

November/December 2016

# The art of growing young<sup>®</sup>

The Magic of Organics

Family Health



In this Issue...

Achieving  
Long-Term Fitness  
Goals

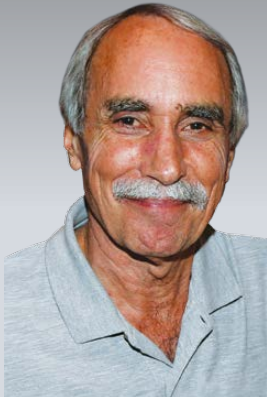
Living Consciously  
at Any Age

Teaching  
Sustainability



# In this Issue...

Eat Local for the Best Nutrition  
02



Nutritional News  
03



Living Responsibly  
10



Sustainable  
Medicine  
14



02 **Eat Local for the Best Nutrition**

03 **Nutritional News**

04 **Fitness**  
Achieving Long-Term  
Fitness Goals

06 **Feature Article**  
It's Sugar, Not Fat

10 **Lifestyle**  
Living Responsibly

12 **Nutrition**  
What Happens When  
We Don't Receive Proper  
Nutrition?

14 **Feature Article**  
Sustainable Medicine

18 **Herbs and Supplements**  
Modern Foraging

20 **Family Health**  
Masculinity versus  
Sustainability

22 **Family Health**  
Living Consciously at  
Any Age

24 **Family Health**  
Teaching Sustainability

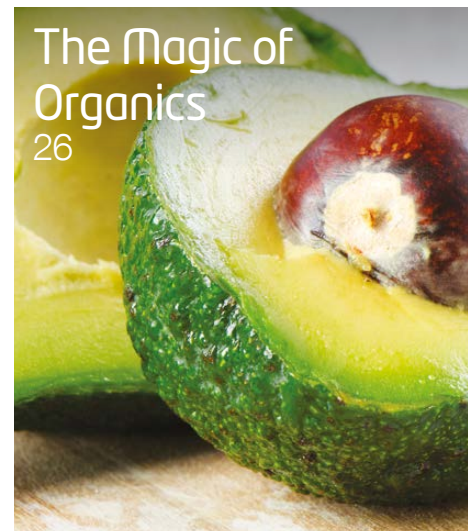
26 **Family Health**  
The Magic of Organics

29 **Ask the Expert**

Masculinity versus  
Sustainability  
20



The Magic of  
Organics  
26



# Eat Local for the Best Nutrition

You may notice that many of the articles in this issue of *The Art of Growing Young* touch on the topic of environmental sustainability. That's because in order to ensure our children and our children's children have access to the same nutritious, healthy food that we do, we have to start living more sustainable lives by eating locally sourced foods and thinking about the global consequences of our lifestyles.

Many of the biggest farms around the world are using unsustainable agriculture techniques that put man-made chemicals into the ground and require lots of fuel to be burned in order to transport the food from the farm to the store. Because travel times are long, often the food has been specifically developed (and sometimes genetically altered) to look good and last longer on store shelves with little or no thought about how that affects nutrition and taste.

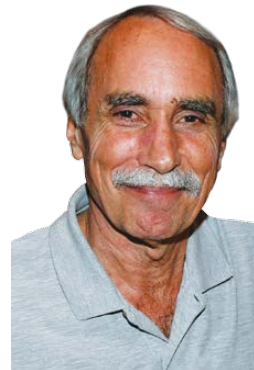
Eating locally sourced foods from smaller farms located closer to your home avoids many of these problems.

In my opinion, one of the best parts of summer is the joy of shopping for delicious, fresh-picked fruits and vegetables at local farm stands. I find the food I get from local farmers and backyard gardeners to be some of the best-tasting produce available.

Even in colder months when my favorite farm stands aren't open, it's still possible

to buy locally sourced foods if you look for seasonal fruits and vegetables. Many co-ops specially source from smaller, local farms year-round. Even local grocery stores often have local options you can find if you read labels carefully. In the winter, you can expand your palate's choices by purchasing seasonal fruits and vegetables you may not normally cook with. Kale, brussels sprouts, turnips, squash—there are lots of delicious winter vegetables to choose from. The tomatoes you buy in the winter have been shipped from a warmer climate.

Nobody is on the road to wellness alone. When we work together and think of how our decisions affect others, even people we will never meet are positively affected by our actions. So let's all try to "eat local" whenever possible. It's good for our bodies and good for our environment.



*Dwight L. McKee M.D.*

Dwight L. McKee  
Scientific Director

# Nutritional News

## Desk jobs

Long hours at a desk job may be as bad for your mind as they are for your body. According to a new study published in *BMC Public Health*, the longer a person engages in sedentary behavior, such as a desk job, the more likely he or she is to suffer from anxiety. To help avoid the pitfalls of modern desk jobs, make sure you get up from your desk for at least a few minutes every hour you are sitting. Frequent trips to the water cooler and bathroom help meet this goal. But even simply standing up and stretching every now and then can help as well. Better yet, get a “standing desk,” which adjusts between sitting and standing. Standing engages many more muscles than sitting. Simply by working from a standing position instead of sitting, the average person can lose 10 to 15 pounds over the course of a year, with no other changes in diet or exercise.



## Refined carbohydrates

Yet another reason to avoid refined carbohydrates has emerged—diets high in refined carbs have been linked to risk of depression. Research published in *The American Journal of Clinical Nutrition* found that diets with too many high-glycemic-index foods were linked to higher incidences of depression in postmenopausal women. The glycemic index measures how quickly the sugars in a food are absorbed into the body. Junk foods are among the highest in the index. This may mean that women should avoid junk foods in order to reduce their risk of depression.

## Relieving back pain

Putting down your phone may be a surprising way to help relieve back pain. Reading your phone screen for long periods of time can lead to a prolonged hunched position, which can lead to back pain. If you must stare at your phone for long periods, bring the screen up to eye level instead of looking down at it in order to keep your back properly aligned.

## Need help falling asleep at night?

Try leaving your cell phone in the living room. Electronic devices such as cell phones and laptop computers emit energizing blue light. Disconnecting from your phone and computer an hour or two before bed can help reduce that energizing presence, which may lead to better sleep and fewer hours spent staring at the ceiling waiting for dreams to come.



## Skipping breakfast

Men who regularly skip breakfast are at a greater risk of developing heart disease than their counterparts who take the time to fuel up in the morning. According to research from the Harvard School of Public Health, skipping the first meal of the day can lead to a 27 percent higher risk for developing coronary heart disease. The study also found that eating late-night meals creates a 55 percent higher risk of CHD. These findings underscore the importance of eating regular, healthy meals instead of less frequent, larger “binge” meals.



# Achieving Long-Term Fitness Goals

Most of us can achieve short-term fitness goals if we set our minds to it. Losing a few pounds in a few months is attainable because the time frame is relatively short and the goal is within reach.

But what about long-term goals such as losing 50 pounds or maintaining mobility as a senior? Long-term fitness goals seem more difficult at first, but all it takes is a little planning, and any goal will be within your reach!

The secret to achieving long-term fitness goals is planning ahead and working backward.

Start by identifying your big-picture goal, and then you can plan steps working backward from achieving your goal to where you are in life right now.

When identifying your big-picture goal, prioritize your desires—make a list of all the things you want as your goals. Do you want to feel healthier, look better, lower your cholesterol, fit into a new dress or win a race? There are no wrong answers. Write them all down.

This list will help you better understand why you want to achieve your goals. Your written list will help remind you why you want to get up and exercise at six in the morning on those days when you just don't feel like getting out of bed. Achieving a long-term goal takes a great deal of motivation, and this list will provide that.

Now that you know exactly what you want to achieve and why you want to achieve it, you finally can set your goals. Write a clear, specific mission statement for each goal. For example, I will lose 50 pounds by December 1, 2018, in order to fit into a size 6 dress. Or I will be running 10 miles a day, four days a week, in six months so that I feel better about myself.

Still working backward, think about what you need to accomplish in one year, eight months, six months and so on in order to reach your goal. You may need to adjust your timing a few times to come up with a good plan. For example, if you want to lose 50 pounds in a year, you will need to lose roughly four pounds a month, or about one pound each week. Is this attainable? Do you need to adjust your time frame?

Use what you have calculated to create smaller goals, such as weekly goals of losing one pound or monthly goals of losing four pounds. Be specific, and keep in mind how you will reach each goal.

Make all your goals realistic but challenging. You'll become frustrated trying to reach a goal that is so unrealistic that it can't be met. If you have trouble reaching your small goal, you will never be able to attain your big-picture goal.

Keep reminders of your big-picture goal nearby. Some people find that putting a picture that represents the goal in their wallet where they will see it at least once a day really helps them stay focused. Other people find vision boards useful.



To make a vision or goal board, paste onto a poster board images that remind you of what life will be like when you achieve your goal.

Add a few motivational phrases and your favorite inspiring quotes. Hang your dream board somewhere you will see it every day.

Then spend a few minutes each day looking at your board and reflecting on all the successes you have on your journey toward the ultimate goal.



Celebrate each smaller goal you reach on the way to the big-picture goal. Your successes deserve recognition.

Mini celebrations will also help foster positive feelings that will keep you motivated as the weeks or months go by.

After you achieve each smaller goal, also take a little time to reassess your goals and adjust them as needed. There is nothing wrong with tweaking goals or adding a little more time to accomplish something big. This is a positive action that will prevent you from feeling bad in the future if you are unable to reach a goal.



Stay positive, and never give up as you work toward your big-picture goal. Don't focus on just accomplishing your goal, but also think about how good you are going to feel when you do so. Let your positive feelings guide you. With your new plan of action and a positive mindset, you can accomplish anything.

### Tips for Achieving a Long-Term Goal

1. Work backward.
2. Set your big-picture goal.
3. Break the big goal into smaller, achievable goals.
4. Write down each goal and what it will take to achieve it.
5. Create a vision board to focus on.
6. Celebrate all your victories.
7. Don't be afraid to reassess.
8. Above all, stay positive.

Feature article

# It's Sugar, Not Fat

In the late 1970s, doctors and nutritionists began hyping low-fat diets. What everyone expected to happen—slimmer waistlines and reduced incidence of heart disease—never manifested. Instead, the opposite occurred.





Though it was a surprise 30 years ago, we now know what was happening to people's bodies. It's no coincidence that just a few years after fat was declared dietary enemy number one, we could see the beginning of the obesity epidemic.

A fundamental misunderstanding of fat may be a leading contributor to health issues. It is true that consuming more fat than your lifestyle supports can lead to weight gain and related health concerns. This is particularly true of oxidized fat found in deep-fried and premade foods. Much of the fat-versus-sugar confusion is due to a basic misunderstanding of how the two foods affect the body. Add to that misunderstanding the fact that many people tend to lump all fats together in one category (some fats help you stay healthy), and it's easy to see why fat has gotten its undeserved bad reputation.

Newer studies are showing that fat has far less impact on coronary heart disease risk than previously believed.<sup>1</sup> What could be the cause, then? More recent research puts the blame on processed foods full of hidden sugars and man-made chemicals.<sup>2</sup>

The reduction in dietary fat isn't to blame for the obesity epidemic. It's the corresponding rise in sugar intake that followed. When food manufacturers cut the fat, their products lost flavor. In order to maintain sales, they turned to sugar as a flavor enhancer. If you look at the nutritional information label on low-fat food products, more often than not you will find sugar (in one form or another) listed.

Sugar turns up in unexpected places—supermarket bread, cereal, mayonnaise, peanut butter, ketchup and spaghetti sauce.

Generations of people grew up unknowingly consuming a high-sugar diet.

Studies are showing that too much sugar causes many of the adverse effects many people associate with fat intake,<sup>3</sup> but diabetes, cardiovascular disease, tooth decay and other maladies are also caused by consuming too much sugar.

Sugar, especially refined forms such as table sugar (often labeled as sucrose in premade foods), has a simple chemical structure that is rapidly absorbed by the body, causing a spike in blood sugar levels.

This in turn causes a quick burst of energy that is often followed by a prolonged decrease in energy, called a sugar "crash."

This sluggish feeling is simply annoying, but the process of quickly flooding the bloodstream with sugar causes the body to release insulin, which promotes fat storage.

And that's not all. Alzheimer's disease has progressed from a peripheral health issue to a worldwide problem during a similar time span. Research by Dr. Kurt Mosetter has revealed that Alzheimer's may be a result of a disturbance in the insulin (blood sugar) system. Dr. Mosetter's research also shows that this disturbance can be largely corrected by limiting sugar and eating a nutritious, healthy diet.<sup>4</sup>

The amount of sugar hidden in modern diets makes reducing intake a real challenge. Decades ago, when the vast majority of meals were prepared in the home kitchen, people knew exactly how much sugar they were consuming. That's no longer the case. Frozen dinners, fast food, junk food, premade foods—all of these tend to be loaded with sugar. And they are increasingly being consumed in place of wholesome, homemade meals.

Even worse is that manufacturers sometimes hide sugar in foods marketed as healthy. The food industry knows what makes its products taste good—sugar. But they also know that sugar is an ingredient even moderately health-conscious people try to avoid. In order to hide sugar, they sometimes give it different names. A few common terms used to conceal how much sugar a food contains are corn syrup, high-fructose corn syrup, glucose, fructose, lactose, dextrose, sucrose and maltose—quite a few names for a single ingredient that is unhealthy when chronically overconsumed.

<sup>1</sup> Virtanen J, Mursu J, et al; Dietary fatty acids and risk of coronary heart disease in men: the Kuopio Ischemic Heart Disease Risk Factor Study; *Arterioscler Thromb Vasc Biol.* 2014 Dec;34(12):2679-87. doi: 10.1161/ATVBAHA.114.304082. Epub 2014 Sep 25.

<sup>2</sup> Z. Harcombe, J. Baker and B. Davies, "Food for Thought: Have We Been Giving the Wrong Dietary Advice?," *Food and Nutrition Sciences*, Vol. 4 No. 3, 2013, pp. 240-244. doi: 10.4236/fns.2013.43032.

<sup>3</sup> R Johnson, M Segal, et al; Potential role of sugar (fructose) in the epidemic of hypertension, obesity and the metabolic syndrome, diabetes, kidney disease, and cardiovascular disease; *Am J Clin Nutr* October 2007

vol. 86 no. 4 899-906

<sup>4</sup> Kurt Mosetter, Anna Cavellius; *Zuckerkrankheit Alzheimer*; Riemann, 2016;

ISBN: 978-3-570-50194-8



In some instances, the ingredients will list faux-healthy sugar substitutes such as molasses, honey or sorghum. These are still sugars. Even honey, which has its place in a healthy diet, can be detrimental if you eat too much of it, as it contains high levels of natural sugar.



The easiest way to avoid hidden sugars in your diet is to make the most of your meals at home from whole ingredients. Whole ingredients are raw foods such as fresh fruits and vegetables purchased in the produce section or filets of fish or chicken bought at the meat counter. Premade mixes, canned soups and frozen foods cooked in the microwave are not whole foods.

Making as much food as possible in your own kitchen from scratch lets you control exactly how much sugar is in your food and, consequently, in your body.

Even when you are cooking at home, many recipes call for sugar to sweeten the taste, feed yeast or cut a sour taste. Learning a little about different ways to sweeten your foods can help reduce overall sugar intake. Not all sweeteners are equal. In fact, not all sugars are equal either!

People tend to think of sugar as only the tiny, white granules we see at the dinner table. Some sugars are actually good for you.

Galactose is a sugar found in milk that aids in vital information and control processes in the human body—and galactose does not create an insulin response the way refined table sugar does. Trehalose is sugar many diabetics are familiar with because it tastes similar to table sugar but has a very small effect on blood glucose levels because it causes the body to release glucose very slowly.

Yacon syrup from South America has been shown in clinical studies to help facilitate weight loss.<sup>5</sup> Yacon syrup is new to the palates of those used to Western diets, so it may take some getting used to.

Perhaps closer to sugar than Yacon syrup in taste is stevia. The stevioside extracted from the stevia plant is about 300 times sweeter than sugar, making it the sweetest sugar alternative on the market. Because stevia has no calories, using the sweetener has a negligible glycemic index rating. This means it won't cause a spike or the following drop in blood sugar. This helps control cravings, maintain energy and avoid lulls in energy after a meal.

It's clear that less fat doesn't always mean a healthier diet. Often the opposite is true due to an increase in sugars, which, along with sedentary lifestyles, is the real culprit behind the obesity epidemic.

<sup>5</sup> Genta S, Cabrera W, et al; Yacon syrup: beneficial effects on obesity and insulin resistance in humans; Clin Nutr. 2009 Apr;28(2):182-7. doi: 10.1016/j.clnu.2009.01.013. Epub 2009 Feb 28.

# 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.



# Living Responsibly

Living responsibly means thinking critically about how your lifestyle affects others. Every decision you make impacts the world around you.

Choosing to buy organic food affects the environment by supporting farms that do not put herbicides, pesticides and petrochemical fertilizers into the ground. Drinking fair-trade coffee may help a stranger on the other side of the globe earn a living wage. Biking to work reduces pollution as well as helps keep medical costs down for everyone, because even your own personal level of health can have ripple effects on the world.

In essence, living responsibly means living a lifestyle that leaves minimal impact—using fewer natural resources, reducing waste, supporting environmentally conscious businesses—to ensure a higher quality of life for future generations.

Here are a few small ways to live more responsibly that have big impacts on the world:

## Shop Responsibly

One of the easiest ways to live responsibly is to bring your own reusable bags when you go shopping. To further reduce the amount of packaging that ends up in landfills, purchase from the bulk food section of your local grocery store. And bring your own reusable containers. Clean glass jars are wonderful, airtight containers that can be used again and again.

There are even grocery store chains now devoted to package-free shopping. The United Kingdom has Unpackaged and SESI, the United States has Green11 and Simply Bulk Market, and Germany has multiple Unverpackt stores. These are just a few examples of the many packaging-free shops. More and more are opening all around the world as consumers continue to seek out more environmentally friendly ways to purchase groceries.

Choosing locally grown, in-season fruits and vegetables is also a good, responsible living habit to form. Out-of-season foods grown in another country require huge amounts of fossil fuel to transport them to your local supermarket.

## Live in a Responsible House

Be conscious of your heating and cooling bills. Every second your furnace or air-conditioning is on, the earth's resources are being consumed. Adjusting your thermostat even just a few degrees can help protect the earth and save you money!



Living in a responsible house also means being aware of your energy consumption throughout the day.

How energy efficient are your house and your lifestyle? Do you turn the lights off in a room when you leave it? How long do you stand in front of your open refrigerator door while looking for something to eat?

Installing aerating, low-flow faucets, toilets and showerheads will help you reduce water use. Using less hot water further helps because it means a reduction in the energy needed to heat the water.



### Use Environmentally Friendly Transportation

Thanks to modern technology and well-planned cities, there are more alternatives than ever to the old gas-guzzling vehicles our parents drove. Hybrid and electric cars are wonderful vehicles for those of us who absolutely need to drive. Public transit in the form of buses and trains also helps reduce pollution. Better still, biking to work cuts emissions and keeps you healthy.



### Take a Holistic Approach to Health

Antibiotics, hormones, mood stabilizers and other pharmaceutical drugs commonly used today are finding their way into our water supplies. Some studies have even found traces of these drugs in the bodies of fish and other animals that drink the water. Taking a holistic approach to health can often help avoid the need for using these drugs by preventing the issues they treat.

Eating a healthy diet rich in fresh fruits and vegetables, maintaining an active lifestyle that provides the body with enough physical activity, and learning natural ways to deal with stress will all help keep your body healthy.

### Live Simply

Voluntary simplicity is one of the most powerful forms of living responsibly. People who are able to slow down, purchase fewer “toys” and enjoy the simple pleasures in life are often able to enjoy life more because they have fewer distractions. It just so happens that many of the old distractions leave a negative footprint on the environment. Do you need to purchase the latest smartphone, or does your old one still work perfectly well? Are you purchasing new furniture because your old set is uncomfortable or because you want to impress visitors?

We live in a global society and have to start thinking about the global good in order to ensure that our children and their children will have the opportunity for a long, healthy life in a world still filled with natural resources.



# What Happens When We Don't Receive Proper Nutrition?

According to the World Health Organization's definition, malnutrition refers to two broad categories. The first is undernutrition, which involves deficiencies in nutrition that can cause stunted growth, low weight and wasting. The second, and lesser known, category is excess weight, obesity and diet-related noncommunicable diseases (i.e., degenerative diseases related to nutrition).

Malnutrition affects the body in numerous ways. Even moderate malnutrition can weaken the immune system, causing an increased risk of infection.<sup>1</sup> Lack of a healthy diet can also cause vitamin-deficiency diseases such as scurvy and rickets.

When malnutrition manifests as obesity, the effects can include coronary heart disease, diabetes, stroke and other weight-related diseases.

In developing countries, malnutrition is directly responsible for 300,000 deaths every year in children younger than five years old. Worldwide, malnutrition contributes indirectly to more than half of all deaths of children, according to the Centers for Disease Control.

Undeveloped areas of the world have much higher instances of undernutrition. Developed countries, especially those with modern Western diets, have much higher instances of overweight/obesity and degenerative (non-communicable) diseases.

There are many reasons malnutrition occurs. Medical conditions and certain medications can cause or exacerbate malnutrition. In developing countries, chronic malnutrition is widespread largely because people do not have access to the amount of food needed to provide proper nutrition. In more wealthy, industrialized nations, malnutrition is usually caused by poor diet choices, mental health problems, food prices and food distribution, lack of breast-feeding, and more.

Similar to underdeveloped countries, even the wealthiest nations see malnutrition due to lack of access to food in certain areas. Over the past few decades, socioeconomic factors have created "food deserts" that prevent easy access to healthy food.

Food deserts occur in low-income neighborhoods where the only food stores in walking distance stock their shelves with unhealthy, convenient processed foods; junk food snacks; and soda. While they are able to eat, people in these areas lack access to healthy options. The result is a diet that lacks nutritional staples the body needs for maximum health, such as fresh fruits and vegetables, and has an excess of fats and sugars that cause excess weight, obesity, diabetes and more.

Other social issues can also impact the risk of becoming malnourished. Regardless of whether or not a person lives in a food desert, people with mobility problems, such as the elderly, often lack the means to get out and purchase healthy foods. In our society, this problem can be remedied by paying special attention to the elderly in our lives—not just our own grandparents but our neighbors, friends, coworkers, etc.—and contributing to organizations that help look out for these people in need.

The easiest way to help avoid malnutrition is to eat a healthy diet rich in fresh fruits and vegetables while reducing intake of sugars, alcoholic beverages, salt and man-made faux foods.



To ensure proper nutrition for everyone in the family, cook most of your meals at home with ingredients that are high in fiber, low in sugars and contain amounts of fat that are proportional to your family's fitness level. When purchasing groceries or planning meals, put special focus on selecting a wide variety of fresh fruits and vegetables. Variety will help provide everyone in your family (no matter what their age) with a wider range of nutritional support.

In addition to eating healthy, home-cooked meals, avoid eating junk food, pre-made meals and fast food. These foods tend to be very high in fat, calories, salt and man-made ingredients. Moreover, they tend to be extremely low in nutritional value.

Choosing healthy meal options, engaging in regular physical activity and staying socially connected will all help prevent malnutrition.

<sup>1</sup> Eileen Stillwaggon; "Race, Sex, and the Neglected Risks for Women and Girls in Sub-Saharan Africa"; *Feminist Economics*; 14 (4): 67–86. doi:10.1080/13545700802262923

# Sustainable Medicine

Modern medicine has reached a point where the model has become one in which doctors try to see as many patients as possible as quickly as possible in the interest of saving time and money. This model can leave patients feeling dehumanized and left wondering what impact this style of treatment has on our health and our environment.





A new model worthy of investigation is that of sustainable medicine. Sustainable medicine incorporates the wonderful benefits of holistic medicine but goes even further, with the idea that all aspects of health and treatment must be sustainable on every level.

The World Medical Association issued a lengthy statement on the topic, including the message that “the effective practice of medicine increasingly requires that physicians and their professional associations turn their attention to environmental issues that have a bearing on the health of individuals and populations.”<sup>1</sup>

This new sustainable model is built on the idea that our health and our environment are intrinsically linked. When one falls ill, so does the other.

Consequently, doctors who wish to practice sustainable medicine must educate patients about long-term health, practice medicine sustainability, build relationships and be environmentally conscious.

Becoming an environmentally conscious medical practice that leads by example shows patients the importance of maintaining the environment. Moving to secure, digital medical records saves paper and allows easier record transfers to complementary providers. Office staff can recycle shredded paper and send bills electronically through email. Doctors who are environmentally conscious might ask themselves whether the patient really needs a follow-up appointment that will require travel or if a phone call with a nurse will be sufficient. Being leaders in environmental sustainability also allows doctors to engage patients on the topic as part of their medical appointments.

Sustainable medicine focuses not on treating disease but on maximizing health through preventive action, patient education and early detection of disease. Sustainable medicine also calls for reevaluation of the amount of antibiotics, pain medicine and psychopharmacological drugs used to treat patients.

When people take medications, some of the chemicals pass through the body as waste, which then ends up in the sewer system. Wastewater is treated and returned to reservoirs, rivers and lakes. However, most treatments do not remove all the chemicals. An investigation led by the Associated Press found small amounts of pharmaceuticals in the drinking water supplies for at least 41 million Americans.<sup>2</sup> Other studies have found similar results in water supplies around the world. Despite many researchers now trying to study and quantify the results, there is no telling how much of a negative impact this accumulation of medical waste will have on the environment.

Encouraging healthy habits such as eating a diet based on fresh fruits and vegetables, engaging in regular physical activity, managing stress, building healthy relationships and maintaining a positive focus in life can help postpone or prevent the need for many medications, thereby reducing the amount of medicine entering the environment.

Unfortunately, we live in an age where many patients would rather take a cholesterol-lowering pill than change their diet and exercise levels. However, for sustainable medicine to flourish, patients must also accept responsibility for their actions.

Patients must accept that they are responsible for not only their health but also the health of everyone affected by the environment.

In this respect, everyone needs to understand that healthy nutrition, exercise, personal fulfillment, spiritual balance and other lifestyle issues are just as important as—if not more important than—any medication they can take.



<sup>1</sup> “WMA Statement on the Role of Physicians in Environmental Issues” World Medical Association Inc.; <http://www.wma.net/en/30publications/10policies/d5/>

<sup>2</sup> J DONN, M MENDOZA, J PRITCHARD; “PHARMAWATER I Pharmaceuticals found in drinking water, affecting wildlife and maybe humans”; [http://hosted.ap.org/specials/interactives/pharmawater\\_site/day1\\_01.html](http://hosted.ap.org/specials/interactives/pharmawater_site/day1_01.html)

<sup>3</sup> R Bascom, P Bromberg, D Costa, et al; (1996). Health effects of outdoor air pollution. American Journal of Respiratory and Critical Care Medicine, 153(2), 477-498.

<sup>4</sup> A Moudon; “Real Noise from the Urban Environment: How Ambient Community Noise Affects Health and What Can Be Done About It”; American Journal of Preventive Medicine; Volume 37, Issue 2, August 2009, Pages 167-171



Just as our actions can affect the environment, the health of the environment can affect us. Environmental pollution can contribute to a wide array of ailments. Lead found in the air and ground of highly polluted areas has been linked to everything from neurobehavioral illnesses to hypertension in adults.<sup>3</sup> Even noise pollution can take its toll on health. Prolonged exposure to excessive noise has been linked to feelings of annoyance, reduced performance, aggressive behavior and, perhaps most severe, an increased risk of myocardial infarction.<sup>4</sup>

The term “sustainability” actually encompasses a great deal. Because the health of so many people is directly affected by the quality of their environment, any action to protect the environment is also an action to protect one’s health. If every citizen of the earth recycled, limited his or her use of fossil fuels and became more environmentally conscious, nature would again be able to thrive—and so would our health.

Building relationships is another critical factor in sustainable medicine. Impersonal medical care from large groups and emergency facilities is not only wasteful in terms of resources but also unfulfilling for doctors and patients.

Medical groups that are small, locally owned and engaged in the community are far more sustainable because they foster long-term doctor-patient relationships in which mutual trust is created.

**When there is trust between doctor and patient, there are fewer unnecessary trips to the emergency room and fewer unneeded tests are ordered.**

Doctors who treat patients and families as partners rather than uninformed patients help build the sustainable model by fully informing patients about the risks and benefits of treatments and alternative therapies in order to make the best choices possible.

Sustainable health systems must also use new models of care delivery that are more effective, easily accessible and cost less. Speaking with doctors over video chat, for example, reduces the need for transportation, thereby cutting carbon emissions.

When all of these factors come together, sustainable medicine is able to help drive change that protects the environment by bringing together doctors, patients, CAM practitioners, nurses, midwives, medical associations, NGOs, researchers, international organizations, governments, decision makers and funding providers.

A truly sustainable health care system brings about many positive changes in health and environment. Taking a holistic approach that recognizes the role of pollution in health, sustainable medicine can help improve the health of not just one patient seeking medical help but the overall global community.

# VEGAN OMEGOLD®

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

EPA and DHA contribute to the normal function of the heart. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA. In addition, a daily intake of 250 mg DHA contributes to maintenance of normal brain function and normal vision.





# Modern Foraging

Modern societies distribute fruits, vegetables and herbs primarily through supermarket produce sections. If one stops to think about it, this may be the least-efficient way possible to get natural, wholesome foods in your home.

Plants are grown on large-scale, industrial farms and then picked, packaged, shipped to warehouses, shipped again to grocery stores and finally purchased by consumers. Wouldn't it be nice if there were a simpler way?

A growing segment of the population in developed countries has rediscovered foraging. Modern foragers are eschewing the grocery store for parks, woods and even streets to find their own food. Common plants and fungi such as mushrooms, dandelions, fruits and berries are all around us; we just have to know where to look.



You may be a forager without even knowing it. Have you ever picked a berry off a bush or chewed the leaf of an herb you found growing in the park? Congratulations, you are a forager!

One amazing reason foraging works is because of the vast variety of options. There are roughly 120,000 edible plants on the planet. But stores catering to Western diets typically sell only 120. Of those, roughly 30 are actually consumed on a regular basis! Foraging not only exposes our palates to new and exciting flavors but also gives us access to the way foods taste in nature—this can be drastically different from genetically modified, farm-grown foods designed to resist herbicides, look pretty and last longer in grocery stores.

Before heading out your back door to start foraging, take time to educate yourself.

Not all plants are edible. Some are quite poisonous. While there are many smartphone apps available that can be useful in the identification of plants, it is still wise to consult academic books with large, clear diagrams and pictures. However, be aware that plants in the wild don't always look the same in pictures.

Many government parks and forest preserves even offer tours in which guides point out edible and poisonous plants. If you doubt a plant's identity even slightly, do not pick it!

Foragers should also protect themselves by reading up on local ordinances for the lands on which they will be foraging. Some areas forbid disturbing protected environments by picking plants. Location is key. Although some people have successfully learned to forage in urban environments, be aware of pollution dangers. For your safety, no matter how tempting they may look, never forage in areas with heavy pollution, within 100 feet of roads or in areas with heavy spraying of farm chemicals.

Foraging is a sustainable process when done correctly. Practice regenerative picking by harvesting only larger, mature plants so the younger ones may continue to grow. Don't take every single plant you find. Some must be left behind to regenerate or drop seeds. A good rule is to take half and leave half.

One popular method used by foragers is ITEMizing.

## ✓ IDENTIFY

First, identify the plant. Expert foragers take the time to carefully identify the plant every single time they encounter it.

## ✓ TIME

After you identify the plant, make sure it's the proper time of the year. This not only serves to help double-check the plant's identity but also offers other clues such as how much nutrition the plant may have. If you harvest a plant that is not in season, it may taste "off."

## ✓ ENVIRONMENT

Evaluate the plant's environment. Is it growing near a road where it may be polluted?

## ✓ METHOD

Finally, know the correct method of preparation. Plants picked in the wild can have tastes and textures drastically different from what we are accustomed to. For example, some need to be peeled, soaked or boiled in order to make them palatable.

Foraging isn't for everyone, but everyone should try it at least once. You may discover an entire new world of flavors, textures and nutrition you didn't know existed right outside your back door.

# Masculinity versus Sustainability

In industrialized countries, studies are showing that women are more likely than men to be environmentally aware. Women are often the ones who purchase organic foods, recycle, install energy-efficient lightbulbs and push for energy-efficient appliances.

There are plenty of small steps that men can take in order to live a more sustainable lifestyle that still fits a masculine identity. Each little step can help develop a more environmentally conscious lifestyle. Before long, even the most traditional man will find joy and reward in his environmental saving accomplishments.

A small step any man can take toward greener living is to take his exercise routine outdoors. He might not realize it, but hiking, kayaking, biking or running through the woods are all environmentally friendly ways to exercise.



When an exercise routine is moved outdoors, it means less energy is being consumed. You don't need to turn on lights, power a treadmill or use any electricity. If more men moved out of the gym and into nature to get their exercise, think of the amount of energy that would be saved if fewer gyms were constantly running fans, playing music, displaying large televisions, running treadmills and doing everything else it takes to power a gym.

There are plenty of ways to tweak traditionally manly activities in order to make them more environmentally friendly. For example, what could be more masculine than cooking with fire on a grill? Switching from a propane grill to a natural gas grill is an easy, small step that helps the environment. Natural gas burns cleaner than propane, which means fewer pollutants. Of course, both are more environmentally friendly than charcoal.

Reducing the amount of meat grilled and replacing it with equally delicious grilled vegetables are small steps that men can take to help live a more sustainable life.

Remember, an appropriate serving of protein is roughly the size of a deck of cards. Regularly grilling massive burgers can be as unfriendly to a man's health as it is to the environment.



Purchasing meat from farms that use sustainable agriculture techniques will also help. And not just because sustainable farms tend to pollute the air, ground and water less. Animals raised on pastures (compared to factory farm methods) have a tendency to contain less fat and fewer calories and more omega-3 fatty acids, vitamins, and important nutrients. Sustainably raised animals are also raised without growth hormones, nontherapeutic antibiotics and other chemicals. Men may not realize it until they try them, but often these meats taste better because the source animals consume a natural diet that positively affects flavor.



Traditionally, men are more interested in cars than women are. Racing, car shows, garages—these areas are dominated by men. They are also historically not environmentally friendly activities. Cars, especially high-performance race cars, burn fossil fuels that cause pollution.

Today more than ever, there are vehicle options that can appeal to a man while also reducing his carbon footprint.

Hybrid and electric cars may have started off as smaller, family vehicles, but they have evolved to the point where even the most macho man can enjoy a high-performance electric sports car.



The next time it's time to shop for a new car, think about sustainable options too—and why not, with gasoline prices as high as they are these days? Less money spent fueling up a car means more money to spend elsewhere.

It's easy to see that masculinity and sustainability are not mutually exclusive concepts. With a little consideration, a man can make small changes in his life that will make a big impact on the world around him.

# Living Consciously at Any Age

Sustainable lifestyles can differ drastically as we age. For example, younger people are more physically capable of activities such as biking to work instead of driving a car.

Adults entering their 60s and 70s are often not as physically capable, but they may have more time and resources that they can put to good use.

Many seniors are in a position to reduce their environmental footprint by downsizing their housing. After children are grown up and move out, what becomes of the space they used to inhabit? More often than not, it becomes unused space that still requires heating in the winter and cooling in the summer.

Moving to a smaller home, apartment or condo can drastically reduce the amount of energy from fossil fuels that seniors use for heating and cooling.

Seniors don't necessarily need to move in order to live in housing that creates a more sustainable lifestyle. Anything from larger projects such as installing solar panels on roofs or installing all new windows to smaller steps like installing low-flow, aerated faucets will help. As added incentive, some governments even offer tax credits for making homes more energy efficient.

Many seniors living on their own savings are money conscious, for good reason. Fortunately, living with environmental consciousness often ends up saving money because consuming fewer resources lowers utility bills. Performing an energy audit on your home is a great way to see where small actions can have a big payoff in reducing energy consumption.

When it's time to move from independent living to an assisted living community, environmentally conscious seniors can choose to move to buildings that utilize sustainable practices. As more seniors choose to spend their money on such retirement homes, the market will adjust and even more options will become available.

Whether living at home or in an assisted living community, seniors can take small steps that create big impacts.

Simply turning off lights when leaving a room, installing energy-efficient lightbulbs and appliances, and adjusting the thermostat a few degrees all will reduce carbon emissions and save money on utility bills!

A professional technician can inspect your home for air leaks, examine your furnace and ductwork, look at your water pipes, and review other common problems that lead to energy leaks. He or she will then recommend fixes that can save significant amounts of money over time.

On a larger scale, building developers and assisted living communities can help as well by creating new buildings for seniors that are sustainably designed with features such as using sunlight for passive and active solar power; installing green roofs and rain gardens to reduce rainwater runoff; installing geothermal heating; using low-impact building materials; and using other environmentally friendly technologies to create beautiful living spaces that are in harmony with the natural world.

Many seniors who are retired simply have more time to devote to sustainability than do younger generations who are still active in the workforce or busy raising children. Volunteering time to clean parks or beaches, vegetable gardening, raising chickens, taking public transportation, recycling—there are nearly limitless activities that seniors can do in order to help keep the planet clean and beautiful for generations to come.

With the population in most Western countries growing older, senior citizens are in a unique position to have a huge impact on sustaining a healthy environment. From large projects to little fixes, seniors who take the time to consider what they can do to live a green lifestyle are helping ensure their children and grandchildren inherit a clean, beautiful world.







# Teaching Sustainability

Our children will inherit the world in whatever condition we leave it. It's also our children who become nature's guardians and shape their world for their own futures. One of the most important things parents can do is to teach their children sustainability so they will be able to care for the world.

Lead by example. Taking an attitude of “do as I say, not as I do” toward teaching sustainability is one of the most irresponsible parenting tactics you can adopt, because children mimic their parents, even if they are unaware of it. Whether it's simple mannerisms—bad habits like smoking cigarettes or good habits like recycling—if you do it, so will your child.

For younger kids especially, teaching sustainability needs to be fun.

Long lectures and dry documentaries are boring and cause kids to tune out. Likewise, turning good habits into hard chores is a surefire way to cause disinterest. To make your lessons fun, integrate them into activities your child likes. If your child loves animals, take her or him to the zoo and work into your conversations phrases about the importance of sustainability.

Whenever and wherever you chose to have conversations, avoid doomsday talk. Children need to know how important the issue is, but they don't need to be scared. Talking about only the negative aspects of unsustainable lifestyles and the damage already done to the environment is not helpful.

When talking to your children, focus the conversation on the positive aspects of why living a sustainable lifestyle is good for the world.

Give examples of sustainable living, and explain why those examples are good.

Similarly, know your child's limits. You may be passionate about environmentally conscious living, but sharing too much of that passion too quickly can overload your child, especially when you get carried away and spout too much rhetoric. Cognitive and emotional overload can cause your child to disengage from the conversation.

Make sustainable actions a part of everyday life. Most children go through a phase when they begin to want to help Mom and Dad with whatever they are doing. Use this to your advantage. “Want to help Mommy take the recycling out?” “Can you help Daddy plant these seeds?”

Helping out with the family garden is a wonderful way to get your children involved in living with nature.

There are countless opportunities to talk about nature and our role in protecting and preserving it when you are gardening.

Young kids who still enjoy bedtime stories can be gently taught important messages by reading books geared toward environmentalism with Earth-friendly morals. As sustainable living has become more and more important, a good selection of books has become available that will interest kids of any age.





Volunteer together. Search your local community organizations and message boards for opportunities for environmental volunteer jobs, and then take your kids along with you. Volunteering as a family not only models good behavior but also exposes kids to things, people, experiences and circumstances that will have lasting effects on them for years to come.

*If you make volunteering a fun and regular family activity, your children will be likely to grow up with a desire to incorporate these earth-friendly activities into their own families' lifestyles later in life.*

Teaching sustainability and fostering a responsible attitude in our children are vitally important so that they grow into responsible caretakers of the earth. By modeling good behavior and taking a positive approach, you can give your child the gift of responsible living that will benefit all of humankind.



# The Magic of Organics

Many women today are adopting a new, powerful rule for selecting their beauty products. If it's not safe to eat, they won't put it on their skin.

Whether they are trying to avoid allergens, wish to help protect the environment or want to simply find something more effective, more and more women are finding the magic of organic beauty products.

Beauty products that are truly 100 percent organic are made from natural ingredients grown without the use of pesticides, herbicides and insecticides.

Consequently, organic beauty products are earth friendly as well as skin friendly.

Most conventional beauty products use petroleum-based ingredients and contain a long list of man-made chemicals in their ingredients. These harsh substances, such as petroleum and aluminum, require mining and drilling to obtain. The places to extract the substances most cheaply are some of the world's most beautiful and ecologically sensitive areas. Choosing to use organic cosmetics can help limit your ecological footprint by avoiding companies that rely on these practices to make their products.

In addition to ecological reasons for choosing the magic of organic beauty products, many organic beauty products are less likely to cause skin irritations because they do not contain harsh chemicals and artificial colors. Similarly, organic beauty products rely on natural, chemical-free fragrances such as essential oils, leaving them with a natural, pleasant smell.



Some of the chemicals in conventional makeup can be quite harsh on a woman's skin, causing irritation to sensitive individuals. Occasionally, conventional makeup even contains chemicals that are poisonous to certain bodily systems. Parabens and phthalates, two common cosmetic ingredients, have been linked to multiple illnesses, including type 2 diabetes.<sup>1</sup> In the United States, the Environmental Protection Agency has warned against exposure to them.<sup>2</sup> Why would any woman want such things on her skin?



Because of their natural ingredients, many organic cosmetics are not just gentler on the skin, they may have longer-lasting effects as well. This is because the organic ingredients often include natural, skin-enhancing nutrients such as cocoa butter. Organic liquid foundations often use cocoa butter to provide a smooth, youthful look that also happens to help protect skin tone and elasticity.<sup>3</sup>

Other popular organic ingredients include Açai berries, Aloe vera, chamomile and rosehip and other antioxidant-rich plants.

Antioxidants fight free radicals that break down the integrity and elasticity of the skin, causing accelerated aging.<sup>4</sup>

<sup>1</sup>Trasande L, Spanier AJ, Sathyanarayana S, Attina TM, Blustein J. Urinary Phthalates and Increased Insulin Resistance in Adolescents. *Pediatrics*. September 2013. doi: 10.1016/j.jpeds.2013.03.072.

<sup>2</sup>U.S. Environmental Protection Agency. Phthalates Action Plan Summary. EPA. Fact Sheet; [http://www.epa.gov/sites/production/files/2015-09/documents/phthalates\\_actionplan\\_revised\\_2012-03-14.pdf](http://www.epa.gov/sites/production/files/2015-09/documents/phthalates_actionplan_revised_2012-03-14.pdf).

<sup>3</sup>Gasser P, Lati E, et al; Cocoa polyphenols and their influence on parameters involved in ex vivo skin restructuring; *Int J Cosmet Sci*. 2008 Oct;30(5):339-45. doi: 10.1111/j.1468-2494.2008.00457.x.

<sup>4</sup>T Thring, P Hill and D Naughton; Anti-collagenase, anti-elastase and anti-oxidant activities of extracts from 21 plants; *BMC Complementary and Alternative Medicine* 2009, 9:27. doi:10.1186/1472-6882-9-27.



How do you know whether a product is truly organic? Depending on the country you live in, there are numerous certification agencies working to help consumers identify truly organic beauty products. The Soil Association is nearly exclusive to UK countries; ICEA is popular in Italy; Cosmebio is prevalent in France; Natrue is a growing certifier still confined predominately to German-speaking countries; the USDA covers the United States. COSMOS is a collection of agencies working to set global standards.

With so many different agencies certifying products, knowing which to choose can be confusing. That's why some women opt to make their beauty products at home.



Try this easy, reliable recipe for body lotion.

### Ingredients

- 1/4 cup fresh, pure water
- 1/8 tsp. baking soda
- 1/4 cup organic olive oil
- 1/4 cup organic coconut oil
- 3 Tbsp. beeswax (grated)

Dissolve the baking soda in warm water in a glass container. In a separate glass container, mix the olive oil and coconut oil. Place this glass container in a pan of water. Add the grated beeswax, and heat over medium heat until the oils and beeswax are melted. Stir occasionally to fully mix ingredients. Slowly add the water to the oil mixture, stirring constantly. Once the water is fully incorporated, pour the mixture into your favorite container, such as a used mason jar. The mixture will thicken as it cools. Once it is cool, apply it by scooping out the desired amount and rubbing it into your skin.

# Bodysmart Solutions Vegan Protein Shakes!

## For healthy weight management and nutrition!

The Bodysmart Solutions Vegan Protein Shake is a great addition to your daily diet. Each serving provides high quality protein from two different sources - pea and brown rice protein - in a readily usable form that is suitable for vegans.

## Our new Bodysmart Solutions Vegan Protein Shakes are:

- Gluten-free
- Soy-free
- Sugar-free
- ... and Dairy-free!



Full details of the product can be found on our website [www.lifepus.com](http://www.lifepus.com) and in our product catalogue.

© 2016 Lifepus International

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

# Ask the Expert

## Do negative emotions really affect my health?

Anger, resentment, anxiety and other negative emotions can directly and indirectly affect your health. Have you ever felt wiped out after a stressful week at work? This is because the negative emotions have been affecting your health and energy levels. When these feelings build up or are too strong or too prolonged, they become stressors that can contribute to a number of health issues. Too much worrying can definitely take its toll on your body, causing problems from simple upset stomachs and headaches to cellular damage and major diseases. Focusing on negative emotions can also indirectly affect your health by attracting even more negative things, people, experiences and circumstances to your life. Fortunately, positive emotions such as joy and happiness affect your health too.

All emotions, especially strong and prolonged ones, can impact health.



You can safeguard yourself against the effects of too many negative emotions by learning how to relax properly, learning how to let go of situations beyond your control and taking care of your body by supplying it with high-quality antioxidants, B vitamins and other micronutrients. And never underestimate the ability of strong positive emotions such as happiness and joy to have a positive physical effect on your body. Focusing on these positive emotions can do wonders, keeping your mind, heart and body healthy!

## Why do I need fiber in my diet?

Fiber aids in digestion in several important ways. First, fiber acts as bulk that moves waste through your intestines. This helps prevent uncomfortable constipation. Second, fiber binds with dietary fat and certain toxins, reducing their ability to be absorbed by the body. This helps with weight control and prevents fat-soluble toxins from entering your body. Soluble fibers (those that dissolve in water) help create a long-lasting feeling of fullness, which can help with weight control and cut down on afternoon snacks. Insoluble fibers (those that are not fully digestible) also help balance intestinal pH, which in turn creates an environment where probiotic bacteria can thrive. Colonic bacteria produce short-chain fatty acids (such as butyric acid) from fiber, which serves as the primary energy source for the intestinal epithelial cells. As if those weren't enough reasons to increase your fiber intake, fiber-rich diets also help lower the risk of developing certain digestive problems, reduce bad cholesterol levels, control blood sugar levels and more.

## What exactly are probiotics anyway?

Probiotics are bacteria that your body relies on to help in digestion. We've been trained to think of bacteria as gross and harmful (and in some cases this is true), but there are many, many kinds of bacteria that help the body stay healthy. The various bacteria that comprise probiotics—especially *Lactobacillus acidophilus*, *Bifidobacterium bifidum* and *Lactobacillus salivarius*—produce organic compounds, such as lactic acid, hydrogen peroxide and acetic acid, which help maintain and promote a healthy acid/alkaline balance in the colon. Without probiotics, your body's digestive tract wouldn't be efficient at absorbing the nutrients found in the food you eat. Probiotics also produce substances that help the immune system and act as natural antibiotics to kill undesirable microorganisms and unhealthy bacteria. Probiotics are found in abundance in fermented foods such as sauerkraut, yogurt, kimchi, kefir and kombucha.

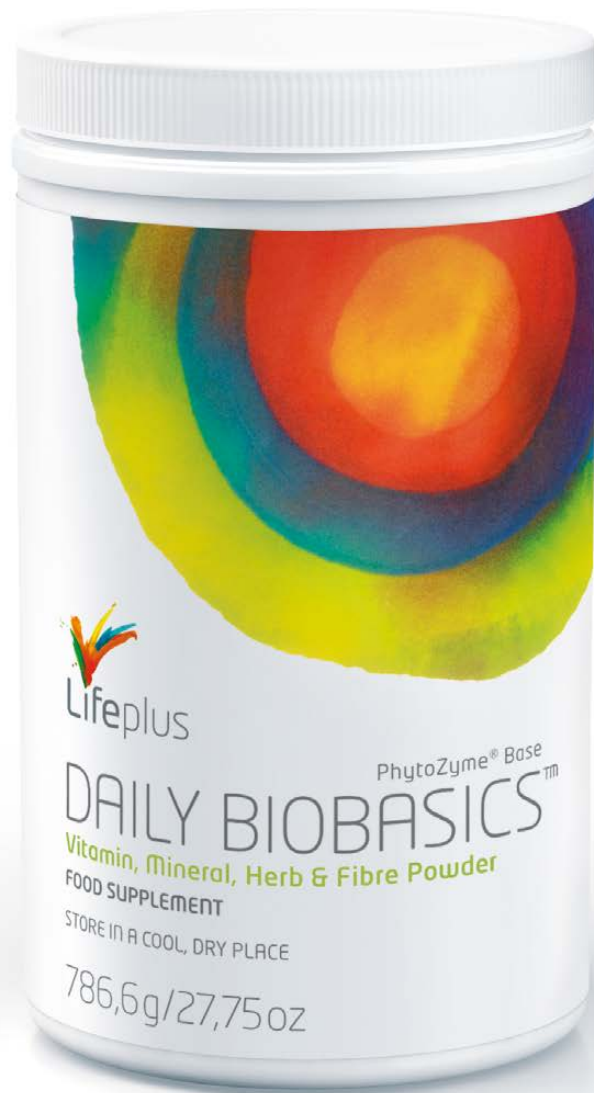


# Daily BioBasics™

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](http://www.lifepus.com) and in our product catalogue.

© 2016 Lifepus International

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



6740