

September/October 2020

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Vitamin C

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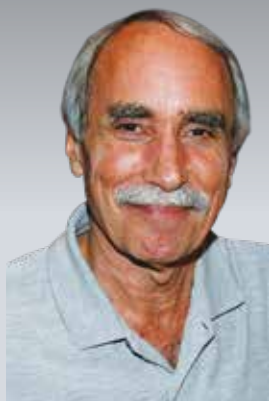
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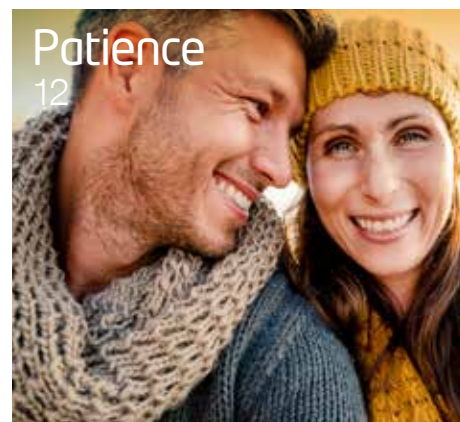
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Defining Health

The other day I was asked to define the word “health.” I realized that I couldn’t answer without knowing more first. Was the person asking the question wondering about physical health or mental health? Did he view health as simply the absence of disease or living his best, healthiest life? Then I realized that any definition I gave him would not be the same one I would give the next person to ask.

The definition of health will vary from person to person—and it will change throughout one’s life. I know that my definition of health is drastically different now than it was when I was in my 20s. It’s different now than it was five years ago because our bodies are always changing.

It is for these reasons that defining health should be a personal journey, not a static answer. The many differences in each of us—age, gender, history, diet, activity level, DNA, epigenetics, ethnicity, mental focus and so on—create different definitions. All these things affect our dietary, physical and emotional needs. A healthy diet for one person may cause another person to struggle with weight gain. A healthy exercise

routine for a husband may not be enough for his wife.

What’s your definition of health? Is it simply not being sick? Or is it feeling well and living your best life? Maybe it’s something in between. There is no one right answer, because it is a very personal question.

If you can define health for yourself, you can set attainable goals to be as healthy as possible in mind and body.

Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director



Nutritional News



Boost your mood with a new hobby.

Feeling a little blue lately? You may be able to boost your mood by taking up a new hobby. According to researchers in the United Kingdom who looked at nearly 9,000 adults over age 50, starting a new hobby reduced the risk of depression by 30 percent. In addition to boosting mood, engaging in lifelong learning activities such as taking up a new hobby can help stimulate the brain and protect cognitive ability later in life.¹



Ease skin conditions with raspberries.

Researchers have found diets high in black raspberries can help reduce inflammation associated with skin allergies. The scientists believe the berries affect cells in the skin that act as messengers to the body's immune system, preventing them from initiating an inflammatory response.²

Positive focus fights procrastination.

There is more evidence that the feelings and emotions we focus on attract similar feelings and emotions into our lives. A recent study found that dwelling on negative emotions, such as fear, distress and guilt, can lead to procrastination. In turn, this can cause us to further dwell on negative emotions, creating a cycle that's hard to break. Refocusing your mind on positive emotions and experiences can help break that cycle and allow you to live a more productive life.³

Ending the war on fat.

In a recent study, an international team of scientists and nutritionists concluded that there is no evidence that a diet low in saturated fat reduces cholesterol in people with familial hypercholesterolemia. This latest study is yet another piece of scientific evidence that shows very-low-fat diets may not be as healthy as people once thought. Fat can be a healthy part of any diet, as long as it is consumed in amounts proportionate to physical activity.⁴

Power down for better sleep.

Limiting electromagnetic fields (EMF) may help improve sleep overnight. Before you head to bed, turn off computers and Wi-Fi. If you must keep your phone on, don't sleep with it on the nightstand next to your head. Having a single switch that switches off your modem and router before sleeping is an easy way to reduce EMF exposure from Wi-Fi.



Fruits and vegetables fight diabetes.

Diets rich in fruits, vegetables and whole grains are associated with reduced risk of developing type 2 diabetes, according to two large studies. Whole grains may be particularly effective, according to researchers who looked at adults consuming one or more servings of whole-grain cold breakfast cereal or dark bread.^{5,6}



¹ Fancourt, Daisy, Simon Opher, and Cesar DeOliveira. "Fixed-Effects Analyses of Time-Varying Associations between Hobbies and Depression in a Longitudinal Cohort Study: Support for Social Prescribing?" *Psychotherapy and Psychosomatics*, vol. 89, no. 2 (2019): 111-13. doi.org/10.1159/000503571.

² Anderson, Kelvin, Nathan Ryan, Arham Siddiqui, Travis Pero, Greta Volpedo, Jessica L. Copestone, and Steve Oghumu. "Black Raspberries and Protocatechuic Acid Mitigate DNFB-Induced Contact Hypersensitivity by Down-Regulating Dendritic Cell Activation and Inhibiting Mediators of Effector Responses." *Nutrients*, vol. 12, no. 6 (2020): 1701. doi.org/10.3390/nu12061701.

³ Pollack, Shira, and Joanna Herres.

"Prior Day Negative Affect Influences Current Day Procrastination: A Lagged Daily Diary Analysis." *Anxiety, Stress & Coping*, vol. 33, no. 2 (2020): 165-75. doi.org/10.1080/10615806.2020.1722573.

⁴ David M. Diamond, Abdullah A. Alabdulgader, Michel de Lorgeil, Zoe Harcombe, Malcolm Kendrick, Aseem Malhotra, Blair O'Neill, Uffe Ravnskov, Sherif Sultan, and Jeff S. Volek. *Dietary Recommendations for Familial Hypercholesterolaemia: An Evidence-Free Zone*. *BMJ Evidence-Based Medicine*, 2020; bmjebm-2020-111412. doi:10.1136/bmjebm-2020-111412.

⁵ Zheng, Ju-Sheng, Stephen J. Sharp, Fumiaki Imamura, Rajiv Chowdhury, Thomas E. Gundersen, Marinka Steur, Ivonne Slijs, et al. "Association of Plasma Biomarkers of Fruit and Vegetable Intake with Incident Type 2 Diabetes: EPIC-InterAct Case-Cohort Study in Eight European Countries." *BMJ*, 2020, m2194. doi.org/10.1136/bmj.m2194.

⁶ Hu, Yang, Ming Ding, Laura Sampson, Walter C. Willett, Joann E. Manson, Molin Wang, Bernard Rosner, Frank B. Hu, and Qi Sun. "Intake of Whole Grain Foods and Risk of Type 2 Diabetes: Results from Three Prospective Cohort Studies." *BMF*, 2020, m2206. doi.org/10.1136/bmj.m2206.

Cycling into Autumn

The lazy, hot summer days are starting to turn into crisper, cool fall weather! For many of us, that means our exercise routines may be ramped up. And cycling is one of the best outdoor exercise activities.

Cooler weather means you can bicycle to work without as much worry of becoming soaked with sweat (but keep in mind that sweating is an excellent way to detoxify, as long as you hydrate to replace the fluids lost). Or on the weekends you may want to take a leisurely walk on a forest path to see the changing autumn colors. If you're one of the many people pumping up your bicycle's tires, here are just a few of the benefits that make cycling a great way to maintain your fitness level.

Cycling is incredibly heart-healthy. Riding a bicycle for at least thirty minutes provides an aerobic exercise that is wonderful for your cardiovascular system.



Cycling has been associated with improved cardiovascular fitness and a decreased risk of developing coronary heart disease.¹

For those at risk of developing diabetes, both recreational and commuting cycling helps lower risk,² including for older adults who have rarely bicycled before!

Bike riding can be an aerobic activity that contributes to weight control.³ A leisurely bike ride is wonderful (just like a leisurely walk), but a more vigorous speed will benefit your weight loss goal (or maintenance, if you are already at a healthy weight) more efficiently. While each person's metabolism is unique, an average-weight man or woman riding roughly 13 miles per hour will burn between four and five hundred calories in an hour.

Cycling is low impact and non-to-low weightbearing, which means it is easy on your joints.

It builds and tones leg muscles—especially calf, thigh and butt muscles—without the higher potential for bodily injury. Bicycling is gentler on your joints than running because there is less joint shock, since your feet don't pound on the ground. This is good news for people with joint pain or feet, leg or hip injuries.

Biking does require balance and coordination. While your feet and legs are pedaling, your arms, shoulders and core are steering. Added to that, your neck and shoulders are used as you keep an eye on your surroundings (including behind you for turns). If balance is a concern for you—and take that seriously because a fall could mean serious injury—stick to a stationary or seated bike.

¹ Oja, P., et al. "Health Benefits of Cycling: A Systematic Review." *Scandinavian Journal of Medicine & Science in Sports*, vol. 21, no. 4, Aug. 2011, pp. 496–509. doi:10.1111/j.1600-0838.2011.01299.x.

² Rasmussen, Martin G., et al. "Associations between Recreational and Commuter Cycling, Changes in Cycling, and Type 2 Diabetes Risk: A Cohort Study of Danish Men and Women." *PLOS Medicine*, vol. 13, no. 7, July 2016. doi:10.1371/journal.pmed.1002076.

³ Blond, Martin Bæk, et al. "How Does 6 Months of Active Bike Commuting or Leisure-Time Exercise Affect Insulin Sensitivity, Cardiorespiratory Fitness and Intra-Abdominal Fat? A Randomised Controlled Trial in Individuals with Overweight



Road and path (outdoor) cycling also helps with mental stimulation—particularly in a city, where you must be alert, perceptive (Is that person going to open their car door more? Is the oncoming car slowing down?) and responsive. Bike commuting provides time in the morning to be alone and get centered, and is a great afternoon de-stressor as you evaluate your day prior to getting home. Much of this may be attributed to the endorphins released by exercise.⁴

and Obesity." *British Journal of Sports Medicine*, vol. 53, no. 18, Sept. 2019, pp. 1183–1192. doi:10.1136/bjsports-2018-100036.

⁴ Maitland, Murray E. "Purposeful Exercise, Including Bicycle Transportation, Improves Health." *Clinical Journal of Sport Medicine*, vol. 22, no. 3, May 2012, pp. 292–293. doi:10.1097/jsm.0b013e318256e797.



Cycling is great for public health! It is an important step in improving the environment. Fewer vehicles on the road means less air pollution. Less pollution means better air quality. Cities with strong cycling infrastructure also tend to have higher quality of life because cyclists (as well as many other outdoor activity enthusiasts) particularly like treelined streets, nature trails and less-trafficked areas, which all contribute to a municipality's environmental appeal.⁵

⁵ Hirsch, Jana A., et al. "Municipal Investment in Off-Road Trails and Changes in Bicycle Commuting in Minneapolis, Minnesota over 10 Years: A Longitudinal Repeated Cross-Sectional Study." *International Journal of Behavioral Nutrition and Physical Activity*, vol. 14, no. 1, Feb. 2017. doi:10.1186/s12966-017-0475-1.

Bike Safety Checklist:



- ✓ Get at least a yearly bicycle tune-up that includes a frame inspection (checking for cracks or rust), wheel and tire review (to make sure the wheels aren't warped and the tires aren't too worn), a brake test, and chain maintenance.
- ✓ Check your helmet for cracks, and always wear it while riding!
- ✓ Don't wear loose pants while biking so they do not get caught in the gears or wheels.
- ✓ Opt for routes that have specified bike lanes or use less-busy streets to get to your destinations.
- ✓ If you'll be cycling after sunset, make sure you have a high-beam, blinking, red back light.
- ✓ Be careful not to "get doored"—ride far enough away from parallel-parked cars so that a driver opening their door won't hit you with it.

Eating Well on the Go

Let's face it—our lives are busy. We try to fit so much into our days that sometimes the need for more convenient foods that are fast and packable can lead us to choose junk food. Many of us want something that is filling, delicious and healthy as well as easy, but that can be hard to come by. Today, it is common to see convenience foods marketed as healthy options when, truthfully, they are high in calories and sugar with little in the way of vitamins, nutrients, healthy fats and/or protein.

What are some ways to eat healthfully when you do not have time for a more drawn-out meal?

Out of sight, out of mind.

Availability—or really the lack thereof—is a major key to staying healthy. Do not buy junk food! If you don't purchase it, you won't have it around.



Make a grocery list and stick to it when you're shopping. Make sure to eat prior to shopping so that less-healthy or junk food snacks don't tempt you while you're at the grocery store.

Eat satiating meals.

When you are meal planning and making your grocery list each week, plan meals that are satiating and filling.¹

¹ Hopkins, Mark, and John E. Blundell. "Energy Metabolism and Appetite Control." *Appetite and Food Intake*, 2017, pp. 259–276. doi:10.1201/9781315120171-12.

It is particularly important to make sure your lunch is substantial.

The reasoning behind a more protein- and fiber-rich, nutrient-dense lunch is that you have the rest of the day to burn off some of that energy, and that the time gap between lunch and dinner tends to be longer than the time gap between breakfast and lunch. In other words, you need a more nourishing and substantial meal to get you through to the next meal.

Be mindful of emotional eating.

Ask yourself if you truly are hungry or if it is something else. Boredom, anxiety, sadness, anger and even loneliness can push us to eat fast and consume junk snacks. Note your patterns of when you eat unhealthy snacks, and examine the why and how behind that. Is it at work, where there is a vending machine close to your desk? Or is it when you are running out the door to catch the morning train to the office? Are you out running errands and did not bring along a healthy snack to hold you over until you get home?

Act according to your patterns.

After you take a mindful inventory of when and why you are eating unhealthy convenience foods, figure out ways to address those moments. If you are eating less healthfully when you are in a rush or very busy, find alternative convenience foods to eat instead. If you notice it is always a nutritionally poor, grab-and-go breakfast, then start figuring out better breakfast options that are still convenient for you. If you are snacking at your desk at work with little time to have a real, sit-down meal, come up with alternatives to the vending machine.



Choose alternatives to junky snacks.

Not all grab-and-go foods are bad. As is so often advised, it's best to stick to whole foods that are minimally processed. Natural, whole foods that serve as healthy, fast and convenient snacks include:

- nuts and nut butter
- cheese sticks or cubes
- fruit slices or veggie sticks
- hard-boiled eggs
- hummus and vegetables
- homemade trail mix
- high-quality dark chocolate
- bone broth
- full-fat plain yogurt
- air-popped popcorn with olive oil and sea salt

Admittedly, it can take time and planning to ensure those healthier foods are on hand. Many of them require refrigeration or have a short shelf life. Having convenient, premade or packaged snacks can help you bridge the gap between meals without having to chop up carrots and celery, make hummus, boil eggs, or have access to a refrigerator for cheese, eggs or dips.



Healthy snack bars are convenient and easy to keep on hand, but they are hard to come by! In fact, many supposed “healthy” snack bars are loaded with sugar, sugar alcohols or questionably safe artificial sweeteners. If you scan the nutrition labels and ingredient lists at the grocery store, many of these healthy bars contain very few vitamins and nutrients. Many of them are high in calories but offer little in terms of healthy fats or protein. Several have processed grains and refined sugars.



Look for healthy bars that have complex carbohydrates.

Make sure there is a decent amount of protein in them and that the protein is balanced with carbohydrates, dietary fiber and healthy fats. Seek a bar that goes beyond boosting your energy (during that afternoon post-lunch slump or the morning coffee/caffeine crash)—check to see whether there are nutrients that include the B vitamins, which are metabolically essential for human energy. Magnesium, calcium, vitamin D, zinc and iron are also necessary minerals. In other words, go beyond a quick pick-me-up and see convenient foods as those that help you meet your daily nutritional needs.

Beware of “healthwashing.”

You may have heard the term “greenwashing” or “healthwashing,” in which products are marketed to portray a sense of ecological soundness or healthy benefits when in actuality they are just standard processed foods. Unfortunately, this is quite popular right now in the area of energy snacks. Again, it’s important that you read the labels and check the ingredients.

Even if a health bar or energy snack has whole foods in it, determine whether the foods are sugar- and calorie-laden or they are sources of nutrients. Even healthy foods will have added sugars in order to improve taste. But make sure the sugar is not within the top three to five ingredients listed.

Don’t forget water.

Often when we think we’re hungry, we really are just thirsty! Water and herbal teas should be part of all-day food consumption.

Aim to drink at least 16 ounces of water when you first wake up in the morning.

Make it a habit to drink at least 8 ounces of water about fifteen to twenty minutes prior to each meal. If you feel hungry between meals, drink a large glass of water and wait a few minutes—see whether the hunger subsides.

Kindness

It has certainly been a heck of a year. All over the globe, individuals, families, societies, businesses, economies and governments are reeling from the tremendously complicated struggles of the pandemic. Job loss and income reduction have affected so many.

Schools and day care centers have closed, and children are contending with new social and academic norms. Families are struggling to balance work with constant and exclusive childrearing. Older adults are facing deeper fears about their health and mortality while also experiencing greater levels of isolation and loneliness. Reading or tuning in to the news can be emotionally taxing.

It is common, even universal, these days, to feel overwhelmed, isolated and anxious. While we should absolutely recognize these feelings and allow them to exist, we also must focus on kindness.



Kindness to ourselves, our families, our friends and our community. Acting out of kindness is the only way through.

Kindness requires vulnerability. Vulnerability doesn't mean oversharing or being complacent. It doesn't mean you must always be giving and never taking. But it does require a level of risk and emotional exposure.

If we want to live in our authentic selves and share with others, we must be soft-hearted, respectful, abundant in spirit (as well as material things) and considerate.

The world can harden us. Practicing kindness is a revolutionary, everyday personal decision to choose a deeper path to greater good for yourself and those in your presence.

Kindness isn't always easy. In fact, sometimes it can be downright difficult. It is hard to not think that mean-spirited or selfish people deserve those qualities in return.

When you choose to be kind to difficult people, or people with whom you don't see eye to eye, it doesn't mean you kowtow to them. Being vulnerable means you take a risk to express how their actions or words may feel (hurtful, triggering, angering, perplexing, etc.). They may continue to be harsh or confrontational, or even worse, passive aggressive. But knowing that you kindly addressed them is where your power lies.



While there are so many different actions we can take right now to improve the world around us, often it feels insurmountable to achieve the change we feel is necessary. That is where kindness is majestically powerful.

By smiling (even if your nose and mouth are covered with a mask, you can exude that warmth with your eyes and overall expression) at the grocery store clerk and thanking him or her for working so hard during the pandemic, you may be fantastically shaping that person's day.

Leaving a note out for the postal worker that you appreciate his or her duties is a small, and perhaps too infrequent, gesture.



Contact your local hospital or nursing care facility to see if you could buy lunch or dinner for their staff to say thank you for their frontline work. If there is a nurse or hospital worker in your neighborhood, organize your neighbors to donate for a self-care gift card.

Kindness is an expression of love. Rather than thinking of it as a feeling or sense, focus on the verb, or the action, that surrounds it. And quite frankly, sometimes you have to fake it to make it. That doesn't mean be phony or ingenuine. It means practice it to become it. You aren't a swimmer until you swim. You aren't a world traveler until you travel the world. You aren't a teacher until you teach.

In other words, sometimes you have to act in a deeply kind way in order to bring your spirit, soul or mind into a state of kindness.

While positive thoughts help attract positive people and situations into our lives, arguably more important, those positive thoughts help reframe and rebuild our inner mindscape. Similarly, with kindness, kind actions create kind inner feelings.

But it might feel lonely. Depending on where you live in the world, your country and society may be responding to the pandemic and other environmental and humanitarian tragedies in ways that you may feel hopeless about. That is important to acknowledge and recognize. But practice seeking out how kindness is manifesting itself.



Notice how neighbors organize a meal train for socially distant drop-offs at an older person's home.

See how a friend reaches out to you with a simple "thinking of you" text. Learn about the various mutual aid groups organizing in your community. And then lean in to all those signs of a kinder and more profound humanity.



Migraines

Imagine a headache so horribly painful that it changes the way your vision functions, causes nausea and vomiting, and/or leaves you with no other choice but to suffer in a dark bedroom for hours, sometimes even days. Migraine sufferers know all too well the horridness that a migraine brings about. Migraines are one of the most common health concerns around the world. In fact, it is estimated that migraine is the third most prevalent illness globally!¹ It's incredibly debilitating, with an estimated 90 percent of sufferers not being able to function at work during an acute migraine episode.²

Despite migraines being so common, many people do not know much about them. A migraine is more than just a really bad headache! Many people do not understand how incapacitating migraines can be. This can leave migraine sufferers feeling misunderstood, prejudged or stigmatized for experiencing such disabling episodes. To help raise awareness, the first week of September is Migraine Awareness Week in the United Kingdom.

Migraine is a neurological disease that results in extreme headache, often in only one side or area of the head. A migraine can be characterized by additional symptoms such as hypersensitivity to light, nausea, vomiting, sensitivity to smells, dizziness, visual disturbances (such as blurry vision or aura-type lights), sensitivity to sounds, and numbness and tingling in the arms, legs or face. Doctors and researchers don't fully understand the causes of migraines since so much of the research relies on patient reports. Surveys of patients' reports demonstrate migraines are triggered by stress, hormonal changes or imbalances, skipping a meal or eating too late, food sensitivities, weather (especially low barometric pressure), and sleep troubles. Over a quarter of all sufferers attribute their migraines to food sensitivities.³

The ancient Greek philosopher and founder of Western medicine Hippocrates famously said, "Let food be thy medicine and medicine be thy food."

For migraines, start with water! Dehydration is a significantly common trigger. Stay well hydrated throughout the day. Not only with water and herbal teas, but also with plenty of fruits and vegetables, which contain significant amounts of water. Notice how your migraines relate to your caffeine intake. The relationship between caffeine and headaches or migraines is a complicated one. Caffeine can help alleviate headaches and is even included in some over-the-counter headache medications. While too much caffeine can stimulate migraines, very often they are triggered by too little caffeine or caffeine withdrawal—particularly if you are a regular coffee drinker. Alcohol, processed meat, food colorants and some food preservatives or taste-enhancing ingredients (such as nitrates, sulfates, monosodium glutamate, aspartame and certain sugar alcohols) also are reported as bringing on migraines.

But there are foods that actually show promise in helping migraine sufferers. Folate and magnesium are not easy to get in your everyday diet, and one study demonstrated that low amounts may contribute to migraines.^{4,5,6}

Foods high in folate include legumes, asparagus, leafy greens, beets and avocados. Many breads and cereals are fortified with folic acid as well. Magnesium can be found in spinach, pumpkin seeds, lima beans, almonds, dark chocolate and avocados.

Coenzyme Q10 (CoQ10) is an antioxidant that has a metabolic role in the body. It is found in the mitochondria of your body and helps decrease inflammation.⁷

Deficiencies may be more common in migraine patients, and research has demonstrated that supplementation helps prevent and alleviate migraines.⁸

Whole food choices that are rich in CoQ10 are organ meats, trout, sardines, spinach, cauliflower, broccoli, strawberries, pistachios, sesame seeds and lentils.

Allergy sufferers are significantly more likely to also experience migraines.⁹ Many sufferers are confused as to whether theirs is an allergy migraine or extreme sinus pressure. Extreme sinus pressure can be accompanied by nasal congestion or drainage—sometimes this drainage is clear or white mucus, but when it becomes deep yellow or green, it indicates an infection. There are a few reports of migraines causing nasal drainage, but when it does happen usually it's clear or a transparent white (low concern for infection).

Body alignment and posture can have an impact. This is because when your spine is not properly aligned or you do not have good posture, the nerves along the spine and neck can become irritated and trigger a migraine. If you think there is a link, consult with a physical therapist, an osteopathic doctor or a chiropractor who specializes in body alignment. Cold-water therapy has been shown to have a positive impact and could be included in your exercise routine as well.

¹ "Migraine Awareness Week 2020." National Awareness Days Events Calendar 2020 - UK; US, May 26, 2020. www.awarenessdays.com/awareness-days-calendar/migraine-awareness-week-2020/.

² "Migraine Facts." Migraine Research Foundation, Dec. 10, 2019. migraineresearchfoundation.org/about-migraine/migraine-facts/.

³ Kelman, L. "The triggers or precipitants of the acute migraine attack." *Cephalalgia: An International Journal of Headache*, vol. 27, no. 5 (2007): 394–402. doi:10.1111/j.1468-2982.2007.01303.x.

⁴ Menon, Saras, et al. "Effects of Dietary Folate Intake on

Migraine Disability and Frequency." *Headache: The Journal of Head and Face Pain*, vol. 55, no. 2, Feb. 2015, pp. 301–309. doi:10.1111/head.12490.

⁵ Mauskop, Alexander, and Jasmine Varughese. "Why All Migraine Patients Should Be Treated with Magnesium." *Journal of Neural Transmission*, vol. 119, no. 5, May 2012, pp. 575–579. doi:10.1007/s00702-012-0790-2.

⁶ Peikert, A., et al. "Prophylaxis of Migraine with Oral Magnesium: Results from a Prospective, Multi-Center, Placebo-Controlled and Double-Blind Randomized Study." *Cephalalgia*, vol. 16, no. 4, June 1996, pp. 257–263. doi:10.1046/j.1468-2982.1996.1604257.x.

⁷ Yorns, William R., and H. Huntley Hardison. "Mitochondrial Dysfunction in Migraine." *Seminars in Pediatric Neurology*, vol. 20, no. 3, Sept. 2013, pp. 188–193. doi:10.1016/j.spen.2013.09.002.

⁸ Millichap, J. Gordon. "Coenzyme Q10 Deficiency and Migraine Response to Supplementation." *Pediatric Neurology Briefs*, vol. 21, no. 2, Jan. 2007, p. 10. doi:10.15844/pedneurbriefs-21-2-2.

⁹ "Migraine vs. Sinus Headaches." American Migraine Foundation, May 27, 2016. americanmigrainefoundation.org/resource-library/sinus-headaches/.

Patience

There are so many sayings, wise quotes and even clichés that have to do with the concept of patience:

“Patience is a virtue.”

“A watched pot never boils.”

“Good things come to those who wait.”

“Rome wasn’t built in a day.”

“Don’t put the cart before the horse.”

“All in good time.”

“Haste makes waste.”

“The continuous drip polishes the stone.”

“Patience is bitter, but the fruit is sweet.”

Patience is enduring, waiting and preserving during tough situations without acting in anger or exasperation. Patience is being able to calmly tolerate experiences, people and feelings when they are not fully what we want in the present moment. Patience is truly a virtue that many cultures and communities purport to value. Yet it is something that is not always seen in others, and often not in ourselves.

We all know the nagging anxiety of haste and hurry. When we want something done, we want it done right away. And we live in societies that promote and encourage the way that efficiency and productivity are equated with speed, quickness and sharp deadlines. How can we be a patient force in the midst of self-focused and consumptive hurry?

Why should you want to be patient?

Patience brings deeper inner peace. It promotes less stress and encourages us to slow down and evaluate the plan or consequences over the long term. Impatience is something that is equated with impulsiveness and hot-headedness.

Staying calm and collected during difficult times is a higher form of self-actualization. We all know somebody who stays cool when things get heated. Most likely that person is someone you trust to be reliable and dependable—as opposed to unpredictable and chaotic. When we give in to our patience, we give in to being present and mindful of the current situation. Yes, we should prepare for the future and reflect on and learn from the past. But truly, all we have is the present moment, and being patient helps us experience that more keenly.

Our 2- and 3-year-olds are impatient by nature. It is up to us to teach them the value and importance of patience. One childhood development expert suggests that the most important word for a child (perhaps aside from “love”) is “wait.”¹ At first, we might think that this is teaching *them* to wait; the reality, however, is that we must be willing to wait for their growth and development.

However, we may have to take a good, hard look at our own actions, behaviors and thoughts and make some of our own behavior modifications in order to be the role models our children need. We can say “wait” or “please be patient” all we want, but if they see us continually becoming impatient with them and others, our words have little validity.

Patience helps promote kindness to others. When we are patient, we are choosing relationships over other stuff in life. We give people the grace to be who they are and promote space for them to reflect on that.

And patience going hand in hand with kindness helps us, too. It follows the golden rule: do unto others what you would want them to do unto you. We all make mistakes or don’t do things precisely the way they ought to be done. We go through times when we are annoying, self-absorbed or unkind. We want others to be patient with us when we are stuck in bad seasons of life. It doesn’t mean they (or we) totally accept inappropriate behaviors. Patience can include pushing, agitating and moving people and ourselves into action. But it also means a level of acceptance around the present person and that person’s moment in life.

¹ Lansbury, Janet. “The Parenting Magic Word (10 Ways To Use It).” *Elevating Childcare*, June 22, 2011. www.janetlansbury.com/2011/06/the-parenting-magic-word-10-ways-to-use-it/.



So, how do we practice and encourage a patient way of being in ourselves?

Reflect on your childhood.

While some people are naturally born with a patient spirit, many of us had to learn patience as we grew up. Think about your childhood and how difficulties were handled by your parents, teachers and other important adults in your life. Did they teach you resilience and perseverance? Did you see them be overly critical of others? Were they patient with you during important milestones or moments of failure and defeat? Reflecting on your childhood is the first step to identifying how your patterns of patience were passed on to you. If you feel they were not very good, it is time to do a lot of self-discovery, daily patience practice and behavior reflection.



Know your triggers.

What really sets you off? Perhaps it is a difficult parent or a coworker you find to be condescending. Perhaps it is certain tasks or activities that trigger you to lose your cool. Identify your triggers and experiment with actions and thoughts that can help counteract those moments.

Change your map.

Is your attitude in response to, or contributing to, your impatience? Find ways to reframe difficult situations and people's behaviors so that you have a bit of positive detachment. If purposefully promoting positive thoughts is difficult, try the opposite and think of the worst-case scenario. This can be a little dangerous, as it can send you spiraling into negativity. But it may help you come up with a game plan.

If it is a daily difficult situation—your child refuses to get dressed in the morning and you need to get going—what is the worst thing that can happen? You are late for work? You have to dress your child yourself? They never learn to dress themselves? The worst-case scenario often is not even a realistic one.

Let go of the fear of failure.

We all must take risks in life. And we all worry at one point or another that we are going to really mess something up. Letting go of the fear of failure does not mean that we don't plan and strategize for the future. It doesn't mean that we live in a willy-nilly state of impulsion and delusional lack of reality, thinking we are indestructible or always able to succeed. Sometimes we need a reality check that something is not worth trying or doing!

But often we fear and worry about things that indeed will not come to pass. We spend our time stressing over the potential negative outcome instead of seeing the reality of success or positive outcomes.

Reject perfectionism.

Perfectionism is one of the breeding grounds of impatience. When we hold on to strong ideals or expectations without wavering with the truth of reality and time, we are inevitably going to become impatient. If you think you struggle with perfectionism, you are not alone! Again, this is something that society promotes—Instagram filters; hypercompetitive schools and workplaces; highly edited magazines and photographs. When we embrace the vulnerability of ourselves and others, we can recognize that perfectionism gets in the way of truly living as our authentic selves.



Vitamin C

Is there anything vitamin C can't do?! Like vitamin D and omega-3s, vitamin C has an impossibly long list of benefits and abilities that make it one of the most important nutrients for not only superior wellbeing but even basic functions.

Vitamin C, also known as ascorbic acid, aids in the genesis of the body's collagen, is an antioxidant that fights off free radical attacks and is one of the most important vitamins involved in immune system function. From glowing skin and boosted energy to chronic disease reduction and brain health assistance, vitamin C is a sort of jack-of-all-trades for our entire organism.

Scurvy, a disease caused by vitamin C deficiency, is mostly associated with malnutrition or extreme living conditions. These days, when scurvy is mentioned, we mostly think of sailors or menacing pirates who lived on beef and stale bread for extended voyages. Scurvy causes severe gum disease that makes the gums bleed, complicated wound healing or the reopening of old wounds, and anemia. These days, scurvy is rare, but unfortunately is still seen during times of and in places experiencing famine or lack of access to food due to war and conflict. However, the small amount of vitamin C needed to prevent scurvy is far below the amount that may be optimal in our modern environments and stressful lifestyles. And "optimal" can vary widely even for a single person, depending on what's going on in their life—nutritionally, environmentally, immunologically and lifestyle-wise.

Vitamin C is an essential component of the immune system. It assists in a wide array of activities on the cellular level. The immune system is our first line of defense and is innate or inborn in the body.¹ Vitamin C aids in the production and release of lymphocytes and phagocytes, which are white blood cells that are vital to a robust immune response. The second line of defense is acquired through extrinsic exposure and is what our body produces in response to a pathogen (bad bacteria, virus, etc.). Vitamin C also contributes on the cellular level to immune response.

As we enter into the colder seasons in the northern hemisphere, respiratory viruses become more of a concern. While vitamin C cannot prevent the common cold, some research has suggested it can shorten the length and severity of it.²

Vitamin C is also great for your skin. That is because it helps you make collagen, a protein that is necessary to make our skin more supple and elastic.

Vitamin C is present in both the outer and inner layer of your skin but is particularly powerful against free radical attacks (oxidants) that attempt to penetrate or affect the epidermis (the outer layer). Vitamin C—both eaten and applied to the skin—neutralizes or eliminates those free radicals that can cause oxidative stress. Ascorbic acid is a common ingredient in anti-aging skin care products. And it can also serve as a component to defend your skin against damage from ultraviolet light or sunburn.

Vitamin C is one of the most important antioxidants. Free radicals are the byproducts of metabolic processes that happen in the body and also come from pollutants, particularly air pollution. Free radicals occur naturally within our body, but the concern is when they accumulate, particularly from outside sources such as pollution, toxins, particles in smoke, pesticides on vegetables and fruits, and other contaminants. Essentially, when there are too many free radicals in our body and our body cannot keep up with combating them, that imbalance becomes problematic.

We don't live in bubbles, so we cannot fully avoid these free radicals and their accumulation. However, an antioxidant-rich diet is imperative. When we think of foods high in vitamin C we inevitably think of citrus—oranges, grapefruit, lemons, limes.



It may surprise you that red peppers, kiwi, kale, broccoli and Brussels sprouts contain more vitamin C per 100 grams than citrus fruits!

Red cabbage, strawberries and blackcurrants are also incredibly rich in it. This is great news, since it makes it much easier to get vitamin C from a variety of sources. Remember to consume it throughout the day, and consider increasing your intake when you feel illness coming on. Large intakes of vitamin C can have a strong laxative effect and too much will cause diarrhea (though this is not harmful if the intake is reduced to a level that causes only a mild laxative effect). Many people have found that taking vitamin C to "bowel tolerance" is useful during any sort of immune challenge. This may range from 500 mg to 2 grams of vitamin C taken every one to two hours while you are awake. Also keep in mind that bioflavonoids are highly complementary and synergistic to vitamin C—in nature, they always occur together in plants.

¹ Huijskens, Mirelle J. A. J., et al. "Technical Advance: Ascorbic Acid Induces Development of Double-Positive T Cells from Human Hematopoietic Stem Cells in the Absence of Stromal Cells." *Journal of Leukocyte Biology*, vol. 96, no. 6, Dec. 2014, pp. 1165–1175. doi:10.1189/jlb.11a0214-121r.

² Hemilä, H., Chalker E. "Vitamin C for Preventing and Treating the Common Cold." *Cochrane Database of Systematic Reviews* 2013, Issue 1. Art. No.: CD000980. doi:10.1002/14651858.CD000980.pub4.

Back-to-School Routine

If you have been on any social media or online parenting forums, you inevitably have seen the worries and concerns of parents about how school being cancelled for in-person education has been incredibly taxing on family life. Many parents will also talk about their worries about their children “getting behind” on academics and learning.

It may be easier said than done, but the key is to relax. So many of us across the globe are going through similar things, and our children are witnessing the ways we respond. The challenge of having children home constantly (particularly if you have to work from home or you have to find some sort of child care in order to go into work) is without a doubt something we all did not anticipate.

But this has also been an opportunity for children to express a lot more creativity and have a lot less structure. And that may very well be what they need.

Children thrive when they are given the opportunity for uninterrupted, free play (particularly outside). This doesn't mean that there is no routine—after all, children also thrive with routine and predictability. But instead of thinking “routine,” focus on the idea of a rhythm. And going back to school can be a part of that rhythm!

See the time that schools have been closed as a time for freedom, exploration and creativity. Perhaps they will struggle to remember their history dates or their multiplication tables, but they will eventually get ahold of that academic knowledge again. For now, their time playing at home with toys and games or having imaginative play in the backyard or garden is essential, partly because it allows them time to think, create and process their feelings about all the changes.



In fact, change may be necessary in our approach as a society to education.



How much are memorization, facts, figures and rote learning worth? When education becomes a checklist of things to learn (and perhaps soon forget), what are kids losing out on in terms of their imagination, growth and childhood?

But the reality of the world is that they do also need that academic knowledge and those good grades. And school will at some point be back in session, in person. How do we help kids transition from so much freedom of play and creativity at home back to a school schedule?



Leading up to school reopening, begin to adjust your home schedule to be more reflective of what school days will look like. That doesn't mean you have to break out the math and science textbooks. What it means is setting a sleep schedule that allows for plenty of sleep and a wakeup time that is the same as on school days.

Prepare breakfasts and get ready for the day the same way you would if school were in session. If you have the freedom of time, perhaps even use the morning to take a walk to your child's school, if that is how your child normally gets to school, just to mimic the action.



Perhaps the most important—and most humbling—thing to consider is that children are creatures of habit, but they are still incredibly adaptive.

We adults are the ones who often get in the way of our children's personal process of adjusting to change. Believe in your child. Be there to guide and help him or her with the transition—particularly unpacking feelings and thoughts around the changes—but let your child lead the way. When we step back and wait, we allow children to adjust according to their needs, not according to our anxieties.

Natural Immunity Boosters

This year has been a challenging one, during which older adults have been confronted with health concerns in a very different way. The COVID-19 pandemic has highlighted the fact that while no one is immune from a horrible contagion, seniors are particularly susceptible. Older adults with complicated and chronic health conditions have been at the forefront of conversations around public health. How can we in the senior community make sure we are protecting ourselves by keeping our immune systems in optimal working order?

Start with your frame of mind.

It may sound cheesy, but be good to yourself and others. Kindness, a positive attitude, hopeful thoughts and mindfulness are not just fad spiritual phenomena—they are essential for keeping us healthy! When we focus on negativity or what could go wrong, we contribute to our own stress. Stress—especially of the chronic nature—is not only terrible for our inner psyche and spirit, it is terrible for our immune system. For some people, watching the news constantly can be a significant source of stress during these times. We need to stay informed, but too much news, especially news focusing on terrible things that have happened to others, can create quite a lot of stress for some people.

Among other things, stress causes the release of cortisol and contributes to inflammatory processes in the body.

Cortisol is a hormone that helps the body during times of stress (think fight or flight).

The trouble with cortisol circulating in our system on a continual and ongoing basis is that the body may not be able to focus on other essential activities. Excessive levels of cortisol from stress also significantly dampen the immune response.

This isn't to say we should ignore the reality or gravity of a difficult or stressful situation. It is more precise to say that one must take notice of the challenge, feel the feelings around the stressor and then come up with ways to combat those negative feelings.

Sleep!

As we get older, it can often get more difficult to sleep or sleep for the same length of time as when we were younger.

This is all the more reason to practice sleep hygiene more strictly as we age. Go to bed at the same time every night and wake up at the same time every morning.

Earlier bedtimes (before 9:30 pm) are believed to promote higher-quality sleep than are later bedtimes. End screen time at least two hours prior to bedtime. Begin a nightly self-care ritual that can be as simple as washing your face and including a mini-facial massage or as elaborate as a relaxing bath followed by stretching and meditation.

Famous research demonstrated that a sleep-deprived driver was more dangerous behind the wheel than was a drunk driver! Imagine what that means for your everyday function that doesn't involve a large motorized vehicle! The point is that sleep is one of the most important ways you can naturally boost your immunity and keep your body focused on immune function as opposed to struggling through basic function.

Stay in good physical shape.

The weather is cooling down in the northern hemisphere! Get outside and enjoy the fall colors. Take a walk or participate in some other form of exercise every day. If you are retired, start your day with a morning walk and go for another one after dinner! The point is that taking small steps toward everyday activity is essential. And if you can make some of that time out in nature, then all the better.

Eat freshly prepared foods.

Maybe it is just you at home, or perhaps just you and your spouse. It can be hard to get motivated to cook fresh meals every day for a small number of people. But keep it simple and it won't be as intimidating.



When you plan your meals for the week, be sure to include fresh vegetables (uncooked) in at least one meal each day. Perhaps make a large salad that can last several days to accompany your lunch or dinner.

Or include a vegetable-rich soup in which you sprinkle copious amounts of fresh herbs or ribbon-sliced greens in at the very end of cooking (so that they are still bright green).

The pandemic has been frightening and challenging. It often feels like little is in our control. But doing all this is a way to play a life-sustaining part in your health and immunity!



Dealing with Stress in Healthy Ways

Stress is unavoidable, especially in the times we live in. But stress doesn't have to keep you up at night, upset your stomach or cause chronic headaches. By learning to deal with stress in healthy ways, you can live an easier life and attract positive things, people and experiences into your life that will further alleviate any residual stress.

To combat stress in a truly healthy way, you need to tackle it mentally, physically and nutritionally.

Mental

To beat stress, it is critical that you learn how to maintain a positive mental focus. Dwelling on negative conversations and interactions that occurred hours or days ago maintains stress and will only attract more negative experiences into your life. On top of that, if you spend all your time focusing on things that cause you stress, how will you ever have time to focus on the things that bring you joy and peace?

Pay attention to how you feel rather than to every single thought that goes through your mind. When you notice that you are feeling sad, stressed or anxious, your mind is letting you know that you are focusing on negative thought patterns.

When that happens, acknowledge those feelings for what they are and then readjust your thoughts to positive ones. In time, this will become second nature.

Another aspect of fighting stress is ensuring you get enough sleep. Unfortunately, particularly stressful periods of life often disrupt sleep patterns. To help encourage your body to sleep, turn off televisions, computers and smartphones at least an hour before bedtime.

¹ Staff. "How 10 Minutes Can Be a Workout." smokefree.gov. Accessed July 10, 2020. <https://smokefree.gov/stay-smokefree-good/get-active/how-10-minutes-can-be-workout>

Spend that time doing something relaxing and enjoyable such as reading a good (but not overly engaging) book, talking with a partner or listening to relaxing music.

Make sure your bedroom is cool and dark and free of distractions such as TVs and tablets.

Physical

Intense physical activity is excellent for getting rid of stress for multiple reasons. During bouts of exercise, your body releases endorphins and endocannabinoids, which are hormones that help make your mind, body and emotions feel good. Intense physical activity also helps you channel pent-up aggression.

If you don't think you have time in your life to get stress-busting benefits from physical activity, think again. Experts recommend at least 30 minutes of activity most days of the week, but it doesn't have to be all at once. Squeezing in just 10 minutes of exercise in the morning is enough to start your day with a mood-boosting, stress buster.¹

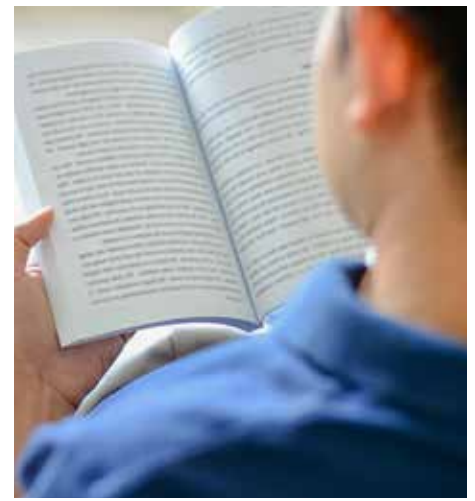
Men often find that the more stress they feel, the more intense a workout is needed to beat it. During these times, running, swimming and team sports can be especially beneficial.

Nutritional

The foods you eat can have a major impact on the way your body deals with stress. A diet filled with sugary sodas and junk foods will produce highs and lows in your blood sugar, which can lead to anxious, worrying energy followed by sluggish sadness. This cycle can cause stress to feel even worse than before.

Healthy diets can also help counteract the negative effects of stress by boosting the immune system and reducing blood pressure.





On the other hand, a diet composed of healthy fruits and vegetables, complex carbohydrates, and enough healthy fat gives your body what it needs to maintain energy and mental focus for long periods of time.

There are also comfort foods that prompt calm and happy feelings. For example, warm oatmeal can actually help boost levels of serotonin, a feel-good brain chemical, because oats are a complex carbohydrate.

When you are able to take care of yourself mentally, physically and nutritionally, you can beat any stress and live a happy, healthy life.



Adjusting to Work After Maternity Leave

Becoming a mother is one of the most incredible experiences of a woman's life. For those of us who have children, we may remember the bleary-eyed mornings after just a few hours of sleep.

Or the way we held our first baby as if they were as delicate as glass! Perhaps we recall learning the ins and outs of basic newborn care such as bathing, diaper changes and even how to get their wiggly little bodies into clothes (only to change those clothes a couple of hours later after a spit-up or diaper leak!). But that time of learning how to be a mother is fast and fleeting, innocent and tiring. And then the inevitable day comes when we have to go back to work.

Adjusting to work after maternity leave will look different to different women. Much of that depends on external forces—how long you were able to be on leave, how much you enjoy your job, whether you feel completely comfortable with the child care situation, how much support you have from your workplace, etc. But assuming all the logistics are in place—child care, schedule arrangements with your spouse, a work environment that encourages and supports parents—how do you adjust to returning to work emotionally and physically?

Every woman has a different response to returning to work. Some feel ready and excited about getting back to the adult world. Others wish they could be home with their baby longer. Others feel a mix of bitterness and joy.

And with those feelings about going back to work come different coping styles. Here are some ways that you can make the transition a more positive one for you.

Communicate with your boss and coworkers.

Hopefully you have a workplace that is supportive of your postpartum needs. If you plan on pumping breast milk, find out what your options are for taking the time to do so, where to store the milk and what kind of privacy you'll have.

Find out from your supervisor or human resources (or other women at your workplace who have returned from maternity leave) what happens if you're child becomes sick and you have to go get them from child care.

Fatigue—sleep, nap, sleep, nap.

Depending on how old your baby is when you return to work, your child may still not be sleeping through the night. Depending on the frequency of getting up to feed (and sometimes change diapers), you could find yourself quite tired at work. If you are breastfeeding, this means you will be the one who is up with baby. If the baby isn't sleeping through the night or you are the one up with baby for every wakeup, then be sure to adjust your sleep schedule. Maybe you can go to bed thirty minutes to an hour earlier each night. Talk to your partner about him or her getting up to retrieve the baby from the crib or bassinet so you don't have to wake up fully for the feedings.



On your days off from work, take naps! So many of us have heard the phrase “sleep when the baby sleeps” during the newborn time period.

And so few of us followed that advice (particularly if we had other small children at home!). Weekends and days off from work are perfect opportunities to put that into practice.



Process your fear.

Many women feel they don't get to fully enjoy the last few weeks of maternity leave because they are so worried about missing their baby. Every time you feel this way, recognize it as completely valid and refocus your energy on the preciousness of the present moment. Talk to other mothers about how they dealt with that fear of missing their babies.

Figure out ways to plan for that longing while at work—bringing photos and videos, getting regular updates from day care.

Recognize that it will change.

Initially it will be hard—even if you were looking forward to returning to your job. But that will change with time. The longing will be difficult for the first few weeks or months.

Find support with at least one person at work with whom you can talk about your baby. Focus on the mantra “this too shall pass,” as it relates to any sadness or despair you may feel. Knowing that it may be difficult at first but will eventually become more normal can help you stay positive at work and hopeful for your new normal.

Ask the Expert

How does body fat composition affect my health?

The places where your body stores fat can have a major impact on your health. You've probably read about apple- and pear-shaped bodies. Apple-shaped bodies carry weight in their abdomens while pear-shaped bodies have smaller waists and carry their extra pounds in the hips, thighs and butt. Women tend to have pear-shaped bodies due to their higher levels of estrogen. According to a recent study published by the European Society of Cardiology, the excess belly fat seen in apple-shaped bodies is linked to repeat heart attacks. This isn't the only study linking abdominal fat to health problems, but it is the first one to show that abdominal obesity is linked to multiple heart attacks and stroke.

No matter where your body stores fat, the best way to trim down is to eat a diet rich in fresh fruits and vegetables, limit premade and junk foods, and drink plenty of water.



Combine your healthy diet with regular physical activity most days of the week and you'll see dramatic results in body fat composition in no time.¹

Can meal times affect health?

When you eat may be as important as what you eat. For example, according to at least one small study, eating late dinners might contribute to weight gain and high blood pressure.² Some people find eating three larger meals a day (morning, noon and evening) helps control appetite and weight. Others find they need to eat more frequent, smaller meals throughout the day. There is also mounting evidence that intermittent fasting can help with weight control—however, you must be especially careful to not overindulge or resort to junk foods after a fast of any length.³ No matter what works best for your body, sticking to a routine is important. Your body will learn when it's time to eat—postponing your regular meal times too long can lead to hard-to-ignore cravings for junk food or overeating at the next meal.



Why does exercise make me feel better?

There are lots of reasons getting physical activity can boost your mood and help protect cognitive function. To begin with, physical activity increases blood flow to all areas of your body, including your brain. According to scientists studying the subject, when blood flow is increased to areas of the brain associated with memory, it may help improve cognition.⁴ The more immediate mood boost you may feel after an intense bout of activity comes from feel-good hormones that flood your body during exercise. These hormones, called endorphins and endocannabinoids, interact with the receptors in your brain that are associated with perceptions of pain and promote positive feelings in the body. These mood-boosting effects can last as long as 24 hours according to some estimates, meaning a daily dose of physical activity can keep you feeling happy and healthy all week long!



¹ Mohammadi, Hanieh, Joel Ohm, Andrea Discacciati, Johan Sundstrom, Kristina Hambræus, Tomas Jernberg, and Per Svensson. "Abdominal Obesity and the Risk of Recurrent Atherosclerotic Cardiovascular Disease after Myocardial Infarction." *European Journal of Preventive Cardiology*, 2020, 204748731989801. doi.org/10.1177/2047487319898019.

² Gu, Chenjuan, Nga Brereton, Amy Schweitzer, Matthew Cotter, Daisy Duan, Elisabet Borsheim, Robert R. Wolfe, Luu V. Pham, Vsevolod Y. Polotsky, and Jonathan C. Jun. "Metabolic

Effects of Late Dinner in Healthy Volunteers—A Randomized Crossover Clinical Trial." *Journal of Clinical Endocrinology & Metabolism*, vol. 105, no. 8 (2020). doi.org/10.1210/clinem/dgaa354.

³ Jospe, Michelle R., Melyssa Roy, Rachel C. Brown, Jillian J. Haszard, Kim Meredith-Jones, Louise J. Fangupo, Hamish Osborne, Elizabeth A. Fleming, and Rachael W. Taylor. "Intermittent Fasting, Paleolithic, or Mediterranean Diets in the Real World: Exploratory Secondary Analyses of a Weight-Loss

Trial That Included Choice of Diet and Exercise." *American Journal of Clinical Nutrition*, vol. 111, no. 3 (2019): 503–14. doi.org/10.1093/ajcn/nqz330.

⁴ Thomas, Binu P., Takashi Tarumi, Min Sheng, Benjamin Tseng, Kyle B. Womack, C. Munro Cullum, Bart Rypma, Rong Zhang, and Hanzhang Lu. "Brain Perfusion Change in Patients with Mild Cognitive Impairment After 12 Months of Aerobic Exercise Training." *Journal of Alzheimer's Disease*, vol. 75, no. 2 (2020): 617–31. doi.org/10.3233/jad-190977.