"This is often experienced as bloating, constipation, diarrhea, or heart burn," Kash said. "Chronically, this can result in leaky gut syndrome, when the selective channels in the gut lining become too big and allow larger particles to sneak into the blood stream, initiating a heightened immune response."

He noted that this process is linked to triggering autoimmune diseases such as rheumatoid arthritis, lupus, and Crohn's disease. Studies have also shown that the gut-brain axis plays a critical role in mental health and an unhealthy gut microbiome can contribute to mental health issues such as depression and anxiety.

Food and Drink That Negatively Affects Microbiome

Certain foods and beverages can negatively affect the gut microbiome, leading to an imbalance of microorganisms, inflammation, and even disease.

Processed Foods

Western dietary patterns, which contain large amounts of processed food, might create imbalances in the digestive system by affecting gut bacteria.

Research finds that consuming a diet high in processed foods can lead to a decrease in beneficial bacteria while increasing harmful bacteria in the gut. These foods are usually high in sugar, salt, and unhealthy fats.

A study published in the journal Cell Host & Microbe found that mice fed a high-sugar diet had a less diverse gut microbiome and more harmful bacteria than mice fed a low-sugar diet.

Artificial sweeteners, such as saccharin and aspartame, also have been shown to damage the gut microbiome.

A study found that mice fed saccharin had a less diverse gut microbiome and an increased risk of glucose intolerance, a condition that can lead to Type 2 diabetes.

Alcohol Drinking too much alcohol can disrupt the gut microbiome by altering the balance of bacteria and promoting the

growth of harmful bacteria. A study published in Gut Microbes found that chronic alcohol consumption may lead to an increase in harmful bacteria, such as Enterobacteriaceae, and a decrease in beneficial bacteria, such as Lactobacillus and Bifidobacterium.

Antibiotics (and Antidepressants) Although antibiotics can be lifesaving medications, they also disrupt the gut microbiome by killing beneficial bacteria.

Research has shown that a course of antibiotics can significantly decrease the diversity of the gut microbiome. A recent study found that antibiotics can lead to a decrease in the abundance of beneficial bacteria, such as Bifidobacterium and Lactobacillus, and an increase in harmful bacteria, such as antibiotic-resistant Clostridium difficile, more commonly known as "C. diff."

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Research also finds that exposure to antibiotics is a risk factor for developing inflammatory bowel disease (IBS).

"Restoring the gut microbiome after completing a course of antibiotics is essential to preventing problems down the road," Kash said. "In general, it can take several weeks to several months for the gut microbiome to fully recover after a course of antibiotics."

Researchers have also begun looking into a similar effect linked to antidepressants. A study published in Scientific Reports in 2020, for example, linked several antidepressants to "a significant reduction in bacterial viability" across several bacterial strains.

"Our findings demonstrate that gut microbiota could be altered in response to antidepressant drugs," the researchers concluded.

An unhealthy gut microbiome can contribute to mental health issues such as depression and anxiety.

Maintaining a Healthy Gut Microbiome

One of the best ways to keep the gut microbiome healthy is by incorporating plant-based foods into your diet.

Fruits and vegetables are rich in fiber, which is essential for maintaining a healthy gut microbiome. Fiber helps feed the beneficial bacteria in the gut, promoting their growth and diversity. Aim to eat a variety of fruits and vegetables every day to ensure that you are getting a range of nutrients and fiber.

Whole grains, such as brown rice, quinoa, and whole wheat, are also rich in fiber and help promote the growth of beneficial gut bacteria. Whole grains also contain prebiotics, indigestible fibers that help feed probiotic bacteria in our gut.

Legumes, including beans, lentils, and chickpeas, are excellent sources of fiber, protein, and other essential nutrients. They are also rich in prebiotics.

Fermented foods, such as sauerkraut, kimchi, kefir, and tempeh, contain live bacteria that help replenish and diversify the gut microbiome. Fermented foods can also boost the immune system.

Besides diet, it's important to follow an all-around healthy lifestyle, Kash said.

"Taking care of the gut microbiome through healthy lifestyle choices such as a balanced diet, regular exercise, and stress management can have significant positive effects on an individual's overall health and well-being."

Ozone Therapy

Could Be Effective Against COVID-19, Cancer

This divisive treatment has several supportive studies but remains controversial because of its volatile nature

CHRISTY PRAIS

Despite numerous studies conducted over the years demonstrating the diverse potential of ozone in treating various illnesses, the use of ozone therapy as a therapeutic agent remains controversial.

That's partly because ozone has an inherently unstable molecular structure, due to the nature of its mesomeric states.

Some scientists believe that these states might be risky, while others believe this volatile nature is what gives ozone the therapeutic effects revealed in various studies.

The results of those studies aren't entirely reassuring the U.S. Food and Drug Administration (FDA), however.

In 2019, the FDA went as far as to say, "Ozone is a toxic gas with no known useful medical application in specific, adjunctive, or preventive therapy."

And yet, there is a significant body of research finding that ozone has several therapeutic applications. A detailed review published in Medical Gas Research in 2017 acknowledges the unstable nature of the gas but notes that "copious volumes of research have provided evidence that [ozone's] dynamic resonance structures facilitate physiological interactions useful in treating a myriad of pathologies."

This is why, despite concerns, suspicions, and differing opinions, a multitude of ozone therapies have been explored with substantial benefits found in a wide range of short- and long-term health issues.

Despite the FDA's blanket rejection of ozone treatments, the current regulations tolerate the use of ozone in situations in which it has proven its safety and effectiveness.

Therapeutic Uses

Some types of cancer and COVID-19 have been found to improve with ozone therapy, suggesting that ozone may be beneficial in reducing the risk or severity of these illnesses. Research has found that the therapy decreased inflammatory markers linked to COVID-19 severity and that it was associated with a significantly shorter time to clinical improvement.

Also, a May 2022 study published in the Journal of International Medicine looked at the apoptotic effect (the process of cell death) of ozone therapy on mitochondrial activity of highly metastatic breast cancer cell line MDA-MB-231 using in vitro approaches.

The study concluded that "ozone has been shown to suppress the growth of human cancer cells in culture, implying that cancer cells have a compromised defense system against ozone damage."

The authors state, "In the current study, we demonstrated that ozone treatment could induce an anti-cancer effect on breast cancer cell lines."

Ozone Therapy and Cancer

Ozone therapy has been explored in many studies for cancer treatment. It has been shown to increase the activation of the immune system, support the production of cancer-fighting cells, and contribute to the general resilience of the body. It has also been shown to play an important role in reducing the negative effects of chemotherapy.

In 1931, Dr. Otto Warburg was awarded the Nobel Prize for his research on respiratory enzymes. Warburg discovered that cancer cells have a lower respiratory rate than other cells and in turn deduced that cancer cells grow and multiply in low-oxygen environments. He theorized that increasing the oxygen level can damage or even kill them.

In 1980, a study published in Science found that depending on the concentration, ozone could significantly suppress the growth of distinct human cancer cells (breast, lung, and uterus) while having no effect on non-tumor cell lines.

The study found that the presence of ozone at 0.3 to 0.5 part per million inhibited cancer cell growth by 40 and 60 percent, respectively, and exposure to ozone at 0.8 part per million inhibited cancer cell growth by more than 90 percent.

Ozone therapy has also been found to be a complementary treatment for cancer patients undergoing conventional treatments. Researchers in a study published in Chemotherapy in 1990 tested their hypothesis



Copious volumes of research have provided evidence that O3's dynamic resonance structures facilitate physiological interactions useful in treating a myriad of pathologies.

A detailed review published in Medical Gas Research

90%

The presence of ozone at 0.3 to 0.5 part per million inhibited cancer cell growth by 40 and 60 percent, respectively, and exposure to ozone at 0.8 part per million inhibited cancer cell growth by more than 90 percent.

that, because certain chemotherapy drugs can have a harmful or toxic effect, combining ozone with chemotherapy drugs may improve the effectiveness of the drugs against cancer cells.

In the study, they tested their hypothesis by treating human cancer cells with ozone and a chemotherapy drug called 5-fluorouracil (5-FU). They found that ozone helped to overcome resistance to 5-FU in cancer cells that had previously been resistant to the drug. Additionally, they found that ozone had a synergistic or at least additive effect when used in combination with chemotherapy in breast and colon cancer cells.

Another cancer drug used to treat many different types of cancer, called Cisplatin (CDDP), causes kidney damage in about 25 percent of patients as a side effect. This can lead to acute renal failure—a potentially fatal condition.

A study looked at whether ozone therapy could help reduce kidney damage caused by CDDP in rats. The researchers found that the rats that received the ozone therapy had lower levels of a molecule called serum creatinine, which is a marker of kidney damage, than rats that didn't receive ozone therapy.

Ozone Therapy and COVID-19

Two recent studies have looked into ozone therapy as an adjuvant therapy for COVID-19.

In a September 2022 study published in International Immunopharmacology, researchers found that ozone therapy improved inflammatory markers, such as IL-6, LDH, D-Dimer, and CRP.

Studies show that the effect of COVID-19 on the cardiovascular system is more severe in patients with elevated levels of inflammatory factors such as IL-6, high levels of which can be an indication of a "cytokine storm"—an excessive and potentially life-threatening immune response that can damage organs such as the lungs and kidneys.

A 2021 study published in the same journal found that ozonated autohemotherapy was associated with a shorter time to clinical improvement—seven days versus 28 days in the placebo group.

In addition to its therapeutic uses for certain types of cancer and COVID-19, ozone therapy has been shown to be an alternative therapeutic approach for some diseases such as circulatory disorders, AIDS, asthma, and cardiovascular diseases.

Ozone Therapy Administration

Ozone is a natural gaseous molecule made up of three oxygen atoms. It was first observed in 1840 by German chemist Christian Friedrich Schonbein.

Ozone is like the Earth's natural cleaner. It acts like soap, combining with any pollutant that it comes in contact with and helping to neutralize it. The stratosphere layer of the



Machines that create a kind of ozone steam room allow the gas to be absorbed through the skin.

atmosphere also contains an abundance of ozone, which softens the impact of the sun's ultraviolet rays.

Ozone therapy is the process of administering ozone gas into the body to treat a disease or wound.

The first ozone generator for medical use was developed in 1857 and has been used to disinfect medical supplies and treat different health conditions for more than 100 years.

A Divided Scientific Community

Despite compelling research and studies spanning many years showing ozone to have a wide range of applications in treating various diseases because of its unique properties, the use of ozone therapy as a therapeutic agent currently remains controversial.

There is a perception that ozone is always toxic, but evidence indicates that when it's applied following a specified method, ozone can be effective in the treatment of degenerative diseases.

Christy A. Prais received her business degree from Florida International University. She is the founder and host of *Discovering True Health*, a YouTube channel and podcast dedicated to health and wellness. Prais also serves on the advisory board at the *Fostering Care Healing School*. She is a contributing journalist for *The Epoch Times*.

Ozone Therapies

Ozone therapy can be administered in different ways. Some of the methods are:

- Ozone autohaemotherapy (AHT):** During this procedure, a certain volume of the patient's blood is withdrawn through an IV line. The blood is then enriched with an ozone-oxygen gas mixture and then reinfused back into the patient.
- Direct ozone injection.** The same gas mixture is introduced into one syringe, and blood from the vein is taken into another syringe, then carefully transferred into the syringe with the gases. The blood enriched with ozone is administered intramuscularly into the buttock.
- Ozone sauna.** Humidity and heat open the pores, allowing ozone to penetrate the skin to the bloodstream, where it can travel to the fat and lymph tissue.

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WISE HABITS

Creating When You Feel Resistance

Within the discomfort of facing your meaningful work is an energy that can move you forward

LEO BABAUTA

I've noticed that most of us let ourselves be driven by our resistance to something difficult, frightening, or uncertain.

We take on a hard task—creating something, for example—and then we feel some kind of resistance or we feel overwhelmed. It's often simply fear of the unknown.

It's quite normal and understandable to let this fear drive our actions—or inactions.

But what would it be like if we didn't let this resistance drive us? What if we could stay in the uncertainty and feel the resistance but still transform it into creativity and action?

Let's take a look at the two parts of that.

Stay in the Resistance

The first step is to set aside some space for whatever you're resisting. Warning: This step can be a doozy. We somehow always find ourselves too busy to do the thing we're resisting. Funny how that works.

So if you notice you never have time for it—make the time. Set aside 15 minutes in the morning, or maybe 30. Put it on the calendar and commit yourself fully.

Let's say you do that and now you find yourself in that block of time. But then, all of a sudden, everything else seems urgent. Your emails are suddenly irresistible or your kitchen needs immediate cleaning. Stay put. Don't abandon the task. Your resistance wants to drive you away, but you're going to try something different. You will take leadership of your life rather than letting life happen to you.

Sit still for a minute and feel the resistance. Don't dwell on the thoughts about how you can't do this or how you should do it later. Instead, focus on the sensation of resistance in your body, the itch of overwhelm that reveals fear and uncertainty. Recognize that

it's simply a sensation, an experience.

Be with it. If it feels like more than you can handle, stay a few moments longer. This is training. You are strengthening your tolerance to be able to stay mindfully present with the feeling of resistance.

With practice, you learn that it isn't a big deal. You can be with it, with gentleness and even love instead of judgment.

Transform It Into Creativity and Action

Once you've done that, there's another incredible way to work with this energy in your body. It feels like something you don't want, but it's actually energy.

This is the energy of life, of being human, of fear and meaning, learning and creating. Of discovering something new and connecting.

This energy isn't something to expel, but to use in your creation. What can you create in this place of resistance with this unsettled energy? Can you let yourself stay curious and explore? What might emerge if you stay open here?

From this place, your deepest creation will be uncovered. You begin to realize that you aren't the inventor of your creations but the discoverer of them. You begin to get excited about what might be unearthed in the unknown.

This is magic. What are you waiting for?

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

The key is to recognize that resistance is only a feeling.



Don't let the energy from your resistance dissipate, use it to fuel your creativity.

You are strengthening your tolerance to be able to stay present with the feeling of resistance.



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