

May/June 2019

The art of growing young[®]

Staying Motivated to
Reach Your Goals

Fitness



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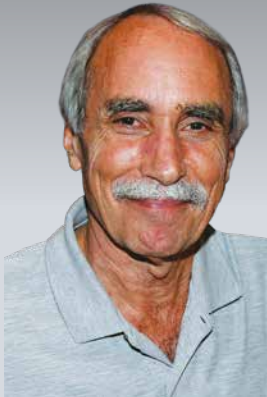
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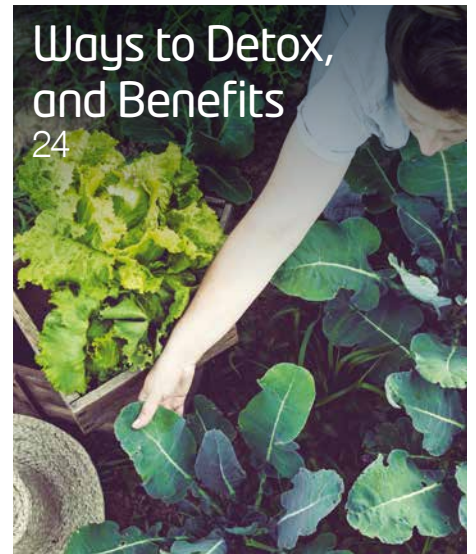
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Hone Your Intuition

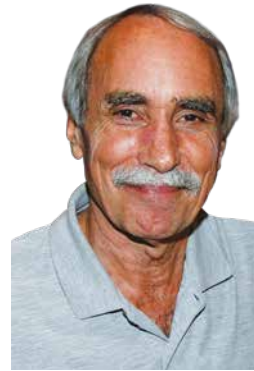
One topic that often gets overlooked in our quest to find ways to be healthier is how to listen to ourselves. Nobody knows you as well as you know yourself. Because of that, you are the best resource you have on your road to wellness.

We spend so much time focused outward, trying to learn new tips for staying fit, new recipes to cook, new workouts to try. We always want to know what the latest findings are in health and nutritional science. These are all great things to know, and it's admirable to try to stay up to date with the latest findings. However, it's also easy to get carried away with new fads or jump from one new routine to the next without taking the time to think about what's really working for you.

To be your healthiest, you do need to look outward to learn new information and try new things, but you also have to look inward to think about what works for you. Think of it like this: if you read a recipe for a super-healthy meal and it contains mostly ingredients that you don't like, would you still make it? Maybe you would because you think it's going to make you healthy, but you certainly wouldn't eat it a second time. You may even end up throwing out the leftovers. Eating one meal that you don't even like isn't going to help you in the long run. Instead, you should have listened to your instincts, which were probably telling you that you weren't going to enjoy the meal.

That's a simplistic way of looking at it, but I think it illustrates the point that in order to stick with something, you have to enjoy it. And nobody knows what you enjoy better than yourself. In all areas of health and wellness, if you hone your intuition and listen to your instincts, you are far more likely to find success.

I'm certainly not suggesting you should stop learning new tips, tricks and information. New knowledge is important too. What I am suggesting is that you combine the two—internal feelings and external knowledge—in order to find the absolute best ways to stay fit and healthy, ways that you won't tire of, so you can continue on your own path to wellness for years to come.



Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director

Nutritional News

Happy Mouth, Happy Mind

There have been multiple studies showing the benefits of the nut- and oil-rich Mediterranean diet. New research shows that nut-rich diets (specifically walnuts) can help protect against depression. The study revealed that people who ate an average of 24 grams of walnuts per day had significantly lower prevalence and frequency of depressive symptoms.¹



Snack-Sized Exercise

There's good news for anyone who works in an office with stairs. Researchers looking at "snack-sized" exercise routines found that when a group of sedentary young adults vigorously climbed a three-flight stairwell three times per day, the times separated by one to four hours of recovery, they boosted their fitness and gained strength. Snack-sized exercise routines such as vigorously climbing just a few flights of stairs on a coffee break or during lunch appear to boost fitness.²

Protein Power

Protein intake may be especially important for seniors. A recent study that followed more than 2,900 seniors over nearly 25 years found that the people who ate the most protein were 30 percent less likely to become functionally impaired than were the people who consumed the least amount of protein. This is unsurprising, since protein in the body forms the basic building blocks of muscle mass, which helps us maintain mobility, strength, balance and confidence as we age.³

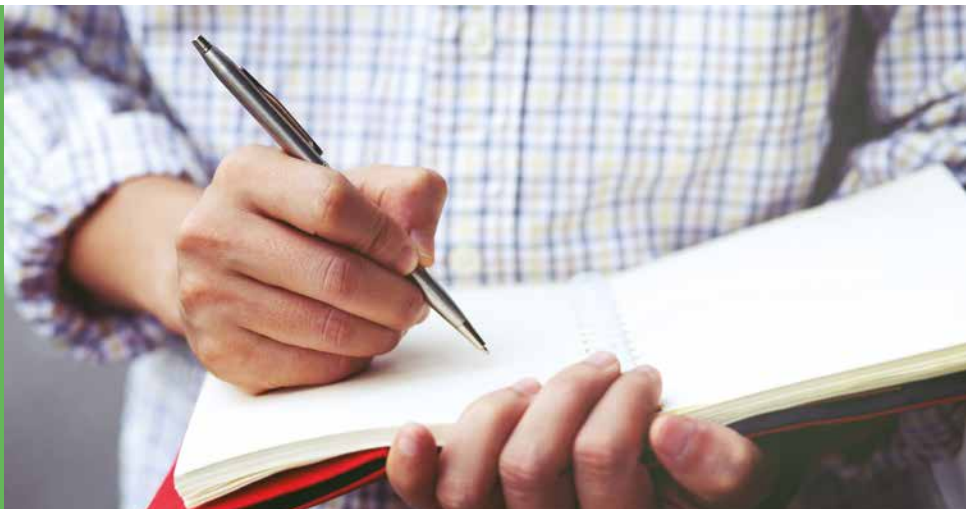
Sweet Cough Suppressant

Looking for a more natural way to help calm a cough? Researchers recently discovered that theobromine, an alkaloid in cocoa, may be even better at suppressing a cough than the old honey-and-lemon remedy many of us grew up on. Theobromine may be especially beneficial because it is sticky and helps coat while it inhibits sensory nerve activation.⁴



Keep a Record of Your Happiness

Multiple studies have shown that keeping a gratitude journal can attract more health and happiness into your life. One such study specifically looking at high school students found that when students kept a journal, they were more likely to eat healthier.⁵ An unrelated study found keeping a written record of gratitude may help lower the risk of cardiovascular disease.⁶



¹ Arab, Lenore, et al. "Lower Depression Scores among Walnut Consumers in NHANES." *Nutrients*, vol. 11, no. 2, 2019, p. 275., doi:10.3390/nu11020275.

² Elizabeth M. Jenkins, Leah Nicole Nairn, Lauren E. Skelly, Jonathan P. Little, Martin J. Gibala. "Do Stair Climbing Exercise "Snacks" Improve Cardiorespiratory Fitness?." *Applied Physiology, Nutrition, and Metabolism*, 0, 0, <https://doi.org/10.1139/apnm-2018-0675>

³ Adela Hruby, Shivani Sahni, Douglas Bolster, Paul F Jacques;

Protein Intake and Functional Integrity in Aging: The Framingham Heart Study Offspring, *The Journals of Gerontology: Series A*, , gly201, <https://doi.org/10.1093/gerona/gly201>

⁴ Omar S. Usmani, Maria G. Belvisi, Hema J. Patel, Natascia Crispino, Mark A. Birrell, Márta Korbonits, Dezső Korbonits, and Peter J. Barnes. "Theobromine inhibits sensory nerve activation and cough." *The FASEB Journal* 2005 19:2, 231-233

⁵ Fritz, Megan M., et al. "Gratitude Facilitates Healthy Eating Behavior in Adolescents and Young Adults."

Journal of Experimental Social Psychology, vol. 81, 2019, pp. 4-14., doi:10.1016/j.jesp.2018.08.011.

⁶ Sliwa, Jim. American Psychological Association, American Psychological Association, www.apa.org/news/press/releases/2015/04/grateful-heart.

Staying Motivated to Reach Your Goals

We all have fitness goals. The challenge is trying to stay motivated to achieve them. Whether you want to exercise longer, more often or more intensely, here are some ideas to keep you on track.

Find your tribe. Even the most introverted of human beings relies heavily on the support of others. External accountability is arguably part of our evolution. We have succeeded as a species because we have cooperated and worked together to get what we need and want—whether that is the most basic of needs such as building a house together or hunting and gathering food as a group, or the more frivolous such as throwing a birthday party for a friend or raising money as a group to go on a trip. Perhaps the single most important key to reaching our fitness goals is working with a group of people.

You can go alone, but research has shown that those who work out with a group exercise longer.

Furthermore, even having just one other dedicated partner, specifically a spouse in one study, will help you adhere to the exercise regimen.¹ When you work out with others you get inspiration—new tips and tricks for success. For example, if you jog and your knees start to hurt, you may take a break from jogging for a couple of weeks if you're on your own. That couple of weeks could turn into a couple of months. However, if you are jogging with a group, others may share what they've done to deal with knee pain. They could share certain stretches, exercises or supplements that helped strengthen the area around their knees or decrease inflammation. As part of a group, you are more likely to stick with jogging.

¹ Osuka, Yosuke, et al. "Does Attending an Exercise Class with a Spouse Improve Long-Term Exercise Adherence among People Aged 65 Years and Older: a 6-Month Prospective Follow-up Study." *BMC Geriatrics*, vol. 17, no. 1, 2017, doi:10.1186/s12877-017-0554-9.

Don't let monotony become your routine. Instead, focus on variation to encourage your motivation.

If you feel like you don't look forward to your morning walk, consider adding another program or two into the mix. Perhaps walk for one week, and then the next week participate in a local dance class. You can mix up your exercise routine every week, every day or even within the same day. One reason interval training has become popular is that participants describe feeling engaged by trying new things.

Change your mental map. When you think about exercise as a chore or an activity you just have to get done, you won't be able to appreciate it. Try to reframe fitness as part of what you do every single day—like sleeping, commuting to work or cooking dinner. Make exercise another part of your daily cycle. And take it one step further by embracing and appreciating it!

Instead of thinking, "I have to get up tomorrow morning and exercise," try spinning it to, "I get to wake up tomorrow morning and take some time for myself and be active!"

When it becomes an automatic part of your lifestyle and one that you relish, motivating yourself to do it is a lot easier.



Focus on the other benefits of fitness. Fitness is good for our physical, mental and emotional health. Often, we look better and feel more content. But beyond those standard (albeit wonderful) benefits, exercise releases endorphins and happy hormones (including endocannabinoids) into our bodies, which benefit our nervous system. Hormones released during exercise lift our spirits, increase our metabolism and even improve sleep. When we think of the global and all-encompassing ways in which staying fit helps our well-being, it is easier to feel motivated.

Reevaluate your goals. Gyms and fitness programs get a huge boost in January at the start of a new year.



Now that it is mid-year, reassess what your New Year's goals were. Reconnect and find small ways to achieve what you hoped for from a health perspective.

While it may seem defeatist, a great way to realign yourself to your fitness goals is to redefine them. Perhaps you were too ambitious in January. Aim for smaller victories that will actually boost your sense of achievement and keep you pushing yourself. Instead of thirty minutes of a hard workout every day, do thirty push-ups and thirty squats every morning. When we set realistic goals, we are more likely to achieve them and therefore more likely to stick with them.



Avoiding Antibiotics

Modern medicine has undoubtedly saved millions of lives. Medical innovation and intervention are often necessary for everything from basic wellness to emergency and intensive care. However, that doesn't mean modern medicine is without its drawbacks or troubles.



One of the most concerning issues throughout the world is the overuse of antibiotics. Antibiotics are absolutely necessary and lifesaving in many situations. While they cannot be completely dismissed, it is important to be informed as a patient prior to taking them. And what should you do if you truly must take antibiotics?

Overuse of antibiotics is multifactorial and occurs through a variety of means. Sometimes health care providers prescribe them for viral illnesses (for which antibiotics do nothing) that could be combated with time, rest, nutrition and symptom management. Other times, people do not use antibiotics correctly—for example, they may take old medications lying around the house for a common cold. In some countries, antibiotics can be obtained without a prescription, and lay people can just buy them as easily as they can a basic pain medication or cough syrup.

Perhaps the most alarming and serious concern about antibiotic overuse is acquired bacterial antibiotic resistance. Antibiotic resistance is when harmful bacteria become stronger against antibiotic treatments and in some cases are able to survive and reproduce despite the antibiotic. In simple terms, this means that there are dangerous bacteria that either are becoming very difficult to treat or are entirely untreatable. This is largely due to people not taking the full and complete course of an antibiotic treatment or taking antibiotics unnecessarily.¹ In addition, the widespread practice of adding antibiotics to animal feed to increase growth rate has led to antibiotic-resistant bacteria living in the animals, and if incomplete cooking of meat doesn't eliminate such bacteria, they can cause dangerous and difficult-to-treat human infections.

Another reason that antibiotics should be used sparingly and only when necessary is that they can disrupt your entire microbiome.² Even when prescribed to counteract a specific bacteria type in your body that is causing you illness, many antibiotics will kill more than that specific kind. And often the innocent bystanders are the good bacteria in your body.

Similar sounding, but differently detrimental, is lack of resilience. Microbial resilience occurs when there are enough good bacteria present to sufficiently multiply, so the population recovers after antibiotic use. If there is not enough resilience, the overall number of good bacteria will be lower in the body's microbiome.³

Diversity of the human microbe is also at risk with antibiotic overuse. Just as it is important to eat a varied and ever-changing array of foods in order to reap the benefits of the various nutrients, it is also important to have an assorted array of different bacteria in your body's microbiome. That is because different bacteria are beneficial for different things.⁴ There are different classes or types of antibiotics. Each class destroys harmful bacteria in a different way (for example, some attack the cell wall). This is somewhat analogous to the importance of having a diverse microbiome—unique bacteria types contribute in their particular way to our health and well-being.

In order to address the concern of antibiotic overuse, talk with your health care provider who is recommending and prescribing the antibiotic course.

See if there are specific tests (usually called a culture—be it blood, urine, stool or sputum) that can narrow down the type of bacteria that may be the culprit and what antibiotic would be the best one for it. Ask your health care provider (and yourself) if the antibiotic is truly necessary, and feel comfortable asking him or her to explain to you why. If you approach it from the perspective of wanting to learn more, it can help the conversation feel more like you are collaborating with your health care provider as opposed to disrespecting his or her recommendation, or accepting it blindly.

Never take antibiotics that were not prescribed for you and the specific and present condition. For example, if you have old antibiotics that you didn't finish lying around from a previous skin infection, don't assume that a new skin irritation a few months later needs the same antibiotic. Similarly, if your spouse had an upper respiratory infection that unrelentingly persisted and required antibiotics (which is not typical!), don't use their leftover antibiotics, even if you have similar symptoms.



¹ Centers for Disease Control and Prevention. Antibiotic resistance threats in the United States, 2013, <http://www.cdc.gov/drugresistance/threat-report-2013>. Accessed 8 Feb 2019.

² Langdon, Amy, et al. "The Effects of Antibiotics on the Microbiome throughout Development and Alternative Approaches for Therapeutic Modulation." *Genome Medicine*, vol. 8, no. 1, 2016, doi:10.1186/s13073-016-0294-z.

³ Raymond, Frédéric, et al. "The Initial State of the Human Gut Microbiome Determines Its Reshaping by Antibiotics." *The ISME Journal*, vol. 10, no. 3, 2015, pp. 707–720, doi:10.1038/ismej.2015.148.

⁴ Garrett, Wendy, and Michelle Rooks. "Changes in the Composition of the Human Fecal Microbiome after Bacteriotherapy for Recurrent Clostridium Difficile-Associated Diarrhea." *Post-Publication Peer Review of the Biomedical Literature*, 2011, doi:10.3410/f.10607962.11478060.



To that end, if you do need to take antibiotics, discuss the length of treatment with your health care provider and follow the instructions. Typically, physicians will prescribe the exact amount you require and pharmacies will dispense only that, so you should not have any extra medication. If for some reason there is leftover medication, dispose of it (at a pharmacy, rather than in your trash or toilet, where it will get into the environment)—there is no need to have a few tablets of an old antibiotic lying around your house.

Know the difference between common illnesses that are caused by bacteria versus those caused by viruses.

Bacteria and viruses are different kinds of germs in the body. With viruses (think a common cold, pink eye, many sinus infections and most stomach bugs), there usually isn't a whole lot you need to do in terms of medicine, as there are only a few effective antiviral medications, for very specific viruses, such as herpes, cytomegalovirus and a few others.

Sometimes a superinfection can develop in addition to a common illness—an example of this is when your upper respiratory infection continues to worsen after ten to fourteen days. However, rarely is a course of antibiotics needed when you've been coughing and blowing your nose for just three to five days.

Other examples of (most likely bacterial) infections that may need the help of antibiotics include painful urinary tract infections and some skin infections. One sign that a secondary bacterial infection has taken hold after an initial viral infection is when there was initially fever that disappeared, and then another fever develops in a week or two. This should always be medically investigated; never assume that it's just a relapse of the same virus.

Even when you do take an antibiotic for a just cause, be sure to populate your gut (and therefore your body) with healthy bacteria. You can do this by eating and taking prebiotics (fiber that feeds the microbiome) and probiotics. Choose a high-quality, multi-strain supplement and incorporate fermented foods into your diet. It's actually best to take probiotics about two weeks after finishing a course of antibiotics, because probiotics will actually compete with the colonization of mucosal surfaces in the gut by the recovering microbiome. Probiotics act as organizers and coordinators of the microbiome, and are most useful if reintroduced after the native microbiome has had a chance to recover after being disturbed by antibiotic therapy.

Additionally, load up on extra helpings of antioxidants, because bacterial infections create a high level of oxidative stress in the body. Drink plenty of green tea with a lot of freshly squeezed lemons.

In the afternoon and evening hours, switch to echinacea tea. Boost your immune system with elderberry syrup. Try adding four drops of oil of oregano to the elderberry syrup or mix it with high-quality cherry juice (oil of oregano is very strong-tasting). Consume foods with high levels of vitamin C. And spend some time in the sunshine for immune-boosting vitamin D, or supplement with it.

However, try to avoid the need for antibiotics in the first place. The most crucial step to preventing illness is observing good hand hygiene. Practice effective hand hygiene by thoroughly washing your hands for twenty seconds after coming into contact with a sick person or being in a public space such as a train or shopping mall—or doctor's office!

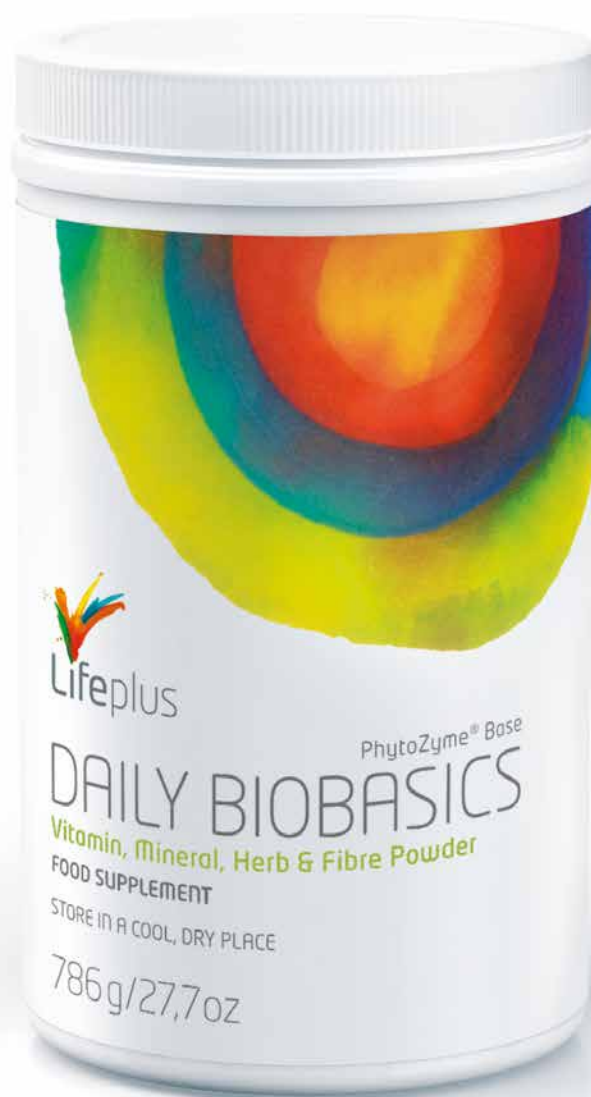
Antibiotics are powerful and serious drugs that should be used for those who truly require their use. It is the responsibility of all of us to stop overuse. Many prominent health organizations—nationally and internationally—are setting goals to decrease the frivolous use of antibiotics. This speaks to the seriousness of the situation as a public health concern. You can contribute to this issue by being an informed patient and wellness seeker.

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

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

Using the Five Senses in Mindfulness

Let's face it—our lives are fast-paced and hurried. We focus on productivity, to-do lists and accomplishments. It is hard to slow down. It is difficult to be present. And it is a challenge to tune in to our bodies. Mindfulness, along with meditation and certain soul-focused exercises, is a necessary antidote to our modern lives. But sometimes a barrier to being mindful is the fear of what we will feel or think!

Maybe you've been there before. You go to a yoga class and feel so peaceful at the end of it. Your body feels more relaxed and your mind feels more at ease. And then you roll up your mat, walk peacefully over to gather your belongings and the first thing you do is check your phone. It can feel like that hour of decompressing was wasted as you mindlessly respond to non-urgent texts and emails or scroll through your social media accounts.

This is where tuning in to our senses can help us. Instead of more abstract meditative pursuits, focusing on our senses can help us get into the present moment of our body and out of our meandering minds.

SIGHT

Whether your eyes are open or closed, notice what you see immediately in front of you. What colors do you see? Are there different shades to the colors? What are the textures?

Smartphones, tablets and other screens pull us away from truly watching and observing our surroundings. Often, they are filled with messages that provoke thought. To be more mindful, try going on a walk without your phone or smartwatch. Observe the shades and highlights that the sun casts on the trees. Notice the people passing by or the pets on their walks. Try to just notice and not think or judge.

SOUND

Our monkey minds may be audibly silent, but it doesn't mean they are truly quiet. It is natural that our minds jump around various thoughts and ideas. The trouble comes when those thoughts prevent us from being present to what is in front of us. Often, we are so busy "listening" to our own ideas and thoughts that we are not hearing what is right there.

For even a minute a day, stop and take note of the sounds beyond the obvious. Perhaps it is at your desk at work and you hear the rapid clicking of your coworker at her laptop. Or you may be at home and hear the sounds of a distant train or highway. When you are cooking, do you hear the hiss, gurgling, slicing and slopping of the food you are preparing? At a park, do you hear the rustle of the trees, the pattering of a runner jogging by? Take a moment to notice the different pitches, volumes and cadences of the various birds in the trees.

SMELL

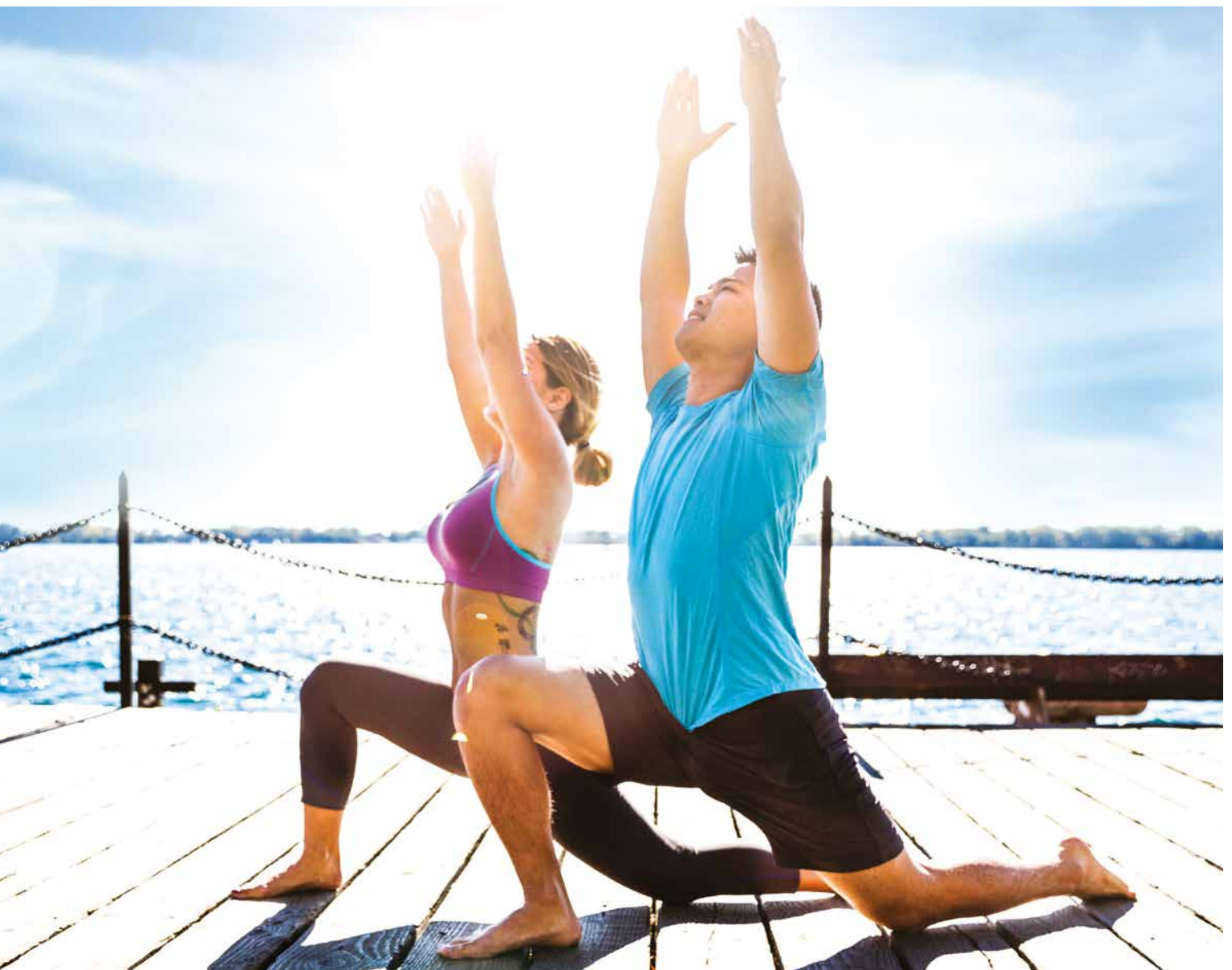
Have you ever walked down a street and passed a bakery, and felt comforted by the sweet scent of bread? Or perhaps you have passed a floral shop and felt calmed by the herbal and floral notes in the air. There is a reason why aromatherapy is so popular now—our sense of smell can truly be utilized to relax and restore.

It could be fun to have a specific mindfulness smell excursion to a local botanical garden or even flower market (this would also be pleasant for the sense of sight). But even in everyday life we may not notice the everyday smells. Open up your spice cabinet and breathe in the different aromas. Or notice the smell of your children's hair as you cuddle them before bed.



TASTE

A popular topic in mindfulness is how it relates to the way we eat. So often we eat a meal that we were looking forward to, and then can hardly remember it. You can practice mindfulness with even the simplest of foods.



A popular exercise that is often led in mindfulness workshops is eating a raisin. While a raisin is a pretty ordinary or even dull food, when we eat one mindfully we gain awareness of the raisin's texture (touch), scent (smell) and, of course, taste. Notice its tense skin or the crystals of sugar that form in its wrinkles. Is the taste musky or fruity? Is it sweet or more sour? Try the same exercise with another raisin a few moments later to see if you notice the same qualities.

TOUCH

Related to taste in many ways is the sense of tactile feeling. If there are any infants in your life, you'll notice how they first learn to grab and grasp, and then learn to bring objects to their mouths to taste. That's because they are learning about different textures with both their hands and their mouths.



While we adults may not want to put a lot of inedible objects in our mouths, being aware of the textural quality of things brings us to the present moment. It can be as simple as noticing the cushioning of a chair's seat, or as intricate as going to a fabric store and feeling the different cloths.

Utilizing your five senses to be more mindful doesn't have to be a time-consuming endeavor. While a longer body scan meditation might be ideal, taking a literal minute every few hours to connect with your senses can work wonders to bring you out of your mind and into the present moment.



Balancing Your Diet Through Food Combinations

The body is an enormously synergistic organism. Just think of how after a hard workout your heart pounds rapidly and you breathe faster. That is because your heart and lungs are responding to the body's increased need for oxygen.

Or consider the increasingly common discussion around the connection between the brain and the microbiome of the gut. Beyond the body, we can look to Mother Nature and how everything has a role and is interdependent.

Unsurprisingly, food also works well in combinations in order for us to fully benefit nutritionally. In fact, some nutrients are more bioavailable when combined.¹ If you want to be sure you are eating in a more synergistic way, consider the following.

IRON AND VITAMIN C

Anemia is a relatively common health issue. While there are numerous reasons why someone may be anemic, iron deficiency is a fairly usual one. If you are hoping to increase your iron intake, be sure to eat iron-rich foods or take a highly bioavailable iron supplement (ferrous bisglycinate is one of the better options) with a food rich in vitamin C.

The iron found in food is divided into heme (animal-based) or non-heme (plant-based) sources. The animal-based iron is more bioavailable on its own. Plant-based iron benefits from food combining. Vegetables that are rich in iron include spinach and broccoli. Whole cereals and legumes such as oatmeal and lentils also are non-heme options. Some dried fruits also are iron-rich.

Some cooking ideas would be tossing dried fruit and strawberries into your morning bowl of oats. Cook a lentil stew with lemons for a Mediterranean flavor combination that also improves iron absorption. Sauté spinach and pour over a citrus marinade to add flavor and nutritional benefit.

HEALTHY FATS AND VITAMINS A, D, E AND K

When eating foods rich in fat-soluble vitamins, try adding a healthy fat to increase absorption.² Healthy fats such as avocado oil, olive oil, coconut oil and oils in fatty fish can help the body utilize these particular vitamins. In fact, vitamin D supplements for babies (commonly given to infants since many mothers are vitamin D deficient) often come emulsified in a medium-chain triglyceride oil.



Other food combination inspirations include a leafy green salad with olive oil vinaigrette for vitamin K and carrots sautéed in coconut oil for vitamin A.

As if Mother Nature herself planned it, fatty fish such as salmon and trout, as well as avocados, have both high amounts of vitamin E and healthy fats.

ANTIOXIDANTS

Combating a free radical attack on the body takes a steady consumption of antioxidant-rich foods. You can use food synergy to boost the antioxidants' ability to help your body.

Try adding lemon to your green or matcha tea.³ Combine black pepper and turmeric on top of salmon or even roasted vegetables.⁴

THE EXCEPTION OF BEANS AND RICE

Well, not simply this standard combination, but beans or legumes with whole grains. But remember to pressure cook them to help reduce glutens and lectins, which can cause inflammation in the body. Throughout Latin America, black beans and rice are a common meal. In the Middle East, fava or garbanzo beans are stewed or mashed into dips to be served with pita or couscous. In some countries in central Africa, peanut or lentil stews are served with whatever the given local grain is (often millet, maize or teff). While some food and nutrient combinations can be synergistic, this one is a common myth! In fact, the misconception that plant-based protein sources are incomplete was debunked by the scientific community years ago.

¹ Nair, K. Madhavan, and Little Flower Augustine. "Food Synergies for Improving Bioavailability of Micronutrients from Plant Foods." *Food Chemistry*, vol. 238, 2018, pp. 180–185., doi:10.1016/j.foodchem.2016.09.115.

² Werner, Annië, et al. "Fat Absorption and Lipid Metabolism in

Cholestasis." *Molecular Pathogenesis of Cholestasis*, 2004, pp. 314–328., doi:10.1007/978-1-4419-9034-1_23.

³ Green, Rodney J., et al. "Common Tea Formulations Modulate In Vitro Digestive Recovery of Green Tea Catechins." *Molecular Nutrition & Food Research*, vol. 51, no. 9, 2007,

pp. 1152–1162., doi:10.1002/mnfr.200700086.

⁴ Zhang, Yanjun, et al. "Turmeric and Black Pepper Spices Decrease Lipid Peroxidation in Meat Patties during Cooking." *International Journal of Food Sciences and Nutrition*, vol. 66, no. 3, 2015, pp. 260–265., doi:10.3109/09637486.2014.1000837.

When Enough Really Is Enough—**When We Are Doing the Best We Can**

We juggle so many roles and responsibilities in life—parent, spouse, worker, friend, neighbor, sibling, child. Additionally, we have so many responsibilities to ourselves.





We want to live a healthy lifestyle, exercise more, meditate longer, eat more whole foods. We desire to be competent, respected and successful at work. We want to be self-actualized; at peace with who we are; and confident in our thoughts, feelings and actions.

But what do we do when we feel like we just aren't achieving all of this? What do we do when we are trying our best, but it just doesn't feel like enough?

Worry about whether we are doing and being enough is a common sentiment in people who are healthfully self-reflective. We receive these messages from the world around us.

Society is often focused on productivity, achievement and perfection. We are taught to believe that success means adding more money or possessions to our lives or doing more things with our time. In a world where the message is "more," how can we align ourselves with a positive acceptance of "enough?"

When we feel that we are not enough, we usually do one of two things. We either become frozen in the shame of perceived (not necessarily real) failure or we spend our lives trying to prove to ourselves and others that we are indeed "enough." In the first possibility, we collect evidence to prove we aren't good enough—I didn't exercise again today, I ate that donut at work today, I didn't finish my to-do list today. In the second possibility, we collect evidence that we are enough by focusing our lives on what we can do and achieve, instead of on who we are.

It comes down to the verb "to do" versus the verb "to be." When we say, "I am enough only because I've done enough," we get caught up in the cycle of trying to also "do" enough in order to "be" enough.

And when we just are enough, that is the very state of just being. You can even try a mantra like, "I'm imperfect and I am enough."

A large part of the issue is that we believe we live in a world that lacks abundance. Nothing could be further from the truth. There's an old proverb that says if you think you do not have enough food, then make more room at the table.

The idea is that when we lean into the notion that there is plenty, we free ourselves of the fallacy of insufficiency. This is true in ourselves as well. When we lean into our positive thoughts and emotions, we will find even more positives in our lives.

Another concern is dwelling on our failures. This often stems from feelings of shame and guilt.

It can be the small messages we tell ourselves that then cascade into stronger messages— "I'm too tired to cook dinner tonight. I'll order takeout. We order takeout too often. I don't cook enough. Why am I so lazy?" Or our failures might actually be large-scale, for example a business venture that did not do so well or the end of a marriage.

It is important not just to brush off self-critique all of the time, but to give it time and space. Recognize when self-analysis is necessary for personal progress, acknowledge "bad" feelings, and then realign thoughts and feelings to positive wavelengths. We need not only personal accountability, but also realistic expectations and grace.

We should not run away from the truth. And sometimes, the truth is indeed negative or unflattering. Sometimes the truth is that we have failed. But failure does not need to be an entirely negative experience. Aside from the clichéd adages of learning from your mistakes or difficult times making you stronger, failure and negative experiences can soften us and make us more vulnerable. Arguably, the world is full of successful and strong (appearing) people. But perhaps the world needs more vulnerability and softness. The strength of a tree is that it sways in the wind, not that it has failed to be as hard as a rock.

Focus on the positive aspects of what you do and who you are. This doesn't mean ignore the areas in need of improvement. It means that you should give greater voice to what you do well and how you are "enough."





So, how do we hold ourselves accountable to our core values and goals, while also giving ourselves space to not do it exceptionally all of the time? One idea is to recheck your expectations of yourself. Are they realistic? If you're an under-slept parent of young children, is it realistic to get up an hour earlier every morning to exercise? If not, realign your goal to something you can indeed do. Perhaps it is "enough" to get up twenty minutes earlier instead.

Another idea is to use "if-then" self-talk. It helps us to highlight areas of potential, without self-shame. Instead of saying, "I didn't eat enough vegetables today and I ate too many processed carbs," try something like, "If I eat more vegetables, then I will feel lighter in my body." Or "If I feel I didn't eat healthily today, then tomorrow I can try again."



Instead of thinking in terms of "enough," try spinning it in terms of "what else." For example, if you have about a half hour before you want to go to bed, steer clear of taking a negative inventory of what you have left to do that day.

When you say you have just thirty minutes to do something, it is framed as a lack of abundance (of time, in this case), and implies that you won't do "enough." However, when you ask, "What else can I do prior to bed tonight?" you are emphasizing opportunity instead of scarcity or insufficiency.

Additionally, you can replace "should" with "get to." Of course, you "should" go on a long walk every day. That verbiage carries with it an image of dragging out your sneakers and glumly putting them on to go out. Not very appealing, right? On the contrary, you can look out the window, literally smile (this sets off mood-boosting endorphins and endocannabinoids) and peacefully say that you "get to" go out on a long walk today. This perspective also works in terms of feeling like you are enough. When you didn't go on said walk, it isn't about "I should have," which is guilt-inducing. Instead it is about, "I didn't get to go on my long walk today. Tomorrow I will be able to!" Again, it's about opportunity and not shame. Opportunity is always knocking, and we get to decide which ones we'll take, and which ones we'll let pass.



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Guarana for Energy

When we think about needing an energy boost, we often think of coffee. Or we may reach for a B-complex supplement. Sometimes we'll drink a glass of water or even get moving physically to wake ourselves up a bit. But if you're looking for an herbal alternative, consider the Amazonian caffeine powerhouse, guarana.

Guarana gets its name from the Guarani tribe, an indigenous group based primarily in Brazil. It is related to the maple plant but has a more vine-like nature. The seeds are a bright red with a black and white large dot that looks like an eye—the seeds look almost like a mix between a red currant and a black-eyed pea.

For centuries, South Americans have traditionally prepared it by roasting the seeds and grinding them into a powdery paste.

Today, it is most commonly found in syrup or powder form. By itself, the taste is fruity with earthy and woody elements.

Traditionally and in modern Brazil, guarana is used in food and beverages. In fact, over 70 percent of its cultivation goes to the beverage industry. It has become more common in the United States and Europe, and is used for its energy-boosting properties. Guaranine is the substance that's in it with a similar chemical structure as caffeine. And guarana has even more caffeine than coffee—reaching 6 percent in the seeds!¹ Guarana seeds contain at least four times more caffeine than coffee beans.²

While the research focus has largely been on guarana's caffeine content, scientists believe that the stimulant qualities of guarana extend beyond its high level of caffeine.

They have observed that the energy-increasing impact is greater than that of caffeine on its own.³

Additionally, the caffeine that is derived from the herb works with its other chemical components complementarily to slow down absorption of the caffeine. This means that when you consume it, the energy boost you experience lasts longer.

Whereas coffee and caffeinated sodas give you a sharp pick-me-up, and then your energy plummets once they are metabolized, guarana has a more extended effect in the body and not as steep a drop.

Perhaps related to the extra energy it provides, some studies indicate that guarana is also beneficial for your cognitive health.⁴ The herb is associated with improved mood, memory and alertness. In fact, benefits were actually more positively noted in lower doses than in higher ones.⁵

Furthermore, guarana has impressive antioxidative qualities. And perhaps those same antioxidants in it are what demonstrate promising potential as an anti-aging resource.⁶

Proponents of the herb also claim that it has weight-loss benefits, although many interpret the studies as inconclusive. The question is whether the noted weight loss is due to guarana itself or the caffeine it contains. The idea is that caffeine gives us more energy and that in turn helps us burn more calories. One laboratory study concluded that guarana was effective at targeting fat cells.⁷ Another study looked at the Amazonian tribes and hypothesized that guarana has a protective effect against health issues like high blood pressure and obesity.⁸

Guarana has few side effects, particularly when taken in smaller doses. Similar to caffeine, when taken in excess, it can cause heart palpitations, sleeplessness, anxiety and restlessness.

If you're looking for an alternative to tea or coffee, try what Amazonian peoples have been using for generations.



¹ Schimpl, Flávia Camila, et al. "Guarana: Revisiting a Highly Caffeinated Plant from the Amazon." *Journal of Ethnopharmacology*, vol. 150, no. 1, 2013, pp. 14–31., doi:10.1016/j.jep.2013.08.023.

² Silva, Givaldo Souza Da, et al. "Chemical Profiling of Guarana Seeds (Paullinia Cupana) from Different Geographical Origins Using UPLC-QTOF-MS Combined with Chemometrics." *Food Research International*, vol. 102, 2017, pp. 700–709., doi:10.1016/j.foodres.2017.09.055.

³ Moustakas, Dimitrios, et al. "Guarana Provides Additional Stimulation over Caffeine Alone in the Planarian Model." *Plos*

One, vol. 10, no. 4, 2015, doi:10.1371/journal.pone.0123310.

⁴ Kennedy, D.o., et al. "Improved Cognitive Performance and Mental Fatigue Following a Multi-Vitamin and Mineral Supplement with Added Guarana (Paullinia Cupana)." *Appetite*, vol. 50, no. 2–3, 2008, pp. 506–513., doi:10.1016/j.appet.2007.10.007.

⁵ Haskell, C. F., et al. "A Double-Blind, Placebo-Controlled, Multi-Dose Evaluation of the Acute Behavioural Effects of Guarana in Humans." *Journal of Psychopharmacology*, vol. 21, no. 1, 2006, pp. 65–70., doi:10.1177/0269881106063815.

⁶ Peixoto, Herbenya, et al. "Anti-Aging and Antioxidant Potential of Paullinia Cupana Var. Sorbilis: Findings in Caenorhabditis

Elegans Indicate a New Utilization for Roasted Seeds of Guarana." *Medicines*, vol. 4, no. 3, 2017, p. 61., doi:10.3390/medicines4030061.

⁷ Lima, Natália, et al. "Modulatory Effects of Guarana (Paullinia Cupana) on Adipogenesis." *Nutrients*, vol. 9, no. 6, 2017, p. 635., doi:10.3390/nu9060635.

⁸ Krewer, Cristina Costa, et al. "Habitual Intake of Guarana and Metabolic Morbidities: An Epidemiological Study of an Elderly Amazonian Population." *Phytotherapy Research*, 2011, doi:10.1002/ptr.3437.

How Children Benefit from Having Pets

Children are naturally prone and socially reared to take an interest in animals.

Take a visual tour through your child's room and note the various books and toys dedicated to animals. From the time they are little babies, we sing to them songs of farm animals, flying birds or fish in the sea. We bring them to petting zoos, go on hikes to watch the wildlife and watch nature shows together.

By nature, children are empathetic, kind, curious and affectionate. These qualities can be further cultivated by giving them a pet.

When you choose the right pet for your family, it is a mutually beneficial relationship. Children learn responsibility and empathy, and pets get attention and love.

Roughly 40 percent of children are born into homes with domestic animals.¹ These animals contribute to the imagination and connectedness of children. And they also benefit our family life. Pets add to our bonding as a family. Think of your extended family dinners or holidays now that you are an adult; no doubt there are conversations, funny stories or even photos up on the walls of the pets you grew up with. Pets give the family a common cause—who feeds the cat dinner or cleans the water bowl? Family movie nights can turn into cuddle fests on the couch, with blankets, popcorn and a snuggling dog.

Chores, housework and responsibility are essential tasks and lessons we teach our children. Age-appropriate chores can always include the pet. While having your children clear the dinner table or put their laundry away is all well and good, children will feel more connected feeding a pet, which can show eagerness when being fed.

Emotional connectedness and secure attachment are ongoing values we must teach our children to make them good citizens of the world. Caring for others who are more vulnerable is part of that lesson, and having a pet is perfect practice. Children are innately altruistic. While they may not always demonstrate that with parents or siblings, they usually will with a pet.

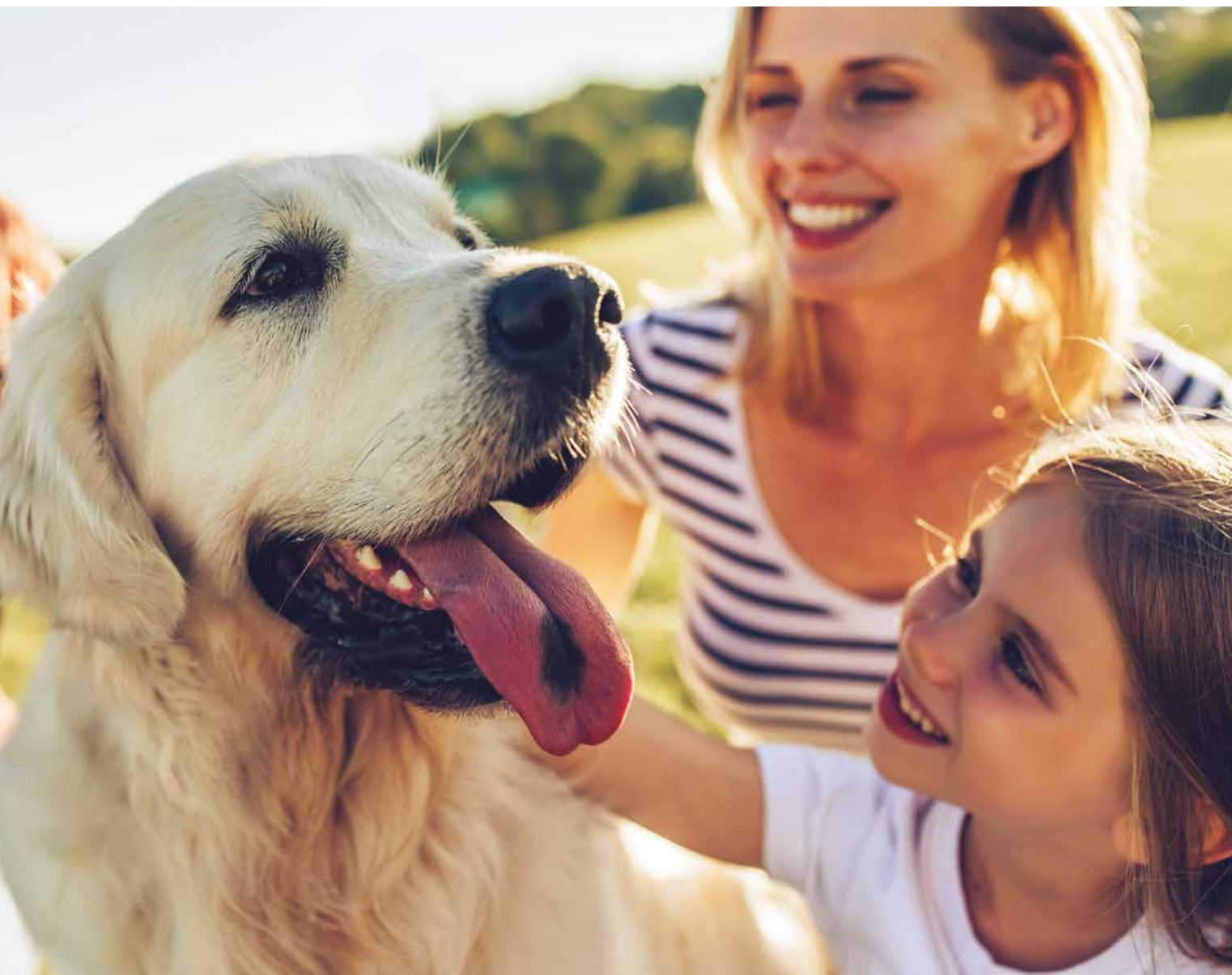
A pet can teach a child a lot about emotion. Just as we talk to our children about their feelings and the feelings of their siblings and playmates, we can teach them how to recognize animal feelings based on their actions.

If a child is poking and prodding the family dog too much, a soft grumble of the dog is an opportune time to help our child identify that the dog is feeling frustrated or annoyed.



When we come home from work and school and the cat is purring loudly, rubbing its body against our legs and looking up at us, we can ask our children what they think the cat is feeling—contentment that we're reunited.

¹ Melson, L. Gail. *Why the Wild Things Are: Animals in the Lives of Children*. Harvard University Press, 2005.



Children who have pets have another resource for emotional regulation. Children experience a physical release when going on a walk (helping them blow off steam), and the simple act of petting an animal decreases stress hormones and increases release of oxytocin, a hormone central to bonding.

Pets also teach our children intellectually. It's one thing to give a book to a child and tell him or her to read it. It's quite another thing to create a reading nook and encourage children to cuddle up with their pets and read to them.

Children as young as toddlers can help take care of an animal. For example, you can give a toddler a small jar of water to pour into the dog's water bowl.

Or you can scoop up the right amount of food for the cat, and your toddler can pour it into the bowl. School-aged children can actually scoop from the food container and preteens can help exercise the pets (play).

Pets also help our children physically. Having a pet that children can play with—chasing a ball or chasing the animal—keeps children active. Children, particularly in the first year of life, raised in homes with pets have a lower incidence of allergies later in childhood.² Pets and animals help strengthen a child's microbiome and therefore increase immunological protection.



² Ownby, Dennis R. "Exposure to Dogs and Cats in the First Year of Life and Risk of Allergic Sensitization at 6 to 7 Years of Age." *Jama*, vol. 288, no. 8, 2002, p. 963., doi:10.1001/jama.288.8.963.

Technology for Seniors

We've seen a lot in our lifetimes when it comes to changing technology. Many of us can remember when our parents brought home the first television. A few of us remember calling the operator to place a call or sharing a neighborhood phone, since not every household had one.

All of us seniors know when we first started hearing about computers and laptops. And then came cable television, VCRs, DVDs, mp3s, the internet, cell phones and email. Nowadays, add tablets, smartphones and social media, and we may very well feel a little—well, honestly—left out.

Or we may feel left out when people attend an event that was only advertised through Facebook and we didn't know about it.

For many of us, keeping up with the latest trends in technology is overwhelming. We may miss the days of the past when we called people instead of sending texts or when people connected on the front porch with their neighbors instead of posting on neighborhood online forums.

If we've lagged behind it could be intimidating or even embarrassing to catch up. That said, there are benefits to getting yourself updated on new technology.

Today the world is vastly connected through technology, and it turns out it is a narrow tightrope to walk in terms of connectedness and loneliness. While overuse of technology is linked to increased levels of isolation, moderate use is often necessary to make plans, see photos of friends and family, or even make dinner reservations. Using Skype or FaceTime to stay connected over long (or short) distances increases emotional availability between people.¹

Older adults sometimes suffer from loneliness. As more family members live in different locales, lifetime friends move away for retirement, or those we are close with pass away, we can begin to feel very isolated in our life. There are advantages to learning about and embracing these new technologies.

Staying current with new technology gives your brain a workout. Just as your muscles need to exercise to stay strong and healthy, your brain requires its own form of exercise to stay young and spry.

Learning to use new devices and understanding the latest technologies can help provide your brain with a great workout.

Another advantage of expanding your knowledge and connectedness with technology is learning more things. Some seniors use the internet to read up on history. Others use YouTube videos to learn new skills like painting or wood crafting.

Start where you are. If you need to learn the basics of how to use a computer, reach out to a local senior center or library, as they usually hold classes for beginners. If you have decided to switch from an older mobile phone to a smartphone, see if another older adult can help you make the transition. If you've decided to join a social network group like Instagram, Facebook or Snapchat, enlist one of your grandchildren to teach you the basics and general social norms on the site. If you know the basics of internet usage, there are how-to videos on YouTube for nearly anything.



Sometimes embracing new technological changes is exciting. We can connect through Skype or FaceTime to actually see and talk to our grandchildren from a distance.

And other times it is overwhelming. Wait a minute—what is the difference between an Android and an Apple device? Other times it can feel isolating, such as being at family dinners when everyone is staring at a smartphone instead of connecting with each other.

¹ Saunders H, Kraus A, Barone L, Biringer Z. Emotional availability: theory, research, and intervention. *Front Psychol.* 2015;6:1069. Published 2015 Jul 28. doi:10.3389/fpsyg.2015.01069.



Ways to Detox, and Benefits

How do you know if you are in need of a detox? If you feel relatively in tune with your body, you might already feel the signs: muscle soreness or joint pain not related to increased or differing exercise. Toxins can build up in our bodies, and we often feel it as general fatigue and aching.

Another sign that you could benefit from a detox is if you find yourself craving sugar or refined carbohydrates. If you find that you suffer from seasonal allergies and they seem worse than before, it could be a sign you need a cleanse. Difficulty concentrating, difficulty sleeping, constant stress and tension, or a nagging sense of sadness are signs that you might need to detox.

A detox or a cleanse is an intentional way to fine-tune your body (or soul). Since the liver is the most essential organ in physical detoxification, a good detox practice will support your liver, boosting its ability to do its job.

Based on what you choose, a detox program doesn't have to be about deprivation. Instead it can be an important part of self-care.

Be sure to incorporate a plan for what you will eat during the days to weeks you plan to cleanse. Focus on plant-based eating that emphasizes antioxidant-rich foods and plant-based proteins. Steer clear of sugar, alcohol, starches like wheat and corn, and red meat. A detox isn't necessarily a fast, although some form of fasting or "fasting-mimicking diet" (one low in carbohydrates, proteins and calories) can also be detoxifying. Supplements alone won't do. But there are some liver-supporting supplements that would be helpful to incorporate into the cleanse. Be sure to consume a B-complex supplement and one with milk thistle.

HERB GARDEN DETOX

You don't have to look further than your herb garden (or fresh herbs from your local market). Parsley and oregano are good herbal options for cleanses. Parsley, long utilized in the ancient Mediterranean, is full of antioxidant flavonoids and important detoxification enzymes.¹ Laboratory trials have demonstrated its antioxidative effect to be protective in the body, particularly the gut.² Oregano has one of the highest concentrations of antioxidants of any food or drink. While you can eat a lot of Italian and Greek food, another form of oregano is high-quality oil of oregano.

LEAFY-GREEN DETOX

Either add significant amounts of kale, spinach, chard and the like to your diet, or take it to the next level and eat nothing but leafy greens for a full day. Add more cilantro to your cooking or drink dandelion tea.



Try to incorporate greens in all of your meals for a week—chard with your morning eggs, a large spinach and arugula salad at lunch, and a garlic and lemon sauté of kale with your dinner.

SWEAT

Sweating is one of the body's ways of releasing toxins. Aside from aerobic exercise, saunas are a great option for sweating out toxins. Be sure to stay well-hydrated by drinking plenty of filtered water or herbal teas.



¹ Nielsen SE, Young JF, Daneshvar B, et al. Effect of parsley (*Petroselinum crispum*) intake on urinary apigenin excretion, blood antioxidant enzymes and biomarkers for oxidative stress in human subjects. *Br J Nutr.* 1999 Jun;81(6):425-6.

² Akinci, Aysin, et al. "Petroselinum Crispum Is Effective in Reducing Stress-Induced Gastric Oxidative Damage." *Balkan Medical Journal*, vol. 34, no. 1, 2017, pp. 53–59., doi:10.4274/balkanmedj.2015.1411.

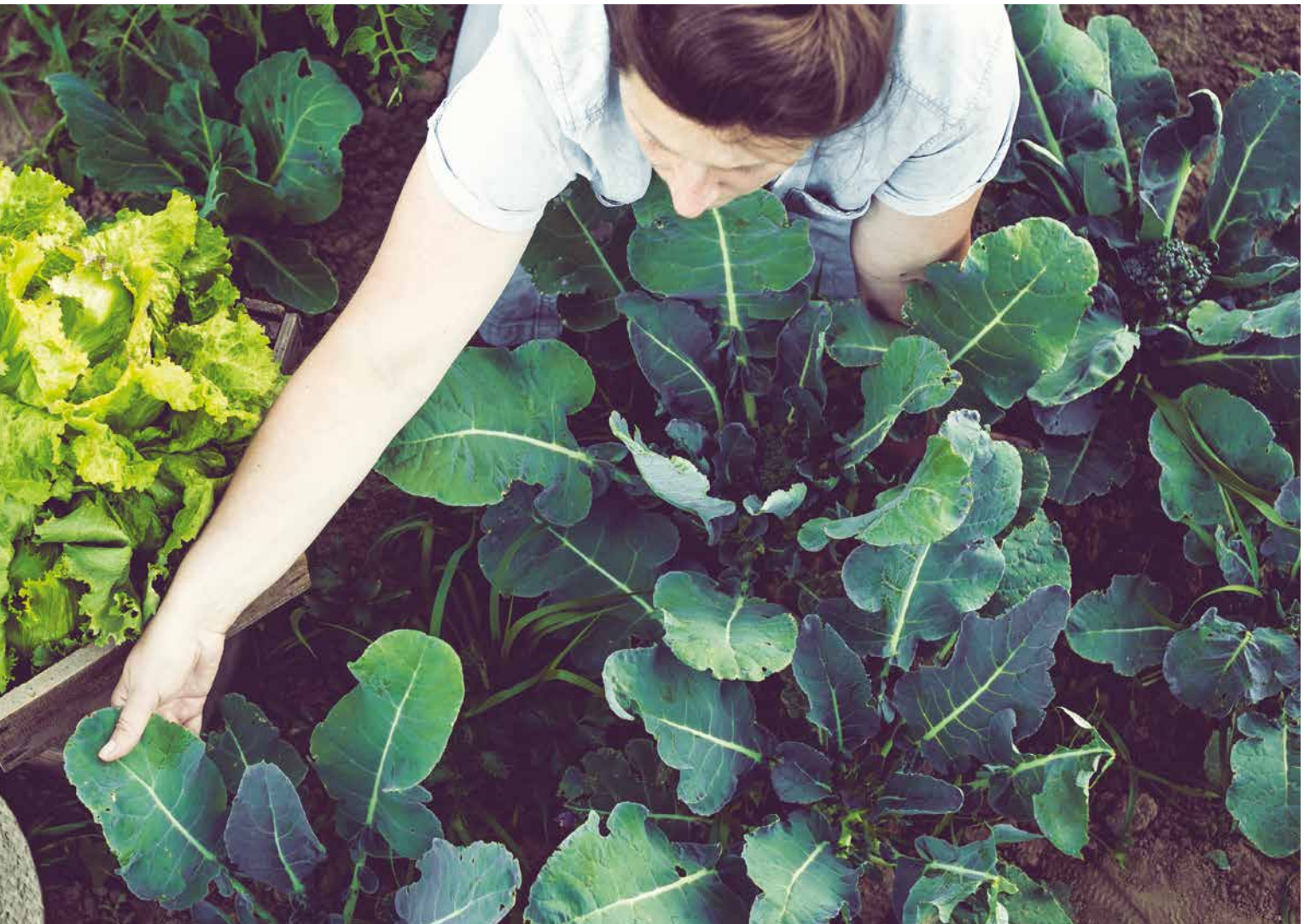


HEAVY METAL

Chelation is the medical or scientific term for getting rid of heavy metals in our bodies. Sometimes heavy metals such as lead and arsenic, particularly in excess, can cause significant damage, particularly neurologically.

An important antioxidative peptide is glutathione, which is particularly prevalent in the liver. It is a major contributing factor to the cleansing properties of the liver.

Spirulina, chlorella and folate are also helpful for detoxification of the body.



Reluctance to Get Medical Help

Take note the next time you go to a yoga class (or are passing by one). Or maybe the next time you're at the gym, check out the cardio equipment area.

Perhaps when you go to your doctor's office, take a look around the waiting room, and when you go to your park district's pool during open lap time, who do you see? What is the gender divide? Most likely, you'll see more women than men.

In the United States, the Centers for Disease Control and Prevention reports that men are up to 80 percent less likely than women to go to their health care provider for regular checkups. Throughout the developed world, more men suffer from heart disease and strokes than women, which often has fatal repercussions for them.



Men have higher rates of morbidity from preventable diseases. Whereas women are more likely to make lifestyle and wellness changes in their everyday lives, men tend to address health issues only once they truly become issues.

So what can be done to address some of these gender health differences?

As with so many health concerns, there need to be both systemic and individual approaches. Part of addressing systemic or macro-level issues is changing the culture of masculinity.

This needs to be done by teaching boys at an early age that noticing changes in and having concerns about their bodies is the healthy thing to do and that seeking help in terms of their health (and generally speaking, as well) is essential.

It is common for men to laugh off their wellness checks by joking about visits that include prostate exams and other uncomfortable and private assessments.

Men also have a tendency to “grin and bear it” when it comes to things like pain, increased shortness of breath, or even more negative changes in their mood and emotions.

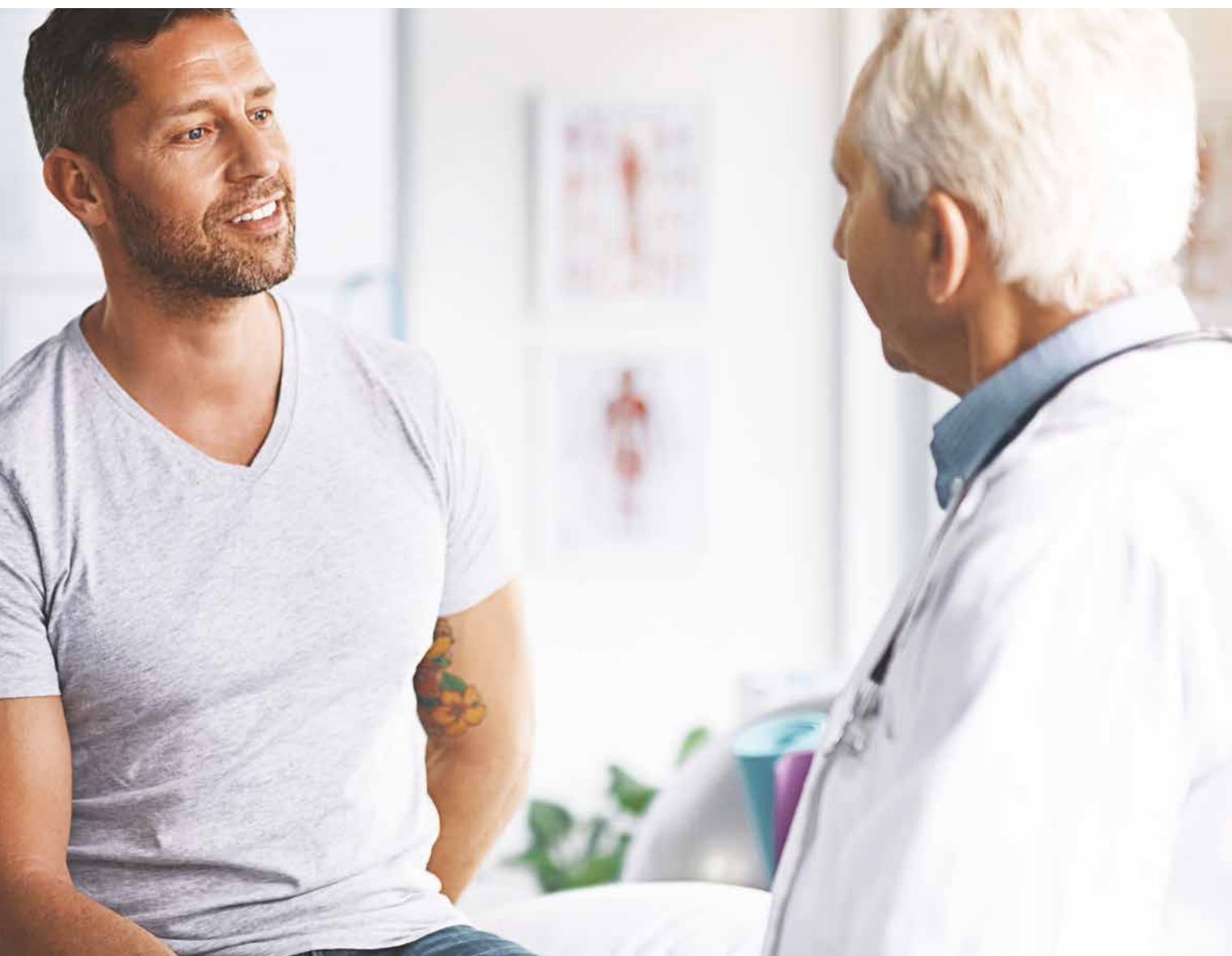
Additionally, health systems and providers need to intentionally engage men. In New Zealand, a study found that a plan of engaging men specifically by calling it a “well man check” and intentionally reminding and inviting men to visit their primary care provider was successful.¹

¹ Barwell, Pete. “Do Invitations to Attend Well Man Checks Result in Increased Male Health Screening in Primary Health Care?” *Journal of Primary Health Care*, vol. 1, no. 4, 2009, p. 311., doi:10.1071/hc09311.



Public health campaigns that have focused on women's health have seen better outcomes regarding prenatal care, prevention of cancer-related sexually transmitted diseases and breast cancer screenings.

Men would also benefit from such public health efforts to target male-specific health issues such as prostate health, urinary and kidney issues, and specific male-centered mental health.



On the personal level, we as men need to remember that we cannot ignore bad stuff into nonexistence.

In other words, that tightness in your chest could just be a pulled muscle. Or it could be something more concerning. It is understandable to feel worried and normal to want to avoid that feeling of worry.

But putting it off won't make it go away. Getting it checked out will bring greater peace of mind for you and your spouse and other loved ones.



because you feel guilty about not being healthier. Find a doctor you can trust and feel comfortable around. Discuss your health goals with the doctor and ask for feedback. A good health care provider will work with you and your lifestyle to help you achieve what you set out to do.

Often we men want to be the strong and reliable ones in our families and friendship circles. We want to be seen as helpful and dependable. Making our health and wellness a priority, and partnering with our physicians to do so, helps us remain fully well and available to our loved ones. And we feel better in the long run as well.

Perhaps going to the doctor feels daunting

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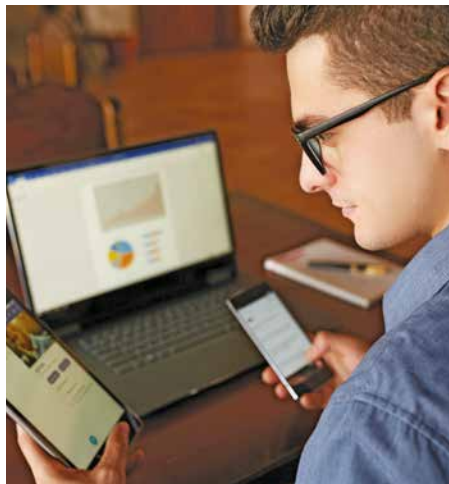
Ask the Expert

Is too much screen time really a bad thing?

Yes. As we become more and more glued to our smartphones and tablets, researchers are beginning to see more and more negative patterns. For example, a study published in *Cyberpsychology, Behavior, and Social Networking* showed that when people spend too much time on smartphones, they are less mindful and more easily distracted. People enter a state of constant alertness that does not give their minds time to rest or focus on what happened in the past or future.¹

In other words, they lose control of their focus and dwell only on what they see on the screen, often other people's "best" self that has been meticulously staged in order to present a perfect life.

Constantly comparing ourselves with what we see online is a sure way to end up feeling depressed and lacking, because the personas people use online often are not



how they are or look in reality. On top of all of this, the blue light emitted from cell phone screens and laptops can disrupt sleep patterns, especially when viewed near bedtime. To give your mind a break, allow yourself to focus on your positive life experiences, and to improve your sleep patterns, make a house rule that all cell phones and laptops are turned off at least one hour before bedtime. Two hours is even better, if you can do it!

How can I cure my sweet tooth?

It can be tough to stop a sugar craving once it sets in. One of the best ways to cure a sweet tooth is to not let those cravings set in. Recent research showed that not getting enough sleep disturbs the reward-processing areas of the brain in ways that can increase the desire to eat junk food.² Consequently, simply going to bed a little earlier may help prevent cravings. Another approach is to train your body to crave sweet fruits and vegetables instead of chocolate or candy. Research shows that we can create any new habit—whether it's eating healthier or getting more active—if we stick with it long enough.³ In other words, the more you choose to eat an apple or peach for a snack instead of heading to the snack machine for a candy bar, the easier it becomes. Of course, if you do end up having an unhealthy snack, don't beat yourself up over it. This will only attract more negative emotions and circumstances into your life. Acknowledge that you enjoyed the taste of your treat, and then move your focus to how good you will feel next time you successfully ward off your sweet tooth.

What's more important, diet or exercise?

We are all unique and have unique needs. Some people will need to focus more heavily on exercise to be their healthiest, while others will need to focus more on diet. However, one thing we all have in common is that to be our absolute healthiest, we must combine a healthy diet with regular physical activity—in addition to stress management activities and personal connections with positive-focused friends and family. Studies show that sedentary lifestyles can be as bad for your body as smoking, heart disease or diabetes.⁴ Other research tells us that reducing caloric intake may help slow aging and protect against age-related health problems. It's clear that both being physically active and eating a healthy diet are important. When you combine the two, you are giving your body much of what it needs to stay healthy and vibrant for years to come.



¹ Johannes, Niklas, et al. "Mind-Wandering and Mindfulness as Mediators of the Relation Between Online Vigilance and Well-Being." *Cyberpsychol Behav Soc Netw*, 2018, doi:10.31234/osf.io/2erwy.

² Julia S. Rihm, Mareike M. Menz, Heidrun Schultze, Luca Bruder, Leonhard Schilbach, Sebastian M. Schmid, Jan Peters.

"Sleep Deprivation Selectively Upregulates an Amygdala-Hypothalamic Circuit Involved in Food Reward." *Journal of Neuroscience* 30 January 2019, 39 (5) 888-899; DOI: 10.1523/JNEUROSCI.0250-18.2018

³ "News & Events." Nick Vaughan-Williams, warwick.ac.uk/newsandevents/pressreleases/train_the_brain.

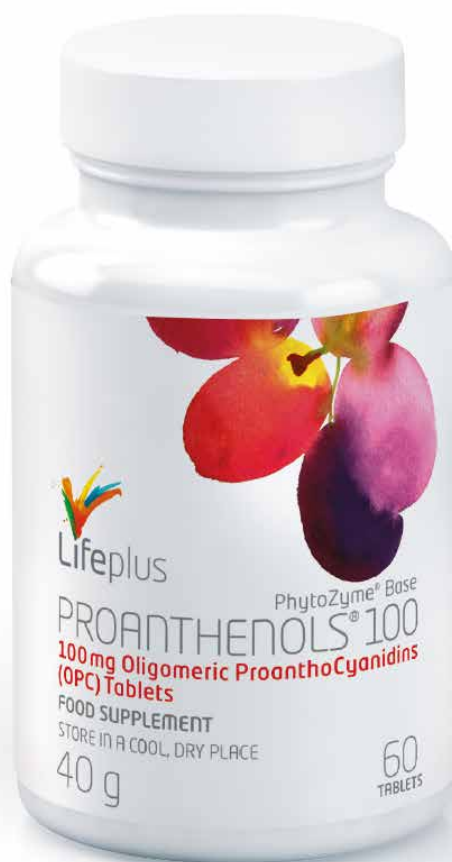
⁴ Mandsager K, Harb S, Cremer P, Phelan D, Nissen SE, Jaber W. Association of Cardiorespiratory Fitness With Long-term Mortality Among Adults Undergoing Exercise Treadmill Testing. *JAMA Netw Open*. 2018;1(6):e183605. doi:10.1001/jamanetworkopen.2018.3605

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