WEEK 14, 2023

THE EPOCH TIMES

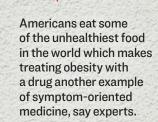
MINDS BODY

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



RAW EGG NATIONALIST

20.7 percent 6-11 20.7 percent 22.2 percent 22.2

Nearly 15 million, or 19.7 percent U.S children are now obese. Commentary

n 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.

Continued on Page 6

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.

Continued on Page 2



HAT PEOPLE ARE SAYING

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- DARRYL AGEE

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- ANNE KELLY



Vitamin D:

4 Ways Supplementation Can Improve Elderly Health

Continued from Page 1

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 know most older adults are deficient, but 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 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

than a science, as a 2017 study in Dermato-Endocrinology noted. are. What we do know is that diseases arise One goal of the study was to achieve an average serum level of 40 ng/ml among the 3,882 participants. Another goal was

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."

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

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.

Mind and Body Benefits of Vitamin D



sensation.

1. Vitamin D Reduces

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

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.

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.

Results were published this month in

Alzheimer's & Dementia: Diagnosis,

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

"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 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.

Vitamin D:

The National

Institutes

of Health

recommends a

daily dose of

600 IU daily

for people

800 IU

for people

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

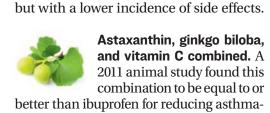
to closely study toxicity. Participants at the beginning of the

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



associated respiratory inflammation.

ibuprofen in reducing pain.

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

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 added benefit of having fewer side effects.



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



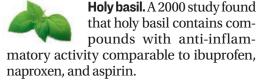
St. John's wort. A 2004 animal study found that St. John's wort was twice as effective as ibuprofen as a pain-killer.

Anthocyanins from sweet

Panax ginseng. A 2008 ani-

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.



pound found within olive oil known as oleocanthal has been shown to have anti-inflammatory

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.

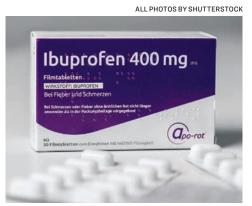
But even here, with such seemingly gentle approaches, there's danger.

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



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 proinflammatory 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-thecounter 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:

 DNA Damage Hearing Loss

Anemia

 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 mortal ity 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

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

Olive oil (oleocanthal). A comproperties similar to ibuprofen.

content creator.



20 MILLION people in North America currently have some type of cobalt-chrome arthro-prosthetic (joint) implant.

Toxicity from metal implants can lead to issues ranging from fatigue or mood swings to blindness or neurological issues

ZRINKA PETERS

ip replacement surgery is one of the most common orthopedic surgeries performed in the United States each year, and has brought relief to millions who have suffered from painful conditions like osteoarthritis or rheumatoid

But despite developments made in the past few decades, the procedure still carries potentially serious risks for some patients,

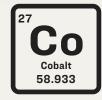
Buildup of cobalt or other metals in the blood can cause damage to the heart, brain, eyes, ears, and other organs. especially those who received metal-onmetal (MOM) hip implants.

MOM implants are those in which the "ball" and "socket" of the hip joint are both he quickly began to experience troubling made from an alloy that includes cobalt and chromium. With the friction that occurs from normal wear and tear, metal particles are shed into the surrounding tissues and bloodstream. An accumulation of these particles can result in harmful metallosis, (metal toxicity), or cobaltism from shed cobalt particles, which can lead to symptoms ranging from tissue death and bone loss to neurological complications that mimic Alzheimer's disease.

A Brief History of Hip Replacements

Total hip replacement (THR) surgery (also called total hip arthroplasty) has been





KUPICOO/GETTY IMAGES

replacements because it is durable and resistant

Week 14, 2023 THE EPOCH TIMES

BJOERN WYLEZICH/SHUTTERSTOCK

around for almost a century. It's currently considered to be among the safest and most successful orthopedic surgeries. According to the American Academy of Orthopedic Surgeons, more than 450,000 THR surgeries are performed annually in the United States. Traditional hip replacements have generally used a metal "ball" along with a polyethylene (plastic) liner or "socket." More recently, different combinations of metal alloys, crosslinked polyethylene, and ceramics have become the most widely used.

Metal-on-metal (MOM) hip implants were first used in 1966 and quickly gained in popularity. They were thought to have several advantages over the conventionally used metal-on-polyethylene implants, including less "wear and tear," greater durability, and the possibility of using larger femoral heads (the "ball" part of the ball-and-socket), which could provide greater stability and range of motion in the patient, as well as a lower chance of dislocation. This made metal-onmetal implants an especially attractive option for younger and highly active patients.

Further design developments led to the use of MOM implants made from a cobalt-chromium alloy, and the use of these particular MOM implants really took off in the 2000s, with more than 600,000 Americans receiving metal-on-metal hip implants between 2006 and 2012, before their use began to drop sharply due to product recalls, lawsuits, and an increased awareness of the serious risks associated with them. These risks include heart and thyroid problems, as well as troubling neurological symptoms, among others.

Finding the Problem

Dr. Steven Tower, a 30-year orthopedic surgeon who specializes in hip, knee, and shoulder surgeries, has pioneered research on the risks of cobalt-containing implants. His passion for investigating this issue and sharing the results of his research was spurred by his own horrific experience with a failed metal-on-metal hip implant.

After having his hip replaced in 2006,

"When I became seriously ill in 2007, I suspected cobalt. The hip had to come out because there was so much damage to the tissue around the hip. I was also developing retinal damage, in addition to some really annoying tinnitus and deafness," Tower told The Epoch Times.

He also experienced sleep disturbance, mood instability, imbalance, and stiffen-

ing of the heart (diastolic cardiomyopathy). Soon after MOM replacement implants were introduced into the orthopedic marketplace, it became clear that they were linked to unexpected, adverse reactions.

They failed at a much higher rate than other types of implants—about six times as often—and the friction between the ball and socket resulted in metal "debris" being released into the surrounding tissue and bloodstream. This buildup of cobalt or other metals in the blood can cause damage to the heart, brain, eyes, ears, and other organs.

The Problematic **Origin of MOM Implants**

In case you're wondering how these high risk devices came to be implanted in thousands of patients, to begin with—the New England Journal of Medicine reports that they were able to be brought to market through a regulatory loophole known as the 510(k) process.

Through this pathway, certain high-risk medical devices—which would normally be required to undergo clinical testing demonstrating their safety and effectiveness—can be brought to market if they can demonstrate "substantial equivalence" to products that have already been approved by the U.S. Food and Drug Administration.

The kicker here is that the "substantial equivalence" does not have to be to devices that are currently in use and have a proven track record of safety and effectiveness. New products can be "substantially equivalent" to those which had been voluntarily recalled or shown to be unsafe or ineffective.

Phased Out but Still in Use

Even though metal-on-metal hip replacements were gradually either recalled or phased out and have not been used in the United States since May 2016, it's estimated that about one million were implanted in Americans before they were fully off the

Some hip resurfacing implants still use cobalt-chromium parts, and so do certain other types of implants including knee and shoulder.

The only remedy for severe cases of cobaltism or metallosis is revision surgery, in which the metal parts are removed and replaced with non-metal alternatives. Unfortunately, revision surgery is often riskier and more expensive than the original surgery.

Bone loss following the first surgery can make it more difficult for the new implants to anchor well. In less severe cases though, chelation therapy may be effective in reducing levels of both cobalt and chromium ions in the blood. Support for that treatment comes from several case reports, including one titled "N-Acetyl-Cysteine Reduces Blood Chromium and Cobalt Levels in Metal-on-Metal Hip Arthroplasty," published in the June 2020 issue of Arthroplasty Today.

The Cobalt Conundrum

Cobalt toxicity resulting from MOM hip implants is of particular concern because symptoms from elevated cobalt levels are often neurological, resembling Alzheimer's or dementia, and can mimic those resulting from other types of toxicity.

This makes cobaltism easy to misdiagnose, or misattribute to the natural effects of aging, explains Tower.

"The most commonly noted symptoms are a tremor, which the patients may not even notice. Very common is a loss of mental acuity, and fatigue is another big one. But the problem with symptoms like that is, they're very common in aging populations. The question is, do they feel that what they're experiencing is beyond what they **A SAFER OPTION** Hip replacements are now made with plastic liners instead of cobalt-chromium. This eliminates the risk of metal fragments from metal-on-metal joints. Plastic liner Acetabular Femoral stem

Cobalt toxicity resulting from MOM hip implants is of particular concern because **symptoms** from elevated cobalt levels are often neurological, resembling **Alzheimer's** or dementia.

annually in the United States, American

Academy of Orthopedic Surgeons.

would expect from aging?"

Safety thresholds for cobalt concentrations in the blood are not widely agreed upon. According to the Mayo Clinic, normal blood levels should be under 1.8 micrograms/liter (mcg/L). At over 2.0 micrograms, monitoring is recommended, and 5.0 or more is considered toxic. In patients with cobalt-chromium prosthetic hip implants, cobalt concentrations in their blood can rise to many times above levels considered to be safe. Three cases presented at the ACR Winter

Symposium on Jan. 29, 2014, of patients who had undergone hip replacement surgery using either metal-on-metal or metal-onpolyethylene implants showed cobalt blood concentrations ranging from 20.0 mcg/L to 287.6 mcg/L—the latter being almost 160 times over the safety threshold.

Robert D. Bunning, M.D., FACP, FACR, who presented the cases, told the audience that a remarkable aspect of each of the patients was that "hip pain was not a prominent feature." Rather, varied symptoms of cobaltism included serious heart and thyroid complications, fatigue, and cataracts.

Neurological Consequences

Subsequent research has found associations between cobalt toxicity and neurological disorders.

A review of research related to metal toxicity following hip implants, published in the Sept-Oct 2014 edition of Clinical Toxicology found that, out of 18 individual cases, "The reported systemic features fell into three main categories: neuro-ocular toxicity (14 patients), cardiotoxicity (11 patients) and thyroid toxicity (9 patients). Neurotoxicity was manifest as peripheral neuropathy (8 cases), sensorineural hearing loss (7), and cognitive decline (5); ocular toxicity pre-

sented as visual impairment (6). All these neurological features, except cognitive decline, have been associated with cobalt poisoning previously."

MEDICALARTINC/GETTY IMAGES

Other studies also highlighted depression and memory loss following cobalt toxicity. It's not hard to see how, especially in elderly patients, toxicity resulting from cobalt-chromium implants could easily be mistaken for Alzheimer's or dementia, for which memory loss and difficulty concen-

trating are key features. And although MOM hip replacements have been in the spotlight, other prosthetic implants also contain cobalt-chromium and may pose some level of risk, warned Tower.

"We've come to recognize all these same issues can occur with any cobalt-chrome orthopedic implant," he said.

This poses a significant public health concern when you consider that 20 million people in North America currently have some type of cobalt-chrome arthro-prosthetic (joint) implant.

An Individualized

and Unpredictable Danger

While some individuals seem to tolerate cobalt-chromium implants well, many others have adverse reactions, and it's impossible to foretell how any given person will react, said Tower.

"There's also individual variability in what different cobalt levels will do to an individual, and this has to do with the immune system. Some are very sick with modest elevations—other individuals had extremely high blood cobalt levels and didn't see any systemic toxicity issues.

"We're dealing with a spectrum disorder here—we've learned about its existence from relatively extreme cases such as my own, or where people die or become deaf or blind. But for every case report, how many cases were there of similar severity that were never written up?"

There may also be many cases misdiagnosed as other conditions. Because cobalt exposure can affect different people in varied ways, both patients and health care providers need to be aware of the symptoms that could indicate cobalt poisoning following joint replacement surgery.

According to the University of Rochester Medical Center, symptoms of cobalt poisoning could include fatigue, weakness, peripheral neuropathy, hearing loss, visual loss, cognitive decline, cardiomyopathy, and/or hypothyroidism. Pain, disrupted sleep, and mood disorders have also been noted as symptoms.

Cobalt levels can be easily detected by either blood or urine tests, and many cases of cobalt metallosis can be treated, especially if detected early on. Those who have had cobalt-containing implants should be aware of these symptoms so that they can contact As Tower notes, "Who knows how many people have had some effect from cobalt exposure that has limited their ability to function independently? My experience as patient, surgeon, and researcher indicates orthopedic-implant cobaltism is common, treatable, and preventable."

Zrinka Peters is a freelance writer focussing on health, wellness, and education topics. She has a BA in English Literature from Simon Fraser University in Canada and has been published in a wide variety of print and online publications including Health Digest, Parent.com, Today's Catholic Teacher, and Education.com



implants

really took 2000s, with more than 600,000 Americans receiving metal hip implants between 2006 and 2012.

FOOD AS MEDICINE

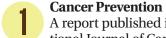
Avoid Cancer and Heart Disease With Bananas

Research shows why the common banana deserves superfood status

DAVID CHU

Banana contains plentiful potassium ions, dietary fiber, vitamins, and antioxidants. Delicious and nutritious, bananas aren't only healthy snacks, but also great for preventing cancer, cardiovascular diseases, memory de-

cline, and relieving anxiety. What can a banana a day do for the human body?



A report published in the International Journal of Cancer in January

2005 documents a 13.4-year study in Sweden of 61,000 women between the ages of 40 and 76, which found that women who ate at least four bananas a week had a 50 percent lower risk of kidney cancer. Women who eat root vegetables such as car-

rots and beets also have a lower incidence of kidney cancer. A Japanese study discovered that ripe bananas can boost human immune cells to

produce tumor necrosis factor (TNF), which can fight abnormal cells. The darker the patches on the banana skin, the better the immune system enhancement. Yellow-skinned bananas with dark spots increase white blood cells eight times more than

green-skinned bananas. A research review published in Frontiers in Oncology in 2021 described how banana extracts prevent and fight various types of cancer by regulating different cell signal conduction pathways. The botanical chemicals in bananas can be used to develop multitarget drugs for cancer treatment.



Cardiovascular and **Cerebrovascular Disease** Prevention

Bananas are rich in magnesium. Magnesium helps reduce the risk of atherosclerosis by decreasing the plasma oxidized low-density lipoprotein, also known as bad cholesterol



Anytime your bananas start turning brown, peel them and put them in the freezer for future smoothies.

Eating highfiber foods such as bananas can prevent heart disease.

They also have a lot of potassium, which controls blood pressure and regulates heart rate. Arrhythmia and elevated blood pressure are symptoms of a lack of potassium. The right amount of potassium can stabilize the excitability of nerves and muscle cells within the normal range, keeping the heart functioning properly.

A report published in the European Heart Journal in 2022 describes a 19 1/2-year study of 11,267 men and 13,696 women, which found that those with the highest potassium intake had a 13 percent lower risk of cardiovascular disease than those with the lowest potassium intake.

Cardiovascular disease onset or recurrence risk was 11 percent lower in women and 7 percent in men.

The research indicated that eating more potassium-rich foods can prevent heart disease and stroke, especially in women.

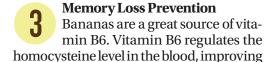
Bananas also contain a lot of water-soluble dietary fiber, which is essential for heart disease prevention.

A study published in JAMA Internal Medicine in 2003 showed that eating high-fiber foods such as bananas can prevent heart disease. More than 9,700 U.S. adults participated in the study. During the years of follow-up, researchers discovered that risk of coronary heart disease and cardiovascular disease were reduced by 12 percent and 11 percent,

respectively, in those who consumed the most fiber per day (median of 20.7 grams) compared with those who ate the least (median of 5.9 grams).

People with the highest daily consumption of water-soluble fibers also saw a decreased risk of heart disease, by 15 percent. The mortality rate of coronary heart disease was reduced by 24 percent, and the chance of getting heart disease went down by 15 percent.

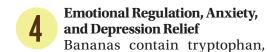
This particular group of participants was also 10 percent less likely to develop cardiovascular disease, with cardiovascular disease mortality rates also dropping by 12 percent.



cognitive ability. In a study published in The American Journal of Clinical Nutrition in March 1996, researchers at Tufts University in Boston conducted cognitive tests on 70 men between the ages of 54 and 81.

They found that subjects with higher vitamin B6 levels performed better in two memory tests.

Research shows that eating fruits rich in potassium helps students improve concentration and study more effectively. A school in England helped 200 students to pass an exam by giving them bananas at breakfast, break, and lunch to improve their brain power.



reactions in the body.

serotonin. Serotonin can relax the body, relieve anxiety, and induce the feeling of joy. Bananas also contain B vitamins, which play a vital role in the human nervous system, as coenzymes coordinate chemical

which the human body can convert into

A study published in the journal Human Psychopharmacology: Clinical & Experimental in 2022 documented the effects of high doses of vitamin B6 on 478 participants. The clinical study found that high doses of

vitamin B6 consumption can reduce anxiety

and depression. Another study, published in the Pakistan Journal of Pharmaceutical Sciences in 2017, pointed out that banana pulp and peel have anti-anxiety, anti-depression, and memoryenhancing functions, likely due to their antioxidant effects.

Some People Should Avoid Overeating Bananas

People With Kidney Disease The metabolic function of potassium is abnormal in patients with acute and chronic nephritis, renal insufficiency, and other kidney diseases if they eat too much potassium-rich

Hyperkalemia and symptoms such as muscle weakness, drowsiness, and slow heart rate may arise as a result. Therefore, the National Kidney Disease

Foundation suggests that patients with kidney disease avoid bananas and have apples

Diabetics

The sugar content of bananas is high. People with diabetes should be mindful of the amount they eat.

According to the U.S. Department of Agriculture, 100 grams of bananas contain about 15.8 grams of sugar.

However, since bananas contain more fiber and resistant starch that the human body can't absorb, their glycemic index isn't high, so they won't cause a sharp spike in blood sugar.

According to the School of Public Health of Harvard University, the glycemic index of ripe bananas is 51. The glycemic index of semi-ripe bananas is only 42, but that's still higher than that of apples, which is about 36.



THE FEEL

Bananas contain tryptophan, which the body converts into serotonin. Serotonin can relax the body and brighten our mood.

Wegovy/ Ozempic

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



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If your favorite

actor or actress

lost a noticeable

weight, chances

are they've been

using Wegovy.

has recently

amount of

Week 14, 2023 THE EPOCH TIMES

MARIA KORNEEVA/GETTY IMAGES

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 socalled Ozempic face, a gaunt look caused by the loss of facial fat. Although buccalfat removal is now an increasingly common procedure in which fat from around the cheeks is surgically removed to give for some time before Musk's tweet. By 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

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 in sales of Ozempic and Wegovy. Social before users reported that it had a surprising and, in many cases, not unwelcome

semaglutide to treat

Type 2 diabetes.

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 2020, it was already the 129th most commonly prescribed medication

> in the United States, with more than 4 million prescriptions. After a shortage of Wegovy in the United States, doctors began prescribing Ozempic offlabel as a fat-loss treatment.

Shortages of Ozempic have also been reported in Australia, where new prescription Novo Nordisk developed guidelines had to be issued to prioritize the diabetes pa-

tients for whom the drug was for regulating insulin and blood sugar originally developed. These failures to levels. In basic terms, the drug helps to meet the growing demand for semaglucurb hunger pangs and makes the user tide led Novo Nordisk's competitor Eli feel full for longer. If you don't feel hungry, Lilly to state that it was working "around you won't eat, and if you don't eat, you'll 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 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.

has hundreds of millions of views on Tik-Tok 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 pre-

vailing 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.

miraculous effects. The tag "#ozempic"

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

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

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.

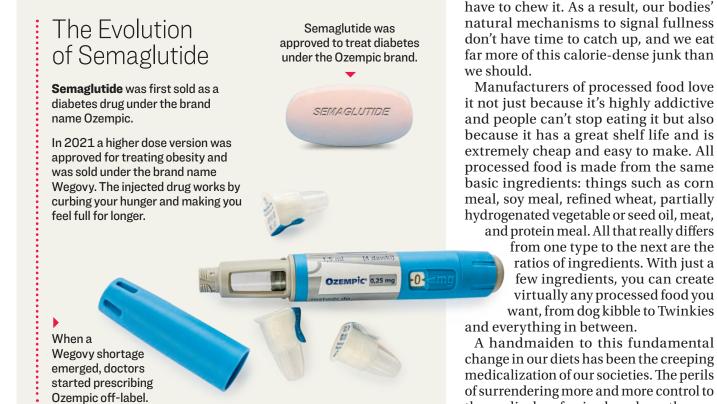
How could it be otherwise? Semaglutide works by stopping you from eating, and your caloric needs then outweigh your intake, causing you to lose weight. The drug doesn't alter your genetics.

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

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

addictiveness

side effect; it's

of processed

food isn't a

by design.

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 "hyperpalatable," hitting the "bliss point" where qualities such as crunchiness, sweetness, and saltiness are perfectly balanced. The food is easy and, most of all, satisfying

AMERICAN CHILDREN Indeed, one study shows that we eat processed are now obese and food 20 to 30 percent young adults are gaining the most weight the faster than unprocessed food: We barely fastest.

from one type to the next are the ratios of ingredients. With just a few ingredients, you can create virtually any processed food you want, from dog kibble to Twinkies and everything in between.

A handmaiden to this fundamental change in our diets has been the creeping medicalization of our societies. The perils of surrendering more and more control to the medical profession have been thrown into stark relief by events of the past three years. But medicalization and its negative effects, otherwise known as "iatrogenesis," are virtually everywhere we care to look in our lives today.

Manufacturers of processed food love

processed food is made from the same

basic ingredients: things such as corn

and protein meal. All that really differs

We see iatrogenesis at work in the baby whose mother has been told by "experts" to feed her baby soy formula rather than her breast milk, a substitution that, in effect, will prepare the baby for a lifestyle of consuming processed alternatives to the perfect natural foods we should be eating.

We see iatrogenesis, too, in the massive overprescription of antidepressants, pain pills, and blood pressure medication to cope with the debilitating effects of a diet and lifestyle that are radically at odds with those of our ancestors.

By surrendering to the logic of ad hoc treatment, we concede that the underlying problems, whatever they may be, can't be solved. This is exactly what Ozempic/ Wegovy is: yet another concession that we lack the will to confront our problems today as they really are.

Of course, massive entrenched interests in the food and medical industries, which hold powerful sway over government, confront anybody who would dare to suggest a wholesale change to the way we live and eat. A month's supply of semaglutide can cost about \$1,000 in the United States, and many users will likely have to remain on the drug indefinitely to keep the weight off if they aren't prepared to make any other changes to their lifestyle. Just imagine: tens of millions of overweight people hooked on this expensive drug for decades. What a proposition for the shareholders!

The shareholders will profit, but it will be at our expense. By ignoring the root causes of obesity, we'll be no closer to real health than we were before, however much less some of us may weigh.

Raw Egg Nationalist is is the author of "The Eggs Benedict Option," which is available from Amazon and other thirdparty retailers.

ing. So in our future talks, we will discuss

this area in more detail. Since most of these

approaches can be done by ourselves, this

information will pave the way to be proac-

Prevention: A Higher Form of Medicine

We each have the

responsibility-and

capability-to keep

ourselves healthy.

The 3 Tiers of Doctors Forum: Helping us modify our individual disease risk is the job of middletier 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 Jingduan, 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 intricate, and individually varied biochemidoctors treat the country. Health is a business cal system. 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.

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 ge-

Middle-tier treatments contend with the reality that people not only have a physical structure, but also an extremely complex,

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 Today, we will focus on talking about our 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 netic potentials and other characteristics. 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 Jingduan, 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

of just over 200 years. Its progress is extremely fast. However, various modern medical research studies have proven repeatedly that the wisdom of our ancient Chinese medicine is also valid and scientifically sound.

For example, we now realize that one's suffering from mental stress can lead to imbalances and obstacles in the nervous system, which can lead to endocrine dysfunction, which in turn can also lead to immune system disorders. Under this situation, all kinds of physiological, psychological, physical, and mental diseases will come about. And modern medi-

aspect very clearly. More importantly, modern medicine has realized that possessing a disease-causing gene does not necessarily mean a disease. The results of modern medical research have found that

cine has now recognized this

each of us has thousands of variimpact on what genes ous kinds of genetic potentials, get activated. or mutations, but this does not mean that they will cause problems. It is only when the mutation affects the structure of some larger protein molecules and functions that it will then have an impact. So even if people are born with a certain genetic defect, this doesn't mean they are destined to get

sick. That's not how it works. As we all know, a lot of environmental factors, such as nutritional status, various pollutants such as heavy metals, poisons, or infections, have all been found to affect the regulation of mutated genes. Mental stress also affects our genes. Gene expression can be turned either on or off. If you do

a good job keeping stress down, eating well,

exercising, and breathing properly, many bad genes that could have been turned on can be kept off.

In other words, even though one has a genetic weakness or defect, it does not necessarily cause disease. Modern medicine calls it environmental genetic medicine, formally called epigenetics. Of course, we also talk about precision medicine nowadays, which means determining a person's health status and treatment plan based on his genetic characteristics and genetic

> status. In fact, TCM has long recognized this point. People have different constitutions and possess very different innate factors.

Middle-Tier Approaches

Medical science today has realized that various methods of relieving our mental stress, im-How you live has a major proving our mental health, improving our nutrition, as well as the effects of exercising, all have a profound impact on the occurrence, prog-

ress, and worsening of diseases. So health is not just relying on the doctor and taking medicine; you can take a lot of initiative yourself. After all, you are quite able to keep yourself healthy and also responsible to do so. This is the very essence of how middle-tier doctors treat people.

Middle-tier doctors help people to improve their mental health, their diet and nutrition, their lifestyle, and their ability to reduce stress and/or resist stress.

This category of middle-tier treatments also includes methods applied in detoxification for some chronic infections and poisonWhen the emotion is not at peace, the energy system in the body will become out of balance.

Middle-tier doctors

help patients avoid

disease by support-

ing healthier eating

habits and other life-

style improvements.

tive about our health. Middle-tier doctors treating people actually refers to practices that help a person elevate from a subhealthy state to a healthy state, thus preventing the subhealthy state from deteriorating into a disease state. This allows a person to avoid the lower-tier medical treatments necessary to combat the manifestation of disease.

Jingduan 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.*

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may resolve

certain nutrient

deficiencies, but

they aren't a

magic pill some

The Promise and Problems of

Supplements

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 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,



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

LFH/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 de-

Exercise Boosts Brainpower and Mood Cognitive deficits have been found in people with depression. Struggling to process and use information can cause depression

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

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.

PEOPLE One out of every eight

Week 14, 2023 THE EPOCH TIMES



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

MARINA ZHANG

upplements have become a staple n 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- Continued on Page 12

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.

MIND & BODY 9 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

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PERCENT

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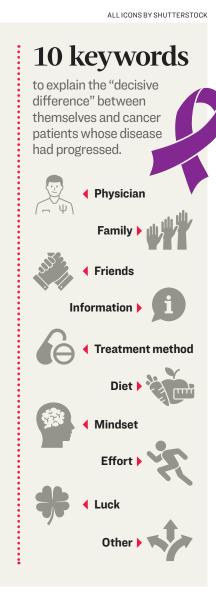
diseases of our time. For years, cancer has been one of the leading causes of death worldwide. Many cancer patients suffered grueling treatment but still succumbed to the disease. However, some cancer patients who were deemed incurable have defied the odds and made miraculous recoveries. What are the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

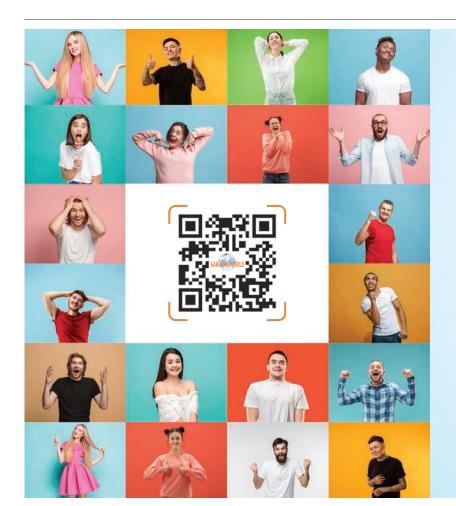
Everyone has innate self-healing power, which is the primary force behind curing cancer.

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











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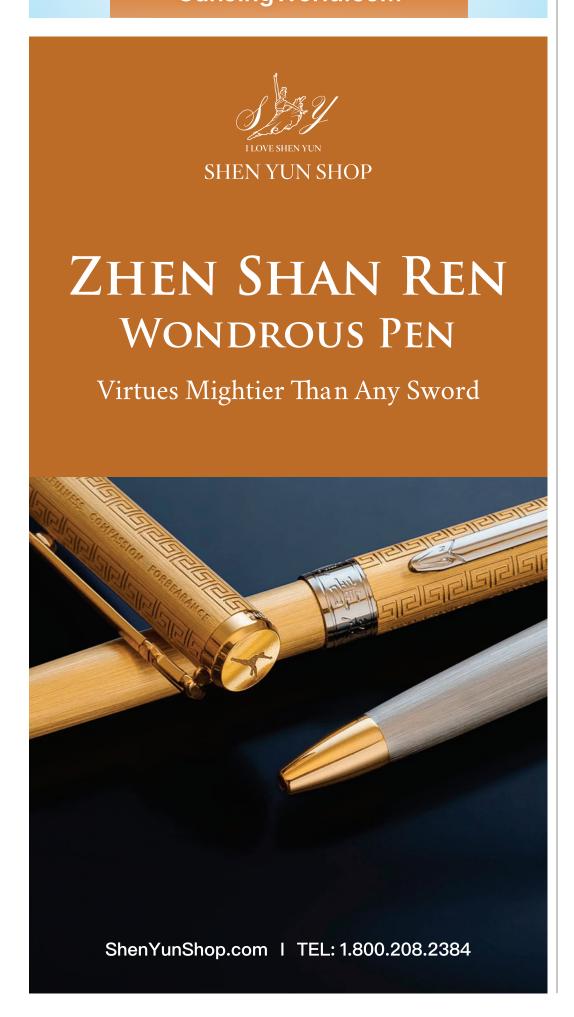


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Avoid These Foods to Protect Your Gut Microbiome

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 fungithat 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 Nature found that a diet high in processed foods can lead to an increase in the abundance of certain bacteria, such as Bacteroides fragilis, which is associated with inflammation and inflammatory bowel disease.

Eating too much sugar can also disrupt the gut microbiome by affecting the balance between pro- and anti-inflammatory gut bacteria.

Research also finds that a high-sugar diet unbalances the microbiome, so the body makes fewer of the gut immune cells that help to prevent pre-diabetes

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.

Drinking too much alcohol can disrupt the gut microbiome by altering the nificant positive effects on an indibalance of bacteria and promoting the vidual's overall health and well-being."

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.

Week 14, 2023 THE EPOCH TIMES

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 antibioticresistant Clostridium difficile, more commonly known as "C. diff."

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

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

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

Maintaining a Healthy Gut

One of the best ways to keep the gut microbiome healthy is by incorporating plantbased 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 sig-

Ozone Therapy Could Be Effective Against COVID-19, Cancer

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

espite 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 shortand 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

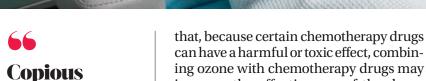
Ozone therapy has been explored in many studies for cancer treatment. It has been shown to increase the activation of the immune system, support the production of cancer-fighting cells, and contribute to the general resilience of the body. It has also been shown to play an important role in reducing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



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A detailed review

Gas Research

published in Medical

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ozone at 0.3 to 0.5

against cancer cells. In the study, they tested their hypothesis research have by treating human cancer cells with ozone and a chemotherapy drug called 5-fluorouracil (5-FU). They found that ozone helped evidence that to overcome resistance to 5-FU in cancer cells that had previously been resistant O3's dynamic 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 creatine, 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

improve the effectiveness of the drugs

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
- 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.

Continued from Page 9

Two scientists from the University of Nis in Serbia note that there isn't even much difference between different brands of supplements.

"More than 95 percent of the vitamins, minerals and antioxidants that you can buy at health food stores and close to 100 percent of those sold in other stores are now made by the same few pharmaceutical and chemical companies who supply them to most all the vitamin and mineral companies," they wrote.

Some synthetic vitamins are even potentially harmful.

An example of this is synthetic vitamin E, also known as all rac-alpha-tocopherol (incorrectly called d,l-alpha-tocopherol), which isn't identical to the naturally occurring vitamin E. While vitamin E from natural food occurs as a single molecule, all rac-alpha-tocopherol is a mixture of eight different molecules and is made through industrial petrochemical processes.

Studies have suggested that consumption of all rac-alpha-tocopherol may be associated with increased prostate cancer risk. A study that subjected about 35,000 men to daily supplements of selenium, all rac-alphatocopherol, both selenium and all rac-alphatocopherol, or a placebo found that those who took all rac-alpha-tocopherol had an increased 17 percent risk of prostate cancer.

Synthetic beta-carotene also differs from naturally occurring cis-beta-carotene. Supplementation has been documented to have an association with increased mortality in lung cancer patients.

Other synthetic vitamins that are potentially toxic include:

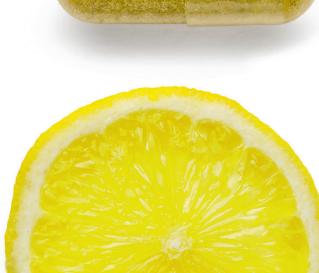
- Vitamin B1 (Thiamine): Thiamine hydro-
- Pantothenic acid: Calcium D-pantothe-
- Vitamin B6 (Pyridoxine): Pyridoxine hydrochloride
- Vitamin B12: Cyanocobalamin • Folic acid: Pteroylglutamic acid

Synthetic Versus Natural

While nutrients from whole foods are often packaged with other assisting and inhibiting tamins or don't behave the same biologieral supplements on the market are isolates; nutrients such as phytonutrients. a vitamin C supplement will only contain ascorbic acid, and a magnesium supplement has a magnesium compound such as magnesium oxide as the bioactive ingredient, with fillers and flavorings making up the rest of the pill.

Isolated Vitamins

or Minerals May Not Function Well Vitamins and minerals don't function alone;



While nutri-

plements can

resolve nutri

ent insuffi-

ciencies and

provide health

benefits, they

aren't meant

to replace a

wholesome

A minority of sup-

plements are made

from freeze-dried

real foods with syn-

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minerals added.

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tional sup-

Week 14, 2023 THE EPOCH TIMES

ISOLATED VITAMINS AND MINERALS

Supplements are not condensed fruits or vegetables. Most are synthesized. This means they are devoid of the fiber and phytonutrients naturally present in whole foods.

isolated. However, the strength of this argument is still under debate, since not all vitamins $would \, act \, in \, the \, same \, way \, and \, thousands \, of \,$ phytonutrients exist in plants, many of which

are unnamed with unknown properties. Most importantly, phytonutrients can act as a double-edged sword. On one hand, they can promote the absorption and function of certain nutrients, but they also act as antinutrients and obstruct the absorption of other minerals and vitamins.

"In the food realm of things, these competitions work so that the body doesn't actually overdose on certain micronutrients," said board-certified micronutrient specialist Jayson Calton. Calton is also board-certified in integrative health, alternative medicine, and sports nutrition. His wife, Mira Calton, is a licensed certified nutritionist and micronutrient specialist, also board-certified in integrative health.

Phytonutrients remain largely an enigma, and it's still unknown exactly what phytonutrients should be paired with what vitamins for optimal absorption.

One way to counter the problems of imbalance when taking isolated vitamins and minerals is to seek out products that have peen formulated so that minerals and vita mins that work together are consumed at the same time.

When the Caltons produced their daily supplements from a mix of synthetic and natural nutrients, most of their time was spent on matching synergistic nutrients while separating them from antago-

nistic ingredients.

"We spent six years doing research," Mira Calton said.

and phosphate homeostasis, which is

essential for bone mineralization and

Theory: Vitamins Work bic acid. A study also found that synthetic Like Complex Clockwork vitamin C is absorbed better when taken Dr. Royal Lee, who has been hailed by some with bioflavonoids rather than consumed

> as the greatest nutritionist of the 20th century, theorized that vitamins are made of numerous parts that work together, like a clock. For example, ascorbic acid isn't equivalent to vitamin C but is only a component of it.

> > Isolated and purified ascorbic acid, therefore, isn't biologically sufficient for the body. However, Lee's theory hasn't been proven and is largely unaccepted in conventional medicine, although some research does suggest that whole-food vitamins may provide

> > more benefits than synthetic vitamins. Lee's theory may be applied to B-group vitamin complexes.

> > Since the vitamin B complex is made up of vitamins B1, B2, B3, B5, B6, B7, B9 (folate), and B12, these eight vitamins may interact and work together in pathways.

> > When a person supplements with a single B-group vitamin, the increase in an isolated B vitamin draws on other B-group vitamins for proper functioning. Studies have shown that supplementing with folate is usually related to a low B12 level.

Synthetic Supplements Can Be Helpful

All this isn't to say that the risks of synthetic they're more purified isolates than what can healthier than synthetic supplements. be obtained through whole food, they can quickly raise vitamin and mineral levels to sufficiency.

Most folate supplements on the market are folic acid. Folic acid is synthetic but has a better bioavailability than whole-food folate. Jayson Calton noted that L-5-methyltetrahydrofolate acid (L-5-methyl-THF), which is rarely found in nature but can be manu-

both folate and folic acid. L-5-methyl-THF is the activated form of

factured from folic acid, may be superior to

folate; the body can utilize it immediately without any changes or conversions, while folate and folic acids are inactivated and require further transformation before they can be used.

The extra transformation steps can be problematic if the person has an MTHFR mutation, which makes the body less efficient at converting folate and folic acid to the active form.

While the U.S. Centers for Disease Control and Prevention recommend that people with these mutations increase their folate and folic acid intake to ensure adequacy, some argue that this can be potentially toxic, depending on the genetic mutation. The alternative advice is to take folate in the active form directly, which skips the conversion process and any health risks associated.

On the other hand, vitamin D3, also known as cholecalciferol, which is mostly synthesized in the laboratory from lanolin, can quickly increase vitamin D levels for most people who stay indoors and aren't exposed to the sun.

Natural Supplements: Often Just Expensive Synthetics

Natural and whole-food vitamins on the market are often marketed and promoted supplements outweigh the benefits. Since as made from genuine food and are therefore

> Yet most aren't much dif A vitamin with the label "natural" could very well be made from fully synthetic vitamins because of the lack of regulations

> by the U.S. Food and Drug Administration. Whole-food supplements are made through extractions of genuine food. Freezedrying is a popular manufacturing method for whole-food supplement producers, allowing retention of most of the nutrients without chemical processing, while simultaneously giving the supplements a long shelf life.

FILLING GAPS

IN YOUR DIET

People that have a hard time

getting all their essential

nutrients and minerals from

food may need supplements to

help ensure complete nutrition.

only partially whole foods, the Caltons wrote in their blog, with added synthetics to ensure that the nutritional levels match the labels. Some manufacturers also ferment whole-food supplements with yeast and bacteria. These microorganisms have been engineered to add synthetic vitamins to the

Yet even among these products, most are

A major reason these synthetic vitamins and minerals are added to whole-food supplements is that the potency of vitamins and minerals in these supplements can't be guaranteed, as they may vary every season because of conditions in the soil,

Potratz explained in a blog post that in genuine whole-food supplements, such as in his example of palm fruit supplements, the ingredients list specifically states from where each nutrient is extracted or has a comprehensive proprietary blend list is usually grown in more nutritious soil.

that shows all of the whole foods included. However, in synthetic supplements, only one isolated nutrient is listed.

When ingredient lists contain the yeast Saccharomyces cerevisiae or the bacteria Lactobacillus bulgaricus, this means that synthetic vitamins were also incubated in a fermentation process, Potratz wrote.

Just Go Back to Diet?

Mira Calton said that while supplements are only complementary to a healthy diet, people may struggle to get their full nutrition from wholesome foods. That's because the practices of industrial agriculture have resulted in nutrient-deficient fruits, vegetables, and grains. Even livestock has been affected.

"When we were writing our five different books [on nutrition], we really searched for any research studies that we could find where these researchers were able to achieve a micronutrient-sufficient level [using diet alone]," Jayson Calton said. "The researchers are very straightforward and say they could not create a diet."

Studies have shown that nutritional levels of fruits and vegetables have exhibited a median decline of 5 to 40 percent or more in minerals, vitamins, and protein, compared to historical data.

Naturopath Dr. Jana Schmidt said she wouldn't say it's impossible to meet optimum nutritional intake through diet, "but I don't know many people that eat so clean, so rich, that they could get everything they need on a daily basis, from what they're growing."

Growing food at home can help increase

"If you can pick it fresh and ripe when the enzymes are at their peak, the nutrients are at their peak," she said. Emeritus professor Bonnie Kaplan, a nu-

tritional researcher from the University of Calgary, noted that there's currently no way of verifying what the optimum level people should take for their nutrients is; some do well on inadequate intakes of vitamins, and some may need more.

Sally Fallon Morrell, author of "Nourishing Traditions" and president of the Weston harvest, extraction methods, and many A. Price Foundation, is hoping that supplementation won't become a necessity.

> Fallon Morrell owns a dairy farm with her husband and doesn't use any herbicides, pesticides, or synthetic fertilizers on her farm. She encourages those who are capable to seek out organic wholesome food, which



Fresh whole foods are the best way to get essential nutrients. Fruits and vegetables lose nutrients over time after being picked.

A tablespoon of

salt is enough

Salt for Quick Recovery From 7 Everyday Ailments

Salt has many medicinal benefits and is widely used in Chinese traditional medicine

AMBER YANG & JOJO NOVAES

Salt is more than an essential seasoning; it helps maintain the normal functioning of the body. Too much salt can lead to high blood pressure and cardiovascular disease, but cooking without salt can also lead to hyponatremia, a low concentration of sodium in the blood. In addition to its nutritional value, salt has medicinal characteristics that can come in handy in unexpected emergencies.

Dr. Shu Rong, a veteran British traditional Chinese medicine (TCM) physician, explained in the program "Health 1+1" how to use salt as a "pseudo" first aid component to treat daily diseases.

Shu said that TCM believes that salt's used to solve kidney problems in ancient

effectiveness of kidney medicines. For example, the herbal compound Liuwei Dihuang Wan can be taken with some light salt water to enhance the medicine's effect on the kidneys. Other medicinal materials, such as Morinda officinalis and Eucommia, can be stir-fried with salt to increase their kidney-related

most "cannot even function unless trace

minerals are available for the synthesis or

function of various carrier proteins and en-

For example, the absorption pathway for

magnesium requires boron and vitamin D,

so supplementation with these two nutri-

ents is generally recommended, according

to Jayney Goddard, president of The Comple-

and founder and co-chair of the British So-

ciety of Lifestyle Medicine.

to calcium deficiency.

mentary Medicine Association (The CMA)

Yet other trace minerals, such as calcium,

share the same absorption pathway as mag-

nesium, so when a person over-supplements

with magnesium, this can block calcium

Also, different formulas have different de-

sium supplements, the common ingredient

grees of bioavailability. In the case of magne-

magnesium oxide has an absorption rate of

4 percent, while compounds such as mag-

nesium citrate and magnesium glycinate

Some Synthetic Vitamins May Not Be as

Some studies have argued that synthetic

vitamins aren't as beneficial as natural vi-

cally, since they lack accompanied dietary

"What most people do not realize is that

these [synthetic] vitamins and minerals are

not true and complete vitamins and min-

erals as would be supplied by good

organically-grown whole foods," the

For example, when ascorbic

acid, a common synthetic vi-

tamin C, is ingested, the liver

has to convert it into dehydroascor-

Serbian researchers wrote.

would give a higher bioavailability.

Beneficial as Natural Ones

from being absorbed and might even lead

zymes," molecular nutritionist Eric Potratz

wrote to The Epoch Times in an email.

Value of Salt in Traditional Chinese Medicine

According to Shu, in ancient China, salt's unique characteristics applied in the treatment of many diseases.

Bone Disease

TCM believes that the kidneys govern all the bony, hard substances (including the teeth). In ancient China, there were records of using salt water to treat bone-related diseases, such as loose teeth. Centuries later, this role has been affirmed by modern medical research.

"The kidney plays an important role taste enters the kidneys, so salt was often in the regulation of bone development and metabolism," notes a review study published in the Journal of Nephrology Because of that belief, salt is often used in 2016. "The kidney is the major organ as a medicinal conductor to enhance the involved in the regulation of calcium

In addition to its nutritional value, salt has medicinal characteristics that can come in handy in unexpected emergencies.



Mixing salt with a bit of your saliva and applying it to a bug bite can help detoxify the skin and speed healing.

development." How to do it: Put the salt in your mouth, rinse with warm water, and let the saltwater flow through the teeth. Do it 100 times every morning for five consecutive

days, and the loose teeth can become firm once more. **Detoxification** To induce vomiting, fry salt until it's yellow, add water to make a concentrated solution, and drink it. Because the stom-

ach can't hold the concentrated salt wa-

ter, it will induce vomiting and help you

expel the offending foods.

Sober Up Some people drink too much alcohol, feel dizzy, have disrupted eyesight and nausea, but can't vomit. If you drink a bit of light salt water to neutralize the alcohol, you will feel much better.

Detoxify Insect Bites

After being bitten by mosquitoes or stung by bees, you can mix salt with saliva and apply it to the affected area. Because saliva also has detoxification properties, the two work synergistically to help you heal.

Skin Diseases

For skin problems such as eczema, athlete's foot, chilblain, and other skin problems, you can soak your feet in salt water.

Nasal Allergies When you suffer from sneezing, run-

ny nose, nasal congestion, and other symptoms without actually getting a cold, you can wash your nose with light salt water, flush it with water, and then blow it out. Make sure you use distilled or boiled water with a neti pot to **3. People with low libido.** Having no avoid amoeba contamination, which can be very dangerous.

Swollen, Red, or Painful Eyes When the eyes feel itchy, red, swollen, and painful and you have tears and eye mucus, you can use a cloth dipped in salt

water to dab or wipe your eyes.

utes a day for the best results.

much salt:

Dysmenorrhea and Cold Uterus Before menstruation, you can stir-fry salt, apply it to the Guanyuan acupoint then use moxa to burn on the salt, and change it after burning. Do this 30 min-

5 Types of People Who Shouldn't Use Too Much Salt Although salt has many medicinal values and is an indispensable seasoning item in daily life, Shu points out that the fol-

1. Young children who are fed on milk. Children under 1-year-old who are still

lowing people should avoid taking in too

fed on milk aren't suited to eating salt, because breast milk or formula milk already contains salt. It isn't suitable to supplement this food with added salt.

2. Meat eaters. Meat contains a lot of salt, so people who eat a lot of meat should reduce their salt intake.

sexual desire might be an indication that the kidney energy is insufficient; in which case, it isn't recommended to eat too much salt, which can further damage the kidneys.

4. People with excessive phlegm and edema. Because salt has the property of retaining water, people with edema, too much body moisture, or excessive phlegm should eat as little salt as possible.

5. Thick skin. Salt is a chemical compound called sodium chloride. If you eat too much salt, the sodium ions in the body will increase, which will cause the facial cells to lose water and appear dry, and that will cause the skin to age and become thick.

*Some herbs mentioned in this article may be unfamiliar, but they are generally available in Asian supermarkets.

Note: Because different people have different physiques, it's recommended to consult your doctor or TCM experts before supplementing.

Salt Applied to 7 Everyday Ailments

Shu lists seven everyday conditions that can be treated with the emergency use of salt:

1. Female urinary tract infection: Put a teaspoon of salt in the sink or bath, add boiling water, and stir it. First, steam the affected part with the heat from the boiling water, and when the water gets cooler, take a 10-15 minute sitz bath, in which

you sit in water up to your hips.

This can also be applied to treat the redness and swelling of the buttocks or urinary tract caused by diaper rash in babies. This saline sitz bath is a safe and easy treatment when a doctor is unavailable.

2. Prolapse of the anus and hemorrhoids: For the pain caused by prolapse of the anus and hemorrhoids, you can also use a saline bath to reduce inflammation, clear away heat, and detoxify and relieve the discomfort of the affected area.

3. Acute sore throat: Put salt water into the throat, keep it there for a few minutes, then spit it out. Repeat several times. The antipyretic and detoxifying properties of salt water can improve symptoms of inflammation, such as intense redness, swelling, and heat pain in the throat.

4. Acute oral inflammation: Add a teaspoon of salt to a glass of water and

rinse your mouth with the solution repeatedly to improve oral ulcers. 5. Toothache: Dip a cotton

swab in a little water, then dip the wet cotton swab in salt and put the salt on the painful area. This can help reduce inflammation and relieve pain

for many topical 6. Foot odor and beriberi: This is a problem of foot inflammation. You can prepare a foot bath using a spoonful of salt and half a basin

of water and soak your feet in it for 15 minutes. A large, durable plastic storage bin can function as a basin. 7. Children's frequent bed-

salt, wait until it cools down, then spread a layer of salt on the child's navel. Heat it with moxa and burn it on the salt, then replace it with another one after burning, When it comes and do this for 30 minutes a day. Frequent bed-wetting is a sign of just a pinch will kidney deficiency. Moxa won't burn the skin, but the heat will penetrate

wetting: You can stir-fry the deep into the body through salt, which can help treat this problem.

The Unexpected Ways People Overcame Cancer

Continued from Page 9

He even went to his hospital appointments alone. He also used the phrases "a brave person fears nothing" and "if you believe, miracles can happen" to encourage himself and others.

Mindset Is the Key to Curing Cancer

Many cancer survivors appear to be selfdisciplined and optimistic, similar to Li. So how much of a role does this optimistic mindset play in curing cancer? Let's take a look at some observations and interpretations of three experts who specialize in studying cancer survivors.

Dr. Okamoto Yutaka

Okamoto Yutaka, a Japanese expert in malignant tumors and the head of the E-clinic, conducted a survey in which he asked 101 cancer patients who had achieved remission (most of whom were in the third or fourth stage) to select one of 10 keywords from the questionnaire to explain the "decisive difference" between themselves and cancer patients whose disease had progressed.

The 10 keywords were:

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

The keyword with the highest number of votes was "mindset," followed by "diet." The total number of votes

for the re-

maining eight options was less than half of the total. Surprisingly, the "physician" option received less than 3 percent of the votes, even lower than "luck." In addition, if multiple options were allowed, almost all cancer survivors would select options related to "changing oneself" as decisive factors in curing cancer.

While this kind of self-reported insight may lack a certain scientific rigor, it does reflect the importance of the mind, which can produce a placebo effect and cause healing in people with a variety of conditions taking sugar pills during drug trials.

Okamoto believes that everyone has innate self-healing power, which is the primary force behind curing cancer. Therefore, to effectively fight cancer, patients must first acknowledge that "they are the protagonists in their own treatment." He said that patients whose condition worsens are often unwilling to change, lack independence, and rely heavily on

Kelly A. Turner

Kelly A. Turner, an American cancer researcher, interviewed more than 100 cancer survivors who experienced radical remission, which is defined as any statistically unexpected cancer remission, and analyzed more than 1,000 cases of radical remission. Through meticulous and repeated analysis of the data using quantitative research, she found that almost all of the radi-

cal-remission survivors

found that many natural plants have the effect of enhancing the immune system and inhibiting cancer cell

growth.

Cancer

survivors

tend to be self

have a positive

Research has

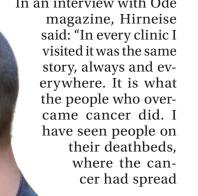
shared the following nine common factors:

- Took herbs and vitamins
- Took control of their health
- Followed their intuition
- Embraced social support
- Had strong reasons to live

In her book "Radical Remission: Surviving Cancer Against All Odds," Turner mentioned that what surprised her most about the research was that out of the nine factors most commonly mentioned by participants, only two ("radically changed their diet" and "took herbs and vitamins") were related to the physical body, whereas the other seven were primarily related to emo-

Lothar Hirneise

- Thorough detoxification (observed in 60



- Radically changed their diet
- Released suppressed emotions
- Increased positive emotions
- Deepened their spiritual connection

tional and spiritual aspects.

Lothar Hirneise, a German cancer natural therapy expert, has traveled all over the world searching for various successful cancer treatments. He has also interviewed many doctors and end-stage cancer survivors. After years of research, he found that all successful cancer treatments included the following three factors:

- Shift in mindset (observed in 100 percent of survivors)
- Dietary changes (observed in 80 percent of survivors)
- percent of survivors)

In an interview with Ode

a conversation with them, which can sometimes last for several hours, to help them identify any underlying stress they may be experiencing.

immune system, affecting various physiological functions such as digestion, urination, and reproduction. Psychological stress is not only detrimental to health but also hinders the recovery process from illnesses. However, is there a direct correlation between psychological stress and cancer?

The Emotion Aspect

Methods related to diet, herbs, detoxification, or exercise can't eliminate the root cause of cancer, but they can be used to

to their bones, brains, lungs, and bone marrow—and they got better."

People who

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THE EPOCH TIMES Week 14, 2023

Why are there so few cases of cancer recovery in the world if these methods work? "Because success demands discipline and effort," Hirneise said. "It demands that the patient get moving, become active, develop a constructive fighting attitude. Most people choose the easy way: chemotherapy, radiation, or an operation. ... Of course chemotherapy is no fun, but a radical change in your diet and lifestyle is more difficult. That's why so few people survive cancer."

The Connection Between Stress and Cancer

Hirneise found that many cancer survivors had made significant changes in their lives prior to their recovery. They had "broken free" by leaving their original living environment, such as quitting their job, moving to a new home, traveling abroad, etc. Hirneise called this "systemic change." In other words, these patients had all found a way to rid themselves of stress in some form.

Turner's study also found similarities among those who experienced radical remission. She said that these individuals, after the diagnosis of their cancer, tended to engage in activities that brought joy and helped them avoid fear. By intentionally increasing these types of activities, they were able to reduce their stress levels and gradually improve their daily happiness index. These joy-inducing activities had a similar effect to painkillers, significantly improving their mood.

Hirneise claimed that cancer originates from stress, stating that "without stress, there would be no cancer." He emphasized that cancer patients should prioritize addressing their stress levels over the tumors. Therefore, when cancer patients come to him seeking help, he always engages in

Numerous studies have shown that psychological stress can weaken the human

Lothar Hirneise, German cancer natural therapy expert

manage it. Research has found that many natural plants have the effect of enhancing the immune system and inhibiting cancer cell growth.

Some cases of cancer recovery have also shown that certain dietary therapies can shrink tumors, improve conditions, and even lead to full recovery. However, at its core, if a patient's unresolved emotional conflicts aren't ad-

the surface and show normal results on medical tests, the root of the disease may still be lurking inside their body, waiting for an opportunity to strike. At its core, cancer is the body running amok. Cells that should die, don't, and grow in a deformed and deadly fashion.

the biochemical chain reaction spurred by emotions can be one of them. The relationship between emotions and organs has long been discussed in traditional Chinese medicine (TCM). Excessive stimulation of a person's seven emotions (joy, anger, anxiety, grief, contemplation, fear, and fright) can damage the internal organs. Each emotion cor-

There can be many causes for this, and

responds to a specific organ. However, in TCM, these organs are referred to as "me-

> ridians," which belong to a comprehensive set of human body systems covering both tangible (organs) and intangible

(energy channels) structures. In the 1980s, Ryke Geerd Hamer,

a German physician, pro-

posed a new medical theory based on his clinical research, which he called German New Medicine. This theory specifically links emotional stress and cancer. Hamer believed that the functioning of a person's mind, brain, and organs is closely interconnected and interrelated. All diseases, including cancer, are caused by some severe 'psychological conflict," and recovery will begin when the conflict is resolved. While Hamer's views remain controversial, they do align with centuries of

practice in TCM.

The Power of Belief in Health Hamer suggested that patients who experienced similar traumatic events could develop different types of cancer depending on their be ception of the event, which creates different emotional conflicts. For instance, if a woman discovers her husband is having an affair, her inner conflict over "sexual frustration" may lead to uterine cancer, while

conflict over

"fear of losing

her partner" may lead to breast cancer, and feelings of "insecurity" may lead to cancer in the pelvic bone.

In other words, a person's emotional response to an event depends on their mindset, thoughts, or beliefs. David R. Hawkins, an American psychiatrist who used "applied kinesiology" to measure the level of human consciousness, claimed in his book "Power vs. Force: The dressed, even if they appear healthy on Hidden Determinants of Human Behavior" that all stress is formed based on a person's inner attitude. According to him, "it is not the events in life, but rather your reaction to them that triggers the symptoms of stress."

Hawkins's view on illnesses aligns with Hamer's, as he believes that all diseases can be reversed by changing one's thought patterns and habitual responses. The crucial factor that determines a sick person's recovery or deterioration is their inner attitude.

According to Hawkins, people who have managed to reverse and recover from serious illnesses have often been able to improve their capacity for love and realize the importance of love in the healing process—that is, to stop condemning, stop fearing, and stop hating.

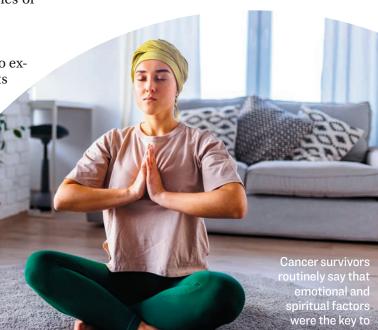
Overcoming Cancer

Hirneise has said that the cause of cancer may be different for each patient. If they are willing to investigate the cause of their illness and are committed to making changes, even those on the brink of death can recover.

There's a Chinese proverb that says, "He who ties the bell must untie it." If cancer is indeed as Hamer claims, rooted in unresolved emotional conflicts, then addressing these conflicts may lead to its reversal. For cancer patients, it may be worth considering whether there are any long-standing emotional conflicts (such as heartache, trauma, ill intentions, or fear of the disease) buried deep within oneself. By acknowledging and addressing these conflicts, one may be able to ultimately eliminate them.

A crucial aspect of self-healing is learning to let go of one's "obsessions" about certain people or things, and replacing them with "kind intentions."

Perhaps you will find that this shift in thinking is the ultimate secret to defeating cancer.



Eating an Anti-Anxiety Diet

A psychologist advises that these foods can help relieve stress and anxiety

ELLEN WAN & ANGELA BRIGHT

Routine thoughts can put tremendous worrying, focus on what you need to do strain on us. "If I don't work hard, I'll be sifted out." "No matter how hard I work, I can't get everything done." We may wonder "Why do I feel anxious when nothing is happening?"

Stress leads to mental tension, and inner fatigue can lead to psychological anxiety. How do we adjust? Psychologists remind us to not let our emotions lead us by the nose. Severe anxiety and stress can lead to in-

creased blood pressure, accelerated heart rate, and other physical changes, including sleep disturbances, decreased concentration, and digestive and reproductive system disturbances. All of these can likewise lead to

greater stress and anxiety. Yu Jiarong, a psychologist in Taipei, Taiwan, told The Epoch Times that every emotion exists for a reason, but we can choose to not be led by them. She recommends four tips to help relieve tension and anxiety:

1. Focus on the Moment

Instead of worrying about how to stop right now. When we focus on what's right in front of us, the thought of "I haven't done this and that yet" doesn't come to mind.

2. Keep Everything in Order of Priority Make a list and prioritize. Do the impor-

tant and urgent things first and the less important and less urgent things later. When you make a clear list of the things you've been thinking about, you won't be distracted by what's left to do while you're doing things.

3. Do Your Best

"Do your duty and await the outcome." If you constantly keep yourself on standby just in case there's more you have to do, you'll miss out on many wonderful things. Therefore, as long as you know that you've done your best, you needn't con-

cern yourself with the

outcome. You can only

adjust your own situation.

4. Set Aside Time for Yourself Take care of your physical and mental

health, as your health is more important than anything else. Don't ignore what's going on in your heart. Only by allowing time for yourself and talking positively to yourself can you adjust your own pace in a fast-paced society.

Yu cautions that any form of anxiety can lead to physical and mental health problems, and there are ways to relieve anxiety. But if you feel anxious for a long time, you should seek professional help from a psychologist as soon as possible to assess your situation and help you overcome anxiety.

Only by allowing time for yourself and talking positively to yourself can you adjust your own pace in a fast-paced society.

Food Therapy

Food offers another way to prevent and relieve anxiety. Studies have shown that foods such as fruits, vegetables, legumes, whole grains, and lean protein can improve mood and mental health.

Fish such as salmon, mackerel, and sardines are rich in Omega-3 fatty acids, which have been found to have positive benefits for metabolic diseases (e.g., diabetes, cardiovascular disease), rheumatoid arthritis, neurological disease, depression, and Alzheimer's disease.



Pumpkin Seeds

These seeds are one of the best foods to treat anxiety. Pumpkin seeds are rich in two minerals-potassium and zinc-essential for brain and neural development. Zinc, primarily stored in brain regions, can promote positive emotions and reduce anxiety. Potassium helps regulate the body's electrolyte balance and control blood pressure, which is conducive to reducing symptoms of stress and anxiety.



Dark Chocolate Dark chocolate contains magnesium, which helps reduce symptoms of stress and anxiety.



Without

would be

no cancer.

stress, there

Chamomile is a Chinese herb that can be used as a tea. Studies have shown that taking 1.500 milligrams of chamomile extract daily can



Eggs contain vitamin D, protein, and L-tryptophan. L-tryptophan helps produce serotonin, a chemical neurotransmitter that helps regulate mood, sleep, memory, and behavior. Serotonin is also thought to improve brain function and ease anxiety.



Green Tea

The L-theanine in green tea has anti-anxiety and calming effects. A 2017 study shows that taking 200 milligrams of L-theanine per day reduced stress in participants.



Brazil Nuts

Brazil nuts are rich in selenium and vitamin E. Vitamin E is an antioxidant that helps treat anxiety. Selenium deficiency reduces the effect of antioxidant enzymes in the brain, causing high oxidative stress to brain cells, which can induce early Alzheimer's disease. Selenium supplements may help relieve anxiety, irritability, mental fatigue, and even some symptoms of depression.

A June 2010 clinical study found that taking a daily dose of selenium in the first trimester of pregnancy could preven

Turmeric

in obese people.

Yogurt Yogurt is one of the best foods to relieve anxiety. It's a probiotic food, rich in Lactobacillus, Bifidobacterium, and other healthy bacteria. Yogurt and other fermented foods have anti-inflammatory properties and support the body in producing mood-boosting

neurotransmitters such as serotonin, which

helps reduce inflammation in the body and

The curcumin in turmeric can help reduce anxiety by reducing inflammation and

oxidation. A 2015 study found that consuming

one gram of curcumin per day reduced anxiety

reduce stress and anxiety A 2014 study shows that consuming probiotic yogurt products can trigger feelings of wellbeing in some people and eating fermented oods can reduce symptoms of social

anxiety in teens.

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.





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