

FREE

HEALTHY LIVING HEALTHY PLANET

natural awakenings

LIVING LONG AND WELL

Age-Defying Habits and
the Fountain of Youth

Stress-Free Workouts

Why Less Is
Sometimes More

Gut Check

Feeding the
Immune System

TIDYING UP THAT BUCKET LIST

Deciding What
We Really Want

Natural Awakenings is a family of more than 70 healthy living magazines celebrating 25 years of providing the communities we serve with the tools and resources we all need to lead healthier lives on a healthy planet.

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publisher's letter



The New Year is a time for new beginnings, a time for joy and revelry. January 1 marks the end of a period of remembrance of the passing year and the beginning of a new one.

We wish for you and your family a healthy, happy and abundant New Year. We wish abundance for you in all aspects of your lives: emotions, relationships, career, finances, gratitude, forgiveness, fun, growth, development, fulfillment, contribution and spirituality.

In the new year of 2020 we hope mostly that you find spiritual abundance. Recently, an elder in our neighborhood said that it is through passion that we will find what delights the soul. Upon exploring this idea a bit more, we've come to recognize that the universe moves in our direction when we live life with passion and express everything we do in our lives with the same energy. Therefore, abundance is something that we all have the power to create.

When we're doing something that we love to do, the energy we create automatically begins to create abundance in our lives and the laws of reciprocity begin to kick in. Suddenly, and sometimes without even knowing it, we outwardly radiate delight and joy in what we're doing and the universe radiates that delight and joy, and abundance, back to us.

We've all heard of the Golden Rule: Do unto others as you would have them do unto you. This is the essence of life. It is a fundamental principle by which we should live, raise our families and teach in our communities. Whatever we give out to the world, we will receive back. Try this for yourself. The next time you're out shopping and running errands, smile at someone and say "Thank you." Most likely, nearly every time, you will receive a smile in return as well as a heartfelt "You're welcome." That's a very simple example of the law of reciprocity.

Our Creator gave each of us the pure gift of love. Wow! What a simple word, yet it has so much power that it can create life, heal broken hearts and even end wars. We should never give up on love, for it also is the foundation on which we should live, raise our families and teach in our communities. But first, we must love ourselves.

Often we invest more time and money in our cars, homes, clothing and other material things of this world that we forget to invest in ourselves. Each of us is given only one body and soul, yet many of us abuse both. Poor diets lacking in nutrition, excessive alcohol drinking, drug and substance abuse, inadequate rest and neglecting to use prayer to guide our lives are just a few ways we neglect our most precious commodity, the "self."

Let the new year of 2020 be one of self-healing. We can begin with spiritual prayer, look for abundance to follow and then radiate love—and expect the universe to reciprocate it back many times more.

Happy New Year!

Lillyanna & Lydia

Lillyanna and Lydia Castille, Assistant Publishers

HEALTHY LIVING HEALTHY PLANET

natural
awakenings

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NaturalAwakeningsMag.com

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Wheatgrass juice is potent raw, living food. The grass itself comes from the common wheat plant (species triticum aestivum) when it is young, vibrant and full of rich green chlorophyll. When the grass is squeezed, a dark green liquid is expressed and this is called wheatgrass juice.

Wheatgrass is harvested for juicing when the grass reaches its nutritional peak. This is just before the jointing stage, when the plant is between 7 and 11 inches tall. At this point, it has accumulated energy which will soon power a massive growth spurt. It is this energy that is captured in the juice.

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health briefs

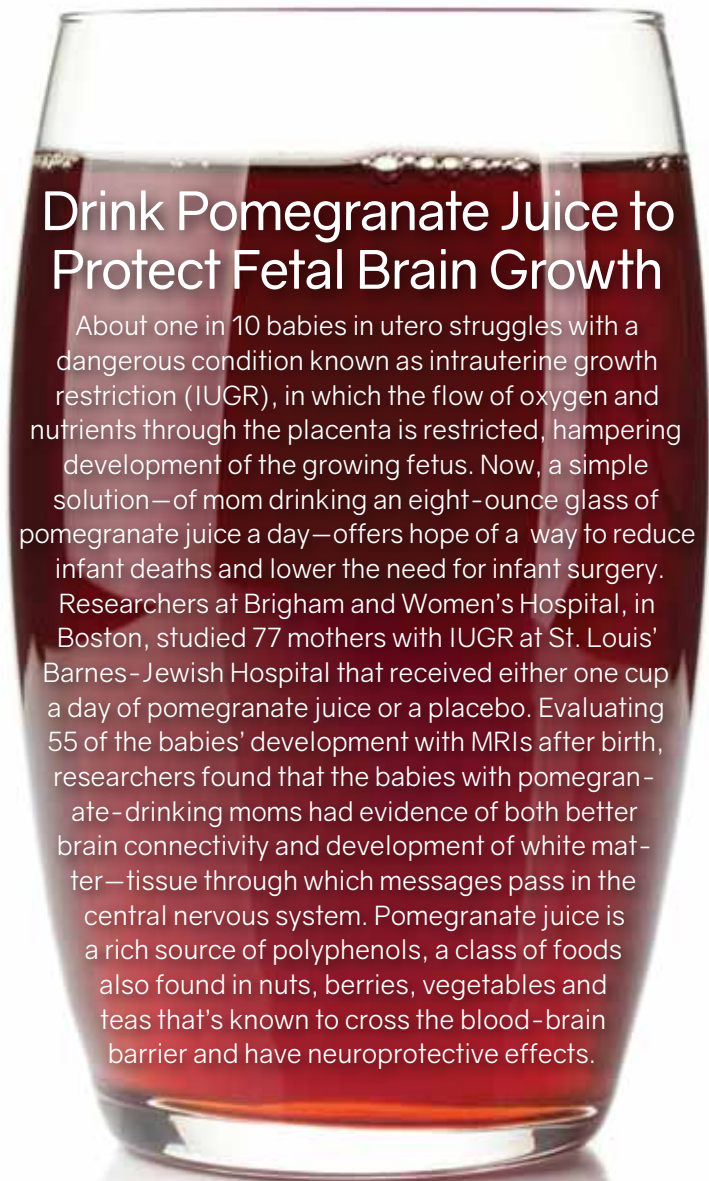
Eat Fermented Dairy to Lower Heart Risk

Eating and drinking fermented probiotic dairy products such as yogurt, kefir, cheese and sour cream reduces the risk of heart disease for women, report researchers from the Netherlands that analyzed data from nearly 8,000 Australian women over a 15-year period. The effect was particularly strong for those that were obese and had Type 2 diabetes, according to the research. "In the process of dairy fermentation, beneficial compounds are released that have shown promise for improving glycemic control, blood lipids, cholesterol concentrations and blood pressure," write the study authors.



Drink Pomegranate Juice to Protect Fetal Brain Growth

About one in 10 babies in utero struggles with a dangerous condition known as intrauterine growth restriction (IUGR), in which the flow of oxygen and nutrients through the placenta is restricted, hampering development of the growing fetus. Now, a simple solution—of mom drinking an eight-ounce glass of pomegranate juice a day—offers hope of a way to reduce infant deaths and lower the need for infant surgery. Researchers at Brigham and Women's Hospital, in Boston, studied 77 mothers with IUGR at St. Louis' Barnes-Jewish Hospital that received either one cup a day of pomegranate juice or a placebo. Evaluating 55 of the babies' development with MRIs after birth, researchers found that the babies with pomegranate-drinking moms had evidence of both better brain connectivity and development of white matter—tissue through which messages pass in the central nervous system. Pomegranate juice is a rich source of polyphenols, a class of foods also found in nuts, berries, vegetables and teas that's known to cross the blood-brain barrier and have neuroprotective effects.



Munch More Nuts to Stave Off Weight Gain

Chomping on more nuts daily keeps the pounds at bay, according to research published in the journal *BMJ Nutrition, Prevention & Health*. Using records from three long-term longitudinal studies spanning 20 years and including nearly 300,000 health professionals, the report from Harvard University's T.H. Chan School of Public Health found that increasing nut intake by a half serving a day—about 12 almonds or seven walnut halves—was linked to lower instances of weight gain and obesity. Swapping out a serving of meats, refined grains or desserts for half a serving of nuts was associated with staving off weight gain of between 0.9 and 1.5 pounds in any four-year period. A consistently higher nut intake of at least half a serving a day was associated with a 23 percent lower risk of putting on 11 or more pounds and becoming obese in the same timeframe. No such links were found for eating more peanut butter. The researchers suggest the high fiber content of nuts can make a person feel full longer, and that the fiber also binds well to fats in the gut, affecting a greater discharge of calories.



Live Near Green Spaces to Stave Off Metabolic Syndrome

Middle-aged and older adults that live in greener neighborhoods have a lower risk of metabolic syndrome, reports research from the Barcelona Institute for Global Health in the journal *Environmental Pollution*. The study followed more than 6,000 British adults in a cohort initially between ages 45 and 69 for 14 years, and correlated health records and interviews with satellite images of greenery. They found that exposure to green spaces seemed to help prevent metabolic syndrome and its individual components such as large waist circumference, high levels of blood fats and hypertension. The results "could be related to better opportunities provided by green spaces to perform physical activity, as well as a decrease in exposure to air pollution," notes Carmen de Keijzer, first author of the study. Women fared even better than men, perhaps because women may spend more time in green spaces.

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Trays Up

Air Meals May Get an Eco-Makeover



According to researchers, each airline passenger produces about three pounds of trash per flight, from disposable headphones and plastic cutlery to food scraps and toilet waste. To increase mindfulness about the trash, British design firm PriestmanGoode has refashioned the economy meal tray, replacing plastic

with renewable materials such as coffee grounds, banana leaves and coconut wood. Associate Strategy Director Jo Rowan says, "Onboard waste is a big issue. Knowing that you have 4 billion passengers per year, it all adds up very quickly." The redesigned items are featured in an exhibit, "Get Onboard: Reduce.Reuse.Rethink." at the Design Museum, in London.

The biggest environmental issue with air travel is carbon emissions, which are growing at a faster rate than previously projected. But as air travel becomes increasingly accessible and more people fly, airlines have been making public pledges to curb their environmental footprint, including the plastic forks and leftovers their passengers leave behind.

Money Talks

Climate Change Increases Banks' Financial Risks

A collection of 18 papers published by the Federal Reserve Bank of San Francisco indicates that climate risks may cause home values to fall significantly; banks to stop lending to flood-prone communities; and towns to lose tax money needed to build seawalls and other protections. One recommendation is for regulators to penalize banks that lend money in areas that have been hit by disasters, yet have not taken steps to protect themselves against similar future disasters. Banks could also be rewarded by regulators for financing projects that leave communities less vulnerable to flooding or other hazards.

Federal Reserve Chair Jerome H. Powell wrote that the Fed takes "severe weather events" into account in its role as a financial supervisor. The San Francisco branch of the Federal Reserve, responsible for banking oversight across a major swath of the American West, wrote in March that volatility related to climate change has become "increasingly relevant" as a consideration for the central bank.



Uncowed by a Hurricane

Cattle Survive Churning Sea

Three cows turned up at Cape Lookout National Seashore on the Outer Banks of North Carolina months after being swept out to sea by Hurricane Dorian. Local resident Paula D. O'Mally wrote on social media, "The cows are wild and have survived for decades without human intervention. They're pretty tough that way." A massive wave swept away nearly all 20 of the cows and 28 wild horses that were on private land on Cedar Island. The cows' caretaker has identified them, and a group is formulating a plan to get the cattle back home. The rest, and all of the horses, are believed to have perished in the storm.



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Retail Value: \$141

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- BF-4 Weight loss (1 bottle)
- Pain & Inflammation Enzyme

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- ___ Fat Complex (for weight loss)
- ___ Probiotic Complex
- ___ Digestive Enzyme
- ___ Pain and Inflammation Enzyme
- ___ Women's Hormone Balance
- ___ BF-4 Weight loss
- ___ pH 9.5 Capsules
- ___ Vitamin E
- ___ Vitamin D3
- ___ CoQ10
- ___ Cinnamon Capsules (for inflammation)
- ___ Wheatgrass Capsules
- ___ Case of Greenwater
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- ___ Bosweilla
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- ___ DMAE
- ___ Echinacea
- ___ Fat Cell
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eco tip

Cloth Versus Disposable Diapers

The Bottom Line on Eco-Friendly Baby Care

Taking care of newborn babies in an eco-friendly way can have a significant impact on both our environment and the little ones' health. *Treehugger.com* reports that disposable diapers, made from a blend of plastic and wood pulp and often encased in additional plastic, remain for an estimated 200 to 500 years. A baby uses between 5,000 and 8,000 diapers before being potty-trained, generating 18 billion diapers annually in the U.S. alone.

Further, a recent study by the French agency in charge of food, environmental and occupational health and safety says disposable diapers have been linked to allergic skin reactions and difficulties with potty-training because kids can't detect as easily when they're wet.

It's also cheaper to go cloth instead of the disposable route. *Consumer Reports* estimates parents spend \$1,500 to \$2,000 for disposable diapers before their child no longer needs them. *GreenBabyGuide.com* attests that the most affordable cloth option—prefolds plus covers—can cost as little as \$243 over 2.5 years, which includes washing and drying expenses.

Tips for washing cloth diapers at *AllAboutClothDiapers.com* include using a prerinse/wash that “agitates,

spins and drains” (and to do a longer wash cycle if they aren't getting clean), using the longest available hot wash cycle and an appropriate amount of water for the load size because “too much water, they are just ‘going for a swim’; too little water and they won't be able to move, and therefore won't get clean.”

The Beginner's Guide section of *ClothDiaperTales.com* provides advice on choosing from different types of new cloth diapers and covers, which are better for overnight use, what to do about leaks and how many diapers new parents might need to get started. It includes a chart comparing the pros and cons, average cost and some of the most popular, current brands, covering pre-fold, fitted cloth, snap-in/all-in-two/pop-in, pocket and all-in-one cloth diapers.

The nonprofit Real Diapers Association (*RealDiapers.org*) organizes local advocates and activists for cloth diapers via a member-supported resource center that plans campaigns, trains organizers, distributes educational information and supports local groups. Local Real Diaper Circles involve users with knowledge and tips to make cloth diapering more accessible and acceptable to parents.



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“Inflammation is the Spark that ignites most disease” 1,2,3

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1. Christine G.; Alice P.; Kristina D. (2004). The Fires Within. TIME Magazine, February 23, 2004 Vol. 163 No. 8.
2. Rakoff-Nahoum, S. (2006). Why Cancer and Inflammation. YALE Journal of Biology and Medicine 79 (2006), pp.123-130.
3. Shacter E., Weitzman S. (2002). Chronic Inflammation and Cancer. www.cancernetwork.com, January 31, 2002.

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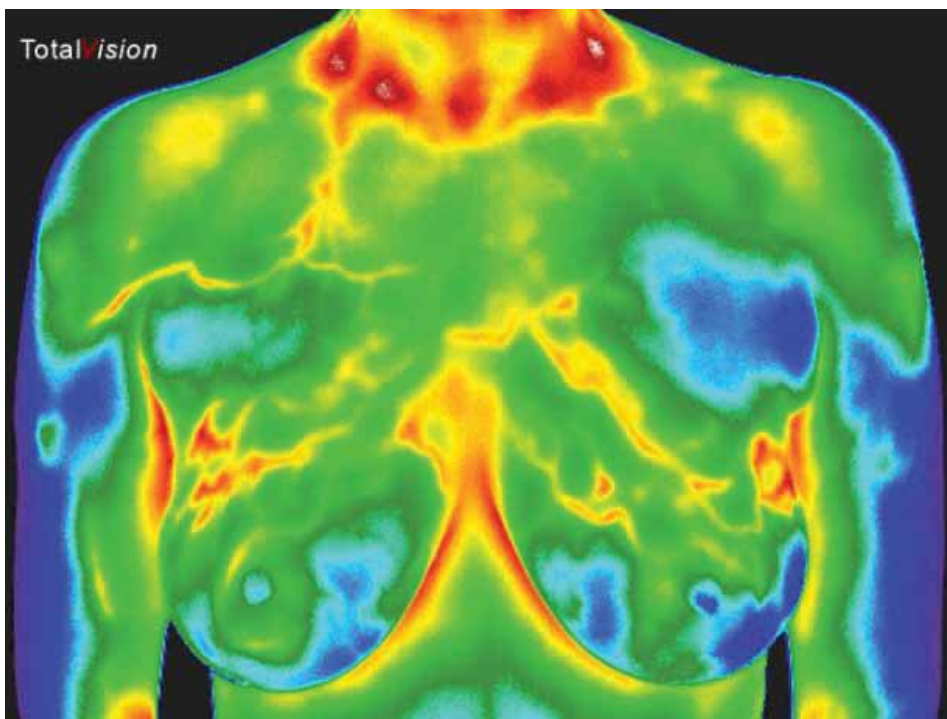
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My Thermography Journey

Holistic Health, My Thoughts

by Leonie

Over the past decade, prevention has been transformed into a medical practice. One of the constituent components of this innovative approach is Infrared Thermal Imaging Technology, also known as Thermography. This approach to diagnosing, quantifying and screening for differences and changes in skin surface temperature is FDA-approved as an adjunct procedure, including in the area of breast cancer detection. The technology behind the newer practices and applications of Medical Thermography has a long and steeped history (over the past 50 years), and increasing numbers of healthcare providers are moving to integrate Thermography into their practice... and patients are demanding medical thermography services. The future of preventive healthcare is (finally) here.

In practice, Medical Thermography offers a unique opportunity as a screening tool for prevention. Thermography is a device intended for use in the diagnosis of disease or other conditions or in the cure, mitigation, treatment, or prevention of disease, or is intended to affect the structure or function of the body. Thermography's greatest contribution in understanding the processes of the human body is its inherent ability to detect subtle, vascular and physiological changes that if left unattended, may become, over time, a degenerative disruptive disease.

Clinical Explanation

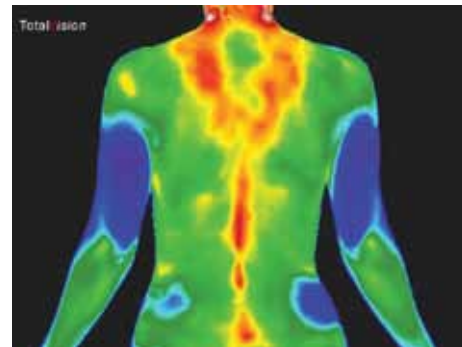
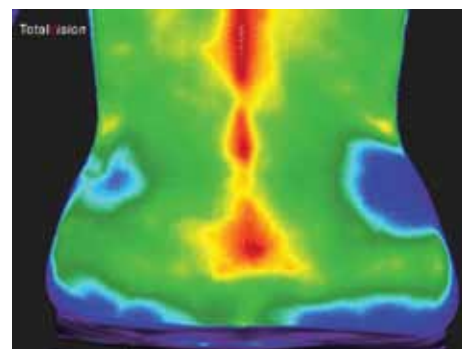
Medical Thermography is a non-invasive diagnostic technique that enables the examiner to visualize and quantify changes in skin surface temperature. An infrared camera is used to convert infrared radiation emitted from the skin surface into electrical impulses that are visualized in color on a monitor. This visual image graphically maps the body temperature and is referred to as a thermogram. The spectrum of colors indicates an increase or decrease in the amount of infrared radiation being emitted from the body surface. Since there is a high degree of thermal symmetry in the normal body, subtle abnormal temperature asymmetries can be easily identified.

The thermal patterns displayed on the thermogram are as unique as fingerprints. In

healthy people, there is a symmetrical thermal pattern that is consistent and reproducible for that individual. Injury or disease will result in thermal asymmetries. After detection, thermography also has an effective role in monitoring the effects of treatment.

I truly believe in this wonderful technology called thermography, as there are no adverse side effects and you are not exposed to any radiation. I received my images and a detailed written report including health recommendations for treatment. Despite my fairly clean organic diet, holistic choices and my chemical free beauty routine my body still shows signs of inflammation.

I have suffered for the last 20 years with neck pain and lower back, you can see the areas in my scans below.



Clinical Notes

Upper Back – there are diffuse areas of hyperthermia located over the lateral aspects of the trapezius muscle L>R. These findings are consistent with chronic stress or strain on muscles and other soft tissue structures overlaying the cervical and thoracic segments of the spine.

Lower Back – here is intense hyperthermia in the posterior midline of the lower thoracic and lumbar spine. This suggests a chronic or systemic degenerative inflammatory response which over time can result in disc degeneration.

Recommendations

Consider regular massage to reduce soft tissue inflammation and follow an anti-inflammatory nutritional and supplementation protocol.

Clinical Notes

There is significant hyperthermic activity seen bilaterally in the submental, cervical and submandibular lymphatic chains of the neck. The lymph system plays a role in detoxification and elimination. Congestion and poor circulation in the lymph system can contribute to internal toxicity. Toxins such as bacteria, virus and environmental toxins can impair the lymph system. Internal toxicity leads to inflammation and long term inflammation eventually weakens the immune system.

Recommendations

Following an anti-inflammatory nutritional and supplementation protocol is strongly advised. Without addressing inflammation first, supplementation and detoxification will not have the desired outcome and may cause further stress and inflammation to the body.

I have been experiencing pain in my left underarm and I wanted to make sure that it wasn't from a breast related issue.

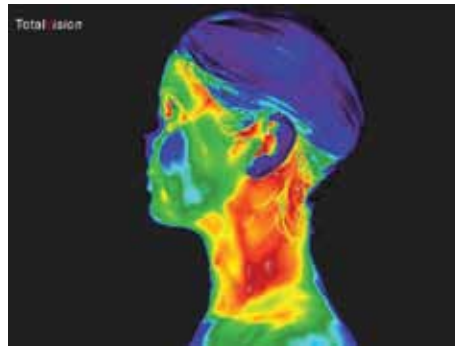
Clinical Notes

Right Breast – Low level of concern: equivocal with one significant factor; minimal level of concern for thermal irregularities. These patterns should always be monitored for change.

Left Breast – Low level of concern: equivocal with one significant factor; minimal level of concern for thermal irregularities. These patterns should always be monitored for change.

There are thermal signs of changes in the breasts that are an indication of lymphatic congestion, inflammation and hormonal

imbalance. Hypothermic areas are an indication of fibrocystic activity and congestion in those areas. Increased thermovascular activity and branching vascular patterns are indicative of inflammation and hormonal imbalance. Increased thermal activity in the axillary region and sternal region is an indication of poor lymphatic drainage and congestion.



Recommendations

Suggest clinical correlation of thermal findings with health care professional regarding patient's history, symptoms and consideration of recommendations mentioned above in addition to standard follow-up breast imaging, continue with routine follow-up breast examinations with her physician as indicated or at least annual and ongoing consultation with her physician.

Consider dry brushing and lymphatic drainage massage to improve circulation. Although this report is considered to be low level of concern the initial findings suggest inflammation and hormonal imbalance. Inflammation and hormonal imbalance can contribute to breast pain, tenderness, cystic activity, breast tissue changes and calcification's.

Following an anti-inflammatory diet is advised and liver detoxification is advised. Supplementation with Fish Oil, Indole-3-carbinol, Magnesium, Turmeric and Probiotics may help to reduce inflammation and balance hormones.

***Implementation of any treatment protocol should be under the guidance of a qualified health care professional.

SOURCE: <https://elegantluxelife.com/2017/04/04/my-thermography-journey/>

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We know caloric restriction extends life. But no one wants to do it, because it's no fun.

~Lori Taylor

Learning From the “Blue Zones”

In their search for secrets to longevity, investigators often look for lifestyle clues provided by long-lived populations. Those residing in what National Geographic Fellow and bestselling author Dan Buettner calls “Blue Zones”, for example, are more likely to celebrate their 100th birthday and escape chronic maladies such as heart disease and cancer—the two biggest killers in the U.S.

Buettner has identified the “Power 9” lifestyle habits commonly practiced by centenarians living in the five designated Blue Zones—Sardinia, Italy; Okinawa, Japan; Ikaria, Greece; Nicoya Peninsula, Costa Rica; and the Seventh Day Adventist community in Loma Linda, California.

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LIVING LONG & WELL

Age-Defying Habits and the Fountain of Youth

by Melinda Hemmelgarn

At age 29, Betty Holston Smith, of Rockville, Maryland, weighed more than 200 pounds, smoked cigarettes and ate processed junk food. Now, almost 79 years young, she is a vegan ultra-marathon runner and an inspiration to anyone wanting to age well.

Smith's story underscores the findings of researchers that have long pursued the keys to a long and healthy life. Some of these factors—heredity, for instance—are beyond our control. However, the most critical ingredient seems to be our daily habits.

Although we've all likely heard or read about someone that lived into their 90s, ate bacon, drank whiskey and smoked a pack a day, these individuals are outliers: In truth, longevity is determined by a combination of genes, environment, lifestyle choices and luck.

For example, some individuals may be born with genes that confer longevity, but be unlucky due to where they live. The National Center for Health Statistics reports that life expectancy varies by zip code. That's because where we live influences how we live, predicting access to healthful food, clean air and water, safe neighborhoods and stress-relieving green spaces such as parks and gardens. Genes are important, but our social and physical environments play a greater role in predicting our “healthspan”—the essence of a long and healthy life.

According to researchers at the Columbia Center for Children's Environmental Health, in New York City, even our first environment—the womb—can spawn diseases later in life if pregnant women are exposed to air pollutants, pesticides and the toxic stress of poverty.

Regardless of genetics, the following behaviors can help anyone slow the aging process and improve quality of life:

- Eat a plant-based diet.
- Stop eating when 80 percent full.
- Practice stress reduction techniques.
- Find a sense of purpose.
- Engage in physical activity throughout the day.
- Consume moderate amounts of alcohol with food and friends.
- Join a faith community, regardless of denomination.
- Belong to a social network that engages in healthy behaviors.
- Share love and time with children, parents and partners.

Survival of the Fittest

Tom LaFontaine, Ph.D., a clinical exercise physiologist based in Columbia, Missouri, says, “Mounting evidence shows that engaging in regular aerobic and strength exercise offers robust defenses against life-threatening diseases such as heart disease and several cancers.” One important marker of long-term health, particularly among women, notes LaFontaine, is bone mineral density (BMD). After menopause, BMD decreases in women and can lead to osteopenia—low BMD—and osteoporosis—pathological loss of BMD. “Women with osteoporosis are particularly at risk for fractures, especially of the hip, which can lead to a reduced lifespan.”

LaFontaine recommends weight-bearing exercises such as walking, jogging and high-intensity weight training to significantly improve BMD; and he’s proven that it works. “In 2012, we started a program called Older Women on Weights (OWOW), in which 40 post-menopausal women with an average age in the low 60s train with heavy weights. Some even participate in weightlifting competitions.”

“We have observed women in this group move from osteopenia to normal BMD and from osteoporosis to osteope-



Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.

~Eve Van Cauter

nia based on pre- and post-bone density DXA scans,” he says. What’s more, the women in LaFontaine’s program have formed new friendships, benefitting from a strong network of social support.

Finding Inspiration

Smith, the septuagenarian marathoner, was inspired to make a change nearly 50 years ago when her 3-year-old daughter teased, “You can’t catch me!” during an innocent game of tag. She knew she had to make a change.

She tried diet pills, fad diets and other quick fixes, but realized they were worthless. However, each evening Smith tuned in to Gabe Mirkin, a physician who hosted a national radio program about health and fitness.

Following his advice, Smith began eating a diet rich in organic fruits, vegetables, whole grains, beans, nuts and seeds, and says today she doesn’t want to put anything in her body that interferes with her lifestyle. She outlines the steps to her transformation in the book, *Lifestyle by Nature: One Woman’s Break from the Unhealthy Herd to Roam Forever Healthy in Nature’s Lifestyle Change Herd*. The first step—finding internal strength—is the most important, she says. “Most people have something in their lives they can point to for strength.”

In addition to running 60 to 100 miles each week, Smith practices tai chi, meditates and enjoys camaraderie with her running mates. She also has an upbeat attitude, believing in the importance of passion, perseverance and “taking negative experiences and making them positive.” According to a report in the *Journal of the American Medical Association Network*, this spirit of optimism is protective against heart disease and other causes of death.

Eating Well, but Not Too Much

Food is a major contributor to both quality of life and life extension. Global and national recommendations to eat more fiber-rich whole grains, fruits, vegetables, nuts and seeds, and omega-3 fatty acids, while decreasing added sugars and sodium, all help reduce our risk for life-shortening diseases. The plant-based Mediterranean diet consistently rises to the top for its health-fortifying benefits.

However, in contrast to our Western culture’s practice of eating until belt-bust-

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Blue Zones: BlueZones.com

Reducing Environmental Cancer Risk, President’s Cancer Panel Report: Tinyurl.com/CancerRiskReport

Life expectancy by zip code: Tinyurl.com/ZipCodeLongevity

Plant-based diets explained: Tinyurl.com/PlantDietExplained

Dietary Guidelines for Americans: Health.gov/dietaryguidelines/2015

Hara Hachi Bu: Tinyurl.com/HaraHachiBuDiet

Food Sleuth Radio segments:

Lori Taylor: keto diets and intermittent fasting: Tinyurl.com/LoriTaylorInterview

Dorothy Sears: intermittent fasting and circadian rhythm: Tinyurl.com/DorothySearsInterview

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ing full, Blue Zone Okinawans practice *hara hachi bu*—eating until one is no longer hungry, but stopping before feeling full.

“We know caloric restriction extends life,” says Lori Taylor, clinical dietitian and Core Faculty of Integrative and Functional Nutrition at Saybrook University, in Pasadena. “But no one wants to do it, because it’s no fun.” Instead, Taylor recommends intermittent fasting, eating only during a set window of 10 or 12 hours each day to reduce caloric intake.

Similarly, Dorothy Sears, Ph.D., a professor of nutrition at the Arizona State University College of Health Solutions, has researched the impacts of both intermittent fasting and circadian rhythm on how our bodies handle calories.

She recommends a “prolonged nightly fast” of 12 to 13 hours, as well as reducing caloric intake after 6 to 8 p.m. to help maintain a healthy weight and stave off such diseases as Type 2 diabetes and obesity-related cancers. Most significantly, she found that a 13-hour nightly fast reduced breast cancer recurrence by 36 percent among 2,300 breast cancer survivors in the Women’s Healthy Eating and Living study.

Both improving diet quality and restricting calories appear to help slow the rate of aging at the genetic level, in part by preserving the length of our telomeres—



Most people have something in their lives they can point to for strength.

~Betty Holston Smith

the structures at the end of chromosomes that protect our DNA. The Mediterranean diet, with its abundance of protective antioxidant and anti-inflammatory nutrients such as vitamins C and E, polyphenols and omega-3 fatty acids, help prevent age-associated telomere shortening.

The Sleep Connection

Michael Grandner, Ph.D., director of the Sleep and Health Research Program at the University of Arizona College of Medicine, says Americans tend to see sleep as unpro-

ductive time, but it’s a “biological requirement for life.”

In fact, it is one of the three pillars of health, along with good nutrition and exercise, says Eve Van Cauter, Ph.D., former director of the Sleep, Metabolism and Health Center at the University of Chicago. “Studies in centenarians have suggested that people who live long and in good health have a regular lifestyle. They spend time in community, eat meals and go to bed at regular times, in sync with circadian rhythms.”

No matter how long we live, we want to make the most of our time on Earth. Beyond diet and exercise, finding our personal passion, reducing stress and spending time in nature and with those we love can add years to our lives.

Despite our virtual social networks, real human connection is vital for physical and mental health. According to a report in the journal *Heart*, loneliness is as dangerous as smoking for heart disease and stroke risk. So volunteer, join a club, sign up for a community garden plot, yoga or dance class, or host regular potlucks or game nights—these just might be among the best prescriptions for staying young.

Melinda Hemmelgarn, the “Food Sleuth,” is an award-winning registered dietitian, writer and nationally syndicated radio show host based in Columbia, MO. Reach her at FoodSleuth@gmail.com.

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energized and much more
clearheaded than before
I started.

~Laura Durenberger

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GREEN THERAPY

Ecopsychology and the Nature Cure

by Ronica A. O'Hara

For clients of family therapist Christian Dymond, the path to wellness begins on his 10 acres of woods and meadows in Milton, Vermont, walking alongside him, sitting by a babbling brook, watching squirrels gather nuts or the sun slowly set, breathing in the piney air. "There is a sense of safety that comes from being in the forest," Dymond says. "Safety is necessary in order for the client to open up and share themselves with another human being." Children, too, readily respond: "Getting a child outside into nature can bring life back into their eyes. Every day I see this happen."

The sweeping Santa Barbara beach is the office of clinical psychologist Maria Nazarian, Ph.D., as she accompanies clients on hour-long barefoot walks that might include a mindfulness exercise, goal-setting and meditation—all while watching waves foam, pelicans glide and sun-sparkles on the water. "When we feel connected to the world around us, we experience more joy and belonging, less depression and less anxiety, all of which increase our thinking, creativity, well-being and generosity," she says.

Their practices, known as eco-therapy, green therapy or nature-based therapy, are an outgrowth of a ballooning branch of psychology known as ecopsy-

chology, which investigates the critical links between nature experiences and human well-being. In examining such matters as our neurological responses to nature, how climate change and weather disasters lead to anxiety and depression, how nature deprivation affects children, and why nature can produce transcendent awe, the field is reshaping the way that therapists and doctors help both adults and children heal.

Ecopsychology is a relatively new discipline. Little more than two decades ago, historian Theodore Roszak pointed out in *Psychology Today* that in the *Diagnostic and Statistical Manual of the American Psychiatric Association*, one of the most-diagnosed categories involved sex: "In mapping sexual dysfunction, therapists have been absolutely inspired... [but] the volume contains only one listing remotely connected to nature: seasonal affective disorder."

Now, as the planet's dire plight becomes a source of mounting concern, that professional neglect is rapidly changing. The field of ecopsychology has produced more than 100 authoritative studies linking nature to not only physical, but mental health. Researchers have found that spending time in nature settings helps lower stress, anxiety and depression, boosts positive mood, improves re-

silience and immune response, increases life expectancy, decreases anger, reduces blood pressure, eases computer fatigue and enhances energy, concentration and cognitive functioning.

Recently, Danish researchers found that children raised in the least-green neighborhoods were 55 percent more likely to develop a serious mental illness than children that grew up in the greenest neighborhoods, regardless of social standing, affluence or parental mental illness. A British study of nearly 20,000 people published in *Scientific Reports* concluded that spending at least two hours a week in nature, whether in brief breaks or long stretches, is an optimal amount of time to feel a sense of better health and well-being.

Putting these findings in motion, doctors, therapists, naturopaths, nurse practitioners and other health providers are increasingly suggesting and prescribing time in nature, especially for children. As of July 2018, there were 71 provider-based nature-prescription programs in 32 states, potentially involving hundreds of thousands of patients, according to a survey by the Institute at the Golden Gate National Parks Conservancy.

Ecopsychology research programs are opening at medical centers and universities, and ecotherapy classes are being added to academic degree programs for therapists. Major health insurers are financing pilot programs to measure time-in-nature outcomes, and electronic health records are starting to include nature prescriptions, as well as pharmaceuticals.

Happily, it's a therapy that can be self-prescribed. After Laura Durenberger, who blogs at *ReduceReuseRenewBlog.com*, gave birth to her son, she found symptoms of her generalized anxiety disorder at an all-time high, and ultimately linked it to rarely leaving her house. When she goes too long without being outside, she says, "My anxiety spikes. I am irritable. My energy is low. I don't feel motivated or creative."

Now, even during the fierce Minneapolis winters, she is dedicated to spending half an hour a day in nature: "After my time outdoors, I feel grounded, renewed, energized and much more clearheaded than before I started."

As ecotherapist Dymond puts it: "Nature is always there for people to heal themselves in."

Ronica A. O'Hara is a Denver-based health writer. Contact her at OHaraRonica@gmail.com.

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NATURAL HEALING FOR HANDS

Getting a Grip on Pain

by Marlaina Donato



We have to go
upstream, so to speak,
to find triggers including
stress, gut health,
toxins and infections.

~Susan Blum

Gut Check

Factors like leaky gut syndrome, stress and inadequate nutrition can all kick inflammation into overdrive. The right dietary adjustments can go a long way toward putting on the brakes. “Inflammation from compromised gut health can contribute to both rheumatoid and osteoarthritis,” Blum notes. “Abdominal fat releases inflammatory molecules into the joints, so metabolic syndrome should [also] be looked at as a factor in osteoarthritis.”

The simplest place to begin is to pay attention to food quality, she says. “Choose whole foods high in nutrients and fiber; eliminate all processed food; read labels to spot hidden sugars and food dyes.”

Blum, the founder of the Blum Center for Health, in Rye Brook, New York, initially guides her patients on an elimination diet to find dietary triggers like soy, corn, gluten, dairy, sugar and eggs. She also recommends a diet that is 70 percent plant-based and includes cold-pressed, solvent-free oils such

as high-quality olive oil. Blum cautions against nightshade vegetables like eggplant, tomatoes, peppers and white potatoes that can trigger osteoarthritis pain.

Exercise and Prevention

Improper posture can set off a domino effect from neck to fingertips, resulting in carpal tunnel syndrome and other troublesome conditions. Prevention can go a long way. “Stretching and strengthening are the best ways to prevent injury or pain,” says physiotherapist Kelly Picciurro, of Spring Forward Physical Therapy, in New York City.

Picciurro emphasizes exercise for rheumatoid arthritis sufferers. “It’s vital that these patients maintain a certain level of mobility, and [physical therapy] can improve that.”

Those with repetitive strain injuries also respond well to gentle yoga postures like tree pose, upward hands and upward fingers. In general, yoga helps upper body muscles support and align the hands, wrists and elbows.

Snuffing Out Pain

Acupuncture, especially with a focus on postural muscles of the neck and back, can be effective in reducing pain and inflammation. Hot and cold treatments can bring relief for arthritis flare-ups. Circulation and resulting improved cell nutrition can be achieved by employing heat via showers, baths and heating pads. For acute pain, cold from an ice bag or frozen vegetables wrapped in a towel for 20-minute intervals reduces swelling by reducing circulation and dulling pain signals.

Pain-reducing herbs such as cat’s claw, aloe vera, green tea, ginger, borage oil and chili pepper can all help fight systemic inflammation. Curcumin, the active ingredient in turmeric, is also a heavy hitter. Blum recommends at least 1,000 milligrams daily of curcumin that is formulated with pepper or a phospholipid for optimal absorption. A 2018 study published in *The Journal of Nutritional Biochemistry* found that the combination of curcumin and black pepper can repress inflammation signals in the intestines.

Essential oils such as peppermint, eucalyptus, ginger, Roman and German chamomile, lavender and balsam fir are also effective in reducing pain, and have anti-inflammatory properties. A few drops can be added to Epsom salts for a bath or diluted and rubbed onto the area three times daily.

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

Most of us take our hands for granted until buttoning a shirt or opening a jar becomes a daunting task. Getting a grip on that pain and loss of function with holistic solutions can be a game-changer. Inflammatory conditions like rheumatoid arthritis and osteoarthritis, as well as repetitive motion syndromes like carpal tunnel, are commonly linked to hand and wrist pain, and effective treatment relies on identifying the underlying cause.

“Systemic inflammation will be an issue in any case, but the root condition needs to be addressed,” says Kiva Rose Hardin, a New Mexico-based herbalist and co-editor of *Plant Healer Magazine*. Carpal tunnel, for instance, is not always a repetitive injury syndrome; it can sometimes be triggered by endocrine imbalances such as hypothyroidism, she says.

Susan Blum, M.D., author of *Healing Arthritis: Your 3-Step Guide to Conquering Arthritis Naturally*, agrees on both the role of inflammation and the importance of looking beyond the diagnosis itself. “Inflammation is a process in the body, an end result, and we have to go upstream, so to speak, to find triggers including stress, gut health, toxins and infections.”

By finding the trigger, relief is within reach with non-surgical solutions and natural approaches such as physical therapy, specialized yoga, acupuncture, essential oils and inflammation-taming foods and herbs.

5 Common signs of nutrient deficiency

Poor night vision

Vitamin A, known as retinol, is essential for promoting good vision and overall eye health. Too little vitamin A can cause night vision problems, crusty eyelids in the morning, recurrent infections and photophobia (eye discomfort in the sun.)

Sores or discoloration of your tongue

The tongue is an essential organ that shows us many signs of the state of our health. Water-soluble B-vitamins are essential for the health of the mouth and tongue. Unfortunately, the body doesn't store them, so we have to constantly replenish them.

Weak, spotted or rigged nails

These are common signs of a deficiency in zinc, an important trace mineral needed for the proper function of the immune system. Zinc also serves an important role in cell division and growth.

Muscle fatigue and bone pain

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, you can have muscle pain and fatigue as well.

Frequent cramps in your lower legs or 'Restless Leg'

Vitamin D is not only a vitamin but a hormone that tells your bones how much calcium to store and release. Not enough vitamin D and your bones become weak, but also, too much calcium can reside in your bloodstream.

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GUT CHECK

Feeding the Immune System

by Julie Peterson

Reducing stress, sleeping enough, exercising and getting sunlight are all known strategies for improving the body's ability to protect itself from harm. However, the most important factor in building a rock-star immune system is nutrition. Here is a guide to the care and feeding of the inner fortifications that fight off disease, supporting long-term wellness.

Ground Zero: The Gut

About 70 percent of the immune system resides in the gastrointestinal tract—home to a microbiome that contains trillions of bacteria. It works as a complex ecosystem in which the good bacteria prevent the bad bacteria from taking hold and causing illness or disease.

Eating plants promotes the robust growth of that good bacteria. “The GI microbiome evolved closely with our immune systems and under the influence of the plants our ancestors ingested,” says Holly Poole-Kavana, who practices herbal medicine in Washington, D.C. Yet about 90 percent of Americans don't eat enough fruits and vegetables, according to the U.S. Centers for Disease Control and Prevention. The consequent weakening of the microbiome is a double-edged sword, because the processed foods Americans commonly consume promote the growth of harmful microbes. The *2015-2020 Dietary Guidelines for Americans* indicates that added sugars, saturated fats and sodium eaten by most Americans are far above recommended amounts. This tipping of the scales causes weight gain, toxin buildup and immune system dysfunction.

What Not to Eat

Plants and grains on grocery shelves today are typically processed into bread, cereal, pasta, desserts and snacks, abundant in added sugars, salt, detrimental fats and chemical additives. These altered foods slam the gut's immune protection and increase the risk of chronic disease. A Czech Republic study on food additives found that gut microbes

The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.

~Heather Tynan

that fought inflammation were harmed by additives. According to the research, “Permanent exposure of human gut microbiota to even low levels of additives may modify the composition and function of gut microbiota, and thus influence the host's immune system.”

And of course, be wary of sugars. Anything that turns into sugar in the system—think carbs like refined bread products and pasta, not just sweets—is an immune-depressing culprit, says Heather Tynan, a naturopathic doctor at Evergreen Naturopathic, in San Diego. “The level of germ-fighting activity your immune system is able to maintain after a sugary meal decreases for a number of hours.” Saturated fats also alter immune cells, disrupting their functions and triggering inflammation.

Getting away from processed food cravings can be a challenge, because the foods provide a temporary energy boost. Dorothy Calimeris, of Oakland, California, a certified health coach and author of three anti-inflammatory cookbooks, suggests that cravings mean the body needs something, but it may be rest or water. “By focusing on eating higher-quality nutrients, we can limit and eventually eliminate the cravings.”

Eat the Rainbow

Fruits and vegetables get their colors from phytochemicals, which provide the human microbiome with antioxidants, minerals and vitamins that keep the gut healthy and help the immune system combat cellular damage. National guidelines suggest Americans eat 10 servings of plants a day, ideally two each from the green, red, white, purple/blue and orange/yellow categories. But data from the National Health and Nutrition Examination Surveys show that eight out of 10 people in the U.S. don't get enough of any color category.

“A good strategy is to add one new vegetable a week to your grocery cart,” suggests Canadian nutritionist Lisa Richards, founder of *TheCandidaDiet.com*. “Blending fruits and vegetables into shakes or smoothies is also an effective way to eat the rainbow for those who are busy.”

Whatever goes into the grocery cart should be certified organic, the only sure way to avoid ubiquitous genetically modified organisms (GMOs) in the food chain, which animal studies have linked to immune system damage.

Herbs are also helpful to boost the body's inherent ability to protect itself. Poole-Kavana points to medicinal herbs like astragalus and reishi mushroom, which support immunity and balance gut bacteria; antimicrobial herbs like garlic, thyme and oregano; and elderberry, an anti-inflammatory fruit that boosts the body's ability to identify and eliminate viruses and bacteria.

“The single greatest thing anyone can do for their health is to eat whole foods, including organic vegetables, fruits, high-quality proteins, whole grains and healthy fats,” says Calimeris.

Julie Peterson writes from rural Wisconsin and can be reached at JuliePeterson2222@gmail.com.

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When Workouts Don't Work

Why Less Is Sometimes More

by Marlaina Donato

Exercise is a proven component in losing weight and preventing cardiovascular disease and diabetes, but not all exercise regimens yield the same results for everyone, especially when daily stress is a factor.

While workouts are often intended to reduce the body's physiological response to mental and emotional stress, exercise itself can serve as a physical stressor that exacerbates the problem. This delicate balance revolves around the stress hormone cortisol.

While cortisol is needed to kick-start metabolism and burn fat, too much of it can increase the body's fat stores. Stephanie Mansour, host of *Step It Up With Steph*, a weekly TV fitness program in Chicago, sees this correlation in her private practice for women. "Aggressive workouts definitely perpetuate stress, and aren't always necessary for weight loss. If one of my clients is stressed-out, sleep-

The key is to not overtrain and to do just enough to adequately stimulate the system.

~Beth Shaw

deprived, overworked and doing intense workouts but not seeing weight-loss results, that's a signal that cortisol is potentially too high and needs to be addressed."

Fat-burning, high-intensity interval training (HIIT)—bursts of exercise with minimal periods of rest in between—raises levels of cortisol. These tend to decrease after a workout, but can remain on overdrive if HIIT is not balanced with low-intensity movement. Add jam-packed schedules to the mix, and the side effects of chronically elevated cortisol result not only in longer recovery time, but insomnia, fatigue, low immunity and failure to lose weight, especially around the midsection—a phenomenon that has earned cortisol the nickname "the belly fat hormone."

Balancing HIIT with yoga, Pilates, elliptical training, swimming or walking can help to reset the nervous system and bring the rest of the body back up to speed.

Cortisol-Conscious Workouts

Mansour works with a naturopath that analyzes her clients' cortisol and other hormone levels. "One of the first things we focus on is helping the body move into the parasympathetic nervous system and out of the fight-or-flight stress response. One way we do this is by shifting into more relaxed workouts—gentle yoga, beginners' Pilates class, light cardio or light strength training."

Fitness expert Beth Shaw chose a zealous approach in her own exercise regimen until high cortisol levels unraveled her health. The founder of YogaFit, a yoga teacher training program headquartered in Toronto, she emphasizes moderation. "The key is to not overtrain and to do just enough to adequately stimulate the system." She recommends 30-to-45-minute cardio sessions and no longer than 45 minutes for weights. "Endorphin release from these two types of exercises should offset any release in cortisol."

When we exercise may be as important to achieving weight loss and enhancing overall energy as the type of workout

Aggressive workouts definitely perpetuate stress, and aren't always necessary for weight loss.

~Stephanie Mansour

we choose, a factor based on circadian rhythm—the body's biological clock. There are some schools of thought that cortisol is higher in the morning, and therefore this is the best time to exercise, says Mansour, while others believe we should target the mid-afternoon slump. "I advise my clients to pick a time that simply feels good to them."

Mixing It Up

Hopping on a bike, going for a brisk walk or catching the waves on a surfboard can provide a great low-intensity, steady-state (LISS) cardiovascular workout, which aims for a low level of exertion for a long, continuous period. Repetitive motion for 30 to 45 minutes not only helps to balance cortisol levels, but according to a 2014 Australian study published in the *Journal of Obesity*, it evens out fat dis-

tribution in overweight individuals. LISS also nudges the body to use fat as fuel, rather than taking valuable glycogen from the muscles.

Yoga and Pilates classes, though distinctly different, offer valuable benefits. "If cortisol backlash is an issue, you definitely want to work with someone who knows the anatomy and physiology of breathing," says Tori Brown, owner of The Pilates Room & Antigravity Studio, in Ithaca, New York. "By learning proper breathing techniques, practitioners are able to down-regulate the nervous system into a more parasympathetic state, which leads to better focus, lower heart rate, better digestion, more optimal cortisol levels and improved sleep patterns. All of this leads to more focused workouts that build muscle while creating less stress on the nervous system."

Mansour suggests simple walking for stress-busting alternative cardio. "Brisk walking three times a week for 20 to 30 minutes is great to help reduce stress."

Marlaina Donato is an author and composer. Connect at AutumnEmbersMusic.com.

What vitamin deficiencies cause tingling hands and feet?

Vitamins E, B1, B6, B12, and niacin are essential for healthy nerve function. A B12 deficiency, for example, can lead to pernicious anemia, an important cause of peripheral neuropathy. However, too much B6 also can cause tingling in the hands and feet.



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Copper in new device stops cold and flu

by Doug Cornell

Scientists recently discovered a way to kill viruses and bacteria.

Now thousands of people are using it to stop colds and flu.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread and cause misery.

In hundreds of studies, EPA and university researchers have confirmed that viruses and bacteria die almost instantly when touched by copper.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about microbes, but now we do.

Scientists say the high conductance of copper disrupts the electrical balance in a microbe cell and destroys the cell in seconds.

Tests by the EPA (Environmental Protection Agency) show germs die fast on copper. So some hospitals tried copper for touch surfaces like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold about to start he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold never got going." It worked again every

time. He hasn't had a single cold for 7 years since.

He asked relatives and friends to try it. They said it worked for them, too, so he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops colds if used within 3 hours after the first sign. Even up to 2 days, if they

still get the cold it is milder than usual and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it supposed to work that fast?"

"What a wonderful thing," wrote Physician's Assistant Julie. "No more colds for me!"

Pat McAllister, 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

Now thousands of users have simply stopped getting colds.

People often use CopperZap preventively. Frequent flier Karen Gauci used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days for 2 months. "Sixteen flights and not a sniffle!" she exclaimed.

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids

had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. When her CopperZap arrived, she tried it. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness if used just before bed. One man said, "Best sleep I've had in years."

Copper can also stop flu if used early and for several days. Lab technicians placed 25 million live flu viruses on a CopperZap. No viruses were found alive soon after.

Dr. Bill Keevil led one of the teams confirming the discovery. He placed millions of disease germs on copper. "They started to die literally as soon as they touched the surface," he said.

People have even used copper on cold sores and say it can completely prevent outbreaks.

The handle is curved and finely textured to improve contact. It kills germs picked up on fingers and hands to protect you and your family.



Dr. Bill Keevil: Copper quickly kills cold viruses.

Copper even kills deadly germs that have become resistant to antibiotics. If you are near sick people, a moment of handling it may keep serious infection away. It may even save a life.

The EPA says copper still works even when tarnished. It kills hundreds of different disease germs so it can prevent serious or even fatal illness.

CopperZap is made in America of pure copper. It has a 90-day full money back guarantee. It is \$69.95.

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What is Inflammation

There are actually two phases of inflammation.

The first phase is the initiation phase that causes the heat, pain, swelling, and redness associated with inflammation from ancient times.

However, there is a second phase called the resolution phase that reverses the initiation phase and allows tissue regeneration. As long as these two phases of inflammation are balanced, this becomes the molecular definition of wellness. If either phase is unbalanced, then we generate a state of low-level chronic inflammation that ultimately leads to loss of function. This inability to manage chronic inflammation can be used as a molecular definition of aging.

healthy kids



photos by Aaron Baker

RAISING ENVIRONMENTALISTS

Teachers Prep Kids for the Future

by Yvette C. Hammett

Educators have switched from preaching to kids about environmental degradation to using hands-on lessons to get K-12 students not only interested in the world's environmental priorities, but also actively participating in solutions, maybe even seeking out related careers.

"You hope students can translate passion into intellectual curiosity on these subjects and develop the expertise so they can go beyond being an activist to being an advocate," says Kenneth Walz, Ph.D., who works on the Wisconsin K-12 Energy Education Program at the University of Wisconsin-Stevens Point. Walz, who teaches chemistry, engineering and renewable energy at Madison Area Technical College, also serves as its director of the Center for Renewable Energy Advanced Technological Education.

While K-12 environmental education still has no specific niche in curriculum, according to a case study of The National Academies of Sciences, Engineering and Medicine, numerous groups and educators are working to ensure the next generation is prepared for the environmental challenges it will certainly face.

Today's educators believe hands-on learning will prepare Generation Z and those that follow to look for solutions and even seek active roles to implement them. Aaron Baker, a Sussex, New Jersey, advanced placement environmental science instructor and a two-time winner of the U.S. Environmental Protection Agency Region 2 Presidential Innovation Award, says the key to getting through to the next generation is showing them a problem that's close to home that they can touch and feel, and then relating it to a global issue.

"A major part of my philosophy for environmental education is to try to engage students in environmental issues in our own community," Baker says. "We collaborate with the Wallkill River Watershed Management Group to restore riparian areas and increase biological diversity."

The high school students have planted more than 750 trees in the last three years along the creek that runs right below their school. "This type of hands-on work not only has a direct relationship to their lives here in Sussex County, but is also relevant to similar issues on a global scale."

The 30-year-old National Environmental Education Foundation (NEEF) no longer sends speakers to schools. Instead, it encourages teachers to get the students outside working with partners like the National Park Service or the U.S. Forest Service to learn about real world problems near their homes, says Robert Sendrey, program director of environmental education.

Motivation and inspiration are key, he says. “We were created to help make the environment more accessible, relatable, relevant and more connected to the average American’s life.”

Rather than focusing on the negative aspects of climate change and the challenges ahead, NEEF promotes a healthy lifestyle and emphasizes the need for clean air and water. “We emphasize the well-being of people, which is directly related to the health of the environment,” Sendrey says.

Success starts with a change in attitude and awareness, and ultimately needs to culminate with action, he says. For example, NEEF teamed up with zoos and aquariums for the Skip the Straw



We emphasize the well-being of people, which is directly related to the health of the environment.

~Robert Sendrey



A major part of my philosophy for environmental education is to try to engage students in environmental issues in our own community.

~Aaron Baker

campaign, educating the public about the environmental harm caused by single-use plastics. The University of Wisconsin K-12 education program focuses on environmental impacts of the energy sector—especially on air and water quality.

“If you are burning coal to produce electricity, it creates all kinds of atmospheric pollution—acid rain and soot that causes respiratory illness,” says Walz. “If we weren’t burning fossil fuels, urban smog wouldn’t even be a thing.” The energy curriculum for students includes content on biofuels and electric transportation. “For them, it is more thinking about the types of transportation they use, whether they are driving, riding a bike or taking a bus.” They don’t get to choose what kind of fuel the bus runs on, but they can be educated to be good future consumers, he notes.

“I think they appreciate the issue,” Walz says of the students. “Middle schoolers bring the passion. That sort of raw, emotional angst is something we left behind in our teenage years. Adults have been way too complacent for way too long.”

Yvette C. Hammett is an environmental writer based in Valrico, Florida. She can be contacted at YvetteHammett28@hotmail.com.

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WHEN OLDER PETS GET QUIRKY

Dealing With Cognitive Dysfunction Syndrome

by Julie Peterson

As dogs and cats get older, they may slow down or have other physical issues. Some experience cognitive decline which resembles Alzheimer's disease in humans. It presents differently in every pet and can include numerous symptoms that begin gradually, sometimes just seeming like quirky behavior instead of a disease.

Cognitive dysfunction syndrome (CDS) can affect dogs or cats, and there is currently no known cause or prevention. Progress has been made on Alzheimer's research in humans, with neurologists discovering that plaque buildup in the brain does not cause the disease: That is the immune system's response to the disease. Necropsies on dogs with CDS have shown similar plaque buildup in the brain.

"Unfortunately, little research has been done regarding this condition, so we can only hope to use human studies to gather information that will help our affected pets," says Dennis W. Thomas, DVM, a holistic veterinarian in Spokane, Washington, and author of *Whole-Pet Healing: A Heart-to-Heart Guide to Connecting with and Caring for Your Animal Companion*.

With no test available for CDS, pets are diagnosed by excluding medical and behavioral problems that can resemble having the ailment.

Signs to Watch For

Issues that could point to CDS include:

- Confusion or disorientation: standing in a corner, difficulty walking through doorways, walking in circles or trouble following familiar routes
- Decreased activity: sleeping excessively, seeming withdrawn, lack of grooming, loss of interest in toys, people or food
- Restlessness, anxiety or compulsiveness: waking often at night, whining or yowling, new fears, pacing or constantly licking
- Attention seeking: wanting to be near humans and showing high distress when left alone
- Incontinence: soiling the house after previously being house-trained
- Irritability or aggression: growling/hissing or biting without cause

These troubles could also be indicative of a treatable condition, such as a urinary tract infection or an injury, so it's essential to have the pet examined.

Caring for the Patient

While CDS will continue to alter brain and nerve function, there is some hope for pet lovers faced with the diagnosis in the early stages. Thomas recommends a natural approach that includes diet modification, fil-

tered water, vitamin and herbal supplements, and eliminating stress. Diffusing calming essential oils can be helpful for dogs (and humans), but is not recommended for cats.

Kathryn Sarpong, DVM, a veterinarian at Metro Paws Animal Hospital, in Dallas, also recommends dietary changes to her patients. "Recent studies have shown that medium-chain triglycerides may be helpful, and they are in some senior pet foods. Supplementation of melatonin may help with sleep-wake cycles."

Anxiety often becomes part of the animal's new normal, but pet parents can help cats and dogs with this by keeping them as active as possible, introducing new toys and interacting. "Keep your dog's mind active by providing games and opportunities for play. Daily walks provide not only exercise, but also mental stimulation," says Lisa Lunghofer, Ph.D., executive director of The Grey Muzzle Organization, in Washington, D.C.

Pets with anxiety or pain may benefit from cannabidiol (CBD) products. Clarissa Valdes, a homemaker in Homestead, Florida, has a 15-year-old cat with CDS. Minini would wander around in the house, looking lost. Then, the all-night howling sessions began. "We started to worry that she was in pain," says Valdes. However, a veterinarian diagnosed CDS. "The vet suggested medication, but I wanted to go in a natural direction," says Valdes, who started Minini on CBD oil. The cat finally slept through the night. A month in, Minini is doing better overall.

With time, CDS patients may lose hearing or sight in addition to experiencing a progression of symptoms. "Make sure your home is predictable and safe," says Lunghofer. Use gates to close off stairs or move furniture or other items that could be hazardous.

Prevention on the Horizon

Because inflammation caused by an inappropriate diet is the underlying problem of most chronic diseases in pets, Thomas believes that prevention for CDS is possible. "Feeding a non-inflammatory, species-specific, balanced diet that is fresh and not heat-processed is critical," he says.

In addition, he advises his patients get probiotics, digestive enzymes, omega-3s and antioxidant nutrients. Vaccinations, when necessary, should not contain heavy metal preservatives. "The goal is to keep the gut and immune systems healthy, avoid toxins that affect the nervous system and minimize environmental stress."

Julie Peterson writes from her home in rural Wisconsin. Contact her at JuliePeterson2222@gmail.com.

calendar of events

All Calendar events must be received by the 10th of the month prior to publication and adhere to our guidelines. Advertisers are entitled to up to five event listings, all others are \$10 each and must be prepaid, unless the event is free. Email publisher@naacadiana.com for guidelines and to submit entries.

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TUESDAY JANUARY 7

Hook & Needle – 6-7:30pm. Sit and knit is back. Free. Parkview Branch Library, 500 Grand Pré Boulevard, New Iberia.

WEDNESDAY JANUARY 8

Compassionate Communication – 6-8pm. Learn and practice spiritual listening and compassionate communication. Free. Lafayette Public Library, 301 W Congress St, Lafayette.

FRIDAY JANUARY 10

Prohibition Picnic – 7-10pm. Dr. Daylight's Jazz Company, a 1920's New Orleans inspired Jazz band performs. \$20. Alexander Books, 2116 Johnston St, Lafayette.

Frozen Jr. – 7-9:30pm. Thru Sunday January 12. Wonderland Performing Arts presents this Disney musical. \$15. Acadiana Center for the Arts, 101 W Vermilion St, Lafayette.

MONDAY JANUARY 13

Crowley Street Corner Prayer – 5:30-6:30pm. A community prayer meeting every 2nd Monday of the month. Free. Greater Love Family Worship Center, North Ave E & W 10th St, Crowley.

WEDNESDAY JANUARY 15

Yoga – 6-7pm. Martine Colin presents yoga in French the Wednesday of the month. \$13. NUNU Collective, 1510 Bayou Courtableau Hwy, Arnaudville.

SATURDAY JANUARY 18

Wood Duck Management Workshop – 9:30am-12pm. Learn how to raise wood ducks and help ensure that the population stays commonplace in Louisiana's waterways. \$5. The Teche Project. Shadows-on-the-Teche Visitor Center, 320 E Main St, New Iberia.

Reviving Resilient Landscapes Workshop – 8:30am-12pm. Celebrate Louisiana's Arbor Day with workshops led by Trees Acadiana. Register at EventBrite.com. Acadiana Park, 1005 E Alexander St, Lafayette.

TUESDAY JANUARY 21

Opelousas Farmers' Market – 6:30-10:30am. Fresh local produce available for purchase. Open throughout the year every Tuesday, Thursday and Saturday. Free. Farmers' Market Pavilion, 828 E Landry St, Opelousas.

WEDNESDAY JANUARY 22

Cinema on the Bayou Film Festival – 6-10pm. Thru Thursday January 30. An eight-day juried international film festival. \$100 tickets at EventBrite.com. Vermilionville Performance Center, 300 Fisher Rd, Lafayette.

SATURDAY JANUARY 25

Bayou Mardi Gras Parade – 6-8pm. A family style celebration, on the banks of the Bayou Teche. Free. Main Street, New Iberia.

SUNDAY JANUARY 26

Beignet Boogie 5K – 9am-12pm. The first race of the Sweet Feet 5K series with registration for the King Cake 5K race. \$25-\$35. Registration at Runsignup.com. Mount Carmel Elementary School, 405 Park Ave, Abbeville.

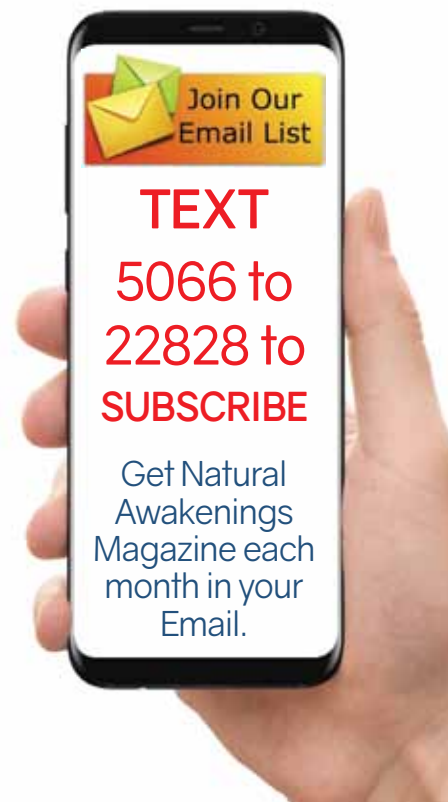
THURSDAY JANUARY 30

Singleton's Pure Music – 6pm. Singer songwriters, Shannon LaBrie, Alicia Michilli and Tia Sillers perform. \$20 tickets at Eventbrite.com. NUNUs Collective, 1510 Bayou Courtableau Hwy, Arnaudville. 337-314-2883.

Museum Gala – 6:30-9:30pm. A night at the museum party with Mardi Gras magic including a live auction. The New Iberia Museum Foundation and Iberia Bank. Bayou Teche Museum, 131 E Main St, New Iberia. 337-606-5977.

FRIDAY JANUARY 31

Still I Rise – 6pm. Women's abuse survivor conference. \$35 registration at EventBrite.com. The Bayou Church, 2234 Kaliste Saloom Rd, Lafayette.



PRAYER TO MEND WHAT IS BROKEN

Heavenly Father,
I call on you right now
in a special way.
It is through your power
that I was created.
Every breath I take,
every morning I wake,
and every moment of every hour,
I live under your power.

Father,
I ask you now to touch me
with that same power.
For if you created me from nothing,
you can certainly recreate me.
Fill me with the healing
power of your spirit.
Cast out anything that
should not be in me.

Mend what is broken.
Root out any unproductive cells.
Open any blocked arteries or veins
and rebuild any damaged areas.
Remove all inflammation and
cleanse any infection.
Let the warmth of your healing
love pass through my body
to make new any unhealthy areas
so that my body will function
the way you created it to function.

And Father,
restore me to full health
in mind and body so that I may
serve you the rest of my life.
I ask this through Christ our Lord.
Amen.

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Anti Aging:

Water is a good anti aging method and drinking ionized water is even better as it helps reduce acne and eczema apart from other skin problems. Alkaline water forms small clusters that are easy to absorb and they hydrate our body more effectively causing our skin to plump up and age more slowly.

Reduce the Chances of Osteoporosis:

Acidity leaches out calcium and magnesium from our body leading to osteoporosis. To combat this problem, alkaline water can help get rid of acidity by neutralizing it and bringing our body in pH balance. The more we lose important minerals from our body the more our bones and body becomes weak, and we become more prone to osteoporosis. The easiest step to avoid such a problem is to drink alkaline water.

Build Cardiovascular Health:

Acidic reserves in our body create several health problems like diabetes, kidney stones etc. Poor digestion led by stress and poor dietary habits add to decreased cardiovascular health. Acidic waste builds up and can aggravate this condition. To get rid of this waste, alkaline water can help neutralize the acidity in our body.

Reduce Joint Pain and Arthritis:

Joint pain develops only when our body is acidic. Alkaline water can combat that by regulating our pH balance and thus eliminating free radicals in our body that target joint causing pain and aggravating arthritic pain. Alkaline water has antioxidants that help reduce free radicals in our body.

Reduce Infections, Flu and Colds:

Immunity weakens with more and more acidity in our body and thus we fall sick more frequently. Alkaline water can help build up alkaline reserves and neutralize acids helping our body to recuperate and grow strong.

Detoxify:

Alkaline water has detoxification properties and it helps to get rid of free radicals. It is also easily absorbed as it is less clustered. Detoxification occurs as alkaline water has antioxidants that act on free radicals in our body, built up because of acidity.

Decrease Risk of Cancer:

We have a higher risk of cancer when our bodies are acidic in nature. Doctors promote alkaline water and alkaline dietary habits only to combat these health risks that are associated with acidity. Alkaline water is a good way to combat cancer risk and get rid of acidity reserves in our body. Cancer develops when our body cells become unhealthy and adapt to our body's unhealthy environment when our body is acidic. Alkaline water can help reduce the risk of unhealthy cell growth.

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WheTea is an organic blend of wheatgrass and green tea. With natural EGCG antioxidants from green and white teas. EGCG has been shown to be 100 times more powerful than vitamin C and 25 times more powerful than vitamin E. WheTea also contains 130 percent of the daily value for vitamin C and a variety of catechin polyphenols and flavonoids. If you are looking for a potent pure tea for weight loss, you'll love WheTea.\$20.00



4 Garcinia Cambogia

Garcinia Cambogia is a natural fat-buster because of the unique properties of a compound known as hydroxycitric acid (HCA) found in the rind of the fruit. HCA blocks the activity of liver enzymes that convert sugar and carbs into fat, making their calories available as glycogen to fuel your muscles when you exercise. Garcinia cambogia also helps address stress-related appetite issues by supporting healthy serotonin and cortisol levels.\$35.00



5 pH 9.5 Drops FOR WEIGHT LOSS

LESS ACID - LESS FAT

Obesity and the body's pH are linked. When a person becomes acidic, a lack of oxygen occurs causing cellular metabolism to slow down, leading to obesity.

Other cellular conditions linked to acidity include toxicity, dehydration, osteoporosis, malnutrition and decreased circulation.

Simply fill your water bottle with one drop per ounce of water and sip throughout the day. It's an excellent and easy choice for anyone concerned about his or her body's acid/alkaline balance.\$30.00



6 Digestive Enzyme Complex

Digestive Enzyme Complex helps you lose weight by providing the body proper nutrition. A healthy digestive system does an incredible job of breaking down the food we eat. However, without the help of digestive enzymes, we cannot metabolize food effectively no matter how healthy the food may be.\$35.00



7 GREEN WATERS Alkaline Water



Drinking alkaline water helps neutralize the acidity in your body. You may think that acidity has nothing to do with fat loss. But on the contrary, your pH level is a determining factor on whether or not you can lose weight.

Drinking cold alkaline water can drastically boost your metabolism. This increase stems from the excess energy it takes to heat cold water up to body temperature.

Fat is acidic. If you want to shed it off you have to find a way for it to enter the bloodstream then eventually turn it into energy. But if acid is sticking to each fatty cell in your body, you can't discard them so easily.

Suggested Use: Drink 64 oz per day for 14 days.\$36/case of six

8 Inflammation Causes Weight Gain and Fat



INFLAMMATION

- Inflammation causes excess belly fat
- Obesity makes fat cells act as though they are infected - causing more inflammation to form in areas of excess fat tissue
- Inflammation causes more visceral fat around internal organs like the kidney, liver, and the heart

Pain & Inflammation Enzyme

Obesity is associated with low-grade inflammatory process characterized by the increase in circulating levels of pro-inflammatory cytokines such as IL-6, TNF-alpha, and acute-phase proteins (CRP and haptoglobin) in healthy obese people. Chronic inflammation will lead to metabolic syndrome, excess weight gain, and it can make you fat. Stop the inflammation and stop the fat!\$35.00

9 The SKINNY PILL

The SKINNY PILL has an ultra-concentrated formula, there's no need to swallow half a dozen pills 2-3 times a day.\$35



10 FAT COMPLEX

FAT COMPLEX breaks down stubborn fat so that your body can naturally absorb it. Lose the stubborn fat deposits and love handles.\$35

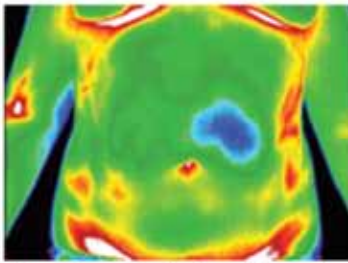


11 FAT GRABBERS

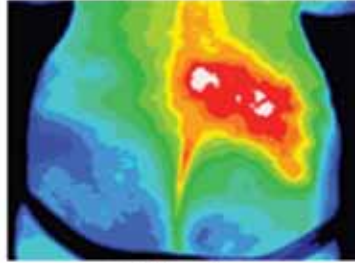
FAT GRABBERS absorb excess fat so that it's not absorbed into the body. You then get rid of the fat through normal elimination.\$35



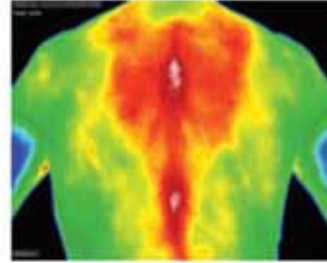
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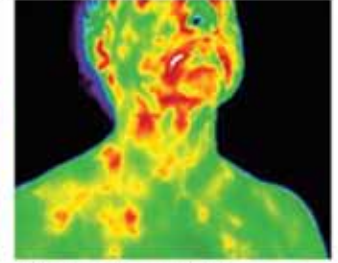
Hypothermia in the Stomach



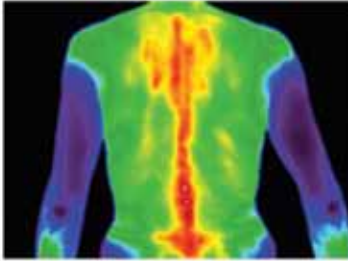
Shingles



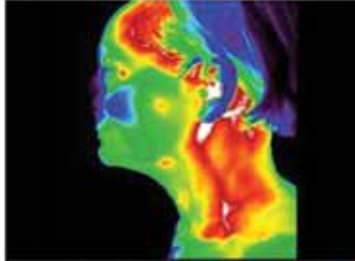
Lung Cancer



Periodontal Disease



Spinal Inflammation



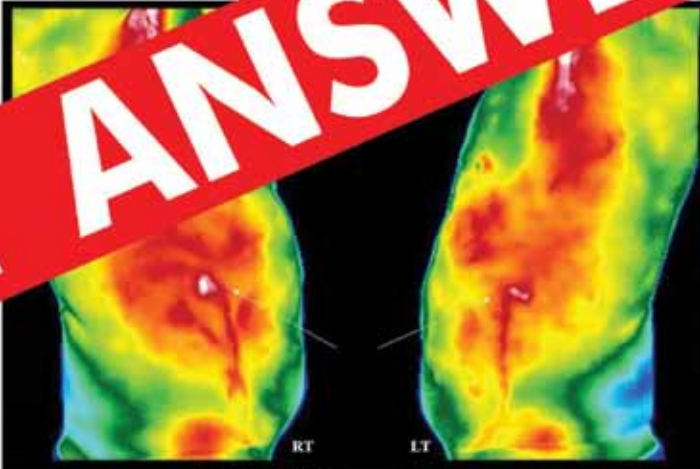
Carotid Artery Inflammation



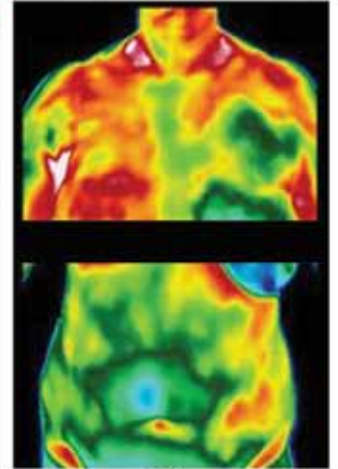
Melanoma-Scalp Cancer



Varicose Veins



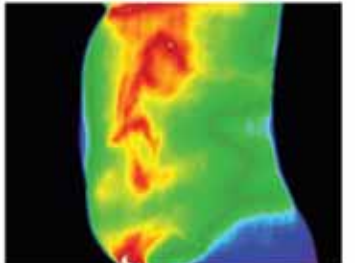
Bilateral Kidney Stones



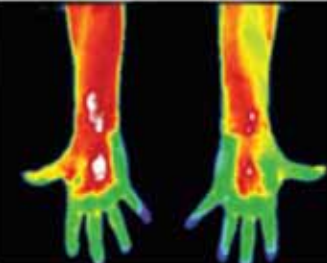
Breast Cancer



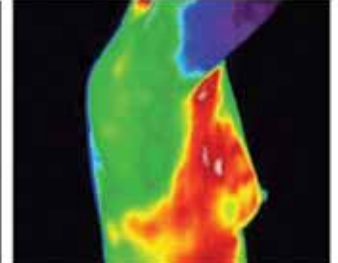
Thyroid Cancer



Digestive Disorders



Carpal Tunnel



Lymphatic Congestion

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Call **896-4141** to schedule

Thermography is used to:

- help make informed decisions regarding the need for further treatment
- visualize the physiological component of pain, injury or illness/disease
- provide early warning of potential health issues
- identify the originating source of neuropathic dysfunction
- support the existence of a suspected condition
- aid in accurate diagnosis and treatment

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