

January/February 2016

The art of growing young[®]

Mastering
Biofeedback

Feature article



In this Issue...

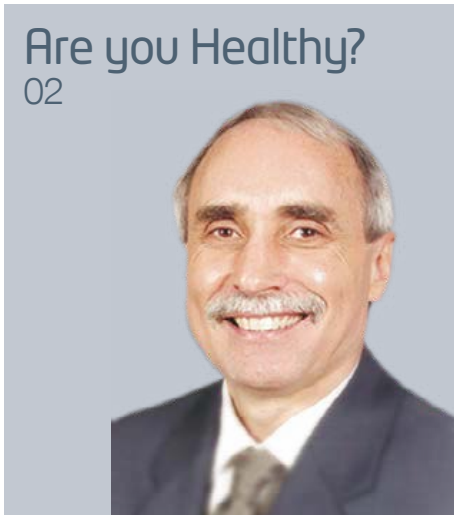
Focus on Health
not Disease

Health and
Environmental
Awareness

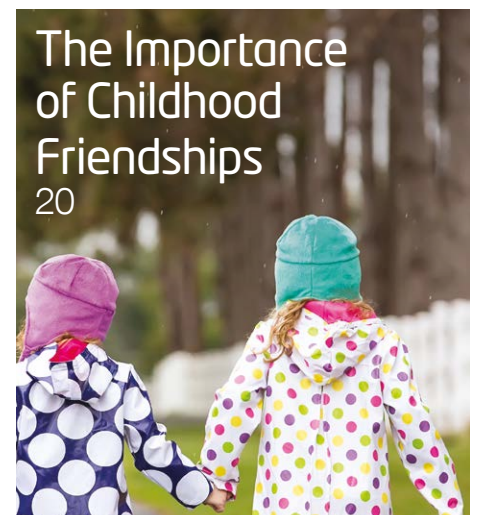
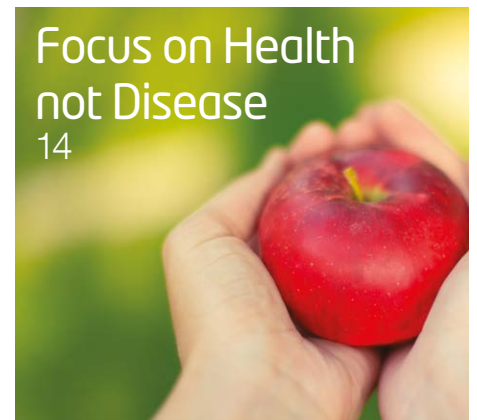
Fermented
Foods



In this Issue...



02	Are you Healthy?	18	Herbs and Supplements Ginger
03	Nutritional News	20	Family Health The Importance of Childhood Friendships
04	Fitness Brain Health	22	Family Health How Herbs can help in Ageing
06	Feature Article Mastering Biofeedback	24	Family Health Lean Muscle Mass
10	Lifestyle Health and Environmental Awareness	26	Family Health Healthy Leadership
12	Nutrition Fermented Foods	29	Ask the Expert
14	Feature Article Focus on Health not Disease		



Are you healthy?

Regardless of what response I got, if I follow that question by asking how a person knows if he or she is healthy, the response is almost always, "I'm not sick, so I must be healthy." That's a true answer for most people. But it's also only a partial answer.

It certainly makes sense that if you are not sick, you are probably healthy. But the more you really think about it, the more you realize that there is so much more to being healthy than simply the absence of disease. You can be physically fit, but mentally depressed. Would you call yourself healthy then? You could also have perfect blood pressure but work at a job you hate. Is that healthy? Do you have a healthy family life, healthy work life and healthy friendships? To fully answer whether or not you are healthy, you have to look at all of these aspects of your health.

Suddenly the question seems a lot harder to answer. Maybe now you can't even answer it with certainty. That's okay. Learning the importance of looking more deeply into your life and what it means to be healthy is a big step along the road to wellness. It's also an important tool in the art of growing young.

If you are like most people, myself included, gauging your health on the basis of not being sick stems from decades of modern medicine's focus on treating illness rather than promoting health. Good health should not just be measured by the absence of disease. In fact, there's a great article on page 14 that may leave you redefining how you look at health and disease on a fundamental level.

Thankfully, actually being healthy in all areas of life is easier than trying to define what it means to be that way. The next time you have a physical or answer a health questionnaire for your doctor, let that be a reminder to take a few minutes and ask yourself how healthy you really are.



Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director

Nutritional News

Help keep your body healthy during cold and flu season this winter by spending more time outside.

As tempting as it is to stay indoors when it's cold outside, this limits the amount of sunlight you are exposed to. Consequently, your body isn't able to produce as much vitamin D, a critical nutrient for a healthy immune system.



If you're trying to lose weight, try adding a side of yogurt to most of your meals.

A new study has found that obese people on reduced-calorie diets were able to lose over 60 percent more fat overall when they ate three 6-ounce servings of yogurt every day.

The increase in fat loss is compared to people who ate no yogurt in their diets. If yogurt isn't something you enjoy by itself, try adding it to sauces as a creamy, nutritious thickening agent, but don't overheat it or you'll kill the beneficial bacteria. Be sure to use a yogurt that has not been pasteurized after it was made.

The next popular fat-fighting food may be pears.

A new study looking at weight gain in middle-aged women found that consuming larger quantities of three specific antioxidants led to better weight outcomes over a 14-year period. It just so happens that all three of these antioxidants—flavones, flavonols and catechins—are found in pears. Pears are also high in fiber and low in calories, making them a delicious, diet-friendly snack choice.

Get physical now in order to help preserve cognitive function in 30 years.

Researchers know that physical activity can help boost brain function. It was recently discovered that brain-boosting physical activity when you're young has been linked to a decreased risk for dementia many years later. This is more evidence of the importance of healthy habits over the entire life span.



Fasting

Fasting may be the next key strategy in the fight against aging. An initial, small-scale study published in *Cell Metabolism* showed multiple benefits of healthy fasting, including decreased belly fat, increased immune system functioning and a reduction of inflammatory diseases.

Another small pilot study showed fasting subjects had lower levels of age-related diabetes, cardiovascular disease and fat. Scientists performing the second study also noted that fasting participants experienced no harm to bone and muscle mass.



Brain Health

In many ways, the human brain is like every other part of the body: it needs to be fed and exercised or it can atrophy. There are many easy ways to give your brain a cognitive workout that can help keep you feeling mentally sharp late into life.

According to years of research and ever-mounting evidence, what's good for the body is good for the mind. Many researchers believe physical exercise has effects on the brain that can lead to a smarter, more successful you.

A study published in the *Annals of Internal Medicine* found that older people could lower their risk of developing Alzheimer's disease by one-third simply by exercising at least three times a week. (Eric B. Larson, MD, MPH; Li Wang, MS; James D. Bowen, MD; et al., "Exercise Is Associated with Reduced Risk for Incident Dementia among Persons 65 Years of Age and Older," *Annals of Internal Medicine*, 2006;144(2):73-81.)

Physical activity helps improve brain function, boost mood and increase learning potential.

To begin with, exercise improves blood circulation through the entire body, not just the part being worked out. Better circulation in the brain means more oxygen, better nutrient delivery, better detoxification and hence better functioning. Exercise also helps indirectly by helping to decrease stress and improve mood, both of which help the brain function better. The stress response of "fight or flight" prepares the body for maximum physical exertion, but in modern life, such exertion usually does not follow the experience of stress—so exercise helps to use up the "fuel" that the stress of modern life provides for the body.

Staying physically active throughout life is a powerful way to help protect cognitive function, but there are plenty of specific activities you can do to target your brain health—many of which are quick and easy.

Similar to any muscle in your body, the more you exercise your brain, the stronger it will become. The more you perform an activity, the easier it becomes for your brain to repeat. For your brain, this is the muscular equivalent of sitting on the couch all day watching television. Giving your brain a workout is as easy as making yourself concentrate a little harder than normal. When you begin to look for such chances to "work out your brain" this way, you will see them everywhere.

Have you ever tried switching from your dominant to nondominant hand when writing or using a computer mouse? Doing so requires your brain to concentrate much harder just to perform simple tasks such as signing your name or clicking on a desktop icon.

Similar brain-boosting exercises include small tasks such as taking a different route to work, brushing your teeth with your nondominant hand or cooking a new recipe.

Essentially, doing any regular activity differently than you normally would gives your brain a workout.

Other fun workouts for your brain include drawing, painting, sculpting or trying a new art form. Embrace your inner artist to give your brain an artistic workout that will help keep you younger longer and boost your mood by providing a creative outlet.



If art doesn't appeal to you, try learning a foreign language. Studies have shown that immersing yourself in a foreign language can actually rewire your brain. The concentration required to learn a whole new vocabulary is a powerful brain exercise.

Visiting museums or art galleries is another form of learning that will stimulate your brain by exposing it to whole new worlds of information. Contemplating the work of art on the wall or learning new facts while walking through a museum will give your brain a great workout—your brain will benefit no matter how you choose to expose yourself to new information.



Another fun exercise for your brain is playing a card game with friends. Games that require strategy have the same effect on your brain that lifting weights has on your muscles. Playing games also involves social interaction, which is a great mood booster. And if that isn't enough reason to play games, the social interaction aspect will further boost your brainpower. One 12-year study found that seniors experienced 70 percent less cognitive decline when they engaged in frequent social contact.



If your game-playing partners (or any other friends) are smart, you may experience an even bigger boost to your brain exercise. Evidence has shown that interacting with people who are intelligent can help foster creativity and stimulate your brain function. You may even find the new ideas stemming from these relationships make your life better in other areas as well.

Feature article

Mastering Biofeedback

When you hug a friend, write your name, tie your shoes or scratch your chin, you are performing voluntary actions.



Other body functions, such as breathing, heart rate, blood pressure and skin temperature, are controlled by your body automatically. These are referred to as involuntary functions. You don't need to control them because your body will do it for you. When you run a race, your body will automatically increase heart and breathing rates to compensate for the increased oxygen needed by your muscles.

Some involuntary actions can be overridden. For example, you can choose to slow your breathing for a time, but eventually you will lose focus and your body will take over the function again. You may not realize it, but you can consciously alter the other bodily functions on this list as well. In fact, with practice and patience, you can gain control over many of your body's involuntary functions. This is done through a technique known as biofeedback.

Biofeedback allows you to harness the power of your mind in a way that allows you to become acutely aware of what's going on inside your body, thus giving you more control over your health.

Biofeedback training can help manage many physical and mental health concerns, including stress, headaches, high blood pressure, anxiety, depression, chronic pain, drug-related side effects and more.

The History of Biofeedback

The term "biofeedback" didn't come into use until 1969, but work leading up to its invention began over 80 years prior. In 1885, Russian physiologist J.R. Tarchanoff demonstrated that one could voluntarily control heart rate fairly directly without needing to "cheat" by altering breathing rate. Ten years later, in 1895, Claude Bernard, a French physiologist, proposed the concept of homeostasis, which is the idea that the body strives to maintain a steady internal environment. After World War II, American mathematician and philosopher Norbert Wiener developed a cybernetic theory that proposed systems can be controlled by monitoring their results.

Finally, at a 1969 conference in Santa Monica, participants drew on the findings of these researchers—and many others—to coin the term "biofeedback." The conference then founded the Biofeedback Research Society, which promoted and popularized the term. Many collaborators have since helped shape what the term means and applied the technological requirements required to show that biofeedback does indeed work.

Just as Norbert Wiener predicted, we truly can change our internal systems simply by learning how to monitor them.

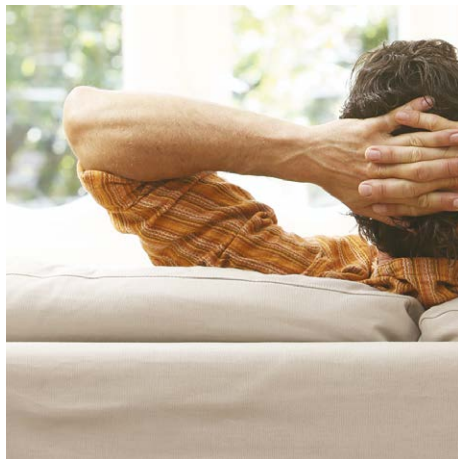
Modern Biofeedback Practices

The actual "feedback" involved in biofeedback can be electromyographic (measuring muscle tension), thermal (measuring skin temperature), galvanic (measuring level of perspiration) and heart rate variability (measuring the rate at which your heart beats, and the timing between beats).

Combining the feedback from various sensors can help give you insight into your physical and emotional health on a moment-by-moment basis, and gives you the opportunity to learn how to alter the results with the power of your mind.

It's possible to learn how to use biofeedback on your own, but visiting a biofeedback therapist can help a great deal.





During a biofeedback session, various sensors are placed on your skin. These sensors relay data to a monitor, which displays images or sounds that represent your heart and breathing rates, blood pressure, skin temperature, sweat level and muscle activity. During the process you receive information (feedback) about your body (bio), thus the term biofeedback.

As you watch the representation of your body's internal functions, the biofeedback therapist will help you practice relaxation exercises and find the ones that best help you where you need them. When you find

a method that works for you, you will see instant feedback on the computer screen. For example, you may try a few different relaxation techniques before you discover one that results in a reduction of the brainwaves that activate when you begin to develop a headache. Once you discover this result, you can use that technique whenever you feel a headache coming on.

Headaches are one of the most common and most studied reasons why people use biofeedback. Stress and muscle tension are two big triggers for all types of headaches, including migraines. Because biofeedback teaches a person how to use purposeful relaxation, it is easy to see why it's so popular for treating headaches. There is ample evidence to support this, as multiple studies have shown that biofeedback therapy can relax muscles and ease stress to reduce both the frequency and severity of headaches.

Biofeedback therapy sessions tend to last around 30-60 minutes. People generally begin to see results in fewer than 10 sessions. However, more complex health concerns such as high blood pressure can take many more sessions before an improvement is seen.

At its core, biofeedback grants you the power to use your thoughts to control areas of your body that are normally involuntary functions.

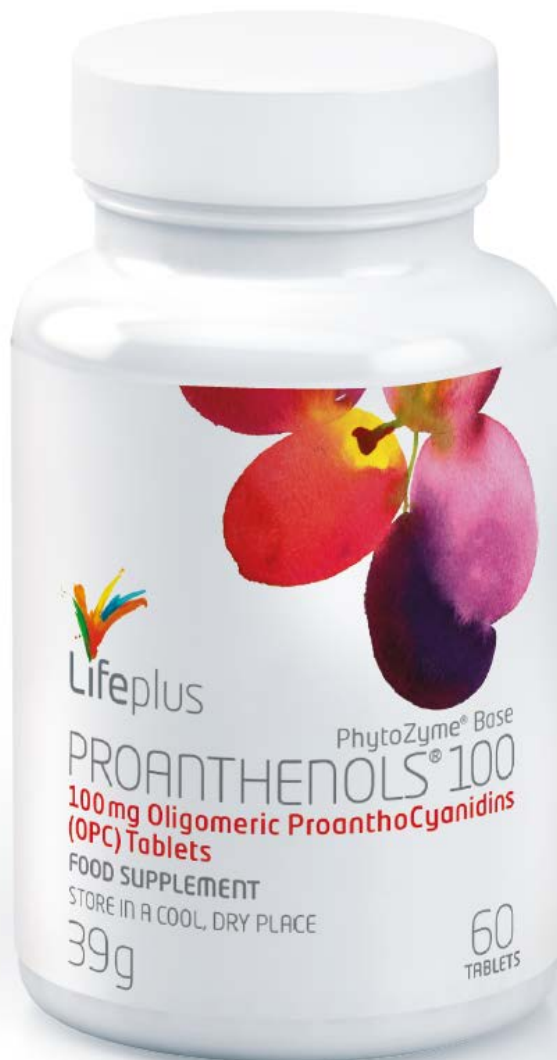
It is possible to purchase biofeedback devices and programs for home use. But be aware that some products marketed as related to biofeedback may not be from a reputable source. If a product (or therapist) makes a claim that using biofeedback lets you assess your organs for disease, discover impurities in your blood or cure your condition, it may not be legitimate. Biofeedback is a technique that teaches you how to gain control over your body's involuntary functions. By using this technique, you learn to make subtle changes in your body, such as relaxing just the right muscle group, to achieve the results you want, such as preventing a headache. One of the newest frontiers in biofeedback actually uses the feedback from brainwaves (EEG) to change mental and emotional functions within the brain—called neurofeedback—which has helped people improve concentration and reduce anxiety, depression and other disorders of the mind.

Proanthenols® 100

Support your body in protecting itself from oxidative stress!

A high-quality formulation based upon 50 years of research, Proanthenols is built upon Real OPCs, concentrated extract from specific grape seeds and certain types of pine bark found in southern France.

This synergistic formula also includes Vitamin C, which is shown to contribute to the protection of cells from oxidative damage.



Full details of the product can be found on our website www.lifeplus.com and in our product catalogue.

© 2016 Lifeplus International

Food supplements should not be used as a substitute for a varied diet.

Health and Environment Awareness

Over 20 years ago, researchers performing a landmark study at the Harvard School of Public Health came to what at that time was a startling conclusion—people in dirtier cities die younger.

Residents of the most heavily polluted city were 26 percent more likely to die prematurely than were citizens of the cleanest city in the study.

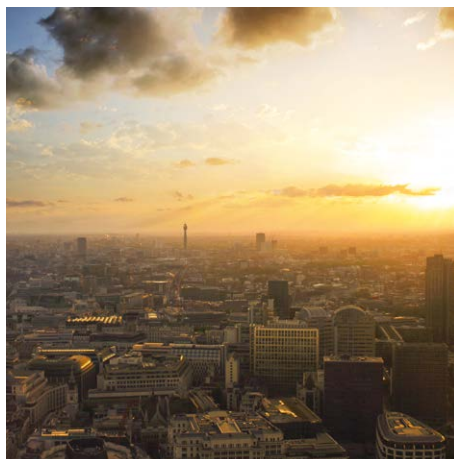
The difference in life expectancy was two to three years, which is a remarkably high number in terms of population life expectancy.

The groundbreaking study became known as the Six Cities study and it was the first major one of its kind. Ultimately it led to new, more rigid standards that improved air quality throughout the United States. More than two decades later, the Six Cities study is a potent reminder that our health and our environment are intertwined.

Despite how far we have come in protecting our environments in order to protect ourselves, air pollution continues to pose a significant threat to health worldwide according to the World Health Organization (WHO). Many countries do not yet have regulations on air pollution.

Since the publication of the Six Cities study, more research has led many to believe that ecological awareness may directly influence our health and what the future holds for not just ourselves but our children and our grandchildren.

The air we breathe is not the only environmental concern related to health. Fresh, clean water, something often taken for granted in developed countries, remains a concern in many areas of the world. According to the WHO, improved water supply and sanitation, and better management of water resources, can boost countries' economic growth and contribute greatly to significantly reduce poverty, as well as improve health by reducing the incidence of waterborne diseases.



The word “environment” can refer to many things. The earth and its myriad ecosystems are environments, but so are our homes, schools and workplaces. These smaller environments can harbor pollutants as well and must be tended to. Several years ago, a joint study performed by the National Aeronautics and Space Administration and Associated Landscape Contractors of America found that ordinary houseplants were capable of filtering toxins out of the air, specifically benzene, formaldehyde and trichloroethylene.



The study evaluated twelve plants: Bamboo Palm, Chinese Evergreen, English Ivy, Ficus, Gerbera Daisy, Janet Craig, Marginata, Mass Cane/Corn Cane, Mother-in-Law's Tongue, Peace Lilly, Pot Mum and Warnecke. Since that time, more plants have been discovered to help purify air. Aloe Vera has recently been touted for its exceptional ability to remove formaldehyde from the air. It appears that bringing nature indoors can help keep certain pollutants from accumulating in our man-made environments.



We must all do our part to safeguard our planet from pollution, deforestation and other activities that endanger the fragile ecosystems we are linked with. The first step is simple environmental awareness. How much trash do you create every day? How much water do you use to shower? Answering these questions and others will help us all become more environmentally aware.

From the food we eat for breakfast to the material used to make the sheets we sleep on at night, how we treat the earth can directly impact our health.



We need to make sure our ecological system—and thus mankind—doesn't fall victim to environmental ignorance, before it's too late.



Fermented Foods

We usually think of bacteria as a cause of disease that needs to be avoided to stay healthy. But that's not always the case. There are many types of bacteria that you not only shouldn't avoid, but you should actually eat!

Inside your body are more bacteria than you probably realize: 100 trillion bacteria cells of about 200 different types. These nonpathogenic, (unable to cause illness) beneficial bacteria are called probiotics. You may also hear them referred to as gut flora, though they live in many places besides our intestines—on our skin and in our lungs, eyes, nasal passages, mouth, vagina and urinary tract.

Healthy bacteria such as those found in fermented foods like yogurt, kefir, kimchi and kombucha, as well as others found in supplements, are collectively referred to as probiotics.

Consuming as many of these tiny living organisms as possible is beneficial because these healthy bacteria compete with potentially disease-causing bacteria in your digestive tract. If you have a thriving population of healthy bacteria, there are fewer resources for unhealthy bacteria to utilize.

A recent study found people who regularly consume spicy fermented foods such as kimchi were inversely associated with total and certain cause-specific mortality—in short, eating fermented foods is a great way to practice the art of growing young.

Fermented foods have been consumed for thousands of years all over the globe. Ancient Indian peoples enjoyed a pre-dinner fermented yogurt drink called lassi, which delivered probiotics to their bodies. Bulgarians are known for drinking fermented milk and kefir, and for their high level of health. In the Ukraine, fermented favorites are raw yogurt, sauerkraut and buttermilk. Many Asian cultures enjoy versions of fermented cabbage, turnips, eggplant, onions, carrots and more nearly every day. Variations of yogurt are consumed all over the world.

Kimchi, a fermented Korean side dish served at most meals, is a nutritional powerhouse. Consisting chiefly of fermented pickled vegetables, this deliciously spicy dish boasts a number of health benefits. In combination with hot peppers, the vegetables in kimchi provide a good source of dietary fiber. It is loaded with several vitamins and even contains “healthy” bacteria that not only help keep the digestive tract functioning optimally, but also prevent and fight yeast overgrowth and infections.

Some intriguing new research has shown fermented foods to be some of the best chelators available.

Chelators bind metals, meaning the beneficial bacteria in some fermented foods act as potent detoxifiers that help bind a wide range of toxins and heavy metals.

Fermented foods also do wonders for your immune system. Did you know that the largest component of your immune system is located in your gut? Introducing more friendly bacteria into your digestive system through fermented foods may also help safeguard against illness. Evidence suggests that gut health can have a



positive effect on inflammation, allergies, autoimmune disorders and more. The probiotics found in fermented foods play a critical role in supporting the mucosal immune system in your digestive tract, as well as helping to produce antibodies. Even your genes may benefit from a diet that contains fermented foods. Research has actually shown that consuming probiotic-rich beverages can influence the activity of hundreds of your genes—moreover, it appears to help them express themselves in a positive, disease-fighting way.

From German sauerkraut and Ukrainian buttermilk to Greek yogurt and Japanese amazake (fermented rice drink), generations of people all over the world have been familiar with fermented foods. And now modern science has confirmed that these delicious foods grant many benefits, not only for digestive health but possibly also for allergies, weight control, immune response and more!

Focus on Health not Disease

Whether you are taking medication to prevent an illness or working with your doctor to treat an illness, modern medicine has a tendency to focus on treating illness rather than promoting health.



Consequently, many of us have adopted that same focus in our own lives, leading us to take a reactionary stance on health that dwells on negative aspects of our well-being.

There's a growing movement that believes we can be much happier and maybe even healthier if we shift our focus from worrying about disease to embracing our health.

We've trained ourselves for generations to view health with a focus on the negative. For the sake of our health and the health of our loved ones, we need to break this cycle.

Not long ago, a study found that patients in the hospital reported lower levels of pain while playing video games. The researchers didn't conclude that video games have analgesic properties; rather, this study underscores the idea that where we focus our attention matters in our health. The most likely scenario is that the patients in the study reported less pain simply because they were not focusing on the pain as often or as intensely as the patients who were not playing video games.

One common example of the benefits of focusing on health that most adults in the workforce can relate to is stress headaches. Most of us have gone through extra-stressful periods of work from time to time. When this happens, headaches often follow. Focus can greatly impact how easily you make it through these times.



What do you focus on when headaches strike? Perhaps even more important, what do you focus on before and after headaches? Have you ever focused on how good it feels to be headache-free, or do your thoughts tend toward hoping you don't have to experience another one anytime soon? You might find shifting your focus from worrying about the next headache to enjoying the pain-free time between to be a successful preventative.

Whether they come from stress, low blood sugar or another cause, everyone experiences headaches from time to time —some of us more than others. Whether we choose to focus on the pain or the fear of the pain recurring, or instead on how good it feels to be headache-free in the moment, can make a huge difference in our health and happiness.

Focusing on positives also helps avoid the worries and stresses that can produce very real physical impacts on our bodies. Worrying too much about getting a headache could actually cause you enough stress that you begin to feel pain. But if you can circumvent those worries by not allowing them to bother you and focus on other healthier, more positive aspects of your life, you can help avoid the problems that stress can bring on.

The idea of focusing on being healthy is simple but profound because we live in a society that has for far too long focused on being sick. Often when we feel sick we dwell on how bad we feel. We visit the doctor and talk about our negative symptoms. (When was the last time you talked to your doctor about how good and healthy you felt?) As we begin to get better, we compare our current state to our past state of illness, with statements such as "I don't feel as bad as I did yesterday."

The negative focus doesn't stop there. Once we are well, we look back and think about how bad we felt. Constantly focusing on disease and illness can be detrimental to your health. When was the last time you stopped to think about, and be grateful for, how good and healthy you feel at the moment?





As research continues to mount, more and more doctors believe that focusing on health can be a better strategy than fighting illness. As a preventative, it can save money, time and stress of all kinds. But even after getting sick, mentally focusing on healing and creating health can still be far more effective than focusing on fighting disease.

Dwelling on negatives in your life such as illness can leave you feeling perpetually disappointed. It can also bring more illness into your life, as we tend to attract to us the things we are focused on the most. Much of what we experience in life comes directly from what we are focused on.

Would you rather focus on pain or happiness?

Aligning your focus on health, happiness and other positive aspects of life can have a cumulative effect on health throughout life. If two people work identical jobs and one chooses to focus on office friendships and the sense of accomplishment from completing a project while the other person focuses on stressful deadlines and problem customers, who will be happier at the end of their career? Obviously the first person will, because she chose to align her thoughts with positive aspects of life. There is a good chance she will be more physically healthy as well, because her outlook on life is one that attracts health and happiness.

One of the most rewarding aspects of focusing on health is that it empowers you to get motivated and take advantage of the times you feel good. You become more aware of just how good you can feel.

This will help attract more positive feelings and experiences for you to enjoy.

There will always be times when you get a little down on yourself for being sick, but don't let those occasions ruin your overall focus on positive health. The key to attracting more health and happiness into your life is to be grateful for what you already have instead of focusing on whatever health problems you might be dealing with. Relaxing activities, meditation and visualization exercises can all be effective tools to help you stay focused on health.

There is a lot of evidence that shows we can change our well-being simply by focusing on the positive aspects of life. However, when it comes to health and disease, we still tend to focus on the negative (disease) over the positive (health). We've trained ourselves to think this way after years of not paying attention to our thoughts. It's time to change!



OMEGOLD®

EPA and DHA Omega-3-Fatty Acids

Omega-3 oils represent a great solution for supporting some of the most important body functions.

EPA and DHA Omega-3 fatty acids will aid and contribute to normal cardiac and cognitive function, as well as vision. Not only this, OmeGold capsules contain Vitamin D, which supports immune function and Vitamin E, which is shown to help protect cells from oxidative damage. This blend helps support total well-being for the whole family, providing an easy method of including high-quality Omega-3 fatty acids in the everyday diet.





Ginger

Ginger has a long history of being used to help promote healthy gastrointestinal functions.

Ginger is a tuber (root) originally from South Asia. Related to turmeric and cardamom, ginger has been eaten as a delicacy and used as both medicine and spice for millennia. Even though ginger cultivation started in South Asia, it has since spread to East Africa and the Caribbean. Today, India is by far the top ginger-producing country, followed by China and then Indonesia.

Whether in the form of a small piece of ginger to chew or ginger ale to drink, mothers for generations have given children ginger to calm their stomachs. This and similar uses of ginger, such as stimulating appetite and relieving nausea and abdominal discomfort are yet more examples of a traditional folk remedy that has been confirmed by science to be effective.

As with many natural compounds, modern science has confirmed numerous uses of ginger.

Ginger contains highly potent compounds called gingerols.

A yearlong study published in *Osteoarthritis Cartilage* found people experienced better joint function when taking ginger.

Gingerols, which are found in volatile oils in ginger, have been extensively studied and shown to have many properties consistent with good health.

Ginger has also been shown to help increase digestive tract movement, which may be one of the reasons ginger often provides relief to upset stomachs.

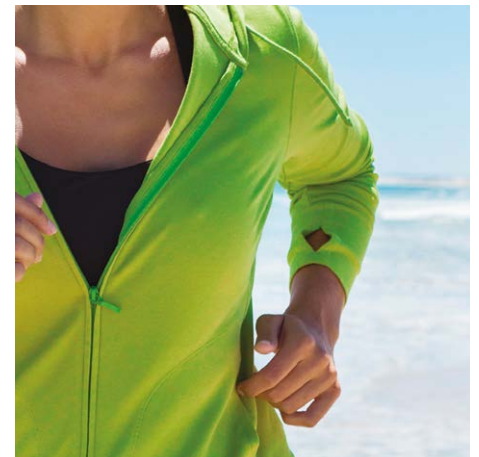
In addition to gingerols, the tuberous plant is also rich in potassium, magnesium, copper, manganese and vitamin B6—all of which are important nutrients required in any healthy diet.

Ginger's best-known use—for nausea—has been repeatedly confirmed in modern double-blind studies that have shown it to help with nausea, especially those varieties caused by seasickness, morning sickness and chemotherapy. Ginger as a stomach-settling measure is especially attractive for pregnant women as it offers safe, natural relief of morning sickness during pregnancy. Ginger tea is easy to make and has been a favorite home remedy of mothers-to-be for generations. Simply mix one heaping tablespoon of freshly grated ginger with about two cups of very hot water. Let steep for a few minutes then strain the ginger. Add honey to sweeten as desired. This simple and delicious drink is great not just for pregnant women, but anyone whose stomach is upset.

Because it was first cultivated in South Asia, many of today's most well-known culinary uses of ginger are in Asian cuisine. But as knowledge of the plant spread around the world, and as more and more people realized its health-boosting properties, other regions began incorporating it into their own cuisines. Western palates are familiar with sweet versions, including treats such as ginger ale, gingerbread and gingersnaps. Jamaicans are familiar with ginger beer and ginger cake. French and British populations often find ginger in liquor or wine.

Ginger's flavor is typically described as aromatic, pungent and spicy. The edible portion is typically covered in a brownish skin. However, depending on the variety, its flesh can be yellow, white or red.

Ginger is commonly available in most grocery stores through the world. It is best to buy fresh ginger—which should be firm and smooth—over a powdered spice whenever possible, as fresh ginger has a better flavor and higher levels of certain health-promoting compounds.



The Importance of Childhood Friendships

One of the greatest gifts parents can give their children is the ability to develop and value strong friendships.

Learning from a young age how friendships can not just survive but also grow after an argument will benefit your children for the rest of their lives.

Healthy friendships are vital to a school-age child's successful development. According to research, children who do not have good friends can end up suffering emotional and mental difficulties when they grow up. On the other hand, kids who have bonded with and made friends are more likely to develop healthy emotional and moral compasses. Friendships provide children with more than just fun playmates, and as a parent, it's your responsibility to help your child create and sustain these friendships.

Seeking out and spending time with friends is a basic part of human nature—it can be seen even before a child develops language skills.

Very young children will engage in common activities differently with friends than they do with strangers. While some children will excel at finding friends, others will need a bit of help.

To help your children make and keep friends, be sure to keep a close eye on your family schedule. Is there room for play dates or are your children too busy with school, studying and chores to play with friends? Along with a flexible schedule, limit time spent watching television, playing video games, playing on the computer and other solo activities.

Even when your family schedule allows plenty of time for playing with friends, not every child will automatically know how to make friends and invite them over. You may need to gently remind your child, "You can invite someone to come to the pool with us on Saturday." or ask, "Do you want to have a friend spend the night on Friday?"

Shy and introverted children may need a little extra help finding new friends. School and day care are often the most common places friends are met. If that doesn't seem to be working out, find a group of people who enjoy doing whatever your child is interested in. Church youth groups, sports teams, scouting organizations and book clubs are all good examples of places your child can find potential friends who enjoy the same activities. If you can't find a good group, make your own. Get together with other parents and organize group get-togethers. Just be sure to rotate houses so no one parent always hosts.

Before sending your young children off to a play date, be sure they know what constitutes appropriate behavior. Children learn many social skills through play.



You can help foster this growth and learning by talking to your child about rules and proper behavior before an issue comes up. Verbally telling your child that hitting is not appropriate may solve a problem before it starts when a friend takes a toy without asking first.

Teaching children how to manage negative feelings and solve problems when they are at home will help their friendship-building skills outside the house. The ability to manage negative feelings in a healthy way is vital to maintaining friendships. Later in life, these same skills will be applied on the job and in romantic relationships.



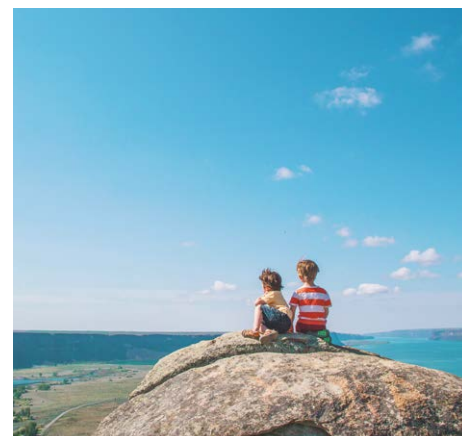
Research has shown that children who grow up with friends have better self-esteem and fewer social problems later in life than children who grow up without friends. Interacting with friends helps children to develop emotionally and socially in ways that prepare them to fit into society.

Some parents feel that helping to facilitate children's friendships is too pushy, but according to research, when parents are more involved in their child's social activities, the child is more likely to be socially well adjusted.

As your child grows, he or she will move away from family relationships and develop close ties with friends. Your children are not rebelling against you, but entering a new phase of their lives. If they have learned how to interact with other people and developed good social skills, teenagers will find this part of their life to be easier.

The friendships your child creates now can last for years, and in some special cases, a lifetime.

Nurturing these important relationships will do far more than give them playmates; healthy friendships teach children proper social behavior, provide life lessons and foster healthy psychological development.



How Herbs can help in Aging

The healing power of herbs has been known and used for ages. Medical herbalism is one of the oldest forms of health care in the world. Long before conventional medicine was practiced, healers used natural remedies to treat all manner of ailments.

Through a process of trial and error, ancient civilizations developed a working knowledge of using herbs and other plants to promote health. Later, healing work became a specialized job for shamans, medicine men or healers. Tonics, teas, tinctures, poultices, pills, ointments, oils and more have all been made by these herbal healers from natural ingredients for millennia.

As scientific methods and procedures have improved, studies have been able to show that many plants do contain chemical compounds that produce positive effects in the human body.

As researchers are discovering the complex ways in which herbs and their nutrients affect the body, new discoveries are being made that show how natural herbs may be among the best tools a person can use in the art of growing young.

Herbs all over the world tend to be packed with nutrients that help support a wide variety of body functions. One of the ways that herbs tend to help promote healthy aging is by introducing into the body vital nutrients that tend to decrease as we get older. Horsetail, for example, is very rich in silicon, a mineral associated with healthy skin, cartilage, bones and connective tissues. As silicon levels in the body decrease with age, it may be prudent to consume more silicon-containing foods, including horsetail.

Herbs may help promote healthy aging with their potent levels of antioxidants.

As the body ages, it tends to accumulate free radicals from pollution, stress, illness, smoking and countless other sources. A diet that includes lots of antioxidant-rich herbs and other plant foods will help give the body additional antioxidants to counteract free radical buildup from stress and environmental pollution. This is important because of the many unpleasant side effects that excessive free radicals play in the role of aging, especially accelerated aging.

There is a startlingly long list of health ailments that were once thought to be caused by aging but are now believed to be caused by oxidative stress from free radical attacks on our cells. These health problems occur because most molecules will perpetuate the cycle of attacking and stealing electrons. Fortunately, there are some that will not; there are molecules that will end the damaging chain reaction and remain stable after willingly donating an electron to a free radical—these molecules are called antioxidants. Many of them are found in herbs—cloves, sage, thyme, cinnamon, oregano and marjoram to name just a few.

Herbs with relaxing scents can be used to promote healthy sleeping habits too.

Lack of sleep is yet another factor that contributes to the effects of stress accumulating in the body. Sleeplessness is more than just an annoyance—it can take a physical toll on the body. When herbs such as lavender are placed near the bed, their scent can help soothe and relax your mind when it's time to go to sleep. The herb lemon balm (*Melissa officianalis*) has relaxing and sleep-promoting properties when taken internally.

Not only do many herbs seem to help support the healthy aging process, but they taste great too! There is no reason not to include more of these delicious plants in your daily meals. The special subset of herbs known as spices is currently a hotbed of cancer prevention research, especially at the world-renowned MD Anderson Cancer Center in Houston, Texas. Turmeric, the bright-yellow spice that contains compounds called curcuminoids, is the centerpiece of this research. Turmeric may also be related to the dramatically lower incidence of Alzheimer's disease in the elderly population of India, where this spice is routinely consumed as part of curry recipes.

So the next time you sit down to dinner, add a few extra herbs and spices to your fresh salad or as a garnish to provide edible protection against diseases associated with aging.





Lean Muscle Mass

Men have multiple options for calculating their healthiest weight, and some systems work better than others.

For example, a professional bodybuilder who stands on a scale or calculates his body mass index (BMI) will appear to be excessively obese when in fact he has a very low amount of body fat. The problem behind these ways of calculating weight is that they don't take into account how much lean body mass you have.

Another method of gauging body fat and healthy weight is to calculate lean body mass.

Lean body mass refers to everything your body is made up of except for fat and water.

The majority of lean body mass consists of muscle, bone, organs and connective tissues. Of this, a large portion (depending on body type, fitness level, etc.) is made up of lean muscle. Using lean body mass for calculating whether or not a man is at a healthy weight can be much more accurate because it is not adversely affected by healthy muscle mass, which is denser than unhealthy fat.

For men interested in building muscle mass, the term "lean muscle mass" is usually used in reference to weight gained from working out (healthy muscle growth) as opposed to weight gained as the result of a poor diet and sedentary lifestyle (unhealthy fat accumulation).

Despite what some fad exercise programs will try to sell you, there is no secret to building lean muscle mass. All it takes to shed fat and increase lean muscle is a healthy diet and regularly engaging in strength-training exercises such as lifting weights. While aerobic activities are healthy and important for building stamina and burning fat, only strength training will really grow muscles. That is because muscles need to be worked against resistance in order to grow. The two most common types of strength training are weight training (such as lifting free weights) and resistance training (such as pulling against rubber resistance bands or using resistance machines).

A healthy diet that helps grow muscle is low in saturated fat (although this can be a useful fuel source for extremely active people) and high in protein. Protein is important because it serves as the building block of muscle tissue. Without enough protein, your muscles simply will not be able to repair themselves after a workout and grow.

Along with lean protein, healthy fats, and plenty of fresh fruits and vegetables, proper caloric intake is also an important part of growing lean body mass. Dieters who try to lose weight by cutting calories alone may be surprised to find that their weight loss is actually coming from muscle tissue. As this tissue is depleted, it will become even harder to burn fat.

The more lean muscle mass you are able to gain, the easier it will become to lose excess fat, because your body uses muscle tissue to burn fat and calories.

In essence, the healthier you become, the easier it is to become even healthier!

Professional weight lifters are not the only people who benefit from building lean muscle. New evidence suggests that there





may be a direct correlation between muscle mass and the immune system. So along with all the great health benefits that come from a fit body, it appears that maintaining lean muscle mass may be a very helpful tool in fighting against the aging process.

Without action, muscle mass slowly deteriorates as men age. With the loss of muscles comes impaired balance and reduced strength. At the same time, bone density also tends to decrease with age. These factors combined contribute to the relatively high rate of bone fractures in

the elderly. It's a scary thought, but it isn't inevitable that it will happen. Taking proper care of the body can go a long way toward protecting against fractures.

The exercises you choose to help increase lean muscle mass can impact your immune system too. Physical activity is a great stress reliever, whether it's strength training, aerobic training or simply playing a favorite sport. Since stress has been shown to lower immune system function, regular physical activity is a must during stressful periods of life.

Building lean muscle mass doesn't just mean bigger biceps. It means better health and happiness at every stage of life. Maintaining lean muscle mass and staying active as long as possible will help keep you healthy, confident and able to live your life the way you want to.



Healthy Leadership

Being a woman in a position of power (at work, in the community, in the classroom or anywhere else) comes with a distinct set of challenges.

After all, it wasn't until relatively recently that women's ability to be leaders have been recognized and accepted.

For centuries, many women all over the world were relegated to homely duties such as cooking, cleaning and child care; but in many cultures, that has changed for the better.

Many pundits agree that women are more likely than men to lead in a style that is effective under contemporary conditions.

This may, in part, explain why in modern society women have more leadership opportunities than ever before. With these opportunities come unique challenges and rewards. To be a leader, a woman needs to possess a few key qualities.



Healthy female leaders should understand that resilience must often come from inside. However, women must also know the importance of positive friendships. Women leaders must strive to maintain control when presented with unforeseen situations. In order to do so, they must take care of themselves physically and emotionally.

Dealing with stress in a constructive manner is essential for any leader, male or female. When stress builds up, utilize stress management activities to bring it back to a manageable level. Try journaling, painting, exercise, meditation, yoga or other activities that make you feel good and help shed that overload. In general, eating a healthy diet and including regular exercise in your day-to-day life will also help keep your stress levels healthy.

Negative and positive stress can affect us both mentally and physically. Staying healthy will better prepare your body for the difficulties brought on by stress. Focus on the constructive aspects of stress and do what you can to reduce the negative aspects. It is so easy to fall in the habit of not taking care of yourself.

Women who develop close relationships with other positive-minded women tend to enjoy better emotional and physical health than women who don't seek out and nurture friendships. When leaders keep their emotions locked up inside, many different problems can occur, any one of which can have a negative impact on health. And when they mix together, it's nearly impossible to lead effectively.

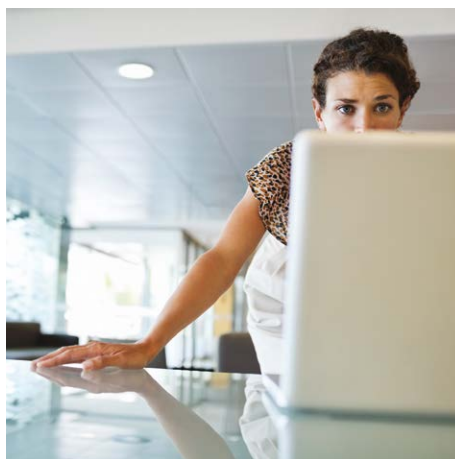


Leaders respect and honor other women for who they are and not just for what they do. They celebrate the achievements of other women, rather than being jealous of them. Surrounding oneself with positive, like-minded women will help reinforce this idea outside of the workplace.

A healthy female leader proactively safeguards against setbacks by developing a support system before challenges hit.



Positive friendships help foster personal growth and provide you with absolutely necessary human companionship. They ease stress and are mutually beneficial in that they make both friends feel happy. Positive friendships will help bring other positive things, people, experiences and circumstances into a leader's everyday life as well as professional life.



You will make mistakes, but don't dwell on them. Instead, learn from them and move on. Understand the danger of spending too much time replaying in your mind "I should not have chosen that" or "Why did I think this would work?" If you spend all your time worrying about the past, there is no time left to plan for the future. When a woman understands this, external negative influences become things to observe rather than a constant shadow on her life. It's never been a better time in the world for women to lead!

FY Skin Formula

FY Skin Formula tablets provide a carefully selected mixture of key vitamins and minerals shown to support and maintain healthy looking skin.

The blend of nutrients in this unique supplement is derived from a specific marine extract.

In addition, FY Skin Formula contains Vitamin C known to support the formation of collagen, blood vessels and cartilages as well as Zinc, Vitamins D & E which contribute to the protection of cells from oxidative stress. FY Skin Formula is a great nutritional toolkit which may help you maintain a healthy looking appearance!

Beauty begins from within!



Full details of the product can be found on our website www.lifeplus.com and in our product catalogue.

© 2016 Lifeplus International

Food supplements should not be used as a substitute for a varied diet.

Ask the Expert

Why do I always feel sad during the winter?

There are many people around the world who feel some level of depression during the winter, from a mild case of the winter blues to full-fledged Seasonal Affective Disorder. Feelings of depression and sadness during the winter are often attributed to shorter days that provide less sunlight. Add to that the many stresses that can be brought on by the holiday season (finding the perfect gift, missing loved ones who are no longer with us, cooking your first family holiday dinner, etc.) and it's easy to see why some people tend to feel down during this season. Often, all that is needed to brighten your mood during this time of the year is a little extra exposure to bright light.

Spending as much time outdoors as possible during the day and keeping lights on when awake during the evening may be enough to help get past a midwinter slump.



Getting plenty of vitamin D from diet and supplements to replace what we get from sunshine during warmer weather can make a huge difference for some people as well. However, if you feel that you may have more than just a case of the winter blues, visit your doctor. Winter can be a wonderful, fun season. Don't let low light keep you under the weather.

Can I drink too much water?

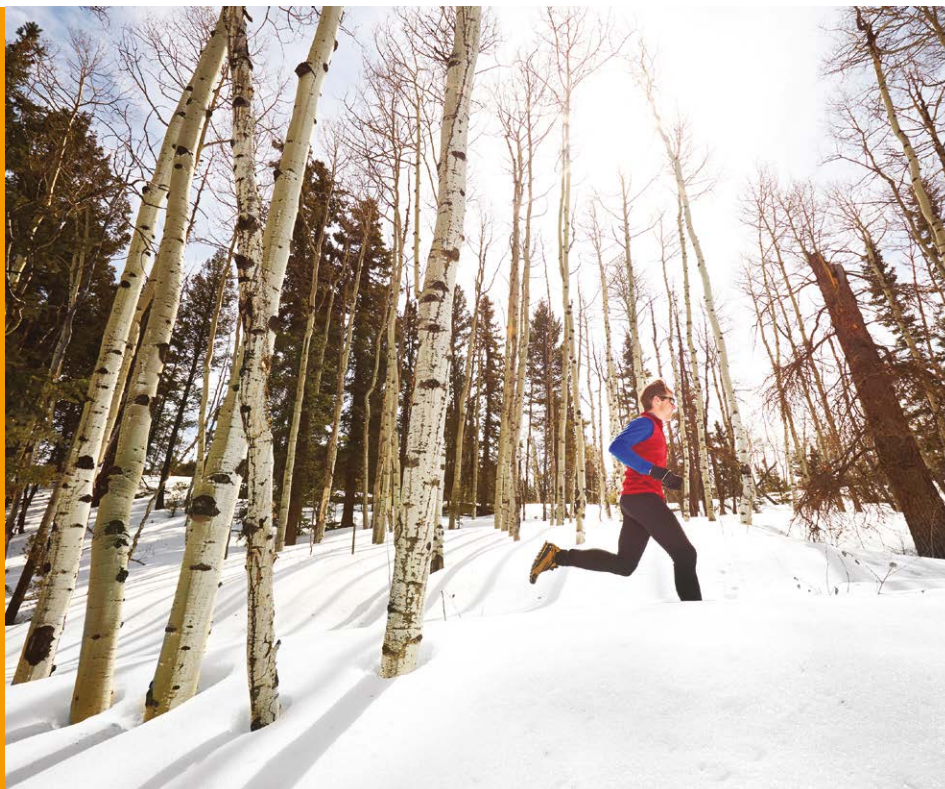
It may be technically possible to drink too much water, which results in a dangerous condition called dilutional hyponatremia, but this is extremely rare. Doctors and nutritionists are far more concerned about people not drinking enough water. Mild dehydration is a major contributor to headaches and fatigue, and typically by the time you feel thirst you have lost over 1 percent of the total amount of water in your body. Conventional wisdom dictates that we should drink eight 8-ounce glasses, or 2 quarts, of pure water every day.

Many people consume less than half that amount. Water intake is so important because it is essential for proper circulation, transporting nutrients to cells, removing waste and toxins from the body, regulating temperature, aiding in chemical reactions and even appetite regulation. How much water do you drink on a day-to-day basis? Pay attention to everything you drink for a week. If you find you are not drinking enough water, you may find that increasing your water intake leaves you feeling healthier and happier.

If exercise tires me out, does it really boost my energy level?

Feeling physically tired after an intense workout is natural. Even though it may at first seem counterintuitive, this tired feeling actually helps increase your body's overall energy stores. When you eat food, you are consuming energy. But the body can't store that energy as food, so it converts it into something called adenosine triphosphate, or ATP. Energy is stored as ATP in tiny organs called mitochondria. The amount of mitochondria in your body is directly related to the amount of cardiovascular exercise you engage in.

The longer and more frequently you engage in cardiovascular activity, the more mitochondria your body will produce and, consequently, the more energy you have. If one of your exercise goals is to increase your overall energy levels, focus on longer-lasting low-to moderate-level activities, which will allow you to work out for longer periods of time before needing to rest.

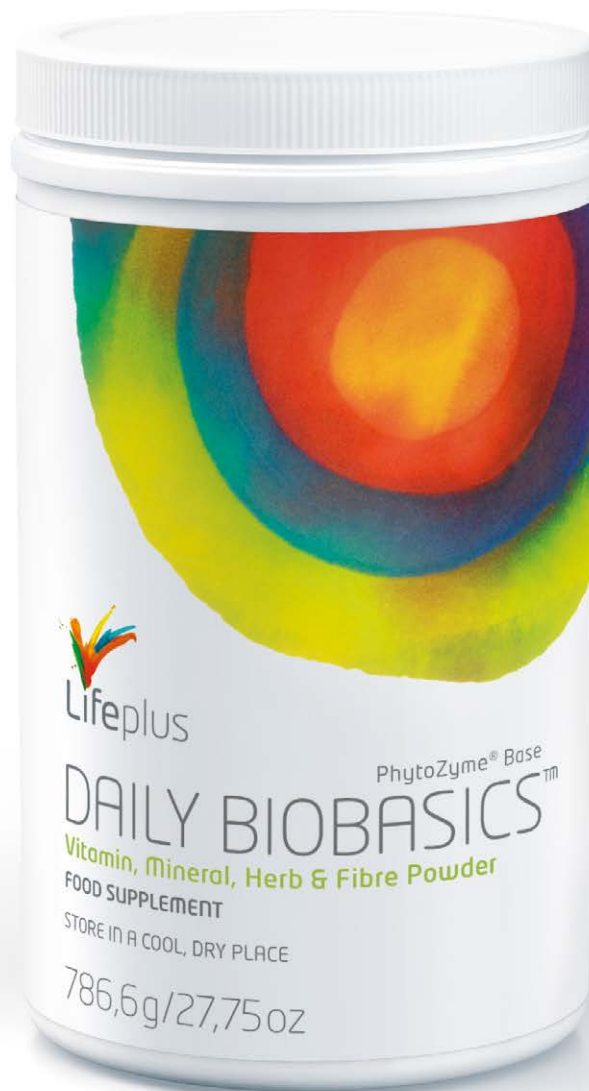


Daily BioBasics™

Our nutritional powerhouse; a potent balance of essential important nutrients to provide targeted support to overall health.

Daily BioBasics™ nutritional drink provides a refined combination of ingredients to support you in staying at your physical and mental best.

Packed with a truly expansive selection of vitamins, minerals, herbal extracts and fiber, our innovative and proprietary blending process ensures optimal product performance with every serving.



Full details of the product can be found on our website www.lifepus.com and in our product catalogue.

© 2016 Lifepus International

Food supplements should not be used as a substitute for a varied diet.



6725