

NATURE'S LESSONS

Giving Kids the Wonder of Nature

Forest program allows kids to gain insight and experience through outdoor play and exploration.

See Page 3

BRUNO NASCIMENTO/UNSPLASH



MARC RAFANELLO LOPEZ/UNSPLASH



HAPPINESS

The Dividends of Experiences

While the happiness we get from new possessions quickly fades, our experiences grow more valuable with time.

See Page 11

WELLBEING | DIET | FITNESS

WEEK 7, 2019 1

WEEKLY

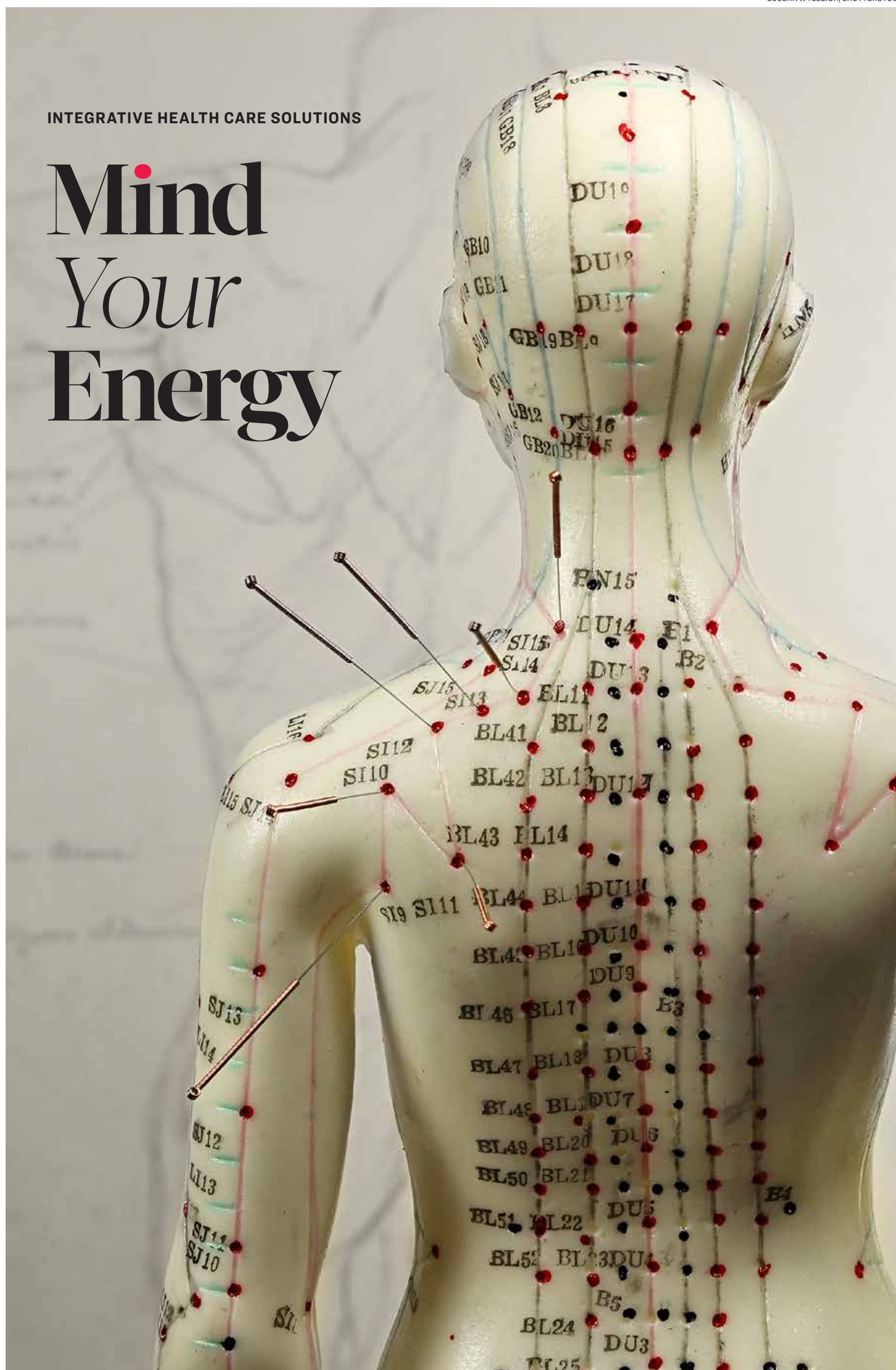
MIND & BODY

THE EPOCH TIMES

BJOERN WYLEZICH/SHUTTERSTOCK

INTEGRATIVE HEALTH CARE SOLUTIONS

Mind Your Energy



Qi, the biological energy obtained through eating food and breathing air, is essential to life, well-being, and any medicinal treatment in traditional Chinese medicine.

Modern medicine struggles to understand the essential energy that animates the body

JINGDUAN YANG

In Western culture, when you see your doctor for an annual physical, he or she will most likely chat with you for a few minutes to see if anything major is going on in your life, then proceed to check your heart, lungs, head, neck, and abdomen for visible abnormalities involving the skin, muscles, connective tissues, and internal organs.

They check for any skin conditions such as rashes, any mass that could indicate a tumor,

Chinese medicine teaches us that health issues don't just occur overnight.

and tender areas that may indicate internal abnormalities.

They might also run a urine analysis and other routine tests checking the biochemical status of your metabolism, hormones, organ functions, and blood cells, noting any differences from your last visit.

They are looking for problems that may require medication or further investigative procedures. If they find an abnormality that they aren't equipped to handle, the doctor would refer you to a specialist who would examine the issue and prescribe either a pharmaceuti-

cal treatment or a surgical treatment. Either route would most likely target the removal of the abnormality and relief of the symptoms. Very little interest is put into finding the root cause of the condition or measures to prevent a recurrence.

When your visits and tests show nothing abnormal, you will be given a clean bill of health and asked to come back in a year. In this case, very little will be discussed about what you should be doing before your next

Continued on Page 4



AFRICA STUDIO/SHUTTERSTOCK

Hours can slip by as children quietly play games on phones and tablets.

Excessive Screen Time for Kids Can Cause Developmental Delays

Researchers say limiting children's time with electronic devices is difficult but necessary

GEORGE CITRONER

It may be the easiest way to calm restless or misbehaving kids, but handing over a phone or tablet could be doing children long-term harm. Although the occasional cartoon or video game may not be a problem, a new study finds too much screen time can seriously affect children's long-term development.

Children are growing up with unprecedented access to electronic devices.

Starting as toddlers, many kids now spend part of every day staring at a screen instead of being physically active or interacting with others.

A study recently published in the *Journal of the American Medical Association* looked at 2,400 typically developing children in Canada. Researchers found that a greater amount of screen time from ages 2 to 3 was associated with significantly poorer performance when their development was assessed at ages 3 and 5.

"Screens have become a significant concern for parents, so we wanted to find out more about how screen time was impacting children's developmental trajectories," Sheri Madigan, assistant professor at the University of Calgary and lead study author, told *Healthline*.

"We were particularly interested in the long-term impact of screens, which is why we followed children over time, from ages 2 to 5, and repeatedly assessed both screen time and children's developmental outcomes," Madigan said.

First Study of Its Kind

While not the first study to show that too much time spent staring at a screen can impact children's development, it's the first to confirm long-term effects.

"Most of the research on children and screens has been cross-sectional, meaning that associations are



GOODMOMENTS/SHUTTERSTOCK

Children 1 to 2 years of age shouldn't exceed one hour of screen time per day.

based on a particular snapshot in time and don't reveal if there are lasting influences of screen time on children's outcomes," Madigan said.

"In this study, we follow children over time and [found] that higher levels of screen time when kids are 2 and 3 years of age predict poorer outcomes when these same children are 3 and 5 years of age, respectively," she said.

Parents Should Take Control

The American Academy of Pediatrics (AAP) recommends that children 1 to 2 years of age shouldn't exceed one hour of screen time per day. Parents should choose high-quality shows and watch them with their children to answer any questions and help them understand what they're viewing.

“Screen time should at least be an educational experience, not just a shiny distraction.”

Dr. Alex Dimitriu, psychiatrist

"We were surprised that children in our study were viewing screens for two to three hours a day," Madigan said. "This means that most of the children in our sample are exceeding the recommended guidelines by the AAP of no more than one hour of high-quality programming per day."

"Quality screen time is possible, but we need to take a look at what our kids are doing with the devices," Dr. Alex Dimitriu, board-certified in psychiatry and sleep medicine and founder of Menlo Park Psychiatry & Sleep Medicine in California, told *Healthline*.

He emphasizes that while certain games and shows may be amusing, parents should regularly ask themselves what value the content has.

"Screen time should at least be an educational experience, not just a shiny distraction," Dimitriu said.

What Can We Do?

Weaning children off screen-based entertainment can be challenging, but it's not impossible.

"Locking devices into specific apps has been hugely beneficial with my own children," Dimitriu said. "It's our responsibility as parents to decide if apps and shows are worthwhile. It doesn't take much to get a child's attention, but it's easier when there are fewer choices."

While the study's findings suggest excess screen time can be detrimental for children's development, "what's the tipping point?" Madigan asked.

"We don't know that yet. Our suggestion is to treat screen time like we do junk food with kids: A little is OK, but too much is a problem," she said.

More Reading, More Play

The average cartoon is about 30 minutes long. Tablet- or phone-based games can extend far past that. That makes it easy to go over the recommended time limit for young children.

But, while the temptation to keep rowdy children quiet using TV and digital devices can be strong, parents need to focus on what's really important.

"The ultimate value for children is parental attention and the love that ideally comes with it. We're living in busy modern times, and our attention is often pulled in numerous directions, resulting in less time for parenting," Dimitriu said. "Ideally, screen time should be replaced with interactive play, arts, crafts, and reading."

Madigan recommends parents learn more about screen time guidelines for children.

"Families should try to balance technology and screens with device-free family time," she said. "Media and device plans can help families decide when, where, and how often screens will be used. And parents should make viewing screens together the norm."

George Citroner is a health and medical freelance journalist. This article was first published on *Healthline*.

Aerobic Exercise May Improve Thinking Skills in Adults of All Ages

Numerous studies have shown that aerobic exercise can improve cognition in seniors, but a small new study finds that vigorous workouts boost thinking skills in younger adults as well.

After a six-month aerobic regimen, adults aged 20 to 67 showed improvements in executive function—the cognitive processes important for reasoning, planning, and problem-solving—and expanded gray matter in the brain region central to those functions.

A comparison group that did only stretching and toning during the same period did not see the same benefits, the study team reports in *Neurology*.

People think of mental decline as something that occurs later in life, said lead author Yaakov Stern, a professor of neuropsychology at the Columbia University Medical Center in New York City. "But even at age 30, you need some help," he said. "Many studies show an almost linear decline in these functions from the 20s onward. So the take-home message from this study is that aerobic exercise is really very important."

Noting that there were no such studies in young and middle-aged adults, Stern and his colleagues recruited 132 volunteers aged 20 and older to participate in an experiment to look at the impact of aerobic exercise on cognition and brain structure. None of the volunteers were exercisers prior to the study.

Volunteers were given tests at the outset to evaluate executive function, episodic memory, mental

processing speed, language abilities, and attention. The researchers randomly assigned them to one of two groups: half were included in the aerobic group that did exercise to speed up the heart rate, while the other half were assigned to sessions of non-aerobic toning and stretching.

The volunteers in each group attended four weekly exercise sessions for 24 weeks. They were again tested for cognitive abilities at 12 and 24 weeks. MRI scans of their brains were done at the beginning and end of the study.

Ultimately, 44 volunteers in the aerobic exercise group and 50 in the stretching group stayed with the study.

By the end of the study period, the stretching and toning group had not seen much of an increase in cognitive abilities while all ages in the aerobic group saw significant increases in mental function—although the older participants showed bigger improvements than the younger ones.

MRI scans also showed an increased thickness in the brain's frontal cortex in aerobic exercisers at the end of 24 weeks.

The new study confirms that exercise is a "highly promising method for influencing cognitive function," said Kirk Erickson, a professor in the department of psychology at the University of Pittsburgh. "This has led to the development of U.S. health policies for using physical activity to influence cognitive function."

Until now, most of the research has been con-

All ages in the aerobic group saw significant increases in mental function.



Getting the heart pumping is a great way to get the brain fired up as well, no matter your age, researchers have found.

By Linda Carroll

From Reuters

ducted in children or older adults "with a noticeable gap in our understanding of whether exercise has an enhancing effect throughout the lifespan," Erickson, who wasn't involved in the new study, said in an email. "This study by Stern and colleagues takes a major step forward toward closing this gap by demonstrating that positive effects of exercise might be found in young-adult age ranges."

The bottom line, Erickson said, is that the work by Stern and others "suggests physical activity is powerful medicine for enhancing brain and cognitive health throughout the lifespan."

Erickson said he hopes future studies will confirm the new findings and also provide a better sense of which exercise parameters—frequency, duration, intensity, volume, types of activities—are most important for improving cognition.

Wonder and Wisdom in a Children's Forest Nature Program



PIXABAY.COM

Time in nature can give children an essential connection to nature and healthy risk-taking

LOUISE ZIMANYI

On a windy autumn morning, children dressed in colorful woolly hats and mittens sing a greeting to the Earth near a towering 150-year-old willow tree.

Children notice how the wind and sun play with the tree. They wonder what is happening inside; they offer sticks for the tree to eat and investigate the inside cracked open after a wind storm.

The tree provides opportunities for climbing and a bird's eye view of adventures below. Hungry chickadees call out as they swoop from branches, landing on outstretched hands that offer shiny sunflower seeds. The children shout with delight and wonder.

A Wild Year

Forest nature programs like this one, the Willows forest nature program, give children more daily and direct sensory experience of the natural world. This is at a time when more people are living in cities, there are fewer green spaces and families are spending more time indoors and on screens.

Children in forest nature programs experience the tremendous social, emotional, and physical benefits of playing outdoors. Being outside in nature is good for mental health, improves mood, and lessens anxiety. In the Willows forest nature program, children play in the Humber Arboretum two or more days a week. The children also play and learn indoors and on a natural playground.

How Do I Draw the Wind?

Young children run free when given the geography to do so. They explore and investigate their curiosity through questions:

Why is the puddle smaller today?
Why does the river look like squiggly lines?
How does the snail move with the swirly lines on its back?

Wild spaces allow for types of play that encourage risk-taking that's essential for healthy child development.

Seasonal changes mean every day is a different adventure with a different story.

Learning From and With the Land

The children also get to share in local Indigenous knowledge. We have been invited to participate in All Nations socials and Pow Wows. Such events encourage intercultural engagement and increase knowledge of Indigenous culture and worldviews through movement, performance, and intergenerational dialogue.

My research considers how learning from and with the traditional territories of Indigenous community whose traditional lands we are walking on

might contribute to re-imagining nature-based early childhood programs. In the second year of the Willows, Lynn Short, who works as a horticultural professor and at the Aboriginal Resource Centre, began to walk with us. She had been sharing teachings of Elder James Dumont through storytelling and her scientific knowledge of local ecosystems.

In tasting sumac (makeebug) tea made from an August harvest, we have learned some Grandfather teachings: Inform the plants who you are, what it is you are asking for and how you are going to use the plants. Thank them (Migwetch) for their help.

Deer, Hawks, Turtles

We meet for the Willows in what we have learned is Adoobigok—or "Place of the Black Alders" in Anishinaabemowin, the Ojibwe



VICTORIA BORODNOVA/PEKELS

Being outside in nature is good for mental health, improves mood, and lessens anxiety.

Wild spaces allow for types of play that encourage risk-taking that is essential for healthy child development.

language—part of the traditional territory of the Ojibwe Anishnaabe people that includes several First Nations communities.

GabeKanang Ziibi (the Humber River) winds through the 105 hectares (259 acres), a biodiverse region with deer, red-tailed hawks, and painted turtles, where vulnerable, rare and/or threatened species are protected through stewardship.

Through the traditional teachings, children, educators, parents, and students learn about kindness and respect for all of our relations. For example, we learn that dandelions are one of the first foods for wild bees in early spring. We learn not to pick dandelions, so bees can eat and pollinate.

Greening Childhood

A growing forest and nature movement in Canada and worldwide inspires us. We look to guidance from the Canadian statement on active outdoor play which shares ways to increase outdoor time as families.

In a parent focus group for the Willows program, parents recalled their own childhoods outside. Several parents reflected that busy lives don't often allow for unstructured play in nature.

Some shared that they see their children taking risks more confidently in the forest than they do on playgrounds. Several parents noticed children sleep better after a day outdoors; one parent shared how children are learning to care about nature and that this is important for the family.

When we collectively walk with the land and listen to stories, we understand how connections to the land are critical for the Earth's future. By seeking to work in partnership with Indigenous communities in the hope of braiding Indigenous wisdom with scientific knowledge through storytelling, Earth-centered programs such as the Willows can actively participate in the mutual well-being of the land as we face social and ecological challenges.

Louise Zimanyi is a doctoral candidate in social sciences at Royal Roads University in Canada. This article was first published on *The Conversation*.

LUNA LOVROVIC/PEKELS



Workplace Foods a Source of Unhealthy Calories

Foods eaten in U.S. workplaces—whether purchased in cafeterias or available to employees for free—are usually unhealthy, researchers say.

A survey of what working adults ate over the course of a week found that one in four people got food at work one or more times and that it was generally high in empty calories, salt, fat, and sugar.

These treats included pizza, soft drinks, cookies, brownies, cakes, pies, and candy. They added up, on average, to nearly 1,300 calories per week, the study authors report in the *Journal of the Academy of Nutrition and Dietetics*.

"The majority of this is not from cafeterias or vending machines but offered for free at social events and meetings, which surprised us," said lead study author Stephen Onufrak, a researcher with the Centers for Disease Control and Prevention's Obesity Prevention and Control Branch in Atlanta, Georgia.

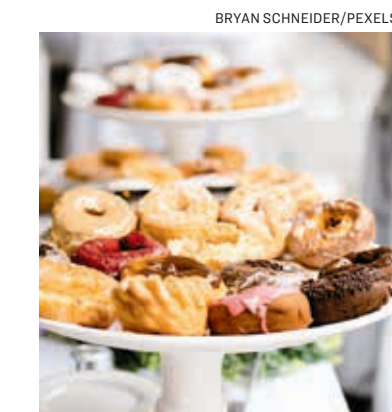
Onufrak's findings are drawn from a nationally representative sample of 5,200 employed adults who took a survey from the U.S. Department of Agriculture in 2012 and 2013, which asked what people ate over a seven-day period.

They found that 23 percent of workers obtained food at work during the week, including 17 percent who got food for free and 9 percent who bought food. Among the top calorie contributors in both cases were soft drinks, sandwiches, tortilla and other types of chips, donuts and other pastries, burgers, pizza, burritos, and candy.

As measured by a standard known as the 2010 Healthy Eating Index (HEI 2010), the workplace foods got an average score of 48.6, which is about the average score found in analyses of menu items at fast food restaurants, the study team notes.

HEI rates food types by how healthy they are, with whole grains, whole fruits and vegetables, and lean protein sources like chicken and fish scoring high. Foods heavy in unhealthy fats, sodium, and refined carbohydrates score low. The maximum healthy HEI 2010 dietary score is 100.

While food obtained at work doesn't represent the largest part of most people's diets, about 11 percent of workers obtained food at work three times per week, and five percent of workers did so five or more times per week. That means millions of employees eat a large number of calories at work regularly, and it could be a significant part of their diet, the authors point out.



BRYAN SCHNEIDER/PEKELS

Free snacks at work are usually unhealthy and high in calories, researchers found.

"Some workers may grab a snack, but others may be relying on work as a major component of their diet," Onufrak told Reuters Health in a phone interview.

The researchers are now looking at characteristics of worksite wellness programs and how they can affect nutrition. For example, future worksite policies could create a "healthy meeting rule" that includes healthy options alongside pizza or cake, Onufrak said.

"It would be interesting to know more about the worksite food environment ... and if worksites do offer more healthful choices but most workers are choosing the less healthful foods," said Simone French, a researcher at the University of Minnesota in Minneapolis who wasn't involved in the study.

"Figuring out how to improve food choices at the worksite involves understanding the interplay between the foods available in the work environment and the foods that workers themselves prefer to purchase or consume," she told Reuters Health by email.

By Carolyn Crist

From Reuters

East Acupuncture
Dr. Run Guo
 Physician,
 Pharmacist Certified in Virginia/Maryland

Graduate of Anhui University of Chinese Medicine, under the supervision of the famous doctor of Chinese medicine Yang Jun, Dr. Guo is currently a professor at Virginia University of Oriental Medicine and an attending physician at East Acupuncture.

Specialized in acupuncture and Chinese medicine combination treatment:

Infertility, IVF adjuvant therapy, uterine fibroids, irregular menstruation, menopausal syndrome; male impotence, premature ejaculation, prostate disease; allergic rhinitis, asthma; diabetes; hypertension; facial paralysis; hemorrhoids, hives; arthritic diseases such as arthritis, neck disease, lumbar disc herniation, and intractable diseases.

8290 Old Courthouse Road, Suite A, Vienna, VA 22182
 703-893-3278 • www.eastacupunctureva.com

Acupuncture & Herbal Medicine
IVF Acupuncture, Pain control, Depression

Dr. Kuan-Chung Chou, Ph.D, L.Ac

OMD, Beijing University of Chinese Medicine
 Professor of Chinese Medicine, USA
 www.TrendCare.com

Infertility, IVF Acupuncture, PMS, Menopause, Rejuvenation
 Sciatic/Neck pain, Headache/Migraine, Arthritis, Paralysis
 Depression, Insomnia, Anxiety, ADD/ADHD, Autism
 Obesity, IBS, Stop Smoking, Fatigue, Eczema, Immunity

(703)829-3536 (301)219-9094
 8303 Arlington Blvd., #210 121 Congressional Ln., # 403
 Fairfax, VA 22031 Rockville, MD 20852

What Our Readers Say:

“It's the only sane newspaper amidst all this insanity.”
 STAN K., PASTOR

“It's bringing morality back to newspapers.”
 LISSA T., BUSINESS OWNER

“It's the only paper that I know of right now that actually gives you the honest, old fashioned journalism.”
 DRUEL, BUSINESS OWNER

“You're presenting the facts and letting the reader decide.”
 TERRI B., BUSINESS OWNER

“Everything I read in it is fair and balanced, compared to other newspapers.”
 JUNE V., RETIRED BANKER

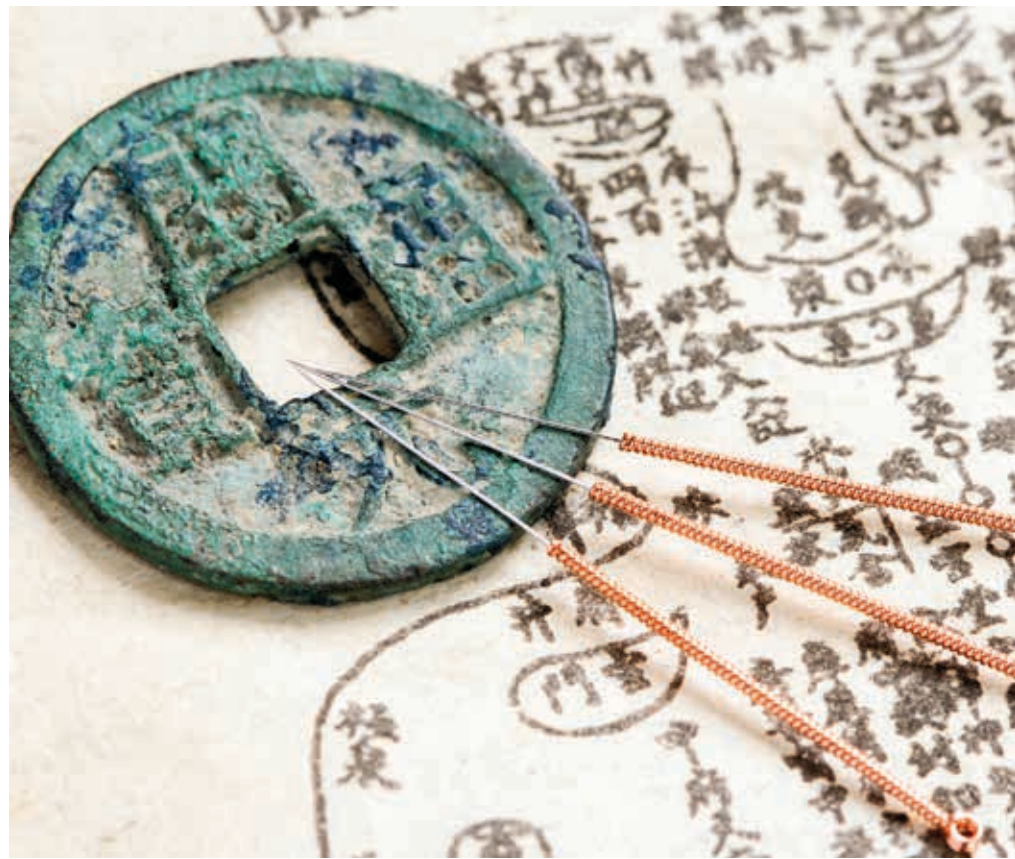
\$1 FIRST MONTH!

THE EPOCH TIMES
 TRUTH AND TRADITION

Subscribe @
ReadEpoch.com

INTEGRATIVE HEALTH CARE SOLUTIONS

Mind Your Energy



Continued from Page 1

visit so you can maintain your health. If you have symptoms but nothing is discovered by physical exam or medical investigation, you will be advised you are under stress, or worse, that it's all in your head.

The reason that modern medicine is practiced this way is because of a lack of understanding of the body's energy circulation. When people talk about their health, they focus on physical exercises, body weight, and nutrition. Very few people ever think or talk about their energy or know how to properly take care of their energy.

Every time I mention the word energy, I get an immediate reaction: Energy? What do you mean? Well, energy is what supports the body's biochemical process and physiological functions. It is the body's energy that provides us a body temperature, maintains a steady heartbeat, circulates the blood and breath, digests food, regulates movements of bowels, controls muscle contractions and the ability to move, and allows us to speak, think, and feel.

Without this energy in the body, we would be dead even if nothing was deemed physically abnormal. If your energy were obstructed or out of balance, you would suffer from all kinds of mental and physical dysfunctions.

Without this energy in the body, we would be dead even if nothing was deemed physically abnormal.

By discussing the knowledge of energetic medicine exemplified by ancient Chinese medicine, I really want to engage patients in a different way of communicating with their body—and with their doctors—for the sake of their overall health, well-being, and countenance.

But to subscribe to the theories of Chinese medicine effectively, you must embrace the idea that maintaining good health is not necessarily about catching problems in time. It's about actively cultivating good health so problems don't develop in the first place. It's also about being in touch with your body on a much deeper level than just noticing symptoms when they first appear.

While it's encouraging to see that some Western doctors are moving away from the troubleshooting approach and administering far better preventative care, they are still a long way off from understanding the human condition as well as practitioners of Chinese medicine comprehend it. They consistently fail to check one of the most important determinants of how well we are functioning because it simply isn't within their philosophy, scope, or study. This determinant can be found in our energy level.

If you have ever engaged in energy-based therapies such as Qigong, meditation, or acupuncture, then you know how effective attending to your energy can be. Yet, despite the consistent good health of people who incorporate these therapies into their lives and the remarkable recoveries of people who have turned to them in crisis, there are still many skeptics out there, particularly in the modern medical community. They just can't imagine how such results are possible.

In some ways, their reactions are understandable because energy isn't something we can easily see. But what they must understand is that energy is just like the air we breathe. We live in it and it lives in us. If we condition ourselves properly, we can feel the difference when its quality and quantity changes.

Practitioners of traditional Chinese medicine have been attuned to human energy and have successfully worked with it for centuries as a means of restoring and retaining good health. We call this energy 'qi' (Pronounced 'chi').

In everyday living, and certainly in clinical practice, we encounter qi all the time. Whenever you hear people say things such as, "I'm so tired," or "I feel nauseous," or "I'm so angry," or "my hands and feet are always so cold," or "I'm having hot flashes and sweating a lot," what they are describing is the imbalance or disruption of the energy inside them. Qi is not unique to Chinese medicine; it's the biological energy we obtain through breathing air and eating food. Our life started by obtaining qi and ends with the depletion of the qi.

Energy is what supports the body's biochemical process and physiological functions.

In between, the qi has to flow smoothly and in the right direction along the channels that reach every part of the body, even where there are no arteries or nerves.

The challenge for modern medicine is that it has yet to visualize human energy the way Chinese medicine has. Modern medicine can only measure some of our energy's activity through various high-tech scans, such as an electroencephalogram, while ancient Chinese medicine actually provides a detailed description and a complete map of our energetic anatomy, physiology, psychology, and pathophysiology.

We know exactly how our energies travel through the body, in the same way that we all know how blood flows through veins, arteries, and capillaries. We can track our energies' movement through defined channels we call Jing Luo, often translated as meridians. We know which organs these energies connect with and what function they serve along with their route. We see this dimension of the human condition in addition to what modern medicine is capable of seeing.

By looking exclusively at the structural and biochemical aspects of health, modern medicine only sees a portion of your complete wellness picture. It can only identify health problems when your condition has worsened to the point where the problems are evident and can be measured by the naked eye or modern imaging technology.

By contrast, Chinese medicine teaches us that health issues don't just occur overnight. They begin within the deeper energetic levels of our body. Becoming attuned to your energy levels and learning to keep them in balance is how you avoid the development of disease and how you truly maintain good health inside and out.

For example, if you experience chest pain but your doctor says you are fine, you should look into a blocked energy flow to your heart. If you feel fatigued and sluggish but no abnormalities are found in your blood work, you should look into deficient qi in your spleen. If you want to know how you are doing energetically, you can do a self-assessment using the scales in my book: *Facing East: Ancient Beauty & Health Secrets for Modern Age*.

Jingdian Yang, MD, 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 of 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."



Tyler Loftis with a first draft of a Françoise Gilot portrait.

ELEVATE AND INSPIRE

Portraits for Purpose: An Artist in New York Gives Back

Tyler Loftis is on a mission to raise awareness about painting and art appreciation

ANDREW THOMAS

NEW YORK—As the saying goes, "If you can make it here, you can make it anywhere."

For visual artists, making a name for yourself and succeeding can be an arduous journey. As a teenager, Tyler Loftis took a chance, dropping out of high school and moving from the Midwest to New York City to pursue his life-long passion for art.

After diligent study, he "made it" as a professional artist, and has since been striving to help emerging artists thrive. Moreover, the Michigan native wants to raise awareness about painting and the culture of art more broadly across the whole of the United States.

His latest project is the culmination of years of work and is a way for him to celebrate his success and give back to the community.

On Nov. 14, 2018, Loftis hosted an art auction entitled "Portraits for Purpose." Loftis painted nine portraits of notable New Yorkers, and auctioned

“Just enriching their daily quality of life; it's something you can't put a price on.”

Tyler Loftis

off his pieces with the proceeds going to charity.

The nine portraits include depictions of boxer Muhammad Ali, fashion designer Kenneth Cole, painter Alex Katz, drummer Jojo Mayer, model Alina Batkova, Iron Chef Alex Guarnaschelli, artist and writer Françoise Gilot, author Deepak Chopra, and fashion designer Rubin Singer.

For Loftis, a large part of his motivation for this auction was to raise awareness about painting as well as these New York personalities, and to share it with the rest of the United States.

"A lot of cool things in New York don't leave New York, and there's not always a good communication and connection with the rest of the country," Loftis told *The Epoch Times*.

"Giving that artwork to charity, for me, feels like it's opening a different conversation about art than just art-world talk and how much things are sold for," he added.

Loftis usually makes 40 paintings a year, but he had only three months to complete these nine portraits.

"It was a lot of work," he said. "Each one was different."

Becoming an Artist

The ambitious artist moved to New York in 1996 from Grand Haven, Michigan. Growing up in the Midwest, he didn't have any art mentors. Nevertheless, he still gravitated toward painting. It's something he said he was born to do.

"At one point I asked my mom when she kind of got that inkling that I was going to be an artist or into art, and she actually said that when she was pregnant with me she had a vision I was going to be an artist," Loftis said.

In New York, Loftis attended art school at the New York Studio School of Painting, Drawing, and Sculpture in Greenwich Village. The school taught traditional methods of painting and drawing from life.

"You paint from the model for the first four hours of the day, take lunch, then you draw from the model for four hours. It's five days a week, that's all you do," Loftis said. His teachers had been taught by artists

who moved to New York during World War II, so he had a link back to the European schools of painting.

After graduating in 2004, Loftis continued to study portraiture, still life, and landscape painting, taking classes at the New York Academy of Art in Tribeca. He also traveled to Europe's major museums and diligently studied artists and their paintings. He realized he would have to learn as much as he could about his craft in order to master it himself and become a true artist.

"Until I mastered that, I couldn't talk about the business side. But now that I've studied my craft enough, now I can talk about the business side," Loftis explained. And for him that means reaching out to the general American public.

"The exciting thing is to get out there and share my own work and sell it, but also try to help other people," he said.

He has clientele in his home state of Michigan as well as New York, and has been going back for the last seven years to help emerging artists sell their work through a project called All Art Works. He puts on two shows a year in Michigan, showcasing artists at different stages in their careers alongside world-famous artists.

"There are so many cultural deserts out there, simple just lack of exposure; people have just never seen art or heard about it or talked about it," he said. "The best way to get that out there is to help the local artists show and sell their work."

He intends to expand outside of Michigan to help artists nationwide share their work and the culture of art with their own communities, and make art more accessible.

"Just seeing the eyes light up, of having somebody have a picture on their wall and how much they fall in love with it—they have that little meditation every time they look at it, it's a new window in their home, enriching their own space, just enriching their daily quality of life; it's something you can't put a price on," he said.

If you have a human interest story you'd like to share, write to Andrew Thomas at andrew.thomas@epochtimes.nyc

THE
EPOCH
TIMES

TRUTH and TRADITION

READ WHAT OTHERS WON'T REPORT

SUBSCRIBE TODAY
 ReadEpoch.com

THE
EPOCH
TIMES

TRUTH and TRADITION

A NEWSPAPER GEORGE WASHINGTON WOULD READ

SUBSCRIBE TODAY
 ReadEpoch.com

Creating a More Comfortable Home

A neat and tidy home cleared of excess items gives a comfort all on its own

JOSHUA BECKER

One reason some people resist minimalism is they are afraid they will have to get rid of things that make their home a pleasant, comfortable place to live.

Is that true? Does minimalism make us less comfortable at home or does it make us more comfortable?

You probably know my answer already. But let me ask you some questions:

1. How would you rather spend a rainy Saturday afternoon?

A. Doing what your spouse has been asking you to do—straighten up the storage room where your family keeps its board games, toys, puzzles, sports equipment, and electronic games both new and obsolete—even though it seems like you just did that last week?

B. Doing something that makes you feel cozy inside, such as looking at a photo album with your kids, sitting by the fire in your recliner, or enjoying a movie on television.

2. Which gives you more of a sense of relaxation and peace?

A. A home that's crowded and messy, where everywhere you look something reminds you of cleaning or repairs that need to be done?

B. A home with clean counters, floors, and walls that present open vistas, and everything put away in its place?

3. What's a better use of your time and prevents frustration when you're looking for an ice cream scoop in your kitchen?

A. Peering behind leaning towers of Tupperware, pushing aside unnecessary gadgets (banana slicer, anyone?), and digging through drawers filled with such things as duplicate measuring cups and salad tongs in several styles.

B. Being able to put your hands right on the ice cream scoop because there's nothing extraneous in your

kitchen and you know right where the scoop is.

Minimalism does not require you to sacrifice comfort or pleasantries.

A home freed of clutter and the endless chores of cleaning and repair lends us the time and space to feel truly at ease.

If you're getting ready to minimize your home, let me assure you—you don't have to immediately get rid of the things you love or use. I have found, most often, that the optimal amount of things for your home is less than the number you currently own. But it often takes some time to get there.

More importantly, realize today that after minimizing, your home will feel more like a place you want to come back to at the end of the day. It will be a home filled with more intentionality and more purpose.

Minimalism does not require you to sacrifice comfort or pleasantries. Quite the opposite, in fact. It will help you feel even more comfortable in your own home.

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





1. ESCAPE OUTSIDE.



2. PRACTICE MINDFULNESS.



3. READ.

TRAINING THE MIND

The Most Important Workout You'll do in 2019



4. WRITE IN A JOURNAL.



5. LISTEN.



6. ENGAGE IN NEW EXPERIENCES.

Controlling our thoughts is a powerful ability that takes time and determination to learn

JAY HARRINGTON

Here I sit, alone, at the keyboard, staring at the blinking cursor. It's the new year and time to publish a new post on our blog. I have high expectations—I want to write something insightful, helpful, and that strikes a chord. Yet these expectations are crippling. All I can focus on is the outcome, and I fear that the result of my work will be banal and meaningless. More drivel. Just another insignificant drop in the ocean.

So my mind races. The very thing—focus—that is required to achieve the outcome I desire—insight—escapes me. The shorthand for this state of paralysis is writer's block.

It's a strange thing, writer's block. It's not like I forgot how to write. Writing is merely the act of putting down words on paper. As Seth Godin likes to say, it's not like anyone gets talker's block. You just talk, and the words dissolve into the ether. And I guess that's the rub: These words are staring me in the face. They'll exist for all time, and will be subject to the judgment of others. Hence, the high expectations.

In moments like this, as I've learned over time, the only way out is to confront the constraints head-on. Write what you know, as they say, and right now all I know is that I'm trapped by my mind. So here we go.

'The Mind Is an Excellent Servant but a Terrible Master'

The origin of this quotation is uncertain, but its meaning is crystal clear: Your mind is your most powerful ally but can be your greatest enemy.

Whether we're conscious of it or not, we are constantly thinking. Just stop for a moment, stare at the wall, and consider whether that voice in your head is an aberration or a constant companion.

Unless you're a trained Buddhist monk or have cultivated the routine of meditation and stilling the mind, the incessant chatter is almost always present. Some might occupy themselves hiking, knitting, or fixing up an old car and still the mind that way as well.

But most of the time, the mind natters on. Even worse, for many of us that nattering voice is of-

ten negative. The negativity is a manifestation of the "monkey mind," which produces feelings of shame, doubt, and unsettledness. It's the voice of the inner critic that tells us that we're not good enough, smart enough, or worthy. Ironically, our monkey minds stop us from going out on a limb. It can keep us from taking a chance, or daring to do something we want to do from our hearts, because, after all, what will others think?

To bring this full circle: Writer's block is just another form of punishment from our "terrible master." But the implications of the inability to tame the mind are, of course, more consequential than that. Far too many people spend much of their adult lives unknowingly trapped inside their minds rather than conscious and alive in the amazing world busting all around them.

As the writer David Foster Wallace (who tragically and ironically succumbed to his own demons) explained in a commencement speech at Kenyon College, one of life's greatest challenges is, "[T]o keep from going through your comfortable, prosperous, respectable adult life, dead, unconscious, a slave to your head and to your natural default setting of being uniquely, completely, imperially alone ... day in and day out." The alternative, as Wallace describes it, is "[B]eing conscious and aware enough to choose what you pay attention to and to choose how you construct meaning from experience."

Wallace spoke these words in 2005. They are even more relevant today. In the digital world we all live in, external forces—most of whom are based in Silicon Valley—are fighting a multifront war to capture our most precious resource: our attention. We're not only being bombarded, we're being manipulated by algorithms that feed us information that is hard to resist. This information appeals to our basest instincts, such as greed and envy, not to our best selves.

Sounds pretty stark, right? So what to do? The answer lies, as best as I can tell, in shifting one's perception of what's possible. The mind is a mysterious thing, but through attention, awareness,

and discipline it can be harnessed.

We spend our youth engaged in a continual process of learning and education. We train our minds. A confounding thing happens when we reach adulthood: many of us stop learning and contemplating because we're too busy doing. We get caught up in the "rat race" of chasing meaning from extraneous excesses.

Our minds become conditioned by myth and marketing to believe that happiness lies just around every corner, and so we never stop to appreciate the moment. We live trapped in the regret of the past and the anxiety of the future, rather than the present perfect. If you fixate only on the past and future it's impossible to be conscious and alive, for the present moment (however imperfect it may seem) is all there is.

Our minds, like our bodies, are not untethered from us. It's possible to train both throughout life. The "self," or identity, that exists in our heads is not static. The thoughts racing through our minds are not uncontrollable. It's not easy to fight back. It requires mindfulness, practice, and hard work. But it's worth it.

Six Ways to Take Back Control

Success, happiness, contentment, joy, accomplishment—all of these things hinge on one's ability to tame the mind. To be conscious and aware. To make our minds our servants, not our masters. Here are some ways to take back control.

1. ESCAPE OUTSIDE: Research suggests that being in nature benefits mind and body, from reducing stress and anxiety to increasing a sense of awe—the feeling of being a part of something larger than ourselves. In other words, a walk in the woods, with the sounds of leaves rustling and feeling of the wind running across your fingers, can help you get out of your head, into your heart, and connected with the outside world.

2. PRACTICE MINDFULNESS: Stress, worry, and anxiety are symptoms of spending nearly every moment

lost in thought—we're held hostage by whatever those thoughts may be. Through meditation and mindfulness practices, it's possible to get off the hamster wheel in our minds and recognize that we can control our thoughts and emotions, or at least our reactions to them.

3. READ: When we're trapped in our own minds, we cling to our own worldview and it's hard to appreciate the perspectives of others. Reading is a way to break the spell. It's a quiet practice that requires concentration, reflection, and mindful attentiveness.

4. WRITE IN A JOURNAL: Journaling is an ancient method of self-exploration. There's something transformative about getting thoughts out of one's head and onto paper—it's a means to process and explore the nagging questions and doubts that cloud the mind. Once you see it, you can address it.

5. LISTEN: If you're consumed by the voice in your own head, it's impossible to listen to those of others. In conversations, another person's thoughts become speed bumps that merely slow you down from jumping in with your own perspective. By focusing intently on listening, rather than speaking yourself, you can let go of your inner chatter and be fully present in the moment.

6. ENGAGE IN NEW EXPERIENCES: One of the best ways to interrupt the patterns that result in getting trapped in default settings is to pursue more new, novel experiences. We call these "first moments." Sometimes you need to break the script of your life (and your mind), to appreciate what's in front of you, to see what's possible, and to slow life down.

There's nothing stopping us from living purposeful, intentional, happy lives except ourselves, our limiting beliefs, and our negative self-talk. Our minds can imprison us but also set us free. It's our choice. We must choose wisely.

Jay Harrington is an author, lawyer-turned-entrepreneur, and runs a northern Michigan-inspired lifestyle brand called *Life and Whim*.

The thoughts racing through our minds are controllable.

Eat Leafy Vegetables to Promote Good Digestion

Researchers uncover possible link between immune cell production and vegetable protein

ELEANOR HEALY

An Australian study discovered that a gene called T-bet may play an integral role in promoting good digestion.

This gene signals the production of immune cells, known as innate lymphoid cells (ILCs) in the gut. T-bet may act in response to the proteins in cruciferous vegetables, such as cabbage, watercress, kale, collards, bok choy, broccoli, and cauliflower that produce these ILCs. This connection shows the importance of the foods we ingest and our subsequent immunity as a whole.

Scientists are further studying this connection in hopes of helping those with bowel diseases and digestion problems,

such as inflammatory bowel disease and Crohn's disease.

According to the Crohn's & Colitis Foundation, Crohn's is a chronic disease characterized by inflammation of the digestive tract with genetics, heredity, environmental factors, and stress all playing a role in the development of it. Little is understood of the root cause, so this discovery of immune-strengthening pathways activated by certain foods may prove to be invaluable information for sufferers of digestion problems.

With a rampant under-consumption of leafy greens in North America (don't forget those who go so far as to say that they hate vegetables), how can we convince people

to eat more vegetables? Perhaps the study that vegetables and fruit make you happier will help convince people. It may also be time to put out a reminder once again.

Here is a list of four reasons to eat more vegetables, particularly leafy greens:

1. Fiber
Vegetables give the body fiber. Fiber helps keep blood sugar steady (especially important for diabetics), lowers bad cholesterol, and ensures regular bowel movements by preventing toxic buildup in the digestive tract. This can prevent the development of digestion problems, including constipation.

2. Vitamins and Minerals
Vegetables contain important nutrients, also known as phytonutrients, that give you energy, help make hormones, break down food, and can keep your skin, hair and bones healthy and strong.

3. Prevent Disease
The antioxidants in vegetables play an important role in disease prevention by protecting the cells in the body from oxidation and free radicals. Without the antioxidant protection, the body is vulnerable

Vegetables contain important nutrients, also known as phytonutrients, that give you energy.

to rapid degeneration and aging.

4. Lift Your Mood

The nutrients in vegetables have been shown to possibly improve brain chemistry enough to lift your mood. If you're feeling low, look at your diet. Are you getting enough fruits and vegetables?

It is possible to fall off the wagon of good eating and find yourself on the roller coaster of eating out, grabbing a sandwich on the go or eating fast food in your car.

If you find yourself in that situation, it's important to just get back on track. Make a point of bringing fresh snacks with you for the day. Chopped up celery, carrots, and peppers in a baggie can go a long way. Cucumber slices carry well and don't make a mess. You can also find alternative ways to incorporate vegetables into your diet, even if it means making a green smoothie every morning.

With all the studies and information out there today, there is absolutely no reason why you can't start to give your body the kick start it needs by eating more vegetables.

Eleanor Healy is a registered holistic nutritionist. This article was first published on *NaturallySavvy.com*

Jillian Michaels Says Keto Diet Is Unhealthy: What Experts Think

The popular diet has come under scrutiny in the health and wellness community

JULIA RIES

Originally designed in the 1920s to treat epilepsy, the ketogenic—or "keto"—diet has become one of the most popular weight loss trends over the past couple of years.

Everyone, from celebrities to social media influencers and bloggers, has become obsessed with the low-carb, high-fat diet that works by sending the body into ketosis, which is the metabolic state where your body burns fat instead of glucose for energy.

However, some fitness experts aren't so keen on the keto diet. Recently, fitness trainer Jillian Michaels blasted the diet, saying it's a bad idea for a million different reasons.

"Your cells, your macromolecules, are literally made up of protein, fat, carbohydrates, nucleic acids," Michaels recently told *Women's Health*. "When you do not eat one of the three macronutrients, those three things I just mentioned, you're starving yourselves. Those macronutrients serve a very important purpose for your overall health and well-being. Each and every one of them."

With all the opinions being thrown around about the eating plan, it can be difficult to keep up with what's factual and what's not. Here's what we know about the keto diet, thanks to science.

You Aren't Starving Yourself

You run the risk of putting your body into starvation mode on any diet, but it all comes down to the quality of the foods you're eating, many health experts argue.

For example, the keto diet requires dieters to get approximately 75 percent of their calories from fat, 20 percent from protein, and the remaining 5 percent from carbohydrates.

We're used to getting about 45 to 65 percent of our calories from carbs, so that's a big change for your body to get used to, but we aren't starving our bodies of them.

Rather than eliminating carbs from your diet, you should be more intentional about the type of carbs you eat. Swap out the simple, refined carbs for more complex carbs that are high in fiber, such as non-starchy vegetables and legumes. These take longer to digest, so they don't spike your blood sugar levels like simple carbs do.

"It is a stretch to say we are starving ourselves on a low carb diet," Alvin Berger, a lipid biochemist and adjunct professor of nutrition at the University of

Minnesota, told *Healthline*. "On a low-carb diet, or a low-carb diet combined with intermittent fasting, there is a 'metabolic fasted state.' That is, the body thinks it is fasted, so fats are burned off and other fasted metabolic pathways are active, but we are not obviously really fasted."

You Could Develop Some Nutritional Deficiencies

The keto diet alone shouldn't deprive your body of key vitamins and minerals. However, if you get clumsy with it and restrict too much or, say, overdo it with the fats or red meat, you might run into trouble.

"If you're not eating a wide variety of vegetables, fruits, and grains, you may be at risk for deficiencies in micronutrients, including selenium, magnesium, phosphorus, and vitamins B and C," said Dr. Morton Tavel, a clinical professor emeritus of medicine at the Indiana University School of Medicine.

A lot of keto dieters don't eat enough fiber, for example, which leads to digestive issues like constipation. Others struggle with getting enough magnesium—which may trigger muscle cramps and fatigue—and vitamin D, which can cause brittle bones and fractures.

It's crucial to include a healthy mix of foods in your diet—fish, meats, nuts, seeds, veggies, fruits—to hit your daily nutritional needs. If you suspect you're developing a deficiency, it's worth asking your doctor or a dietitian about supplements.

You Can Lose Weight Quickly But You Can Gain It Back Just as Fast

Previous research has shown that the keto diet—or any low-carb diet—helps dieters lose weight faster than they would if they followed a low-fat diet. That's been the main draw of it, after all.

This happens for two reasons.

- When you hit ketosis, your body stores less fat because it's using it for fuel.
- The keto diet suppresses your appetite, according to previous research. The less hungry you are, the fewer calories you'll eat.

All that being said, it's difficult to adhere to the keto diet for a long time because of how restrictive it is. As soon as you start eating carbs again, you're likely to gain the pounds back right away.

Adhering to a strict diet can also put you at risk for yo-yo dieting. This type of weight cycling can put you at a higher risk for heart disease, stroke, and early death, recent research suggests.



▲ Jillian Michaels.

It Could Trigger Liver and Kidney Problems

If you have any liver issues, you'll want to avoid the keto diet. Because the body has to metabolize so much fat on this eating plan, it could worsen existing liver issues.

"In a high-fat diet, there is more metabolic burden on the liver to convert the fatty acids to their two fates: the fatty acids are oxidized to energy or converted to ketone bodies via the process of ketogenesis," said Berger. "Thus, if there is liver disease, there could be an issue to properly metabolize the ingested triglycerides and their released fatty acids."

The same goes for those with kidney problems, health experts believe. One of the kidneys' main jobs is to break down protein. Keto dieters tend to eat larger amounts of meat and fish, which can increase uric acid and calcium levels and lead to kidney stones and gout.

The Keto Diet Isn't for Everyone

We don't have much evidence regarding the long-term side effects of the keto diet. That being said, most dietitians don't recommend adhering to the keto diet for months on end, as it's not a well-balanced eating plan.

If you're thinking of going on a high-fat, low-carb diet, always consult your doctor first.

The keto diet isn't right for everyone. Yes, it could be a quick and effective weight loss plan for certain healthy individuals, but it could put others seriously in danger.

The Bottom Line

The keto diet can help healthy individuals lose weight fast, but some may be at risk for developing nutritional deficiencies, liver damage, and harmful yo-yo dieting habits.

Julia Ries is a freelance writer of health and wellness articles. This article was first published on *Healthline*.



PHOTO: GETTY IMAGES

▲ Keto Diet.

2019 NTD

INTERNATIONAL CHINESE TRADITIONAL MARTIAL ARTS COMPETITION

US\$ 5000 GOLD PRIZE

MASTER GRADE FORGED SWORD

Preliminaries

6/01 Germany

6/08 Taiwan

8/24 USA

Semifinal & Finals

8/25 USA

Additional junior division contest is included in this year

Competition Hotlines

USA : 1-845-345-6998(Chinese) / 1-617-821-4762(English)

Germany : 49-351-7992260 / mail@huadezhongxin.org

Taiwan : 886-2-55713838#1121 / martialarts@ap.ndtv.com

MARTIALARTS.NTDTV.COM

Service Directory & Classified Ads Call(240)731-6794 to Advertise

<p style="text-align: center; font-size: small;">Learning Center</p> <p style="text-align: center;">SPIDERSMART Learning Center of Ellicott City/Columbia</p> <ul style="list-style-type: none"> ■ Reading and Writing, Math, AP class ■ Test Preparation for SAT/PSAT, SSAT, ISEE ■ Beginning Reading and Math ■ You can join us anytime from preschool to adult program <p style="text-align: center; font-size: small;">9256 Bendix Rd., Suite 101 Columbia, MD 21045 443-864-5070</p>	<p style="text-align: center; font-size: small;">Cellular & Computer Repair Services</p> <p style="text-align: center;">TOP Cellular & Computer Repair Services</p> <p style="text-align: center; font-size: small;"><i>Beat any price</i></p> <ul style="list-style-type: none"> ● Phone, tablet, and computer repair ● Broken screen repair ● Virus removal ● Wide selection of cell phones and computers for sale <p style="text-align: center; font-size: small;">703-746-8599/703-898-2873 6001-C Leesburg Pike(second floor), Falls Church, VA 22041 topcellularservices@gmail.com <small>Please ask for more service</small></p>	<p style="text-align: center; font-size: small;">Movers</p> <p style="text-align: center;">Continental Movers</p> <p style="text-align: center; font-size: small;">FREE BOXES</p> <p style="text-align: center; font-size: small;">\$80/hour 2 Men \$90/hour 3 Men Gas charges \$60</p> <p style="text-align: center; font-size: small;">Cmora53607@msn.com www.continentalmovers.net</p>
<p style="text-align: center; font-size: small;">Cleaning Position Available</p> <p style="text-align: center;">Cleaning Position: Available</p> <p style="text-align: center; font-size: small;">Home & office Cleaners Wanted</p> <p style="text-align: center; font-size: small;">\$600/Weekly</p> <p style="text-align: center; font-size: small;">Working Days: Mon-Fri · Time Schedule: 11 AM - 2 PM Minimum Requirement.</p> <p style="text-align: center; font-size: small;">Email: patriciatracy164@gmail.com</p>	<p style="text-align: center; font-size: small;">Heating & Cooling Service</p> <p style="text-align: center;">T&J Service LLC</p> <p style="text-align: center; font-size: small;">Heating & Cooling Specialists</p> <p style="text-align: center; font-size: small;">HVAC installation, repair, and maintenance</p> <p style="text-align: center; font-size: small;">703-856-1642 703-671-1061</p> <p style="text-align: center; font-size: small;">www.tjservice.com Service All Brands & Models Licensed/ Insured</p>	<p style="text-align: center; font-size: small;">Piano</p> <p style="text-align: center;">Used Kawai YAMAHA'S</p> <p style="text-align: center; font-size: small;">SchaeffersPiano.com</p> <p style="text-align: center; font-size: small;">All pictures and prices on website Now!</p> <p style="text-align: center; font-size: small;">301-424-1144</p>

What Are the Chances You'll Live to 90? Height, Exercise Are Factors

Researchers say men and women different in terms of factors contributing to longevity

ANN PIETRANGELO

Physical activity, weight, and even your height may affect your chances of living to a ripe old age. Just how much each of those factors influence your longevity depends on if you're male or female, according to a study published in the *Journal of Epidemiology & Community Health*.

The researchers found that for women, about 60 minutes of physical activity a day was associated with the best chance of living a longer life. Exercising for more than an hour a day didn't add to that benefit, though.

For men, however, the more time added to daily exercise, the better the chances of reaching old age.

Body size was found to influence women's chances of reaching age 90 much more so than men's.

For men, the more time added to daily exercise, the better the chances of reaching old age.

Who's More Likely to Live to 90

The researchers used information from the Netherlands Cohort Study, which began in 1986.

They analyzed data from people between the ages of 68 and 70 who had given their height and weight at age 20 and their current weight.

Study participants reported on their current level of physical activity, which

included such things as walking, biking, or gardening.

All were monitored until they reached age 90 or died. Behaviors such as alcohol use and smoking were considered.

Of the 7,807 participants, 433 men and 994 women lived to age 90.

Women over 5 feet, 9 inches tall were 31 percent more likely to live to age 90 than women who were less than 5 feet, 3 inches.

You don't want to overdo it and injure yourself, which can discourage you from exercising at all.

Dr. Mir Ali, general and bariatric surgeon, Memorial Care Orange Coast Medical Center

They also weighed less at the start of the study and had put on less weight since they were 20 than women who were shorter and heavier.

Height did not seem to be a factor among the surviving men.

Men who were physically active for more than 90 minutes a day were 39 percent more likely to reach age 90 than men who were active less than 30 minutes.

What's more, every additional 30 minutes of exercise was associated with a 5 percent increase in the chances of turning 90.

Women were 21 percent more likely

to reach age 90 with 30 to 60 minutes of physical activity a day than those who were active 30 minutes or less. The optimal threshold for women was about 60 minutes a day.

Dr. Mir Ali is a general and bariatric surgeon at MemorialCare Orange Coast Medical Center in California.

He noted the study had a large number of participants and used a national health system for accurate tracking.

When it comes to weight loss, 90 percent or more comes from diet.

Dr. Mir Ali, general and bariatric surgeon, Memorial Care Orange Coast Medical Center

"The study confirmed some things we already knew about exercise and longevity," he told Healthline.

Dr. Ali also noted some limitations.

"A retrospective study can't control for all variables. There's not a good explanation for everything. Some things I found interesting can't be explained. They can only report what they observed," he said.

The Value of Exercise

The big takeaway, according to Ali, is the importance of exercise.

"The relationship between body mass index (BMI) and lifespan is well-studied. A higher BMI means you're less likely to obtain old age. There's a lot of data showing that when a person gets to a BMI of 40, which is morbidly obese, it takes 10 years off your life," he said.

And exercise doesn't have to be strenuous.

"Even walking 15 minutes, then increasing to 20 minutes, with a goal of at least five days a week has been shown in many studies to be beneficial," Ali said. "That's easier to work into

The optimal threshold for women was about 60 minutes of exercise a day.

your lifestyle than going to the gym." He advises seeing your doctor before starting a new exercise routine.

"Even people of a healthy weight may have heart or lung disease and not realize it until they exercise," he said.

It's also important to increase exercise gradually.

"You don't want to overdo it and injure yourself, which can discourage you from exercising at all," he said.

Ali explained that a number of things, such as genetics and environment, are factors in BMI.

"One person may be fine with 30 minutes and another may need more to maintain a healthy BMI. It's tough to predict," he said.

"When it comes to weight loss, 90 percent or more comes from diet. If you exercise but aren't eating correctly, you still may not lose weight. And it's not just the amount of food, but the type of food you eat," Ali said.

"Everybody has a different formula. What's helpful for one person may not be as helpful for another," he said. "But both diet and exercise are important to reach and maintain a normal BMI, general health, and longevity."

How to Get Started With Exercise

No matter your age or body size, there's incentive to make changes.

"If you're obese in early adulthood and then get your BMI back to the normal range, you're more likely to have a normal life expectancy," Ali said.

Emily Reynolds is a certified fitness nutrition specialist and personal trainer in Oceanside, California.

"As a fitness professional, I have a different take on BMI," she told Healthline.

"When I was taught how to use BMI, I was working with professional

athletes and bodybuilders. According to BMI guidelines, all of these athletes were obese because it doesn't take into consideration body mass versus muscle mass," Reynolds said.

So she doesn't automatically tell exercise beginners to join a gym or get a personal trainer.

Your body will always tell on you. Every bit, including happiness, matters.

Emily Reynolds, certified fitness nutrition specialist

"For most people, that's intimidating. I ask what their favorite exercise is and what they love to do outdoors. Fresh air and a beautiful view are better than a gym or an intimidating environment," she said. "Go with something you love. Having energized passion behind something will help you stick with it."

Reynolds notices differences in the way men and women approach exercise.

"If you give direction, men will follow the road map. Sometimes they'll hire a trainer because they want someone to tell them what to do," she said.

"With women, if you evoke emotion and let them guide the process, they're usually more successful," she said. "They're more likely to join a class or find support in a group. Almost all women gravitate toward that."

Young or old, male or female, Reynolds wants people to understand that it's not just what you eat and how many times a week you exercise. You have to feel good about yourself, too.

"Your body will always tell on you. Every bit, including happiness, matters," she said.

Ann Pietrangolo is an author, writer, and health care blogger. This article was originally published on Healthline.com



If you are going to exercise and stick with it, best to do something you love.

Starting to Exercise Might Make You Want Healthy Food

Participants in a physical exercise study were told to not change their diets, but they did anyway

ESTHER ROBARD-FORBES

People who exercise on a regular basis are more likely to eat healthier, too. For a new study, researchers looked at 2,680 young adults who were

not exercising regularly or dieting. After exercising for several weeks, the formerly sedentary participants were more likely to choose foods like lean meats, fruits, and vegetables. At the same time, their preferences for fried foods, sodas, and other unhealthy options decreased. The researchers instructed partici-

pants to not change their diets in any significant way, but it happened anyway.

The current study didn't examine the mechanism at work behind the changes, but previous studies show that moderate exercise can change dopamine levels that can reduce a preference for high-fat foods.

Previous studies also show a relationship between the intensity of exercise and the amount of appetite-regulating hormones in the body.

"The process of becoming physically active can influence dietary behavior," Molly Bray said, corresponding author of the paper and chair of the nutritional sciences department at the University of Texas at Austin and a pediatrics faculty member at Dell Medical School.

"One of the reasons that we need to promote exercise is for the healthy habits it can create in other areas. That combination is very powerful."

The physiological mechanism that drives exercise-induced changes in food-preference is probably consistent across a wide span of ages, Bray said. The study included people between the ages of 18 and 35, a period critical for forming healthy habits.

Considerable weight gain occurs dur-

ing the college years and someone who is mildly to moderately overweight at age 20-22 has an increased risk of obesity later in life.



"Many people in the study didn't know they had this active, healthy person inside them," Bray said. "Some of them thought their size was inevitable. For many of these young people, they are

choosing what to eat and when to exercise for the first time in their lives."

Participants who said they exercised less than 30 minutes a week at the beginning of the study started 30-minute aerobic workouts three times a week for 15 weeks, with instructions not to change their diet in any significant way.

The exercise sessions included 30 minutes of aerobic exercise at 65-85 percent of the person's age- and gender-specific maximum heart rate, along with a 5-minute warmup and a 5-minute cool down. Participants wore heart-rate monitors and could choose from a variety of exercise types, such as on stationary bikes, treadmills, or elliptical machines.

Additional researchers from the University of Texas at Austin, Michigan State University, and the University of Alabama at Birmingham contributed to the study, which appears in the *International Journal of Obesity*. The National Institute of Diabetes and Digestive and Kidney Disease funded the work.

This article was originally published by Texas University-Austin. Republished via Futurity.org under Creative Commons License 4.0.

Frail Seniors Find Ways to Live Independently

New program saves money and keeps seniors out of nursing homes by aiming at capability



CAPABLE staff ask older adults what they'd like to be able to do but can't do now.

JUDITH GRAHAM

Patience Jeffery had let things slide since her husband died. Her bedroom was a mess. Her bathroom was disorganized. She often tripped over rugs in her living and dining room.

"I was depressed and doing nothing but feeling sorry for myself," said the 85-year-old Denver resident.

But Jeffery's inertia faded when she joined a program for frail low-income seniors: Community Aging in Place—Advancing Better Living for Elders (CAPABLE). Over the course of several months in 2018, an occupational therapist visited Jeffery and

It is a remarkable service for a senior citizen to be encouraged, to be supported that way.

Hattie Ashby, 90

discussed issues she wanted to address. A handyman installed a new carpet. A visiting nurse gave her the feeling of being looked after.

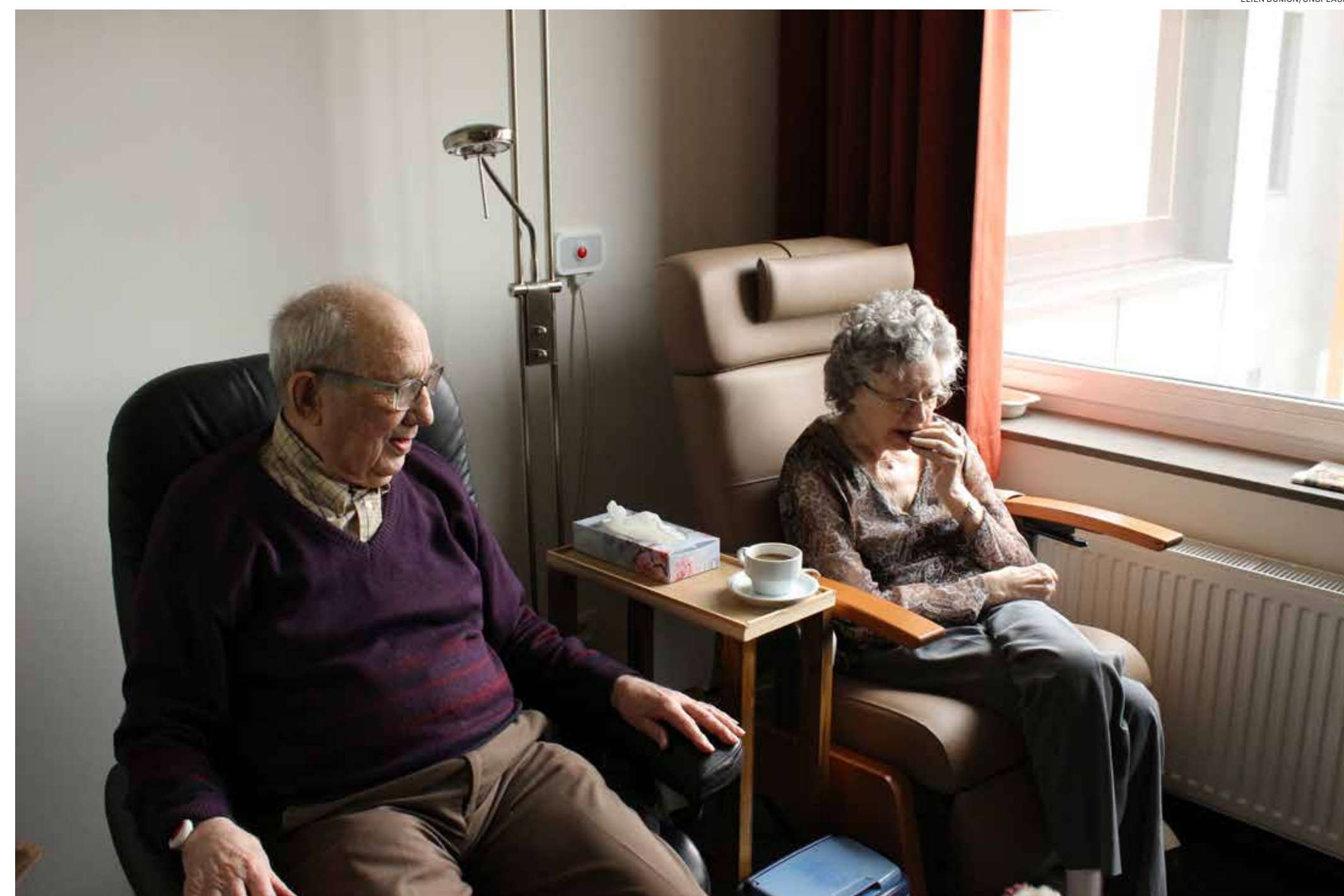
In short order, Jeffery organized her bedroom, cleaned up her bathroom, and began to feel more upbeat. "There's a lot of people like myself that just need a push and somebody to make them feel like they're worth something," she said. "What they did for me, it got me motivated."

New research showed that CAPABLE provided considerable help to vulnerable seniors who had trouble with "activities of daily living"—taking a shower or a bath, getting dressed, transferring in and out of bed, using the toilet, or moving around

easily at home. Over the course of five months, participants in the program experienced 30-percent fewer difficulties with such activities, according to a randomized clinical trial—the gold standard of research—published this month in *JAMA Internal Medicine*.

"If someone found a drug that reduced disability in older adults by 30 percent, we'd be hearing about it on TV constantly," said John Haaga, director of the Division of Behavioral and Social Research at the National Institute on Aging, which provided funding for the research.

Continued on Page 10



For many seniors, having some help to do daily-living activities can be the difference between living at home and spending their final days in an expensive institution.

American Values. Traditional Journalism.

“It’s the only sane newspaper amidst all this insanity.”
Reader

\$1
FIRST MONTH!

ReadEpoch.com
(833) 693-7624

SUBSCRIBE NOW!

THE EPOCH TIMES

TRUTH AND TRADITION

What Our Readers Say:

“It’s the only sane newspaper amidst all this insanity.”
STAN K., PASTOR

“It’s bringing morality back to newspapers.”
LISSA T., BUSINESS OWNER

“It’s the only paper that I know of right now that actually gives you the honest, old fashioned journalism.”
DRUEL, BUSINESS OWNER

“You’re presenting the facts and letting the reader decide.”
TERRI B., BUSINESS OWNER

“Everything I read in it is fair and balanced, compared to other newspapers.”
JUNE V., RETIRED BANKER

\$1
FIRST MONTH!

SUBSCRIBE NOW!

Subscribe to **The Epoch Times**

Please visit: **ReadEpoch.com**

THE EPOCH TIMES

TRUTH AND TRADITION

Frail Seniors Find Ways to Live Independently

Continued from Page 9

Positive findings are especially notable given the population that was studied: 300 poor or near-poor older adults, nearly 90 percent women, over 80 percent black, with an average age of 75 and multiple chronic medical conditions such as heart disease, arthritis, and chronic obstructive pulmonary disease. While about one in three older adults in the United States needs help with one or more daily activities, rates of disability and related health care costs are higher in this challenged population.

“If someone found a drug that reduced disability in older adults by 30 percent, we’d be hearing about it on TV constantly.”

John Haag, director, Behavioral and Social Research, National Institute on Aging

Half of the older adults in the trial received the CAPABLE intervention, which includes six visits by an occupational therapist, four visits by a registered nurse, and home repair and modification services worth up to \$1,300. The control group received 10 visits of equal length from a research assistant and were encouraged to use the internet, listen to music, play board games, or reminisce about the past, among other activities.

Both groups experienced improvements at five months, but older adults who participated in CAPABLE realized substantially greater benefits. Eighty-two percent strongly agreed that the program made their life easier and their home safer. Nearly 80 percent said it enabled them to live at home and increased their confidence in managing daily challenges.

Sarah Zanton, who developed CAPABLE and directs the Center for Innovative Care in Aging at the Johns Hopkins School of Nursing, attributes positive results to several program elements. Instead of telling an older adult what’s wrong with them, a mainstay of medical practice, CAPABLE staff ask older adults what they’d like to be able to do but can’t do now.

Seniors often say they want to cook meals for themselves, make their beds, use the stairs, get out of the house more easily, walk around without pain, or go to church.

The focus then turns to finding practical solutions. For someone who wants to cook but whose legs are weak, that could mean cutting vegetables while sitting down before standing up at the stove. A bed may need to be lifted on risers and a grab bar positioned between the mattress and box spring so a person can push herself up to a standing position more easily. Or, a nurse may need to go over medications and recommend potential changes to a person’s primary care doctor.

Participants in the program experienced 30 percent fewer difficulties with such activities.

“Why does it work? Because we’re guided by what people want, and in order to get better, you have to want to get better. It has to be important to you,” said Amanda Goodenow, program manager for CAPABLE at the Colorado Visiting Nurse Association, the agency that assisted Jeffery. In Colorado, CAPABLE has been funded by a local foundation and Habitat for Humanity, which supports the program in six markets.

Hattie Ashby, 90, who has lived in the same two-story house in Aurora, a city adjacent to Den-

ver, for 43 years, told Goodenow last summer that she wanted to get up and down the stairs more easily and walk around outside the house. Ashby has high blood pressure and COPD.

“They gave me a walker and made arrangements for me to put my oxygen tank on it so I could go to the mall,” she said, recalling some of what the CAPABLE staff did. “They fixed the wall in my bathroom and put something I could hold onto to get in and out of my bathtub. And going up and down my stairs, they put another rail on the wall where I would be able to hold onto.”

“It is a remarkable service for a senior citizen to be encouraged, to be helped, to be supported that way,” Ashby said.

It also turns out to be a cost-effective investment. For every dollar spent on CAPABLE, nearly \$10 in combined savings accrues to Medicare and Medicaid, largely because of hospitalizations and nursing home placements that are prevented, research by Zanton and others has shown. (Many CAPABLE participants are eligible for both government health insurance programs because of their low incomes.) The average program cost per person is \$2,825, far below the average \$7,441 monthly cost of a semiprivate room in a nursing home in 2018.

With a new grant of nearly \$3 million from the Rita & Alex Hillman Foundation, Zanton is turning her attention to expanding CAPABLE across the country. Currently, the program is available at 26 locations in 12 states, and Medicaid programs in Massachusetts and Michigan have adopted a version of it for some members. A major challenge is securing funding since public and private insurers don’t typically pay for these kinds of services. So far, foundation and grant funding has been a major source of support.

Zanton hopes to persuade Medicare Advantage plans, which cover about 19 million Medicare

Nearly 80 percent said it enabled them to live at home and increased their confidence in managing daily challenges.

recipients and can now offer an array of non-medical benefits to members, to adopt CAPABLE. Also, Johns Hopkins and Stanford Medicine have submitted a proposal to have traditional Medicare offer the program as a bundled package of services. Accountable care organizations, groups of hospitals, and physicians that assume financial risk for the health of their patients are also interested, given the potential benefits and cost savings.

Another priority will be looking at how to extend CAPABLE’s impact over time. Since benefits diminished over a 12-month period in the just-published clinical trial, additional program elements—phone calls, extra visits, and follow-up assessments—will probably be needed, said Dr. Kenneth Covinsky, a professor of geriatrics at the University of California–San Francisco and co-author of an editorial on CAPABLE that accompanied the study.

He’s optimistic on CAPABLE’s prospects. “As clinicians, when we see older patients with conditions we can’t reverse, we need to understand we haven’t run out of things we can do,” Covinsky said. “Referring patients to a program like CAPABLE is something that could make a big difference.”

We’re eager to hear from readers about questions you’d like answered, problems you’ve been having with your care, and advice you need in dealing with the health care system. Visit khn.org/columnists to submit your requests or tips.

Judith Graham is a writer for Kaiser Health News, which originally published this article. KHN’s coverage of these topics is supported by John A. Hartford Foundation, Gordon and Betty Moore Foundation, and The SCAN Foundation.

LIGHTHUNTER/SHUTTERSTOCK



Experiences, Not Things, Get Better With Time

Even difficult experiences offer memories we cherish when we look back

JAY HARRINGTON

“We better jog it out,” I said to my wife, Heather. She glanced up at me, strapped on her pack, and without a word headed down the trail at a good clip as the rain began to intensify.

We were in the middle of a getaway weekend, and in the midst of hiking through Pictured Rocks National Lakeshore, on our way to the city of Marquette in Michigan’s beautiful Upper Peninsula. It was my idea to stop in Pictured Rocks, one of my favorite places to hike since it’s on the way (more or less) as you drive west through the peninsula from the Mackinac Bridge.

Heather was up for hiking, as she always is, but there were a few details that I probably should have thought through a bit better. First, we only had about two hours to spare and seven miles to hike over mildly rugged terrain, which wasn’t going to leave us much time to linger at the points of interest along the way, including majestic waterfalls and iron ore-stained cliff formations.

Second, I forgot to take into account that there are not many easy dining options for long stretches in the Upper Peninsula, so we were forced to skip lunch in order to get the hike in. Heather is not a big fan of skipping lunch (ever see those Snickers commercials?).



LIFE AND WHIM

A new discovery of beauty in nature is one of the most valuable experiences we can have.

Finally, I didn’t look real closely at the weather—if I had, I would have noticed that a storm was scheduled to roll in precisely at the time we were to reach the 3.5-mile turnaround point on our “out and back” hike. Hence, the need to “jog it out.”

When we reached our car—cold and soaked from head to toe—I tried to put a “look on the bright side of things” spin on the situation. Again, a glance but no response as Heather wiped mud off ... well ... pretty much everything.

Put simply, the science proves that engaging in more experiences rather than acquiring more things makes us happier.

After a 45-minute drive to Marquette, with an Avett Brothers album playing and gorgeous Lake Superior views all around us, we headed straight to Black Rocks Brewery for some well-deserved craft beers. Still soaked, we had a good laugh about the whole situation, and our conversation shifted from what went wrong to what went right, including the opportunity to take in some of the most amazing natural landscapes you’ll see anywhere in the United States.

After what turned out to be a great weekend, I ran into some of our good friends in our hometown of Traverse City who asked about our time away. I recounted our hiking adventure, and summed it up by saying, “I’m sure we’ll look back at it fondly.” With a laugh, one of our friends said, “You’ve been saying that a lot lately!”

This is true. With summer drawing to a close, Heather and I felt the urgency to pack in as much as we could outside, and so planned a number of outings with other families—from camping, to river floats on inner tubes, to beach dinners in the Sleeping Bear Dunes National Lakeshore—that seemed like great ideas, but in reality all involved challenges, especially with loads of kids under eight years old in tow. During each experience, such as the beach dinner on an evening with 40-mile-per-hour wind gusts, I tried to put a “look back fondly” spin on the situation.

I hope that, like me, everyone who participated in these experiences will look back on them with a sense of positive nostalgia. After all, spending time, energy, and resources on experiences like these—unlike material possessions—tend to get better over time.

The Science of Why Experiences Satisfy

There is a massive body of work in the field of behavioral psychology that suggests the “hedonic superiority” of experiential over material

purchases. Put simply, the science proves that engaging in more experiences rather than acquiring more things makes us happier.

One thread of this research focuses on the fact that experiences, as opposed to possessions, improve with time. Rarely do you hear anyone express “buyer’s remorse” about time spent engaging in a favorite activity or trying something new.

While we quickly adapt to new material possessions and they lose their ‘shine,’ experiences get better with time.

In an academic paper titled “Experientialism, Materialism, and the Pursuit of Happiness,” professor Leaf Van Boven of the University of Colorado summarized the research and in doing so recalled a Rocky Mountain hike that turned into a near disaster. According to Van Boven, “A beautifully sunny June day turned stormy—first rain, then

brains and behavior; helps reduce anxiety, brooding, and stress; and increases our focus, creativity, and ability to connect with other people.

4. They are done in all seasons. As the old Scandinavian saying goes, “There is no such thing as bad weather, only bad clothes.” Among the reasons cited in trying to explain why the citizens of Scandinavian countries such as Norway and Sweden consistently rank highly in “happiness” studies suggest that they engage in active, outdoor activity throughout all four seasons. It’s not always easy to gear up for skiing, hiking, or even sledding with the kids on a cold winter day, but doing so is rarely regretted.

Happiness. Contentment. Balance. These are all qualities that we aspire to. Often we overcomplicate how to achieve them. They’re not beyond reach. They can’t be bought. They’re not in someone else’s hands. They don’t exist in some distant, uncertain future. Often, they’re waiting for us right outside the front door.

Jay Harrington is an author, lawyer-turned-entrepreneur, and runs a northern Michigan-inspired lifestyle brand called *Life and Whim*. He lives with his wife and three young girls in a small town and writes about living a purposeful, outdoor-oriented life.

THE EPOCH TIMES

TRUTH and TRADITION

A NEWSPAPER
ABRAHAM
LINCOLN
WOULD READ

SUBSCRIBE TODAY
ReadEpoch.com

THE EPOCH TIMES

TRUTH and TRADITION

A NEWSPAPER
THE FOUNDING
FATHERS
WOULD READ

SUBSCRIBE TODAY
ReadEpoch.com

Experiences, as opposed to possessions, improve with time.

1. They involve “First Moments.” It’s easy to slip into the rut of routine, so push and prod yourself to stretch out of your comfort zone and try new things. By breaking the script and interrupting your life’s patterns, you’ll introduce interesting new stimulus that will create lasting memories and make it feel like time is slowing down.
2. They are done with friends. Research has shown that, for a variety of reasons, experiences are more likely than material possessions to foster social relationships. The bonds and memories forged during shared experiences are lasting. Plus, stories about an exciting experience are far more fun to talk about—and listen to—than conversation about someone’s new sweater.
3. They are done in the great outdoors. From Seneca to Henry David Thoreau, throughout history, wise thinkers have extolled the virtues of spending time outside. Today, scientists are finding evidence that being in nature has a profound impact on our

Are You a Bully? Here's How to Tell

A lack of empathy can make it hard for some bullies to self identify

CRAIG ADDERLEY/PEXELS

CHANTAL GAUTIER

From the playground to parliament, bullying exists everywhere. In fact, a recent report into bullying in the United Kingdom's parliament revealed just how serious this problem is, urging behavioral change among MPs. But why is bullying so widespread and difficult to tackle? Part of the problem is that bullies sometimes don't even realize they're bullies.

For example, bullying managers may easily justify upsetting certain employees by telling themselves that they are only pushing them to be their best. Or they may be nice to the people they bully at times, and only remember those instances. They may even think that people who break down as a result of their behavior are not strong enough to work in the profession in question. But how do you know you are actually bullying someone rather than just dealing with an overly sensitive person?

Academics still disagree about how bullying should be conceptualized and defined. It may take many forms, from physical assault, verbal abuse and social exclusion to cyberbullying. Generally, to be considered bullying, the practice must be carried out either by an individual or a group, repeatedly over time, and with an intent to hurt an individual person.

The fact that we have no clear definition might explain why it is sometimes difficult to estimate the prevalence of workplace bullying. In 2017, the Workplace Bullying Institute estimated that 60.3 million workers in the United States have been affected by workplace bullying. In the United Kingdom, the Advisory, Conciliation and Arbitration Service reported having received 20,000 calls from workers related to bullying and harass-

ment in 2016, many of whom were from an ethnic minority employed in the public sector or women who worked in traditionally male-dominated professions.

The real figures may be distorted as bullying is not always reported, out of fear of retaliation or perhaps because the person affected might not realize they are being bullied. If your self-esteem has been crushed, you may end up blaming yourself, thinking you are worthless and even justify being bullied—not realizing you are actually being abused.

Low IQ Stereotype

Bullies have traditionally been viewed as having low IQ and being socially inept—lacking in social cognition. We now know that this often isn't the case, but it may contribute to people failing to recognize themselves as bullies.

Some researchers have found evidence that bullies actually score high in their social information processing abilities, as it takes a certain amount of skill to recognize who to target and how. What bullies often do is seek out people with low self-esteem to pick on. In doing so, they maintain their standing and increase their confidence, which in turn raises their own self-esteem to unrealistically high levels.

However, bullies often lack empathy—a sense of understanding for how those affected might feel when they bully. This could also contribute to them failing to associate their behavior with bullying. They may intend to hurt an individual in the brief moment they are attacking them, but afterward tell themselves that it wasn't a big deal, that the victim somehow deserved it or that it was a one-off.

Red Flags

So how can you know whether

How do you know you are actually bullying someone rather than just dealing with an overly sensitive person?

Academics still disagree about how bullying should be conceptualized and defined.



If you are often aggressive, or leave others in tears, you may be a bully.

you are a bully? It is not possible to "diagnose" an issue such as this, but if you think some of the points below apply to you, it may be worth paying attention to how you are treating others.

1. You repeatedly upset someone around you. You may notice this if someone gets angry at you a lot, complains about your behavior, or is tearful often. These reactions are indeed a red flag and should be taken seriously.
2. You have a lack of empathy. This is not always easy to recognize in yourself. You may want to ask people around you whether they think that is the case, or even take an empathy test.
3. You can get aggressive. This may include openly shouting, threatening or humiliating someone in front of others. But it could also be passive

aggressive comments, such as "Oh, you are doing it that way, that's brave."

4. You thrive around insecure people. If you make yourself feel better by evoking discomfort or insecurity in a colleague, that would be a classic sign of bullying. This could be done, for example, by persistently picking on someone or deliberately setting them up to fail.
5. You spread malicious rumors about a staff member. It may not seem like a big deal, but spreading rumors could make someone's life a living hell, costing them professional and social success.
6. You misuse your power or position about performance issues. For example, you may intentionally block someone's promotion or take away duties and responsibilities without any rationale or substance.

Other possibilities include deliberately and persistently ignoring or excluding someone from joint collaborations and social events.

Bullying is especially likely to take place in stressful workplaces with poor leadership and a culture that rewards aggressive, competitive behavior. We know that bullying can trigger an array of mental health issues including depression, burnout, increased absenteeism, low self-confidence, and stress.

Educating people about bullying is a positive step forward. In the meantime, we should all make sure we are doing everything we can to treat others with respect.

Chantal Gautier is a senior lecturer in psychology at the University of Westminster in the UK. This article was first published on The Conversation.



THE EPOCH TIMES

NO COMMUNISM, NO SOCIALISM

JUST PURE TRADITIONAL JOURNALISM

Dear Reader,

This newspaper is for you to enjoy. In an age of media bias, we work to bring you independent news coverage.

When reporting on the Presidency, most news outlets are openly biased. **We report on the President and the Administration truthfully.** For China coverage, our unique network of insiders helps us tell behind-the-scenes stories that can't be found anywhere else.

On social issues, we expose the destructive history of communism and its continued effects on today's society. For arts and lifestyle, **we focus on classical culture and traditional values.**

At The Epoch Times, we believe the media has a responsibility to uphold a moral society.

Subscribe today. Get the independent news you won't find anywhere else, and **get the insights only The Epoch Times can provide**, delivered to your doorstep every week.



THE EPOCH TIMES

\$1 — First month trial*

Two options after first month trial, please choose:

\$39 (\$3/wk) — 3 months ~~\$87~~

\$139 (\$2.66/wk) — 12 months ~~\$228~~

Every week: 1 paper + 5 digital papers (Mon-Fri)

PAYMENT METHOD CREDIT CARD / DEBIT CARD:

VISA MC AMEX DISC

CHECK \$ _____ # _____

MAIL TO: ▼

229 W. 28th Street, FL. 7, NY NY 10001

* New customers only. After the first month, your subscription of choice will take effect. Cancel anytime for any reason, at **833-693-7624**.

DELIVER TO:

PLEASE PRINT (All fields are required)

NAME _____ PHONE (____) _____

ADDRESS _____ APT. _____

CITY _____ STATE _____ ZIP _____ EMAIL _____

Card Number: _____ Expiration Date: _____ CVC Nr. _____

Name on Card _____ Authorization Signature _____

100% satisfaction guaranteed promise

This is a continuous membership that may be cancelled at any time. **To cancel or make changes to your subscription, please call 833-693-7624.** Credit cards will be enrolled in automatic payments. **Your subscription will automatically renew unless you cancel.** Cancel anytime, for any reason.

DELIVERY NOTES

USE OF THIRD PARTIES, PRIVACY AND USE OF DATA

We may use third parties to assist in the provision and fulfillment of any part of the subscription service on our behalf. We may pass your personal information provided by you to such third parties but only for the purposes of providing the subscription delivery service to you. Your personal billing information will be dealt with in accordance with our privacy policy.

SUBSCRIBE NOW AND GET THE REAL NEWS!

➔ ReadEpoch.com ☎ 833-693-7624

FOR MORE OPTIONS VISIT:

ReadEpoch.com

- Unlimited access on desktop, tablet, and mobile
- Weekly home delivery
- Cancel anytime, for any reason.