

THE EPOCH TIMES

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WEEKLY

Advertising Creates Envy

Of Our Possible Future

John Berger shared his incisive insights on the impact of advertising in 1972

JOSHUA BECKER

I am struck by the timelessness of simplicity and minimalism. It is not a new practice. Rejecting the empty promise of excess material possessions has been practiced (and promoted) by countless religious and thought leaders for centuries.

Many of these people communicated the danger and foolishness of excess physical possessions far better than I can.

Recently, I found this quote from John Berger. It was originally recorded in 1972 on the show, "Ways of Seeing."

I wanted to share it here because he describes the impact that advertising has on us in such brilliant terms, his argument equips us to better confront societal pressure and marketing. But secondly, because his warning was first issued 50 years ago, we are reminded that this temptation is not unique to us.

Note: He uses the word "publicity" in the original broadcast. I have changed the word to "advertising" to help it read in a more modern vernacular.

“Advertising proposes to each of us in a consumer society that we change ourselves or our lives by buying something more.

John Berger

John Berger, 1972:

In the cities in which we live, all of us see hundreds of advertising images every day of our lives. No other kind of image confronts us so frequently. In no other form of society in history has there been such a concentration of images, such a density of visual messages.

One may remember or forget these messages

but briefly one takes them in, and for a moment they stimulate the imagination by way of either memory or expectation. The advertising image belongs to the moment. We see it as we turn a page, as we turn a corner, as a vehicle passes us. Or we see it on a television screen while waiting for the commercial break to end. Advertising images also belong to the moment in the sense that they must be continually renewed and made up-to-date. Yet they never speak of the present. Often they refer to the past and always they speak of the future.

We are now so accustomed to being addressed by these images that we scarcely notice their total impact. [...]

Within advertising, choices are offered between this cream and that cream, that car and this car, but advertising as a system only makes a single proposal.

Advertising proposes to each of us in a consumer society that we change ourselves or our lives by buying something more. This more, it proposes, will make us in some way richer, even though we will be poorer by having spent our money.

Advertising persuades us of this transformation by showing us people who have apparently been transformed and are, as a result, enviable. This state of being envied is what constitutes glamour, so advertising is the process of manufacturing glamour.

Advertising appeals to a way of life we aspire to, or think we aspire to but have not yet achieved. An advertising picture suggests that if we buy what it is offering, our life will be different from what it is. Scene after scene shows you this different life. Not only will our home be different, but all our relationships will become radiant because of our new possessions.

But we can only achieve such radiance if we have money. And so, advertising also works on our anxieties about money, urging each of us to scramble competitively to get more, making money appear as if it were itself magical.

Advertising works on the imagination but it does something else too. Because advertising pretends

to interpret the world around us and to explain everything in its own terms, advertising adds up to a kind of philosophical system. The things which advertising sells are in themselves neutral, just objects and so they have to be made glamorous by being inserted into contexts which are exotic enough to be arresting but not close enough to us to offer a threat. Revolution can be wrapped around anything. In this way, advertising abuses the realities of public figures and events and struggles in other parts of the world. [...]

Advertising is effective precisely because it feeds upon the real. Clothes, food, cars, cosmetics, baths, sunshine are real things to be enjoyed in themselves. Advertising begins by working on a natural appetite for pleasure. But it cannot offer the real object of pleasure and there is no convincing substitute for a pleasure in that pleasure's own terms.

The more convincingly advertising conveys the pleasure of bathing in a warm, distant sea, the more the spectator-buyer will become aware that he is hundreds of miles away from that sea and the more remote the chance of bathing in it will seem to him. This is why advertising can never really afford to be about the product or opportunity it is proposing to the buyer who is not yet enjoying it. Advertising is never a celebration of a pleasure-in-itself. Advertising is always about the future buyer. It offers him an image of himself made glamorous by the product or opportunity it is trying to sell. The image then makes him envious of himself as he might be.

The words and pictures appear to be real and all belong to the same language. The text, the photographs, the editing, the layout, the printing. All are elements of the same culture, our culture. On pages like these, reality itself becomes unrecognizable.

—John Berger, *Ways of Seeing* Episode 4

Joshua Becker is an author, public speaker, and the founder and editor of *Becoming Minimalist* where he inspires others to live more by owning less. Visit [BecomingMinimalist.com](#)

JEZAEI MELGOZA/UNSPLASH



We live in a world saturated with messages promising us a future we can only dream to attain.

Improve Digestion

With Acupuncture and Chinese Medicine

Food therapy, eating habits, and stress management are all critical for digestive health.

Vital energy flows to the body through the digestive system, making it’s function critical to well-being

JINGDUAN YANG

The American Gastroenterological Association reported that digestive, liver, and pancreatic diseases result in more than 100 million outpatient visits and 13 million hospitalizations annually at a cost of \$136 billion, which is more than for heart disease (\$113 billion), trauma (\$103 billion), or mental health (\$99 billion).

Among digestive diseases, abdominal pain is the symptom most responsible for office visits (22 million) and emergency department visits (6 million), followed by nausea/vomiting (5 million and 2 million, respectively), and diarrhea/gastroenteritis (3 million and 1 million, respectively).

A new report finds that treatment costs, doctor visits, prescription costs, and hospitalizations related to digestive diseases have risen significantly in recent years. There are ways to prevent digestive diseases, as well as insight from ancient Chinese medicine on how to manage digestive health.

The Source of Body's Vital Energy

Digestion is a critical biological process for the body to obtain nutrients and vital energy through drink and food. Therefore, the digestive system and its function are essential to sustain one's life and bodily function. The body needs varieties of food and fluid to maintain the integrity of its bones, muscles, membranes of cells and organelles, as well as maintain its biochemical balance with water, vitamins, minerals, fatty acids, amino acids, hormones, enzymes, and neurotransmitters.

The nutrients that body absorbs goes through a complex biochemical process such as the Krebs cycle, that transforms the nutrients into energy that is vital to human life and function. The vital energy contributes to the regulation of body temperature, movement of body parts, and the function of organ systems. This energy powers the body's senses, emotions, thoughts, and cognitive and executive functions.

Energetic Imbalance of Digestive System

The digestive system is an open system that takes in food from the mouth, digests and absorbs nutrients from the stomach and small intestines, and eliminates waste and toxins from the large intestines and rectum. Therefore, it is very vulnerable to our choice of food and drink, as well as how these fuels are delivered, i.e. the hygiene of the places they are prepared and how the foods are processed. It is also critical that the digestive system is kept clean and empty most of the time.

There are multiple patterns of imbalance of vital energy with various causes, and professional evaluation by a physician of Chinese medicine is a good way to have these examined. Here we have two examples of common energetic imbalances of the digestive system that are common in the modern age.

Cold Energy

One thing that has shocked me about traditional Western dining is that ice-cold water is offered on the dining table. The stomach serves as a stove that cooks and breaks down food for us. It requires "fire" energy provided by blood and energy supplies to the stomach that are increased at the time of digestion.

Ice-cold water works against this, causing the blood vessels and stomach muscles to constrict. From a Chinese medicine perspective, cold energy blocks vital energy flow as well as blood circulation. Chronically affected by the cold, one will suffer from stomach and intestinal pain, bloating, gas, diarrhea, and become susceptible to infection and inflammation (gastroenteritis).

Removing ice-cold water from our dining table, from a Chinese medicine perspective, is a public health effort on par with stopping public smoking.

Besides food that is physically cold, there is also food that is energetically cold. Such food generates cold energy regardless of temperature. For example, kiwifruit creates cold in the stomach, and should not be consumed excessively. The same is true of banana, pear, watermelon, tofu, clam meat, crab, and many raw vegetables.

Rebellious Stomach Energy

The law of gravity supports food's downward journey to the stomach and intestines. However, acid reflux, hiatal hernia, nausea, and vomiting—which is the sec-

ond most common symptom for office and emergency visits—move against the law of gravity. Chinese medicine describes these phenomena as rebellious Qi. Qi is a vital energy that moves digestive systems, but rebellious Qi describes the digestive system moving food up instead of down.

According to Chinese medicine, the causes of rebellious stomach energy include infections, cold food and drink, emotional stress, fatty food, and dysfunction of the liver and gallbladder. The energy of the liver and gallbladder regulates the entire movement of the digestive system. Dysfunction in these organs will cause all kinds of digestive disorders, including irritable bowel syndrome, gastroparesis, hiatal hernia, and esophagogastric reflux.

Unfortunately, liver energy is very sensitive to emotional stress, especially anger and resentment, which cause the liver energy to stagnate or move rebelliously. For those with history being abused in the past or present, digestive dysfunction is very hard to treat without taking care of the emotional trauma.

Acupuncture for Digestive Health

Authentic acupuncture therapy is based on the holistic system of Chinese medicine. Acupuncture can very effectively regulate imbalances of the body's energy. It stimulates the points of the body that regulate internal organ function through the energetic networks called meridians. It can help open blocked energy channels, redirect the energy flow, and warm up the meridians and internal organs. It takes multiple sessions ranging from 12 to 36 treatments. Herbal remedies based on individualized diagnosis will complement acupuncture therapy.

Hospitalizations related to digestive diseases have risen significantly in recent years.

Pilot studies have shown that acupuncture is effective in a wide range of gastrointestinal disorders, including nausea and vomiting, functional disorders (irritable bowel syndrome, constipation, and diarrhea), peptic ulcer disease, Crohn's disease, postoperative ileus, and even gallstone disease. The most compelling and consistent evidence of the efficacy of acupuncture probably lies in its relieving effects on nausea and vomiting.

A recent review of studies showed that acupuncture is effective in the treatment of functional dyspepsia, describing a group of symptoms affecting the gastrointestinal tract, including stomach pain or discomfort, nausea, bloating and belching.

Chinese Herbal Remedies for Digestive Health

Digestive health is one of the four pillars in managing people's health because it provides the body with vital energy and connects with other important internal organs. For example, the large intestine affects the lungs, the small intestines affect the heart, and the stomach affects the spleen.

Every one of these organs has an energetic connection with the brain and contributes to specific brain functions. Chinese medicine has multiple herbal formulae made to treat common energetic imbalances of the digestive system.

For example, a traditional formula called Xiang Sha Yang Wei Wan (Stomach Formula with Aucklandia and Amomum) has 10 herbs combined to warm up the stomach energy, eliminate bloating, and relieve stomach pain. However, there is no one formula that fits all. Like acupuncture, it is critical that one receives a comprehensive Chinese medicine evaluation.

Food therapy, eating habits, and stress management are all critical for digestive health.

Dr. Jingduan Yang is a neurologist, psychiatrist, and an expert in acupuncture, Chinese medicine, and integrative medicine. He founded Yang Institute of Integrative Medicine, Tao Clinic of Acupuncture, and American Institute for Clinical Acupuncture. Dr. Yang co-authored two books: "Facing East: Ancient Health and Beauty Secrets for the Modern Age" and "Clinical Acupuncture and Ancient Chinese Medicine."

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The Enigma of Adrenal Fatigue and Chronic Stress

In our age of burnout, a controversial diagnosis might offer an avenue to recovery



CONAN MILNER

Do you have more stress than energy? Are you dragging all day, yet can't fall asleep at night? Do you depend on stimulants to make it through life? Then you may be suffering from adrenal fatigue.

Adrenal fatigue is a new name for a very old diagnosis. It's the idea that too much stress and not enough rest wears us down, accelerating the aging process, and draining us of the energy we once relied upon to get things done.

Adrenal fatigue covers a wide range of symptoms, such as weakness, fat accumulation, exhaustion, insomnia, inflammation, you name it. Virtually every system in the body can be impacted by this condition, but at the root are the adrenal glands—two small organs that sit atop each kidney.

Adrenal glands function like the body's battery, pumping out stress hormones that get you revved up and focused to meet daily challenges. When you face imminent danger or some other high-stress situation, this battery switches into high gear, resulting in a fight-or-flight response.

Over Activated

Our resilient bodies are designed to react and recover from occasional bouts of stress, but when we go too hard for too long, we eventually break down. The theory behind adrenal fatigue is that our battery starts to lose power, triggering malfunction and fatigue.

Chinese medicine, Ayurveda, and other ancient healing traditions describe patterns very similar to adrenal fatigue, but this theory is extremely controversial in modern medicine. Conventional physicians say the condition doesn't actually exist at all.

A 2016 systematic review published in the British Medical Journal finds no hard evidence for adrenal fatigue. The review cites a "poor quality assessment of fatigue," and "the use of an unsubstantiated methodology" as proof that the condition is a myth.

The only official diagnoses regarding adrenal health are rare examples of extreme underproduction and overproduction of hormones. However, for those who support the adrenal fatigue theory, the vast majority of adrenal malfunction goes largely unrecognized. A growing number of doctors believe that, in our high-stress modern world, adrenal fatigue has become so common that it amounts to a hidden epidemic.

If there really are widespread cases of adrenal fatigue, it wouldn't be the first time conventional medicine dismissed a real problem. Back in the 1990s, fibromyalgia and chronic fatigue syndrome were both thought to be nothing more than psychosomatic symptoms of otherwise healthy patients. However, with enough patient complaints and doctors willing to consider the evidence, both ailments have gained much more credibility.

Underestimated

So how can some doctors see a problem that most don't? According to Dr. Nisha Jackson, a specialist in gynecology and functional medicine in Medford, Oregon, the conventional medicine paradigm doesn't acknowledge adrenal fatigue because it lacks the perspective, tools, and treatment model necessary to address such a complex condition.

"Medicine today likes to treat people as efficiently as possible because that's what it's forced to do, and it has to treat it with medication," Jackson said. "Adrenal fatigue is more about a lifestyle that you have to change, and I think that is just not something that is talked about in the medical office."

Even if doctors don't recognize adrenal fatigue, they certainly encounter its symptoms.

As much as 90 percent of doctor visits are related to stress. These visits typically translate into prescriptions for anxiety, insomnia, depression, or some other problem that can be identified and paired with a drug in under 10 minutes.

But Jackson believes taking a deeper, more holistic view of a patient, where such symptoms can be linked to the same underlying cause, will result in a more meaningful solution.

"When you're under-producing cortisol, and this is a very simplistic way of explaining it, but you don't have it what it takes to get through your day," Jackson said. "You don't have what it takes to manage stress. You start having anxiety attacks, you're not stable emotionally, and the worst thing is you're exhausted. When you're exhausted, you start eating things you don't normally eat because you're depressed."

Rarely Tested

One huge reason doctors don't see evidence for chronically underperforming adrenals is that they rarely, if ever, test for it. For doctors that do, it's a different story. Jackson's medical practices see thousands of patients a month, and most test positive for adrenal insufficiency.

Jackson's perspective may be unconventional, but it comes from almost 30 years practicing medicine. When she was an OB-GYN nurse practitioner, she saw women who suffered the symptoms that she would later understand as adrenal fatigue. These patients didn't see any relief from conventional treatment options, so Jackson began looking for answers elsewhere: acupuncture, mind-body therapies, herbs, and other nonstandard forms of medicine.

Jackson also gained valuable insights through her own experience with stress. A self-described workaholic trying to become start her own practice and raise a family, Jackson says her insatiable drive and not taking enough care of her own health eventually burned her out.

In her new book, "Brilliant Burn-out," Jackson describes how she got her energy back and how she has helped many of her patients recover, too.

The book is primarily aimed at women, but Jackson says that overstressed men can be just as susceptible to this condition, resulting in symptoms such as hair loss, belly fat, and low sex drive.

"The men that we see in our medical practices are very sick. They feel terrible. They feel depressed. They've lost a lot of their enthusiasm for life. Their testosterone levels are in the tank," she said. "All of a sudden we're seeing 30-year-old men with 80-year-old testosterone levels. That's directly related to the adrenals. There's no other explanation for it."

Adrenal Effects

It's called adrenal fatigue, but the condition can cause hormonal havoc throughout the body. Thyroid and sex hormones are often impacted, as well neurochemistry, leading to even more symptoms, and leaving you even more stressed out.

The condition doesn't hit everyone the same way. Some people seem to be able to run on overdrive for years without any visible consequences, while others may see a decline following a few episodes of emotional upheaval that push them over the edge.

But no matter how much stress we can tolerate, Jackson believes everybody has a breaking point—a level of stress where the adrenal glands are forced to reduce hormone

Rather than depending on stimulants for energy, try exercise.

Thyroid and sex hormones are often impacted, as well neurochemistry.

production in an act of self-preservation.

"At some point, their adrenal glands are going to say, 'We can't do this anymore. We can't keep up with you. So in order for us to go into preservation mode, we are now going to underproduce cortisol,'" she said.

Reenergized

Doctors who specialize in treating adrenal insufficiency say it's rarely an easy fix. And the more severe the case, the longer it can take to fix it. This isn't the kind of condition where one pill makes everything better. Lots of issues often have to be addressed over a period of time in order to turn the situation around.

When people read about adrenal fatigue online, they're often tempted to tackle the problem by supplementing with the hormones they believe they lack. But this strategy runs a real risk of harm, and may even make for worse problems.

Jackson does prescribe bio-identical hormones made from yams with dosages based on regular blood serum tests. But she says the most important and profound recovery comes from patients learning how to manage the stress that got them sick in the first place, and by learning how to care for their body so it can better handle the stress they must face.

"Sometimes your hormone levels just rebalance themselves once you start changing your lifestyle habits," she said.

Ideally, people who suffer from adrenal fatigue need to cut back on their hectic schedules, but that's not always realistic when there are bills to pay and obligations to meet. However, Jackson said if you can focus on the basics of good health—sleep, diet, and reducing emotional distress—your body will be able to handle your must-do list much easier.

Sleep

At the top of the adrenal recovery program list is sleep. No matter how busy our lives become, we can't replenish our energy without a good rest.

It's important to make time for bed, but what if we still can't sleep once we get there? Jackson says this likely due to a backward cortisol rhythm.

Ideally, adrenals produce the most cortisol during the day to give us energy, stamina, and focus so we can deal with the stress that comes our way. Cortisol is supposed to drop at night so we can fall asleep and sleep deeply. But Jackson says that, for many, this rhythm is flipped.

"You will be exhausted during the day, but wired and tired at night," she said. "It's a huge problem."

This flipped rhythm comes as a result of years of routinely pushing yourself when your body is begging for rest. Yet instead of slowing down, many of us reach for stimulants to get us through the day, eking out a little more energy that our adrenals don't naturally want to give.

When we finally give our exhausted adrenals a break at the end of the day, they get a chance to recover, so they switch on again right before bed—at exactly the wrong time for sleep.

One supplement Jackson uses to help with a flipped cortisol rhythm is phosphorylated serine. When taken before bed, this safe amino acid helps lower cortisol levels so your brain can power down and allow you to sleep.

One thing to avoid is drinking alcohol before bed. It may help knock you out, but alcohol actually creates more sleep problems by interfering with restorative rest.

Diet

Food is the second major factor when it comes to our energy level. And if we're dragging through our days, we often look to sugar for

energy. However, a high sugar diet actually costs us energy in the long term.

Jackson says the key to adrenal recovery is to keep glucose levels steady. Eat regularly, mostly vegetables, protein, and good healthy fats like nuts and seeds. Weed out the sugar and simple carbs.

"Protein is the nutrient that helps stabilize your blood sugar longer, and that's probably the most important thing in adrenal fatigue," Jackson said. "Big peaks and troughs in your glucose levels is a disaster because it calls for more cortisol to be made to help you deal with the blood sugar imbalance."

Another important nutrient to make sure you're getting enough of is vitamin C—a substance vital for making cortisol.

Mental Downtime

Our body needs mental rest just as much as physical rest. Jackson recommends adopting a meditation practice, but if this seems daunting, just find a quiet space (even if you have to go into the restroom), and concentrate on your breath and releasing your anxiety and worry. Instead of always scrolling through your phone when you take a break, develop a habit of giving your overfilled brain a moment of clarity.

Adaptogen Herbs

In ancient times, doctors treated symptoms like weakness, premature aging, and fatigue with herbs. These same herbs today are used to treat adrenal fatigue. They are known as adaptogens because they help the body better adapt to stress. They help elevate or lower your hormones according to your own individual needs. Some of the best adaptogens for adrenal fatigue include Korean ginseng and ashwagandha.

Boundaries

Another important aspect of recovery is learning to say "no." Avoid people who drain your energy. And don't agree to things you don't have the energy to do.

"I'm constantly weeding people out who drag on my energy," Jackson said. "While that sounds kind of harsh, it's a very important thing to do, because there is only so much energy that you can emit in one day."

Of course, better management of relationships has the potential to resolve some of these problems without attrition.

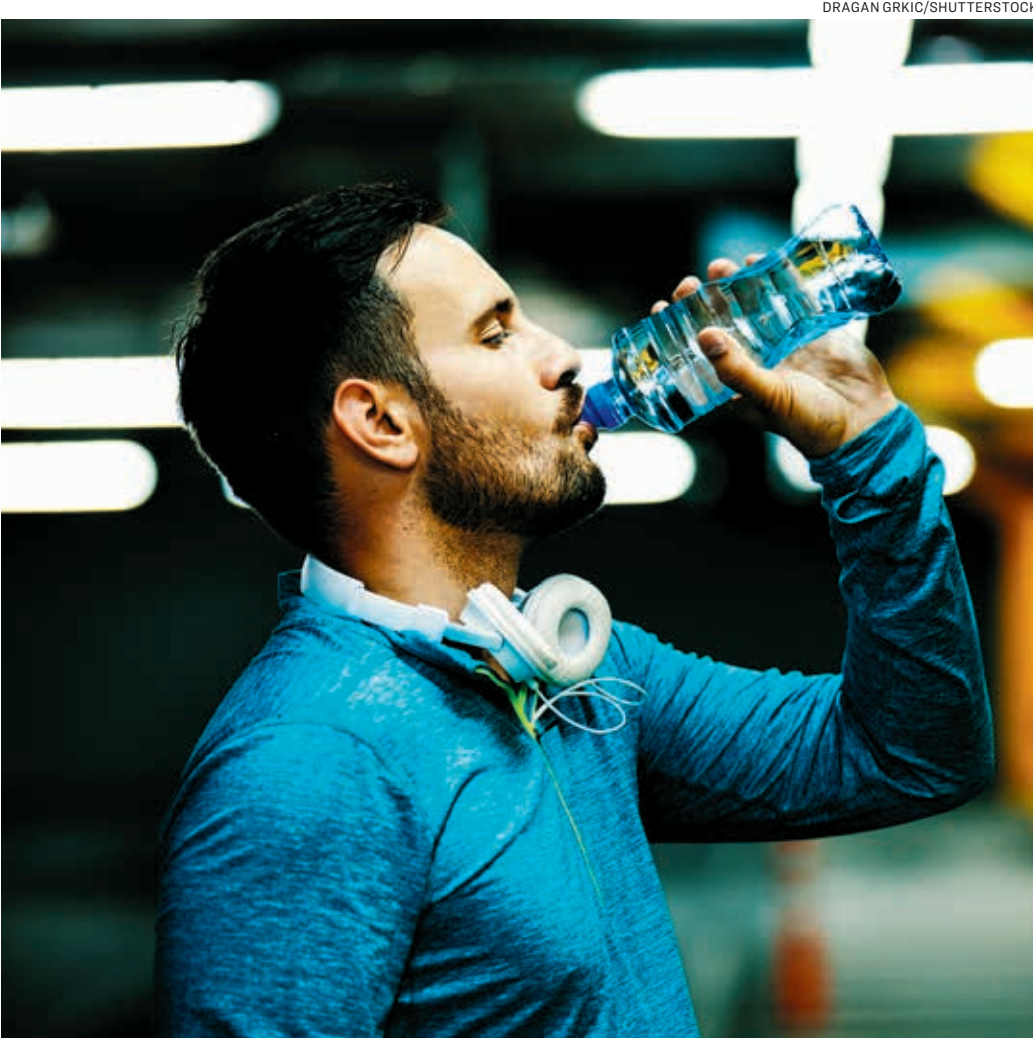
Avoid Relapse

The recovery plan for adrenal fatigue really just boils down to the same factors that have always been at the heart of a healthy life: adequate rest, a good diet, and a calm mind.

However, once you feel better, it's tempting to return to your old ways. When we get our energy back, the to-do list starts to grow again, and we forget about maintaining the basics of good health and self-care. Soon, we end up right back where we started.

Jackson says relapse is very common, so she encourages her patients to take note when they feel their best, and remember what it took to get there.

"I've learned that I have to do the basic things every day or I'm not going to be able to do what I really want to do in life," she said. "I love being plugged in. I love helping people. And I know that if I'm not doing those basic things I'm going to hit the wall at some point."



Feeling hungry? Drink up. Staying hydrated can help your body shed pounds and keep you from eating as much.

Biggest Mistake Dieters Make? Not Enough Water

Experts say drinking water can relieve hunger pangs and help you lose weight along with a healthy diet

KIMBERLY HOLLAND

Diets come in all shapes and sizes. Some are complicated. Some are very simple.

A diet dependent on your blood type might seem overly complex compared to a diet that just requires you to cut out almost all carbs.

On the other hand, a ultra-low-carb diet might seem incredibly convoluted compared to the grapefruit diet. That diet calls on you to eat grapefruit

Thirst is easily interpreted as hunger.

almost exclusively for a few days or weeks.

However, all of these diets, regardless of their intricacies, are doomed to fail if you aren't drinking enough water.

That's according to Dr. Thomas Chi, a urologist at the University of California—San Francisco.

Chi told Business Insider that the biggest mistake any dieter can make is focusing so much on their new eating plan that they neglect their water intake.

"People who are on extreme diets, they tend to have higher levels of salt and less hydration," Chi said.

These high salt levels may be particularly problematic for meat-rich diets. A lack of water, combined with an increased intake of meat, can lead to complications like kidney stones, Chi says.

Your body, however, has a natural way to tell you that you need hydration: thirst.

"Thirst is our natural bodily alert that we are running low on fluid," Dr. Niket Sonpal, a New York City internist and gastroenterologist, told Healthline. "You should respond as soon as you can."

Chi's point—that dehydration puts people at risk of sabotaging their healthy eating plans—is valid, according to research. People who don't drink enough water can quickly become dehydrated.

Thirst is easily interpreted as hunger. That pang can lead you to eat a snack when really all you need is a sip of water.

"Successful weight loss consists of a plan of action that accesses where you are, accesses where you want to be, and how you are going to get there," Sonpal says.

Should water be a part of that plan of action, just with as much emphasis as the foods you eat?

"Yes, it is an important part, not just of weight loss, but also of general good health," Sonpal says.

How Water Helps

Water alone will not be your weight-loss savior, just as any other element of a healthy lifestyle is not solely responsible for weight loss. This includes exercise or healthy foods.

A diet is dependent on a handful of key factors working together.

"On its own, drinking large amounts of water will not be enough to bring about substantial weight loss," Sonpal says. "But it does help when included into a regimen of nutrition that accounts for a healthy distribution of macronutrients and a diverse consumption of food groups."

That means water, along with that healthy new diet, just might help you achieve your goals. Ignoring the importance of water could sabotage your diet.

"Water intake is thought to aid weight loss by increasing fat metabolism and decreasing feeding," Dr. Chirag Shah, a board-certified emergency medicine physician and an assistant professor in emergency medicine at Rutgers University, told Healthline.

A 2016 study of more than 18,000 middle-aged and older adults found that individuals who drank more water were consistently more satisfied (i.e. not hungry). As a result, they ate fewer calories on a daily basis.

That same study found that people who were steady water drinkers consumed less cholesterol, fat, and salt as part of their daily diet compared to people who were dehydrated or didn't drink enough water.

"Weight loss isn't going to occur just because you drink water," Devin Alexander, celebrity chef and author of "You Can Have It!" told Healthline. "If you drink enough water and your meals are [composed of] fried chicken, mac and cheese, and ribs, you're never going to lose weight."

"That being said, drinking enough water is a key

Set an Alarm

If you can't remember to drink water, your phone can—or at least it can remind you. "One strategy that I've told patients to help them remember to drink a glass of water at various times during the day is to set an alarm on one's mobile device to go off in one to two hours," Shah says. "When the alarm rings, it is time to drink a glass of water." Repeat the process every day until drinking water becomes a habit.

Hydrate With Food

"Remember there are other fluids that keep you hydrated," Sonpal says. "There is also water in food, namely vegetables and fruit."

Sip, and Wait

If you feel a pang that suggests you're hungry, try a glass of water first. Then wait 15 minutes. If you're still hungry, you're probably actually hungry. If the water satisfied you, your body was just telling you it needed a sip. Drink some more. Your body will appreciate it.

The Bottom Line

Drinking enough water is as important to achieving your weight-loss goals as a healthy eating strategy. Water takes a few minutes to actually hydrate your body when you drink, but water quenches your thirst almost immediately.

Sip before you snack to keep your calorie counts down and you'll be one step closer to your weight-loss goals.

Kimberly Holland is a freelance journalist and editor. This article was originally published on Healthline.

Prescriptions for Healthy Food Might Save Lives—and Money

Researchers say model predicts billions of dollars in savings and millions of heart attacks and strokes prevented

Prescriptions for healthy food written for Medicare and Medicaid beneficiaries might lower the risk of costly chronic illnesses, such as diabetes and cardiovascular disease, and at the same time lower the costs of care, a new study suggests.

The prescriptions would even come with a 30 percent discount on foods, including fruits and vegetables.

Using computer models, researchers calculated that healthy food prescriptions could prevent as many as 3.28 million cardiovascular events, such as heart attacks and strokes, and save as much as \$100.2 billion in health care costs, according to the study published in PLoS Medicine.

People included in the simulations were between 35 and 80 years old and were enrolled in Medicare and/or Medicaid.

As part of the modeling, the researchers used data from the three most recent National Health and Nutrition Examination Surveys (NHANES 2009–2014), as well as from published sources and meta-analyses which included demographic information, dietary intakes, policy effects, diet-disease effects, policy costs, and health care costs.

Several assumptions were made in the modeling, including an estimate of the impact of a 30 percent discount on patient shopping habits.

When the researchers ran their model with a prescription for fruits and vegetables, they estimated that 1.93 million cardiovascular events would be prevented and \$39.7 billion would be saved. When they ran it with the broader prescription for healthy foods, they estimated that 3.28 million cardiovascular events and 120,000 diabetes cases would be avoided and \$100.2 billion would be saved.

"Our findings support the implementation and evaluation of healthy food prescriptions ... to improve the diet and health of Americans," said researcher Yujin Lee, a postdoctoral fellow at the Friedman School of Nutrition Science and Policy at Tufts University in Boston.

"We found that partial coverage of the cost of purchasing fruits, vegetables, whole grains, nuts/seeds, seafood and plant oils in Medicare and Medicaid would be highly cost-effective—about the same cost-effectiveness as drug treatments for high cholesterol or high blood pressure," Lee said.

Dr. Mylynda Massart welcomed the new findings.

"It's exciting that we are finally having a conversation about this because it needs to happen," said Massart, director of the Primary Care Precision Medicine Clinic at the University of Pittsburgh Medical Center. "It would be so great to see money invested in an intervention that could make a difference in the quality of life and in reducing disease burden and potentially cost less."

While the study findings are based on a model rather than an actual trial, "it may convince people to put money into research studies on actual people in real communities," Massart said. "This is part of the whole concept of precision medicine. People are born with a genetic predisposition for diseases that interacts with environmental exposure. Often the risk factors are modifiable."

Massart said she would enthusiastically embrace the concept if it could be proven in trials. "I'd much rather prescribe a cucumber over a pharmaceutical any day," she added.

From Reuters



ANNA SHKURBATOVA/SHUTTERSTOCK

CONNECT TO LEAD

A ‘Battle Buddy’ Can Keep You Going and Help You Succeed

Get out of your own head and find support by joining forces with someone going your way

SCOTT MANN

I met Cliff Patterson in 1991 when I was going through the United States Army Ranger School. As ranger buddies, we shared some crazy times, some hard times, and some rough times. We were two very different guys. He was from Washington, D.C., grew up in the city. I was a country boy. I don't think he was crazy about having my scrawny redneck self as his ranger buddy, but it all worked out.

We couldn't have been more different, yet we became brothers. A lot of it had to do with the adversity we went through together. We were always checking in with each other. No food. No sleep. Lots of stress. We leaned on each other to get through the course. When one of us was feeling bad, the other would be feeling okay. When one of us was out of food, the other one would have a little bit of food left in their MRE ration pack to spare. That's just how it went over and over, day in, day out, taking care of each other. We eventually got each other through that course and went on to be great friends.

We lost Cliff in the Pentagon on Sept. 11, 2001. Cliff taught me a lot through the years, but the importance of battle buddies and 'getting out of your own way' are what still sticks with me now.

Yeah, he was my ranger buddy, but in other units, they call that one person who looks out for you and you look out for them, your battle buddy. It's the same thing really. Having a battle buddy serves a range of purposes both in peacetime and in combat. You always

How often are you checking in with your wife or your kid?

check in on your battle buddy. That way, no one gets left behind.

There are so many lessons from the military that we can share with those of you in the civilian community who are leading every day, doing big work, and the battle buddy concept is one of them. As I travel around the country working with civilian leaders, what I see consistently is that so many are isolated and stuck in their own heads.

They feel, in many ways, like they're struggling uphill. Maybe they feel they're not good enough to accomplish what it is that's been put in front of them. They're wondering if they can accomplish what they want to achieve. In many cases, leaders today in the civilian world feel cut-off from everything around them.

Those same things happen in the military. Battle buddies help us make that something that we can endure, and even thrive upon.

It works just as well in the civilian world. This doesn't mean you have to go into your job on Monday and assign a battle buddy, but apply this concept of checking in with each other. Apply this concept of getting out of your own head and checking in with the person to your left and right and seeing how they're doing. Just ask them, "How are you doing? How are you feeling? Is everything okay?"

That's the exact same thing Cliff would do with me all the time with that big smile of his, and it would totally change my world. When I would do that for him or other folks around me, it would pull me out of my own head as well.

Think about this battle buddy concept in

your life. Think about the power of checking in with the people in your cubicle, with the people on your team, the people in your association, or your nonprofit. How often are you checking in with your wife or your kid? Just look them in the eye and ask them how they're doing. Those people closest to us in life, those are our battle buddies. Besides, if we don't look out for each other, who will?

One of my favorite authors, Steven Pressfield talks about the concept of battle buddies in ancient Sparta in his book Warrior Ethos:

"The greatest counterpoise to fear, the ancients believed, is love. The love of the individual warrior for his brothers and sisters. At Thermopylae on the final morning when the last surviving Spartans knew they were all going to die, they turned to one of their leaders, the warrior, Dienekes, and asked

him what thoughts they should hold in their minds in this final hour to keep their courage strong. Dienekes instructed his comrades to fight not in the name of such lofty concepts as patriotism, honor, duty, or glory. 'Don't even fight,' he said, 'to protect your family or your home. Fight for this alone, the man who stands at your shoulder. He is everything, and everything is contained within him.'"

That's true in your life as well. Look to the woman to your left, the man to your right. Fight for them. Check in with them. Check in with your battle buddy, and you'll find that you'll get out of your own way, out of your head, and lead the way you were meant to lead.



Scott Mann is a former Green Beret who specialized in unconventional, high-impact missions and relationship building. He is the founder of Rooftop Leadership and appears frequently on TV and many syndicated radio programs. For more information, visit RooftopLeadership.com

U.S. ARMY PHOTO BY PATRICK ALBRITTON



Trainees negotiate a confidence course on Sand Hill at Fort Benning, Ga., on Feb. 27, 2019. Benning is the first stage of Ranger School, where soldiers undertake an intense training program.

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EGGS AND HEALTH

Unscrambling the Message

The deadly risk of eggs appears to be overstated—again

TOM SANDERS

It's hard to keep up with the message on eggs. Are they good for you or not? In the 1960s, people were told: "Go to work on an egg." But in the 1970s the public was advised to avoid eggs because they were linked to high blood cholesterol. The negative press on eggs continued in the 1980s when raw eggs were linked to salmonella poisoning.

The message changed in 1999 when a study published in JAMA, a leading medical journal, found no link between egg consumption and the risk of cardiovascular disease—except possibly in people with Type 2 diabetes. This lack of a relationship between egg consumption and cardiovascular disease was reaffirmed in 2013 in an analysis of 17 reports of studies involving over 3 million participants.

Eggs were rehabilitated as part of a healthy diet, so much so that it became fashionable to keep chickens.

Eggs were in the news again in 2018 when a report from China on half a million people noted a lower incidence of cardiovascular disease (mainly haemorrhagic stroke) in people who regularly ate eggs, for reasons that remain uncertain but could be due their to contribution to protein intake, as suggested

by previous studies in Japan, which has one of the highest intakes of eggs in the world. But now the doom merchants are back, warning that eggs can kill.

This latest report followed nearly 30,000 participants for an average of 17 years. Of these, 5,400 had a cardiovascular disease event, i.e. a heart attack or stroke. The researchers found that each egg consumed was associated with a 2.2 percent greater absolute risk of cardiovascular disease over the follow-up period (roughly 22 extra cases of cardiovascular disease per 1,000 participants).

The statistical methods used were robust, and the pooled data from six studies represent the ethnic diversity of the U.S. population and the diets of ordinary Americans.

The study's limitations are the dependence on a single measure of dietary intake at the start of the study and the strong correlation of egg intake with obesity and unhealthy lifestyles, such as smoking, eating lots of red and processed meat, and not eating a lot of fruits and vegetables.

Statistical adjustments were made to correct these confounding factors things that mask true associations. However, these corrections are imperfect and invalid when the correlations with egg intake is very strong. For example, in the United States, eggs are often eaten with bacon, sausages, or burgers,

so it's impossible to disentangle the effects on cardiovascular disease risk of eggs from these fatty meat products.

Also, the increased risk was much greater than would be predicted from the known effects of eggs on blood cholesterol levels. These findings need to be considered in the context of the North American dietary pattern because they may not apply to other dietary patterns, especially Asian.

Observational studies such as these can only show associations (they cannot prove causation), so they should be treated with caution.

The Role of Cholesterol

The average egg consumption in most countries is usually only three or four eggs a week. A medium-sized egg provides 226mg cholesterol and average cholesterol intakes typically range between 200-250mg per day.

It's easy to be confused by a high blood cholesterol level, which increases the risk of cardiovascular disease, and its relationship with dietary cholesterol, which is mainly provided by eggs. Very high blood cholesterol levels are usually inherited or caused by a lack of some hormones (such as thyroid hormone). But moderate increases in blood cholesterol are related to diet.

Continued on Page 9

Here we go again. A new study warns that eggs could be bad for us, but it's results are tainted by bacon and bad choices.

East Acupuncture

Dr. Ping H Liou

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Born in a family of traditional Chinese medicine, Liou studied at Chengdu University of Traditional Chinese Medicine under famous doctors Benshu Diaio and Yuqin Lai, has been practicing Chinese medicine for 13 years. Liou is expert in comprehensive treatment combining acupuncture and medicine.

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THE EPOCH TIMES

TRUTH and TRADITION

One of the best ways to maintain good skin health is to simply keep it hydrated.

Why Moisturizing Your Skin Helps Prevent Age-Related Diseases

Our skin is our largest organ and it’s health goes deeper than most people realize

DAN GRAY

It makes sense that moisturizing the skin is the best way to keep it from getting dry and itchy. But what if there is a link between dry skin and a host of age-related diseases?

Researchers from the University of California-San Francisco (UCSF) have concluded that age-damaged skin could be a contributing factor to a number of age-related conditions such as heart disease and Alzheimer’s disease.

In research published earlier this month in the Journal of the European Academy of Dermatology and Venerology, scientists described their observations in studying older adults at the San Francisco Veterans Administration Health System.

“Aged humans exhibit chronic, subclinical systemic inflammation, commonly termed ‘inflamm-aging’, which has been further linked to the downstream emergence of a variety of age-associated chronic disorders, including cardiovascular diseases, Type 2 diabetes, osteoporosis and Alzheimer’s disease,” Dr. Mao-Qiang Man, the study’s senior author and dermatologist at UCSF, explained to Healthline.

To understand this, it helps to understand what cytokines are. These small proteins are released by the body’s immune system to signal inflammation in damaged areas of the skin.

If enough of them get into the circulatory system, the “inflamm-aging” process begins. Older adults are more prone to this because their skin is more prone to damage.

Fragrances and perfumes tend to contain irritants that can negatively affect the skin.

After the UCSF study concluded, researchers found that seniors who used three milliliters of skin cream to moisturize, twice a day, had significantly fewer cytokines linked to chronic diseases.

Dr. Gayatri Devi, a neurologist at Lenox Hill Hospital in New York and author of a book on Alzheimer’s disease, told Healthline that it’s long been understood that inflammatory markers are associated with pathological changes associated with aging such as cardiovascular and Alzheimer’s disease.

“The idea of using a simple treatment like a skin emollient as one way to reduce age-associated inflammation is both intriguing and appealing, and worth further evaluation,” she said.

Another expert interviewed by Healthline says that the research highlights the importance of properly moisturized skin—especially in older adults.

Thin Skin and Aging

Skin is our largest organ and the main barrier between our insides and the outside world. But skin health isn’t always in mind when it comes time to see a doctor.

One of the best ways to maintain good skin health is to simply keep it hydrated.

“From a best-practice standpoint, it’s absolutely important for patients—whether they’re younger or older—to try to moisturize the skin,”

explained Dr. Susan Massick, a dermatologist at The Ohio State University Wexner Medical Center. “Basic hydration helps preserve the barrier of the skin, the barrier to the outside world. It’s important to maintain that aspect, particularly for older folks who have a more difficult time in terms of maintaining moisture to the skin.” So what exactly happens to our skin as we age? For starters, gravity tends to take over and the skin loses its elasticity. This can thin the skin out and hinder its ability to maintain proper moisturization. Then there’s the fact that merely exposing our skin to the outside world has negative long-term effects. “As we age, you’ll see more issues with regard to the long-term effects of ultraviolet light on the skin,” said Massick. “There’s thinning of the skin, slower healing, easy bruising, but more importantly, concerns about skin cancers and melanomas. There are also chronic, inflammatory conditions like eczema and psoriasis that continue on at any age range, but can certainly be more of a struggle as we get older.”

Moisturize the Right Way

While the UCSF study had a relatively small cohort, the results carry an important practical lesson: moisturizing is important, particularly for older adults.

The study participants had highly specific moisturizing instructions. In everyday practice, it isn’t necessary to be this exact.

For starters, says Massick, it’s best to clean the body using unscented soaps and body washes, as the products with fragrances and perfumes tend to contain irritants that can negatively affect the skin.

When it comes to using moisturizing products, it’s best to use items with specific traits. “The creams tend to be more moisturizing than lotions because they have more lipids and oils in them, so they provide more hydration to the skin,” said Massick.

As for the best time to moisturize, Massick recommends doing so right after getting out of the bath or shower because it helps to maintain the moisture that’s already in the skin after a good soak.

Finally, it’s important to remember that too much heat can dry the body out.

“In the shower, it’s best to avoid the really hot water that tends to dry people out. That’s why patients have more difficulty with dry skin in the winter because they’ve got the heat on and they’re taking hot showers,” explained Massick.

Man, the study’s senior author, said that proper moisturization is one of the biggest takeaways of the study.

“Using safe and effective products to take care of your skin could benefit health, particularly for the elderly and subjects with certain conditions such as psoriasis and atopic dermatitis,” he said.

The Bottom Line

Aging can negatively affect the skin in all sorts of ways.

Overly dry and irritated skin can even create conditions that contribute to the development of certain diseases.

Patients who want to maintain properly moisturized skin should take steps to apply moisturizer regularly and see a dermatologist if there are concerns.

Dan Gray is a freelance journalist. This article was first published on Healthline.

EGGS AND HEALTH

Unscrambling the Message

Continued from Page 7

In 1916, a Dutch physician Cornelis De Langen noted that the Dutch in Java, an island in Indonesia, had atherosclerosis (plaque build-up inside the arteries) and cardiovascular disease, but this was uncommon in the Javanese on their native diet, which was mainly based on plant foods with a few eggs a week. He linked high blood cholesterol to heart disease and showed that putting the Javanese on a Dutch diet increased their blood cholesterol by about one millimole per liter (mmol/L), which is quite a large effect.

Most adults in North America, Europe, and Australasia have moderately increased blood cholesterol levels as a result of middle-aged spread, saturated fat intake and, to some extent, cholesterol intake. Randomized controlled trials in which participants are fed increasing amounts of eggs have found that each 200mg of cholesterol from eggs increases the harmful form of blood cholesterol, low-density lipoprotein (LDL), by only 0.1mmol/L, about a 3 percent increase. But dietary cholesterol also enhances the LDL cholesterol-raising effect of saturated fat. Meat eaters who reduce their saturated fat in-

In the United States, eggs are often eaten with bacon, sausages, or burgers, so it’s impossible to disentangle the effects on cardiovascular disease risk.

take can expect to lower their LDL cholesterol by 0.3mmol/L. But LDL cholesterol is typically 2.4mmol/L in vegans, who consume no cholesterol and have low intakes of saturated acids, compared with meat eaters where the average is 3.5mmol/L.

Not the Same Risk for Everyone

Between a quarter and a third of the population inherit a version (an “allele”, in the jargon) of the APOE gene called e4 that makes them much more sensitive to dietary cholesterol than those who carry the more common e3 allele. They can show a 10 percent increase in LDL cholesterol with dietary cholesterol from eggs.

There is also variability on how much cholesterol is absorbed. Most of the cholesterol in the small intestine is derived from bile secreted from the liver rather than from eggs. Plant sterols, which are added to some foods, such as yogurt drinks and margarine, block cholesterol absorption and lower LDL cholesterol by up to 10 percent. So even people who carry the e4 allele can eat eggs without increasing their LDL cholesterol if they consume plant sterols in the same meal.

The American diet contains large amounts of meat

Eggs were rehabilitated as part of a healthy diet.

and eggs, and it seems probable that a high intake of cholesterol (about 600mg per day, equal to two to three eggs a day) adds to the risk of cardiovascular disease, particularly in people with Type 2 diabetes. There is also good reason to caution younger people about the risks of following the fad of high-protein diets that may include eating several eggs a day. Otherwise, eating eggs in moderation (three to four eggs a week) makes a useful contribution to nutrient intake and is harmless.

Tom Sanders is an emeritus professor of nutrition & dietetics at King’s College London in the United Kingdom. This article was first published on The Conversation.

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Nootropics You Need To Know About

These brain boosters come in many shapes and flavors

DEBORAH MITCHELL

The first time I heard the term “nootropics,” I had no idea what it was. Was this a snazzy tropical drink with a little umbrella? Maybe a new exercise routine?

In fact, nootropics are drugs, supplements, or other substances believed to help improve brain function, a major consideration as our population grows older and the risk of Alzheimer’s disease and other forms of dementia continue to grow. They can help improve cognitive abilities such as working memory, focus, attention, and decision-making.

Do Nootropics Really Work?

Many experts feel that consuming nutrients for any health reason is typically best when they come from food rather than a supplement. One argument for that approach is that although you may be targeting one or two vitamins or minerals in a particular food for its brain-boosting abilities, those nutrients also work in sync with other substances, such as fiber, water, phytonutrients, and amino acids to provide health benefits. Supplements, however, can be a great way to enhance or even take the place of what you can consume as food when necessary.

The Best Nootropics to Consider

Here are dozen-plus foods and individual supplements that are touted as nootropics. These foods release sugar (glucose) slowly into the bloodstream, which helps to provide you with a steady supply of energy and thus a balanced level of awareness, cognition, and concentration. Remember to include lots of these options in your diet!

Nootropic Foods

BLUEBERRIES. These delicious blue orbs are loaded with anthocyanins, which have potent antioxidant powers that protect against an aging brain. A study appearing in the Annals of Neurology reported that greater intake of blueberries and strawberries was associated with slower rates of cognitive decline. Blueberries beat out strawberries, although both performed well.

DARK CHOCOLATE. The rich supply of flavanols in the cocoa bean is the special ingredient behind the brain-enhancing power of dark chocolate. Cocoa has the ability to boost the area of the brain (dentate gyrus) where new brain cells are grown and also improves blood flow to the brain. To reap these benefits, you

need to consume dark chocolate that is at least 70 percent cocoa.

DARK LEAFY GREENS. Momma said to eat your spinach, and she was right. Spinach, along with kale, turnip and beet greens, collards, and mustard greens are packed with lutein and zeaxanthin, two potent antioxidants shown to improve brain function. In one study, for example, participants who had higher levels of lutein and zeaxanthin performed better on a working memory test, and their brains appeared to work more efficiently based on functional magnetic resonance imaging results.

EGGS. The highly desirable brain-boosting nutrient in eggs is choline, which has a large role in brain cell signaling. Choline also is the precursor to acetylcholine, a critical neurotransmitter for healthy brain function, memory, deep sleep, and learning. Because the body is unable to produce a sufficient amount of choline on its own, you need to get it from food or supplements. The adequate intake for choline is 425 mg daily for women and 550 mg for men. One egg yolk contains 125 mg of choline.

FATTY FISH. The secret behind the connection between fish consumption and better brain health and function is omega-3 fatty acids. These fats are abundant in certain fish, including herring, sardines, wild salmon, and tuna. The main omega-3s are eicosapentaenoic acid, which is a potent anti-inflammatory, and docosahexaenoic acid, which is critical for healthy neurons.

GREEN TEA. Green tea provides support for the brain in several ways. One is caffeine, even though the amount is lower than found in black tea. The other brain-enhancing substances in green tea are catechin and L-theanine. Catechin is associated with better brain function while L-theanine is a cognitive booster that also helps relax you. In a recent review of 21 studies, experts determined that “green tea influences psychopathological symptoms,” including anxiety, brain function (working memory), and cognition (improved memory and attention).

TURMERIC. This versatile spice has been shown to boost working memory in humans with pre-diabetes. When cooking with turmeric, be sure to include some healthy fat and black

pepper in the dish, because they both boost absorption of the spice.

Nootropic Supplements

If you want to complement your brain food intake, here are the nootropic supplements you can consider. Dosing should be discussed with a knowledgeable health care professional.

CHOLINE. The adequate intake is 425 mg daily for women (450 mg for pregnant women and 550 mg for lactating women) and 550 mg for men. The vast majority of people don’t get enough choline.

L-THEANINE. This amino acid is found in green tea and is often used to improve mental performance and managing anxiety. It is sometimes taken along with caffeine for these purposes. A suggested dose is 100 mg theanine. In combination, the range may be 30 to 100 mg of caffeine and 12 to 100 mg theanine.

LUTEIN AND ZEAXANTHIN. These two carotenoids (which places them in the same category as beta-carotene and alpha-carotene) are potent antioxidants and helpful in preventing damage to brain cells. As a supplement, they often appear together, in products targeted for eye health, or as part of a multivitamin/mineral supplement. There are no set dosing requirements for lutein and zeaxanthin, but a suggested dose is 10 mg/day of lutein and 2 mg/day of zeaxanthin.

TRYPTOPHAN. An amino acid that is a precursor to melatonin, niacin (vitamin B3), and serotonin. This nutrient can help with depression, anxiety, insomnia, and memory. Suggested dosing is 2,000 to 3,000 mg daily.

VITAMIN B12. Critical for the manufacture of DNA, RNA, and neurotransmitters, which are necessary for optimal brain function. The RDA for vitamin B12 is 2.4 micrograms for adults. However, supplementation of 25 to 100 mcg daily is suggested for adults older than 50 because they do not absorb food-bound B12 efficiently.

Deborah Mitchell is a freelance health writer. She has authored, co-authored, and written more than 50 books and thousands of articles on a wide range of topics. This article was first published on NaturallySavvy.com

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From Playground Risks to College Admissions Failure Helps Build Kids' Resilience

If they don't experience adversity, how will they ever know how to overcome it?

NICOLE RACINE & SHERI MADIGAN

The extreme and even illegal measures parents will take to ensure their children are successful has come into sharp focus after allegations that wealthy and sometimes famous parents had paid for their children to gain entrance to the most prestigious post-secondary institutions in the United States.

Parenting trends that protect children from negative experiences and failure are far from new. The concept of "helicopter parenting" emerged in the 1980s to describe overly anxious parents who hover over their children to keep them safe.

A second parenting trend called "intensive parenting" was later coined to describe overly invested parents who spend unprecedented amounts of time and money on their children's activities and well-being to ensure they have the best start in life.

More recently, "snowplow" or "bulldozer" parenting describes parents who are hyper-focused on their child's future and will do anything to eliminate barriers to their children's success. The parents allegedly engaged in the U.S. college entrance scandal would be a prime example.

Ultimately, the goal of these parenting styles is to reduce a child's exposure to hurt, distress, failure or difficult life experience. But in the end, does this help or hinder kids? If they don't experience adversity, how will they ever know how to overcome it when they inevitably face it in life?

Bubble-Wrapping Kids Doesn't Work

Research has shown that helicopter or bulldozer style parenting is associated with poor outcomes in children and adolescents, including mental health difficulties and low life satisfaction.

Children of helicopter and bulldozer parents also have been shown to be less resilient. For example, they do not

seem to develop some of the coping skills required to solve problems independently.

College students who described their parents as helicopter parents show decreased confidence in their ability to succeed.

In contrast, parents who support their child's autonomy by valuing their perspective and promoting independent problem-solving do better academically and have better mental health and well-being.

When Kids Fail, It Builds Confidence

Resilience has been defined as the ability to bounce back from life challenges or difficulties and is a characteristic that is learned and fostered over time. By definition, then, a child needs to experience adversity to learn to overcome it.

Children rely on supportive relationships and experiences within their families, schools, and communities to help them develop the necessary skills to successfully navigate minor challenges and problems. When these are present, overcoming challenges or "bouncing back" is easier to do.

The types of adversity children can experience vary from mild to severe. For children, mild forms of adversity can include going to a new school or camp or meeting new people. Moderate stress can include more serious events, such as natural disasters or losing a loved one. Severe stress or toxic stress includes abuse and neglect.

Of course, we want to shelter and protect children from moderate and severe stresses as much as possible. Research is clear that experiencing high levels of adversity like abuse and neglect in childhood are associated with poor health and development.

But what about small, everyday difficulties like losing a game, failing at an activity, doing poorly on a test or struggling to learn something new? These are the types of stresses that we need to allow our children to experience, and with our help, learn to overcome. Research shows this builds up their ability to be resilient.

Tips for Promoting Resilience in Children

1. Foster a loving and positive relationship with your child, one where they feel safe to reach out to you when they need help rather than trying to tackle a problem alone.
2. Help your child develop other relationships in their families and communities that are supportive and caring. Healthy relationships with extended family members, coaches, teachers, and friends can help buffer the child from mild, moderate and severe forms of adversity.
3. Model and support problem-solving. Our first instinct is often to jump in to resolve or fix our child's problem. Instead, try to step back, focus on the process and help your child find a few solutions to their problem. Get them to pick what they think is the best solution, and then once they implement it, ask them how they think it went and what they might do differently next time.
4. Encourage children to participate in extra-curricular activities that take them out of their comfort zone, or involve the development of a new skill. This is mildly stressful for children but gives them an opportunity to try something new and learn from the experience, while being supported in the process.
5. Help your child to develop confidence by praising them honestly for hard work and persistence. Reward the process, not the outcome.

The American Psychological Association Resilience Guide for Parents and Teachers provides further background and tips.

Nicole Racine is a postdoctoral research fellow at the University of Calgary in Canada and Sheri Madigan is an assistant professor and Canada research chair in determinants of child development at the Owerko Centre at the Alberta Children's Hospital Research Institute at the University of Calgary. This article was first published on The Conversation.

or just simply shopping for your family, shopping at dollar discount stores that sell produce can result in savings," said Coughenour. "And for those who are brand loyal, there are additional studies out there that find nutritional equivalency from on-brand and off-brand products."

Nutrition is a vital part of public health, yet access to good quality food for low-income individuals can be problematic. Today 11.5 million individuals in the United States live in areas that are more than a mile from the nearest grocery store. Living in these "food deserts" makes eating healthy more difficult.

According to Coughenour, her research highlights the importance of discount stores as a way to help bridge the gap for low-income neighborhoods and gain access to better quality food.

"Some of the cheapest foods in the world are some of the healthiest. Beans are a great example of this and can be found dry or canned in many dollar stores. Frozen fruits and vegetables without any added sugars are also an example, and finally, many whole grains can be purchased at dollar stores, particularly brown rice." Kristin Kirkpatrick, a licensed, registered dietitian, told Healthline.

She added, "The key is knowing what to do with these ingredients. Many of my patients would eat more beans if they knew how to prepare them, or have the idea that frozen vegetables are inferior to fresh, which in many instances is not the case. Education is key."

Gigen Mammoser is a freelance journalist. This article was originally published on Healthline.



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Fruits and vegetables at dollar stores are just as good as what you'd find at a regular grocery store.

ropolitan Las Vegas area. Using general definitions of the types of stores (national or regional chain groceries, for example) they looked at the availability of different types of foods, their prices, and quality. Using a tool called the Nutrition Environment Measures Survey in Stores (NEMS-S), researchers assigned stores different scores based on these factors and compared them.

The NEMS-S system divides produce into two categories. "Acceptable" is defined as top quality, fresh produce that is firm and clean. "Unacceptable" produce is bruised, old, mushy, cracked, or moldy.

As might be expected, traditional grocery stores scored significantly higher in "availability," indicating a wide variety of fruits and vegetables, as well as

healthier options of other types of food such as whole-grain bread.

However, in terms of quality, discount stores held their own.

There was "not a significant difference in the quality of fresh fruits and vegetables," wrote the authors.

High Quality, Lower Cost

At a discount store, you'll also likely pay less.

According to the research, nearly 85 percent of produce and 90 percent of non-produce items were significantly less expensive compared to traditional grocery stores.

"While they have fewer options, they are a source of high quality, more affordable options. If you are on a budget,

Your Relationship May Be Better Than You Think

Our negativity balance can steal the good experiences in our relationships

GARY W. LEWANDOWSKI JR.

There's an old saying, "When you reach the end of your rope, tie a knot in it and hang on." In other words, before you give up, take matters into your own hands and try a little harder.

As a psychology researcher, I believe this adage applies to relationships, too. Before you let go, look for the "knots" that might save you from accidentally letting a great relationship slip from your grasp. Relationship science suggests that the problem is that people tend to overemphasize the negative and underappreciate the positive when looking at their romantic partners.

If you could build the perfect relationship, what would it look like? Perhaps more importantly, how does your current relationship stack up? Expectations for today's relationships are higher than ever. Now that relationships are a choice, mediocrity isn't acceptable. It's all or nothing, and no one wants to settle.

The secret to avoiding settling seems simple: have high standards and demand only the very best. Researchers refer to people who are pickier than others and always want the absolute best possible option as maximizers. Their counterparts are satisficers—those satisfied once quality surpasses a minimum threshold of acceptability. For them, "good enough" is perfectly fine. As long as their relationship exceeds their predetermined benchmarks for "high quality," satisficers are content.

Maximizer personalities will tend to exhaust all options and explore many possibilities to secure the flawless partner. You might think that sounds ideal, even noble, almost like common sense. But there are hidden downsides. Call it the myth of maximization, because research reveals that maximizers report more regret and depression and feel threatened by others whom they perceive as doing better. Maximizers also experience lower self-esteem and less optimism, happiness and life satisfaction. And they prefer reversible decisions or outcomes that are not absolute or final.

See the problem? In long-term relationships, people tend to prefer more of a "til death do us part" approach rather than a "til I find something better" tactic. Overall, the implication for your relationship is clear: The continuous pursuit of perfection could be fine for a car, but in your relationship, it may result in failing to recognize the truly great relationship that's right in front of you for what it is. Impossibly high standards can make an excellent relationship seem average.

You may also undervalue your relationship by being too quick to identify imperfections, notice the negatives and find problems. Blame what psychologists call the negativity bias, which is a tendency to pay attention to the bad or negative aspects of an experience.

In other words, when your relationship is going well, it doesn't register. You take it for granted. But problems? They capture your attention. The bickering, insensitive comments, forgotten chores, the messes, and the inconveniences—all stand out because they deviate from the easily overlooked happy status quo.

This tendency is so pronounced that when a relationship doesn't have any major issues, research suggests that people inflate small problems into bigger ones. Rather than being thankful for the relative calm, people manufacture problems where none previously existed.

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You could be your own worst enemy without even realizing it.

Time to recalibrate. The key is separating the critical from the inconsequential in order to distinguish minor issues from real problems. Identifying the true dealbreakers will allow you to save your energy for real problems, and allow the minor stuff to simply fade away.

Data from a representative sample of over 5,000 Americans, ranging in age from 21 to over 76, identified the top 10 relationship dealbreakers:

1. Disheveled or unclean appearance
2. Lazy
3. Too needy
4. Lacks a sense of humor
5. Lives more than three hours away
6. Bad sex
7. Lacks self-confidence
8. Too much TV/video games
9. Low sex drive
10. Stubborn

Beyond that list, there are certainly annoyances that can become dealbreakers in otherwise generally healthy relationships. And if your partner disrespects, hurts or abuses you, those are behaviors that shouldn't be ignored and should rightly end your relationship.

In a follow-up study, researchers asked participants to consider both dealbreakers and dealmakers—that is, qualities that are especially appealing. When determining whether a relationship was viable, it turned out the dealbreakers carried more weight. The negativity bias strikes again. The fact that people tend to focus more on the breakers than the makers is further evidence that we're not giving some aspects of our relationship enough credit.

To help you better appreciate your partner's good qualities, consider the qualities individuals find most desirable in a marriage partner.

What have you been missing in your relationship? Surely there are boxes that your partner checks that you've neglected to notice. Start giving credit where credit is due.

In fact, some studies suggest you should give your partner even more credit than she or he might deserve. Instead of being realistic, give your partner the benefit of the doubt, with an overly generous appraisal. Would you be lying to yourself? Sure, a little bit. But research shows that these types of positive illusions help the relationship by decreasing conflict while increasing satisfaction, love, and trust.

Holding overly optimistic views of your partner convinces you of their value, which reflects well on you—you're the one who has such a great partner, after all. Your rose-colored opinions also make your partner feel good and give them a good reputation to live up to. They won't want to let you down so they'll try to fulfill your positive prophecy. All of which benefits your relationship.

It's time to stop being overly critical of your relationship. Instead find the knots, the parts of your relationship you've been taking for granted that will help you hold on. If you know where to look and what to appreciate, you may just realize there are a lot more reasons to happily hold onto your relationship than you thought.

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TYLER WILSON/ASH

WISE HABITS

A Simple Mindful Method to Deal With Tiredness, Loneliness, and Stress

LEO BABAUTA

A loved one has been going through a hard time, dealing with tiredness, stress, and loneliness, and my heart goes out to them as it does anyone going through such struggles.

These difficult emotions can break your heart.

There is a fairly simple method that can help when we are faced with these powerful feelings and the difficulties that bring them. I offer it to you as something to practice and test out.

Notice what thoughts you have in your head that are causing the emotion.

Here's the method, to practice if you're feeling stress, frustration, loneliness, sadness, tiredness:

1. Notice that you're feeling this difficult emotion, and notice how it feels in your body. Bring a sense of curiosity to the sensations, just being present with them for a moment.
2. Notice what thoughts you have in your head that are causing the emotion. For example, you might be thinking, "They shouldn't treat me like that" or "Why does my job have to be so hard?" or "These people are stressing me out! Things should be more settled and orderly." Or something like that. Just notice whatever thoughts you have. Maybe write them down.
3. Notice that the thoughts are causing your difficulty. Not the situation—the thoughts. You might not believe that at first, but see if you can investigate whether that's true.
4. Ask yourself, "What would it be like if I didn't have these thoughts right now? What would my experience be right now?" The simple answer is that you're just having an experience. It is a moment in time, not good or bad.
5. In fact, while this experience is neither good nor bad, you can start to appreciate it for what it is, without the thoughts. See it as a fresh experience, maybe even appreciate the beauty of the moment. Maybe you can even love the moment just as it is.

Obviously, some of these might take some practice. But it's worth it because while you might not be able to get rid of tiredness, you can let go of the thoughts about the tiredness that make it so much worse. You might not be able to get rid of the loneliness, but you can let go of the downward spiral of thoughts and emotions that make it overwhelming.

And just maybe, you can find some love for your experience in this moment. Yes, you feel tired, but you can love the tiredness, and everything else in this moment, without needing anything to change.

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JACOB LUND/SHUTTERSTOCK

It's worth focusing on the dealmakers not just dealbreakers.

Healing Through Your Sense of Smell

The impact of scent on the brain offers unobtrusive remedies for some ailments

LYNN JAFFEE

Lately, my sense of smell has been fooling me. I've been haunted by a scent that's not actually there. It's kind of funky, but not awful, kind of like what I imagine a cold sweat would be.

This smell that doesn't actually exist first appeared about a year and a half ago during a very stressful time in my life. At first, I thought it was me, but sometimes I would smell it right after I'd had a shower. I asked the people around me if they smelled what I was smelling, and no one did. Ultimately, I realized that was I was experiencing phantosmia or olfactory hallucinations.

When I realized that I was the only one detecting this smell, it kind of freaked me out. But over time I've come to realize that it's a weird response to stress. I only smell it when I'm acutely stressed. When all is good, the smell is gone. Go figure.

I'm telling you about my phantom smell because it's easy to forget that your sense of smell and your brain are connected. This connection can be a powerful tool for healing, and is the foundation of aromatherapy. In the same way that guided visualization or music supports healing through sound, and massage heals through touch, the use of scents can be therapeutic as well.

Scent can affect your brain in a variety of ways. In fact, research has shown that one of the most powerful triggers for memories is through your sense of smell. When you detect a scent, those molecules stimulate the nerves in your nose, which trigger electrical impulses in the olfactory area of

your brain. Those impulses are then transmitted to the amygdala, an area of your brain where memories are stored.

In Chinese medicine, the sense of smell is used in a number of ways. Odors can be a helpful diagnostic tool. If a patient has a strong smell, it can be a tip-off to a number of conditions. If they're sweating, the smell and nature of when and how they sweat offers up clues. If a patient's breath has an odor, it's up to the practitioner to determine if the smell is coming from

Scent can affect your brain in a variety of ways.

dental problems, lung issues, or poor digestion. Here's a short list of some of the ways that scent, or aromatherapy, is used for healing:

- Moxibustion is a Chinese therapy that uses burning herbs to warm and increase circulation. The herb, artemisia, that's used in moxibustion has a strong and penetrating smell, which is part of its therapeutic purpose; to warm, penetrate, and circulate.
- In Chinese herbal medicine, both the taste and scent of the herbs used are a part of the healing effect. This is most notable in the class of aromatic herbs that are prescribed to alleviate dampness, a condition of poor water metabolism.
- Mint, eucalyptus, menthol, and camphor are used in the clinic to help treat a cold or the flu. In addition, these scents are especially effective for nasal stuffiness, and may also be used in treating patients with allergies.
- Floral scents, such as rose or ylang-ylang are considered to be calming and relaxing. Lavender is well-known for its relaxing properties and ability to promote sleep.
- Citrus scents, such as orange or lemon are considered to be energizing and may be helpful in treating fatigue.

The bottom line is that what you smell can have an effect on your brain in a number of ways. While the effect of scents may be subtle they can be used to evoke strong memories, instill calm, promote sleep, energize, and support the healing process.

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

Lavender is well-known for its relaxing properties and ability to promote sleep.



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