

September/October 2019

The art of growing young[®]

Rowing
Fitness



In this Issue...

[Enjoy the Silence](#)

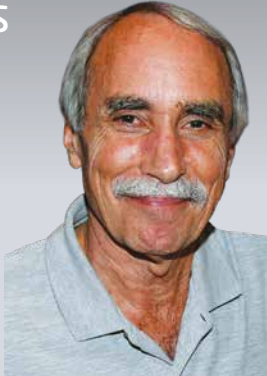
[Elderberries](#)

[Golden Friendships](#)



In this Issue...

Listen to the
Experts, Not the
Bloggers
02



Nutritional News
03



Rowing
04



Elderberries
12



02 Listen to the Experts,
Not the Bloggers

03 Nutritional News

04 **Fitness**
Rowing

06 **Feature Article**
Macro. Micro. Meso.

10 **Lifestyle**
Enjoy the Silence

12 **Nutrition**
Elderberries

14 **Feature Article**
Brain Health

18 **Herbs and
Supplements**
Adaptogens

20 **Family Health**
Kids' Gyms

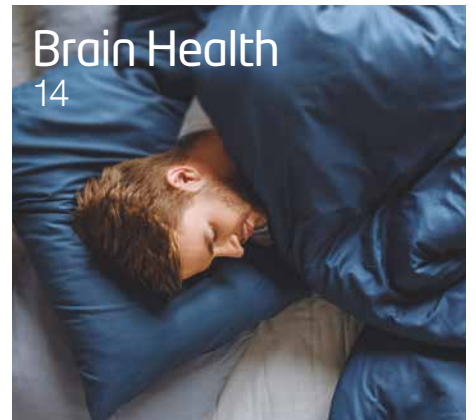
22 **Family Health**
Golden Friendships

24 **Family Health**
Pamper and Groom

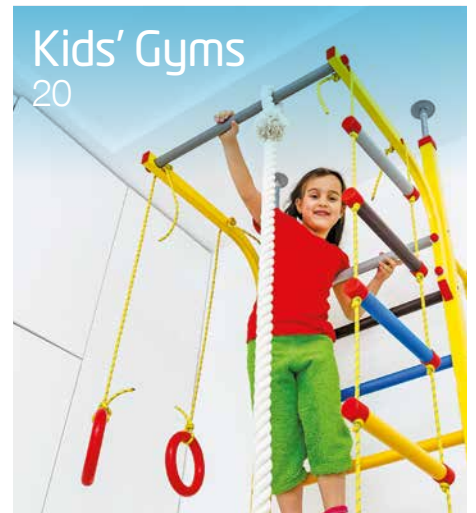
26 **Family Health**
Facial Yoga

29 Ask the Expert

Brain Health
14



Kids' Gyms
20



Listen to the Experts, Not the Bloggers

As you might imagine, I read about health and wellness a lot. I've spent my life learning about the human body, how it works and what it takes to keep it healthy—and I still don't have all the answers. Nobody does. Nutritional science is still in its infancy compared to other sciences, which is what makes it an exciting and fascinating field of research.

There is so much new information to learn about every day. But that begs the question: where can a person find good, reliable information? There are plenty of good sources of information, including your doctor or nutritionist; this magazine, of course; libraries (which are filled with relevant books, journals, etc.); and credible websites. I specifically used the word credible here because of a recent presentation at the European Conference on Obesity (ECO).

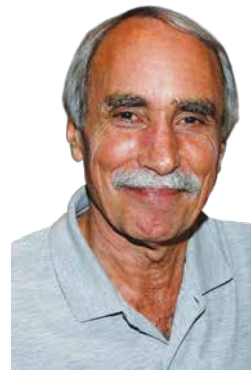
A team of researchers from the University of Glasgow found a startlingly high connection between popular social media influencers and bad health advice. When examining whether claims about health and diet made by social media influencers were transparent, trustworthy and nutritionally sound with included evidence-based references, the researchers found bad advice was given eight times out of nine!

The internet can be a wonderful resource for learning new ways to be healthy or researching the latest advances in nutritional science. However, we have to be extremely careful about vetting our online sources.

It doesn't hurt to think critically about what we read. If it's too good to be true, it

probably is. I cringe when I read about any fad diet or food that claims to fix everything. Nutrition is so complex that no one food can do everything. It's just not possible.

I'm not saying everyone should avoid all internet research. But I do think that we have to think critically about new information and be realistic regarding our expectations, no matter what the source—these were two principles that guided us when we first started creating *The Art of Growing Young* so many years ago. They are just even more important today, since there are so many self-proclaimed nutrition "experts" writing on social media and other blogging sites. When we do think critically, have realistic expectations, learn from ourselves and our experiences, and trust each other, we can share knowledge that improves everyone's lives. And, of course, always do the best that you can to find qualified references for your topics of interest.



Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director

Nutritional News



Get Healthy, Take a Vacation

New research from Syracuse University provides medical proof that taking more vacations is good for your heart health. The study, published in *Psychology & Health*, found that increasing your frequency of vacations may help protect against metabolic syndrome, thereby lowering the risk of developing cardiovascular disease. The positive experiences of going on vacation (and not staying connected to work through email) can help reduce stress and keep your body healthy.¹

Doctors Should Prescribe Vegetables, Not Drugs

Using a computer simulation that utilized data from the National Health and Nutrition Examination Surveys, published sources and meta-analyses, researchers modeled the health and economic benefits of healthy food prescriptions. The simulation showed that when insurance covered some of the cost of fruits, vegetables, whole grains, nut/seeds, seafood and plant-based oils, 3.28 million cardiovascular disease cases were prevented. This amazing model underscores the importance of overcoming unhealthy Western diets full of processed, premade foods.⁴

Meditation Helps More Than Just You

New findings reported in the *European Journal of Social Psychology* show that your meditation practices can positively affect the people around you. Each of the participants in the study selected a friend, romantic partner, roommate, coworker or family member. Researchers saw that when the participant meditated, the other person also experienced similar benefits of experiencing a reduction in negative emotions. If we tend to attract the things in life we focus on, then it makes sense that we can also share those positive experiences, people, ideas and circumstances with others.⁵



Sleep Your Way to Better Health with Consistency

You probably know the importance of a good night's sleep—from avoiding afternoon sugar cravings to experiencing better, more stable moods. But did you know consistency of sleep is also important? A new study linked irregular sleep patterns to metabolic disorders and found that it's just as important to stick to a regular bedtime and wakeup schedule to maximize the benefits of sleep and avoid increasing risk for diabetes, obesity, high cholesterol and other metabolic disorders.³ To maximize sleep health, turn off electronics such as televisions, laptops and smartphones one hour before bed. Then leave your phone in a different room when you sleep, so you're not tempted to use it in bed and you won't be awakened by late-night alerts.

A Varied Diet Helps Reduce Risk Factors

According to new research from Finland and Estonia, picky eaters who refuse to try new foods tend to consume less fiber, protein and monounsaturated fatty acids, and to consume more saturated fat and salt. In addition, picky eaters were also shown to have adverse fatty acid profiles and increased levels of inflammatory markers in their blood. The study shows the importance of eating a varied diet consisting of whole, natural foods for optimum health.²



¹ Hruska, Bryce, Sarah D. Pressman, Kestutis Bendinskas, and Brooks B. Gump. "Vacation Frequency Is Associated with Metabolic Syndrome and Symptoms." *Psychology & Health*, 2019, 1–15. doi:10.1080/08870446.2019.1628962.

² Sarin, Heikki V., Nele Taba, Krista Fischer, Tonu Esko, Noora Kanerva, Leena Mollanen, Juha Saltevo, Anni Joensuu, Katja Borodulin, Satu Männistö, Kati Kristiansson, and Markus Perola. "Food Neophobia Associates with Poorer Dietary Quality, Metabolic Risk Factors, and Increased Disease Outcome Risk

in Population-based Cohorts in a Metabolomics Study." *The American Journal of Clinical Nutrition* 110, no. 1 (2019): 233–45. doi:10.1093/ajcn/nqz100.

³ Huang, Tianyi, and Susan Redline. "Cross-sectional and Prospective Associations of Actigraphy-Assessed Sleep Regularity With Metabolic Abnormalities: The Multi-Ethnic Study of Atherosclerosis." *Diabetes Care*, 2019, Dc190596. doi:10.2337/dc19-0596.

⁴ Samson, Diane. "Doctors May Soon Be Prescribing

Veggies Instead Of Drugs." *Tech Times*. March 21, 2019. Accessed July 2, 2019. <https://www.techtimes.com/articles/239965/20190320/doctors-may-soon-be-prescribing-veggies-instead-of-drugs.htm>.

⁵ May, Christopher J., Brian D. Ostafin, and Evelien Snippe. "Mindfulness Meditation Is Associated with Decreases in Partner Negative Affect in Daily Life." *European Journal of Social Psychology*, 2019. doi:10.1002/ejsp.2599.

Rowing

What do your fitness and exercise routines look like? In all likelihood, it is something like this: One day is cardio and the next is leg strengthening. Another day is set aside for working on your core and back, while yet a different day is for arms.

There are few exercises that work the entire body, build strength and give you the cardio or aerobic workout you need.



Cross-country skiing and swimming are some of the best exercises for low-impact, full-body workouts, but are geared to the essential work of getting your heart rate up (and burning calories).

Interval workouts are another good option, but not always easy to do if you aren't part of a program—trying to keep the variety going is not easy!

What about rowing?

It's low impact. And rowing is easy on your joints. Meanwhile, running, which is a wonderful fitness option that has a big impact when it comes to your physical and mental health, sure can be rough on your joints. Most serious runners have a period in life when they have to sit out of the sport for a while to nurse an injury.

Some runners have even been told by their health care provider that it may be time to give it up! Rowing is a fantastic option for runners who need to sit out an injury. Or for any fitness enthusiast who wishes to “cross train.”

Rowing is a total-body workout. It works a large majority of your muscles all at the same time, including your hamstrings, glutes, quads, lats, abdomen, back, shoulders, biceps and triceps. When done correctly, rowing utilizes around 80 percent of your body's muscles!

Do you want to counteract all the desk sitting, computer typing and smartphone hunching you do all day? Rowing opens your shoulders. It also mimics a leg lunge (the opposite of sitting). And it increases your skeletal and muscular range of motion.



It is time-tested. Rowing isn't a current trendy workout or a gimmicky fitness promise.



Rowing has been around for ages (practiced by Vikings, Romans and Greeks, to name a few historical rowers). While it may have originated on the water, the benefits can be fully reaped on dry land with the right rowing equipment. In fact, many of the new and trendy workout start-ups include rowing in their classes.

It is easy to learn. Search a few videos online or ask a rowing friend (or personal trainer) to show you the optimal body mechanics when rowing. After that, commit the good form to muscle memory by slowly and deliberately completing a week's (or two weeks' worth) of sessions. You can increase your speed or resistance after you make sure you are following proper techniques.



Some hints for rowing optimally: The sequence should be legs, core, arms as you move your body back (this is called the drive), and arms, core, legs as you draw forward (also known as the recovery).

What that means is that during the drive, you push your legs away like you would in a lunge, pull your torso up and slightly back while sturdily utilizing your abdominal muscles, and then you pull your fists toward your chest.

Many people try to do all three at the same time, but really it should be a sequence. Then it's the opposite sequence during the recovery (when your body moves back to the front of the machine or boat). You release your arms from your chest to straight out in front of you (think how zombies or Frankenstein arms look).

You get into a rhythm. Running, swimming and biking help you get into an almost trance-like rhythm. These exercises have repetitive motions that get you moving enough to have to focus on the action, but not so much that you have to engage strategic thoughts.

But with rowing, the benefit to that is twofold: You get to exercise and simultaneously have a meditative experience. Use your time rowing to focus on how your body moves and to breathe.

And that is it. While we spend so much of our days (and nights—unfortunately!) thinking, contemplating, planning or, worse, worrying—rowing is in the class of exercises that help us tune our brains into the present moment.

Macro, Micro, Meso.

If you stay abreast on nutrition trends, you have noticed that in the past few years many health enthusiasts have focused on macronutrients. This was a way to simplify nutrition and food intake.





Instead of focusing on so many different vitamins, minerals, amino acids, and phytonutrients, the focus was on the trifecta of fat, protein and carbohydrates. Many tried to strike a balance between the three, while others attempted to eliminate or drastically cut down on one (think keto or paleo diets).

Other food and nutrition experts and fans looked at the micronutrients. Micronutrients include the vitamins and minerals.

The micronutrient focus has been on foods or supplements that we often are deprived of in our modern diets, such as vitamin D, magnesium or vitamin K. When you think of micronutrients, they are the nutrients that we are relatively familiar with—the ones that are often in multivitamin supplements or ones listed on nutrition facts labels.

An emerging nutrition trend to take note of is one that highlights “meso” nutrients. Meso means “middle” in Greek, and it refers to the nutrients that we don’t immediately think of when we’re considering our diets.

When we think of healthy foods, we are happy to consume them, as we are aware of the nutritional benefits (micronutrients) as they relate to the fat or calories (along with protein—macronutrients). For example, when we think of leafy greens, we know that foods such as kale or spinach are low in calories and high in iron and vitamin K. Or we may think that a higher calorie and fat food such as avocado is worth the added macronutrients because of the power-packed healthy fatty acids, vitamin C, potassium, folate and vitamin B-6.

However, we may not immediately think of what is referred to as a given food’s mesonutrients. These mesonutrients are the compounds that basically make a superfood so super. In fact, many superfoods that are high in antioxidants are healthy because of their mesonutrients. You can also think of them as being like the “phytonutrients” we often talk about.

An example of a mesonutrient is one of the active ingredients in turmeric: curcumin. Curcumin is a mesonutrient that contributes to turmeric’s anti-inflammatory and antioxidative properties. To increase bioavailability and absorption of curcumin, combine turmeric with black pepper.

Try making a turmeric latte! In a saucepan on medium heat, whisk together either nut or dairy milk with coconut milk. Add one to two tablespoons of turmeric, along with small amounts of honey, black pepper and cinnamon. Include a pinch of nutmeg and cardamom. Bring to a simmer for about five minutes and serve warm after adding a shake of cinnamon and black pepper on top!



Blueberries contain the mesonutrient compound anthocyanin. Anthocyanin is a flavonoid that gives blue, purple and black plants their color.

This important flavonoid is especially abundant in eggplants, purple carrots, purple corn, red or purple cabbage, black currants, and raspberries. Research suggests that this mesonutrient helps protect us from atherosclerosis (or the hardening of our arteries) and helps control high blood pressure.¹

Try to incorporate at least one purple, blue or black food item each day. Because you can find anthocyanins in a variety of produce, variation in food choices is possible. One day you can add black currant preserves to your yogurt. Another day you can sauté up red cabbage to include with your dinner. If you are grilling outside, add eggplants drizzled in olive oil to the grill and sprinkle them with sea salt and coarse black pepper to taste. Dazzle your children by making a purple carrot and purple cauliflower soup! Or simply make an easy snack of blueberries.



¹ Rodriguez-Mateos, Ana, et al. “Procyanidin, Anthocyanin, and Chlorogenic Acid Contents of Highbush and Lowbush

Blueberries.” *Journal of Agricultural and Food Chemistry*, vol. 60, no. 23, June 2012, pp. 5772–5778, doi:10.1021/jf203812w.



Green tea is popular all over the world for its health benefits. It provides a more sustained caffeine effect with less of a spike and fall than coffee or stronger black teas do. Green tea and matcha are commonly known as superfoods largely due to their mesonutrient component of epigallocatechin gallate (EGCG). EGCG is an incredible antioxidant that can help combat a free-radical attack.



Matcha tea is an even better source of this mesonutrient compared to green tea.

Because matcha tea is prepared differently than standard green tea, it is a better source for EGCG, one of the key phytonutrients in green tea. Matcha tea is shielded from light in its last month or so of ripening and is ground into a fine powder that helps concentrate its health effects.

Drinking high-quality green or matcha tea daily is a good option for post-lunch sleepiness. It can also help balance blood sugar to help sustain your energy. All the while, the caffeine may help carry you to the evening, while not keeping you awake at night the way coffee may. Just be sure to consume your last bit of caffeine no later than one or two o'clock in the afternoon.

You can also get more EGCG in your diet by making a matcha vinaigrette with miso, rice vinegar, and avocado or macadamia oil. Add that to your salad for lunch or pour it on top of warm leafy greens for a tangy alternative to butter.

Another example of a mesonutrient is lycopene. Lycopene is a carotenoid (plant pigment) that contributes to the coloring of red, yellow, orange, and pink fruits and vegetables.

Tomatoes have a tremendous amount of lycopene in them. We can get a higher concentration of lycopene when we consume tomatoes in more concentrated forms, such as sun-dried tomatoes or tomato puree. Cooking also makes the lycopene in tomatoes more bioavailable.

Other reddish fruits such as watermelons, guava and ruby red grapefruits also contain this mesonutrient. Lycopene's health benefits have been shown to help your body prevent diabetes, cardiovascular disease and even cognitive decline.²

To make sure you're consuming enough lycopene, try chopping up high-quality sun-dried tomatoes and adding them to a host of things—from pasta to baked breads, and from omelets to sautéed broccoli. Blend tomato puree with cashew milk and spices to make a creamy tomato soup.

If you are already into eating the rainbow of vegetable and fruits, then you are getting a good amount of these important mesonutrients. Variety is always the key to a healthy diet.

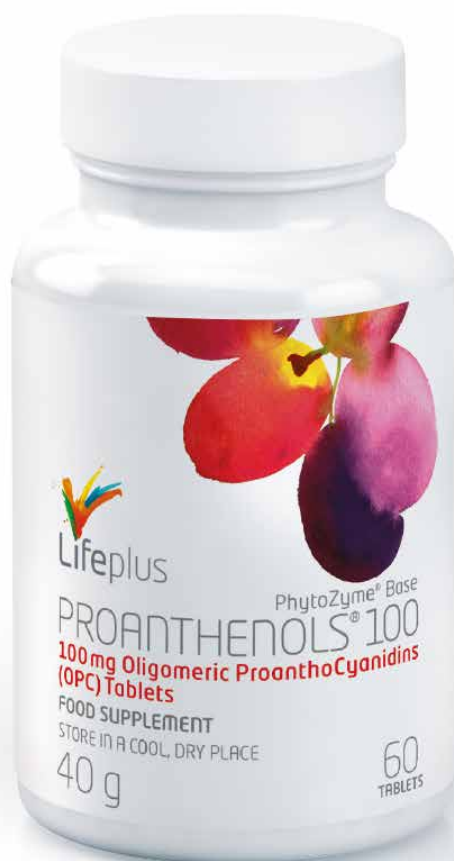
² Fiedor, Joanna, and Květoslava Burda. "Potential Role of Carotenoids as Antioxidants in Human Health and Disease." *Nutrients*, vol. 6, no. 2, Feb. 2014, pp. 466–488, doi:10.3390/nu6020466.

Proanthenols® 100

Support your body in protecting itself from oxidative stress!

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

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



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

© 2019 Lifeplus International

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

Enjoy the Silence

Stop for a moment and listen to what is literally occurring right now around you. Perhaps you are at work and you hear the hum of the copy machine.

Maybe you're at home and you hear the hum of the dishwasher and the squish-swoosh of the washing machine. Or perhaps you live in a quieter suburb or rural area and you can notice the thuds and cracks of a distant thunderstorm.



Even more delightful, you might hear the chirping of birds or the swish of the wind blowing through the trees.

More than likely, you hear a lot of human-made sounds. Perhaps the giggles of schoolkids running around the yards fill your audible space right now. Or maybe a colleague talking on the phone in another office. Maybe you hear a neighbor blasting their music. Or the rumbles of cars and buses zooming past your apartment window.

We may wonder, what does silence even sound like? And with good reason! In most cities and towns, noise pollution is a stressing concern.

But even if you take away all of those sounds—both the joyful ones and the annoyances—silence may not feel so quiet when you're on a silent retreat. That is because even when our voices stop, our minds are moving.

In the past decade, mindfulness meditation has hit the mainstream. It is becoming increasingly popular everywhere from hospitals and public schools to boardrooms and prisons. Part of the reason for that is because its practice creates a brief time when we attempt to slow down, or even stop, the chaos of modern life. A more intensive and even extreme progression is the wellness trend of going on silent retreats or going to silent spas.

Silent retreats have been popular throughout the centuries, most often as a form of religious sacrifice or spiritual exercise. Think Buddhist or Catholic monasteries. In addition to the parochial variety, secular silent spas and retreats are becoming more prevalent in modern society.

They are a chance to go inward—as enlightening and scary as that may be! Silence frees the participant from needing to fill voids in communication. But it also can set us free into our own solitude. Sometimes that can be a difficult journey, but it's almost always finally rewarding.



Because there are so many different kinds, there is no specific formula for such retreats.

Some silent retreats include outward reflection that may, ironically, be audible. Others require absolute and profound silence, including no laughing, giggling, moaning or groaning.

Many include a listening time, during which participants listen to a lecture or partake in a guided meditation of some sort.



One example of a silent practice is through Vipassana (pronounced: vee-PASH-a-nah). Vipassana hosts ten-day silent meditation courses all over the world.

They stress that it isn't so much of a retreat as an immersive introduction (or follow-up for those who have already attended the initial one) to the silent meditation they practice. During the ten days, participants eat in silence, sit in silence and even rest in silence. What that means is that relaxation (the times off when there isn't a group meditation period) is without any intentional distraction—no music, no yoga, no reading. And you don't have to be a practicing devotee or religious in any way.

They explain that it is a practice or meditative tool, not a religion. In fact, most often people who are accepted to this course have no previous experience in meditation.

Some yoga centers also host shorter, weekend-long silent retreats. And even some more spiritually based, holistic day spas also have options where clients can receive services such as massage, stretching or soaking in complete silence.



Elderberries

Maintaining a healthy immune system requires an ongoing and daily practice that includes sleep, hydration, proper hand hygiene, balanced eating, exercise, plenty of antioxidants, vitamin D, being in nature—the list goes on. So many of these things help our bodies stay at their best working condition. But no immune system is superhuman! Living life means we are interacting with germs. And while we can be diligent in order to strengthen our immunity, getting sick can sometimes be unavoidable.

While modern medicine often has a place in treating certain ailments, viruses that cause a brief respiratory illness (usually under a week and a half long) really cannot be cured by conventional medications. More people are looking to traditional medicines that actually have evidence-based backing. One of those centuries-old remedies includes elderberries.

Black elderberries hail from Europe originally, but are now found all over the world. They are the berries that grow on the *Sambucus nigra* plant. They are rich in vitamin C, with a 100-gram serving accounting for roughly 60 percent of your daily requirements. In addition to the antioxidative qualities of vitamin C, elderberries are a fantastic source of flavanols, anthocyanins and phenolic acids. While the berries are easier to come by and get a lot of credit for their antioxidant properties, the flowers of the *Sambucus nigra* plant have more flavonols, including isorhamnetin, kaempferol and quercetin.¹

Elderberries have long been heralded in the natural-health community as an immunity-boosting remedy in response to the flu or common cold. Now elderberry syrups or teas infused with the berries are showing up more in mainstream stores! People are starting to take notice that black elderberries are more than just an old wives' remedy, but instead are truly a fantastic way to boost your immunity during the time you are sick. And a number of studies—both in the laboratory setting and in real-life human scenarios—have demonstrated promising results.²

For a while it has been thought that antioxidants were what helped boost the body's immunity, and indeed a viral infection can dramatically increase oxidative stress, for which extra antioxidant power can be welcome, but now some scientists believe that the elderberry actually disintegrates an enzyme that viruses use to attack healthy cells. In one study, people who became ill with influenza and took an elderberry extract saw both symptomatic and serological (laboratory blood test) improvements in two days compared to their counterparts, who saw recovery only after six days.³

Beyond viruses, elderberry has been shown to possess antibacterial properties that help the body fight certain bacterial infections.⁴

There are a few words of caution when incorporating elderberry into your remedies, though. One concern is that the berries may overstimulate the immune system, but no scientific studies have concluded this. But because of this possibility, it is best to consume elderberry when you are sick or in another acute situation such as air travel.⁵

Another thing to note is that while elderberry has little to no significant side effects in most studies, quality and preparation are important. It is essential to cook elderberries (as is most common when preparing a syrup) and not simply juice the dried or fresh berries.

Uncooked berries have small levels of cyanide, but not large enough amounts for fatal dosing. Cooking the berries is believed to take care of that issue.⁶

Some have reported upset stomach or nausea, diarrhea, or vomiting when taking elderberries that did not come from the *Sambucus nigra* plant and were perhaps prepared in a way that didn't involve cooking the berries.⁷

Elderberry comes in syrups, tinctures, gummies, capsules and teas. You can make your own syrup at home by bringing three cups of water to a boil with a heaping half-cup of dried black elderberries. Simmer for about an hour with the lid off so that the liquid reduces to about half its quantity. Let the mixture cool and then roughly blend it. Once blended, strain the concoction into a glass jar and add one cup of buckwheat or raw honey. Store in the refrigerator; some sources say it should be good for up to a month and other sources report only a week or two. If you want additional immune-boosting properties, add grated ginger or ground cinnamon during the cooking process. Adults can take between one-half and one whole tablespoon, two to three times a day, when respiratory symptoms are present.

¹ Sidor, Andrzej, and Anna Gramza-Michalowska. "Advanced Research on the Antioxidant and Health Benefit of Elderberry (*Sambucus Nigra*) in Food—a Review." *Journal of Functional Foods*, vol. 18, Oct. 2015, pp. 941–958, doi:10.1016/j.jff.2014.07.012.

² Vlachogiannis, J. E., et al. "A Systematic Review on the *Sambucus Fructus* Effect and Efficacy Profiles." *Phytotherapy Research*, vol. 24, no. 1, Jan. 2010, pp. 1–8, doi:10.1002/ptr.2729.

³ Zakay-Rones, Zichria, et al. "Inhibition of Several Strains of Influenza Virus *In Vitro* and Reduction of Symptoms by an Elderberry Extract (*Sambucus Nigra* L.) during an Outbreak

of Influenza B Panama." *The Journal of Alternative and Complementary Medicine*, vol. 1, no. 4, 1995, pp. 361–369, doi:10.1089/acm.1995.1.361.

⁴ Krawitz, Christian, et al. "Inhibitory Activity of a Standardized Elderberry Liquid Extract against Clinically-Relevant Human Respiratory Bacterial Pathogens and Influenza A and B Viruses." *BMC Complementary and Alternative Medicine*, vol. 11, no. 1, Feb. 2011, doi:10.1186/1472-6882-11-16.

⁵ Tiralongo, Evelin, et al. "Elderberry Supplementation Reduces Cold Duration and Symptoms in Air-Travellers: A Randomized, Double-Blind Placebo-Controlled Clinical Trial." *Nutrients*, vol. 8,

no. 4, Mar. 2016, p. 182, doi:10.3390/nu8040182.

⁶ "Assessment Report on *Sambucus Nigra* L., Fructus." European Medicines Agency, An Agency of the European Union, 2014, www.ema.europa.eu/en/documents/herbal-report/draft-assessment-report-sambucus-nigra-l-fructus_en.pdf.

⁷ "Poisoning from Elderberry Juice—California." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 26 Aug. 1983, www.cdc.gov/mmwr/preview/mmwrhtml/00000311.htm.

Brain Health

When you think of the most essential parts of your body, what comes to mind? Here's a hint: the answer is in the question!



The human body is an extraordinary work of science, mechanics, chemicals and reactions. While our heart health deservedly gets so much medical and media attention, arguably the most critical component of physical wellness is how our brain is functioning.

So much of the body's inner workings are due to the chemicals, signals and processes originating from the brain. If you think about it, one could even get a heart transplant, but not one for the brain. Our brains are uniquely and exclusively ours. One of the great unresolved debates in medicine and the science of consciousness today is whether human consciousness—e.g. personality, thoughts, feelings, cognitive function, intuition, creativity, genius—are all the product of biochemical reactions within the brain or whether consciousness is actually something that is an energy of some sort that is “transduced” by the human brain, analogous to radio signals that are transduced by a radio and turned into sound by speakers, or television and internet signals that are transduced into images and sounds. Certainly neuroscience is at this point far too primitive to explain where thoughts (let alone dreams) come from in terms of biochemical signals. The simple fact that we have to use our brains and consciousness in order to study our brains and consciousness is somewhat daunting. It's not likely that this debate will be resolved anytime soon. Nevertheless, there are clearly some important physical and nutritional aspects to brain health.

Most of us have sadly seen the cognitive demise of someone we love. Sometimes it can feel like their spirit or soul has left them when they are suffering from something like dementia or a severe mood disorder. However, even in advanced stages of dementia, people are still able to respond to loving kindness in like manners.

What are some of the current news, thoughts and research on brain health? How do other manifestations of poorer health correlate or link to our cognitive wellness? And how can we improve our brain health?

There are some key foods to focus on when thinking about brain health. The foods that are rich in healthy long-chain omega-3 fatty acids—particularly docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)—are the ones that truly steal the brain health show. Of nearly a dozen fatty acids, DHA and EPA are the most important. They both are primarily found in animal sources, particularly cold-water fatty fish like tuna, salmon and mackerel. If you are a vegetarian or generally not a fan of fish, one good nonanimal-based source of DHA and EPA is kelp or algae. In fact, vegan sources of EPA and DHA can be produced by the culture and extraction of certain sea vegetables (the same ones that fish eat to concentrate these fatty acids in their bodies).

DHA is the most necessary and abundant fatty acid in the brain, which is approximately 60% fat.

DHA is abundant in breast milk and has been included in infant formula to mimic breast milk. This is because DHA is imperative for early brain development. In fact, research has shown that deficiency in DHA in early life is linked to difficulty learning, hyperactivity and even aggressive behavior.¹ Cow, goat and nut milks are not appropriate for infants because they do not provide the complete nutrition the way breast milk (and high-quality infant formulas) do, particularly in terms of DHA levels.

And research has shown that it is never too early for babies to get DHA. Pregnant women who consume low-mercury, fatty fish (and fish oil supplements) have babies with better cognitive outcomes.² While there is little research showing that a mother's diet can increase the fat and calories in her breast milk, the type of fat she eats does manifest itself in breast milk.

One study compared breastfeeding mothers who consumed primarily corn oil to women who consumed cod liver oil. The children of mothers who consumed the fish oil during late pregnancy and into early infancy (while breastfeeding) scored better on cognitive tests at four years of age.³

But DHA for brain health isn't limited to little ones. Research has also demonstrated the need for it throughout life, especially for older adults. Older adults who do not consume sufficient amounts of DHA have signs of poorer brain function, or even worse, develop Alzheimer's disease.⁴

¹Agostoni, C., et al. "Developmental Quotient at 24 Months and Fatty Acid Composition of Diet in Early Infancy: a Follow-up Study." *Archives of Disease in Childhood*, vol. 76, no. 5, May 1997, pp. 421–424, doi:10.1136/adc.76.5.421.

²Oken, Emily, et al. "Maternal Fish Consumption, Hair Mercury, and Infant Cognition in a U.S. Cohort." *Environmental Health Perspectives*, vol. 113, no. 10, May 2005, pp. 1376–1380, doi:10.1289/ehp.8041.

³Helland, I. B., et al. "Maternal Supplementation With Very-Long-Chain n-3 Fatty Acids During Pregnancy and Lactation Augments Children's IQ at 4 Years of Age." *Pediatrics*, vol. 111, no. 1, Jan. 2003, doi:10.1542/peds.111.1.e39.

⁴Mohajeri, M. Hasan, et al. "Inadequate Supply of Vitamins and DHA in the Elderly: Implications for Brain Aging and Alzheimer-Type Dementia." *Nutrition*, vol. 31, no. 2, Feb. 2015, pp. 261–275, doi:10.1016/j.nut.2014.06.016.



Like DHA, EPA is largely found in animal sources and particularly in seafood. Part of EPA can convert to DHA in the body, though it is easier for the body to produce EPA from DHA than vice versa. EPA is particularly helpful in improving mood and addressing depression.

Another brain healthy food is nuts! A recent study saw a potential connection between older adults who eat at least ten grams a day of nuts and improved cognitive function.

The adults who ate nuts daily had better memory and reasoning abilities.⁵ An important nutrient that many of us are lacking in is magnesium. Nuts and seeds are wonderful sources of magnesium—a serving of cashews provides about 20% of your daily serving of magnesium. A large population study out of the Netherlands revealed that adults with imbalanced magnesium blood levels (too high or too low) had a significantly greater risk of developing dementia later in life.⁶

Make sure you are taking your B vitamins. Pantothenic acid, the scientific name for vitamin B5, supports the brain in producing key neurotransmitters. It also helps reduce stress, which can wreak havoc on neurological function.

Aside from healthy fats and superfoods, what lifestyle steps can we take for brain health? Maintain a healthy weight. Increased adipose tissue (fat), particularly around the belly, has been linked to an increased risk for developing Alzheimer's disease.⁷ The general theory is that unnecessary fat stores increase inflammation in our body.

Belly fat is particularly concerning because it surrounds important organs such as the kidneys and liver. The fat surrounding organs is known as visceral fat. One study showed how increased visceral fat was associated with brain imaging that showed decreased brain volume in older adults.⁸ Increased visceral fat is also associated with insulin resistance, which is a known risk factor for cognitive impairment and dementia with aging.

Sleep! Sleep is one of the most essential steps we can take to promote good brain health. Each of us can remember a time when we were short on sleep and just couldn't function at our optimal capacity. Unfortunately for many of us, this may be a chronic concern. Address any poor sleep habits you may have and get plenty of exercise during the day for better sleep at night.

Experts at the Alzheimer's Prevention Program at Loma Linda University Medical Center in California recommend a perhaps unexpected key lifestyle component of brain health: having a purpose. Some researchers at this institution have exalted having a purpose-driven life as the single most important factor in maintaining brain health as one grows older. The theory—and science—is that if one is working toward achieving something, then neurons continue to fire and neurological pathways continue to be built. The purpose doesn't have to be job-related. If you enjoy your purpose as a grandparent or perhaps you see your life's love as gardening in your front yard, that is just as important to brain health as being a surgeon or a scientist.

⁵ Li, Ming, and Z. Shi. "A Prospective Association of Nut Consumption with Cognitive Function in Chinese Adults Aged 55 – China Health and Nutrition Survey." *The Journal of Nutrition, Health & Aging*, vol. 23, no. 2, 2018, pp. 211–216, doi:10.1007/s12603-018-1122-5.

⁶ Kieboom, Brenda C.T., et al. "Serum magnesium is associated with the risk of dementia." *Neurology*, Oct. 2017, 89 (16) 1716–1722, doi: 10.1212/WNL.0000000000004517.

⁷ Anjum, Ibrar, et al. "Does Obesity Increase the Risk

of Dementia: A Literature Review." *Cureus*, May 2018, doi:10.7759/cureus.2660.

⁸ Roizen, M.F. "Visceral Fat Is Associated with Lower Brain Volume in Healthy Middle-Aged Adults." *Yearbook of Anesthesiology and Pain Management*, vol. 2011, 2011, pp. 398–399, doi:10.1016/j.yane.2011.01.012. Type Dementia." *Nutrition*, vol. 31, no. 2, Feb. 2015, pp. 261–275, doi:10.1016/j.nut.2014.06.016.



READY FOR ANYTHING

Our 3 stage system delivers complex formulations that are easy to use. Easy as **1, 2, 3**.
Achieve your goals whatever your sport... we're sure you'll feel the difference.



FOCUSED

Get ready, fuel up and go for it!



SUSTAINED

Keep moving for longer. All the key electrolytes to keep you hydrated and more.



RECHARGED

Replenish and recover so that you can do it all again, faster and stronger.

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

© 2019 Lifeplus International

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



Adaptogens

“Adaptogens” are herbs and other plants that help the body handle stress. For centuries, adaptogens have been used in Chinese and Ayurvedic medicines. They briefly grew in popularity during World War II when various adaptogens were given to pilots and members of submarine crews, and again in the 1950s and ‘60s when the concept of using herbal medicinal plants gained a following.¹ Indeed, the very name adaptogen was coined by Russian scientists during the late 1950s and early 1960s as part of research on herbs that generally increase the overall resilience of a living organism to any type of stress.

Today, adaptogens are growing in popularity around the world as people try to cope with stressful, modern lifestyles. Whether they are brewed in teas, added to meals, taken as supplements or eaten on their own, these herbs, roots and nutrients help the body manage stress. There are many dozens of plants and nutrients that qualify as adaptogens, more than 70 of which fit the definition of non-specifically augmenting the ability of living beings to respond to and withstand environmental and other sorts of stresses.

While they are often said to fight stress, at their core, adaptogens help produce anti-fatigue activities in the body that can help increase mental and physical working performance when a person is feeling fatigued or under stress, whether that be from sleep deprivation, extremes of temperature or high levels of physical danger.

Modern science is just beginning to pay more attention to adaptogens. And some recent pharmacological studies demonstrate how they may affect the body on a molecular level.²

The current theory of how these plants and nutrients help fight stress in the body is through an interaction with the hypothalamic-pituitary-adrenal (HPA) axis and the sympathetic-adrenal system. In plain language, they help fight stress by enhancing and supporting brain and adrenal combined activities. Both of these are deeply involved in the body’s response to stress. It’s also thought that adaptogens may help the body tweak hormone production and physiological responses to stress in order to maintain proper function despite increased stress levels.³

Some of the better-known adaptogens are Panax ginseng, Rhodiola rosea, Cordyceps mushrooms, holy basil, ashwagandha and astragalus.

Panax ginseng

The root of this Asian plant can help boost calmness and aspects of memory performance.⁴ These effects may be due to the plant’s saponin content, known as “ginsenosides.”⁵

Ginseng can be eaten raw or after being lightly steamed to soften it. It can also be stewed in boiling water in order to make a tea.

Rhodiola rosea

Also known as Golden Root, Rhodiola rosea may produce an anti-anxiety effect during stressful situations. In one study, when participants took Rhodiola rosea, they experienced a reduction in the stress hormone cortisol and a very large reduction in acute physical stress.⁶ The leaves and shoots of Rhodiola rosea can be eaten raw or cooked like spinach or other greens, and they can be added to salads for the introduction of a slightly bitter flavor.

Cordyceps mushrooms

Reishi, shiitake and maitake mushrooms are just a few of 400 different medicinal mushrooms with beneficial health properties, although they are not always thought to be true adaptogens. Cordyceps (“caterpillar mushroom”) is the one medicinal mushroom that is clearly an adaptogen, and it has been noted for its ability to help positively impact cortisol levels and oxidative stress.⁷

Mushrooms are incredibly versatile and can be added to nearly any cuisine. Raw or cooked— and chopped or whole—they can be added to a stir fry, sautéed with onions,

folded into noodles, boiled in a sauce, added to pizza or simply eaten. Cordyceps is often consumed as an extract in a capsule, as a tea or in a tincture (alcohol extract).

Holy basil

Holy basil, or tulsi as it is known in India, has been an integral part of Ayurvedic medicine for centuries. The aromatic perennial plant contains multiple phytochemical compounds that may help improve stress response—particularly ocimumosides A and B. These stress-busting compounds may help lower the stress hormone corticosterone and help create positive alterations in the brain’s neurotransmitter system.⁸

Commonly used in Thai cuisine, holy basil can be used as an herb to season any meal that calls for basil.

Ashwagandha (Withania somnifera)

Ashwagandha root has been used for thousands of years in the traditional medicine of India, known as Ayurveda—it is one of a group of elite herbal medicines reputed to promote physical and mental health, to augment resistance of the body against disease and diverse adverse environmental factors, to revitalize the body in debilitated conditions, and to increase longevity. Ashwagandha is one of the most revered plants in Ayurvedic medicine.⁹

Astragalus (Astragalus membranaceus)

Although generally considered to be a secondary adaptogen, for persons under immunological stress (dealing with cancer, traveling, sleep deprivation, or debilitation due to surgery or acute infection), it functions as a primary adaptogen. It is extremely safe and well tolerated, and is particularly useful for supporting the immune system.¹⁰

¹ Panossian, Alexander, and Georg Wikman. “Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity.” *Pharmaceuticals* 3, no. 1 (2010): 188–224, doi:10.3390/ph3010188.

² Panossian, Alexander, and Georg Wikman. “Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity.” *Pharmaceuticals* 3, no. 1 (2010): 188–224, doi:10.3390/ph3010188.

³ Ducharme, Jamie. “What Are Adaptogens? Healing Herbs for Stress and Fatigue.” *Time*. February 28, 2018. Accessed July 02, 2019. <https://time.com/5025278/adaptogens-herbs-stress-anxiety/>.

⁴ Reay, Jonathon L., Andrew B. Scholey, and David O. Kennedy.

“Panax Ginseng (G115) Improves Aspects of Working Memory Performance and Subjective Ratings of Calmness in Healthy Young Adults.” *Human Psychopharmacology: Clinical and Experimental* 25, no. 6 (2010): 462–71, doi:10.1002/hup.1138.

⁵ Tachikawa, Eiichi, and Kenzo Kudo. “Proof of the Mysterious Efficacy of Ginseng: Basic and Clinical Trials: Suppression of Adrenal Medullary Function In Vitro by Ginseng.” *Journal of Pharmacological Sciences* 95, no. 2 (2004): 140–44, doi:10.1254/jphs.fmj04001x2.

⁶ Jurcău, Ramona; Jurcău, Ioana; Bodescu, Cristian. “Anxiety and salivary cortisol modulation in exercise induced stress, using a phytotherapeutic product containing Rhodiola Rosea.” *Palestrica of the Third Millennium Civilization & Sport*. Jul-Sep 2012, Vol. 13, Issue 3, p213–217, 5p.

⁷ Nagata, Akira, Taeko Tajima, and Masayuki Uchida.

“Supplemental Anti-Fatigue Effects Of Cordyceps Sinensis (Tochu-Kaso) Extract Powder During Three Stepwise Exercise Of Human.” *Japanese Journal of Physical Fitness and Sports Medicine* 55, no. Supplement (2006), doi:10.7600/jpsfm.55.s145.

⁸ Ahmad, Ausaf, Naila Rasheed, Praseon Gupta, Seema Singh, Kiran Babu Siripurapu, Ghulam Md Ashraf, Rajnish Kumar, Kailash Chand, Rakesh Maurya, Naheed Banu, Muneera Al-Sheeha, and Gautam Palit. “Novel Ocimumoside A and B as Anti-stress Agents: Modulation of Brain Monoamines and Antioxidant Systems in Chronic Unpredictable Stress Model in Rats.” *Phytomedicine* 19, no. 7 (2012): 639–47, doi:10.1016/j.phymed.2012.02.012.

⁹ Yance, DR. *Adaptogens in Medical Herbalism*, Healing Arts Press, 2013, p361.

¹⁰ Yance, DR. *Adaptogens in Medical Herbalism*, Healing Arts Press, 2013, p368–369.

Kids' Gyms

The importance of physical activity is paramount in the age of the childhood obesity epidemic. Regular exercise helps children relieve stress, burn off pent-up energy, maintain a healthy weight, improve self-esteem and get better sleep, just as it does for adults. The U.S. Centers for Disease Control and Prevention recommends children partake in at least one hour of physical exercise every day.

Not all kids want to join a sports team. And many kids don't necessarily have a specific physical activity they are involved in, such as dance or gymnastics. Adults go to the gym to stay fit and healthy—but what about kids?



Bring them with you

Whether you bring your little ones to the gym with you has a lot to do with their physical maturity and development, the rules of the gym, and whether you have the energy and time to help guide and supervise them. But more and more, people are bringing even their young children to the gym to essentially lead by example.

Talk to your gym to see whether they have (or are willing to start) any classes for kids. Any class or gym activity for children should focus on fun and not worry about achievement or function.

Seek out children-specific gyms

In addition to standard gyms, larger urban areas are seeing a rise in children-specific gyms. Sometimes this is a program at the park district. Other times it is a small facility connected to an adult gym. But other times it is a stand-alone facility that sets up an environment for developmentally appropriate exercise activities.

Think of children's gyms as a way for kids to try different physical skills. Often these gyms have more structures and less equipment.

Instead of repetitions and sets, these gyms will have "equipment" that focuses on strengthening your child's ability to balance as well as improving his or her coordination and other gross motor activities. For example, they will have things like balance beams, small trapeze handles or small rock-climbing walls.

Set up something in the backyard

If you don't have a children's gym in your area or if you don't want to spend the money on having your kids fulfill fitness goals in one, you have some more affordable options to create a gym-like setup in your yard. There are formal structures you can buy and assemble on your own. Or inquire to see what interests your children; some communities may be open to creating something like what they envision in the local parks or field houses.



Another option is to see whether any neighbors want to build a version of a neighborhood gym cooperative. Perhaps one neighbor could buy or build a small rock-climbing wall. Another could install a backyard balance beam. Another might hang up a rope ladder from their large tree.

This helps distribute the expense, build community and get kids of different age groups playing together.



Don't forget cold and rainy days options

The Swedes (and other Scandinavians) have a phrase that “there is no bad weather, only bad clothing” for their approach to getting outside regardless of the elements. That said, apparently even the Swedes and their arctic-like weather have their limits, because there is an indoor play structure called a “Swedish wall.”



This is a simple setup that doesn't take up too much room (another Scandinavian attribute!) and usually incorporates things like a trapeze bar, a climbing ladder, a swinging rope, a basketball net and monkey bars.

Add to that a soft tumbling mat and a balance board and you have created an excellent indoor activity center for children (and maybe even for yourself, too).

Golden Friendships

The old saying claims that “blood runs thicker than water,” implying that family always comes before friends. We love our family. We “come from” them and we create them. But for our health, friendships may be even more essential for positive outcomes.

The evidence has shown us time and time again that we are influenced by our social groups and our subcultures, but this may be particularly true for older adults. Our friends have immense impacts on our lifestyles and our health decisions.

Nurturing friendships is important throughout the life cycle. When we place value in our friendships, this positively affects our well-being.

And it's not just in terms of having an exercise partner or a person to help hold us accountable to our wellness goals—just the basic act of maintaining a friendship keeps us functioning at a higher level.



It is particularly true with friendships that are deeper and less superficial. As we get older, we tend to become more reflective about our life's path.

When we hold on to friendships that have been deepened and strengthened over the years, we feel more meaning.

Friends are the witnesses to our lives. They have seen us at our best and supported us during our worst.



Deep friendships hold us accountable to our values. True friendships are uplifting and supportive, but also challenge us to be better people.

The researcher working on a particular large-scale study looked at the influence of family versus friends on the reported health outcomes of older adults.¹ This study suggests that as we get older we shed the less meaningful relationships and focus on the deeper ones. This isn't as easily accomplished with family members. If we have a family member who we don't have a lot of meaningful interactions with, we cannot simply abandon them. The idea is that friendships are a more dynamic and evolving relationship. Family cannot be changed or replaced. And however callous this may sound, friends can be.

Therefore, older adults with stronger friendships tend to also not be as static, per se. Whereas helping someone in your family may mean taking on the role of a caretaker, friendships are supportive by choice rather than out of obligation.

Older adults who remain socially active also see statistically significant differences in their cognitive decline rates. In fact, one study saw the rate of cognitive decline reduced by 70% in older adults who remained engaged in friendship activities on a frequent basis.²

But if you're not still in touch with your friends from grade school, have no fear. Get involved and active now! If you're involved in your church, synagogue or mosque, join one of its groups—or form one. Check out your city's centers for older adults. Many park districts have senior days.

And your friendships don't have to be within your age group. See whether there is a mentoring program with teenagers or young adults you can participate in.

Or check out your local library to see whether there is a tutoring program or homework help you can assist with. These are places where others are also looking for connections with people and will be receptive to forming deeper connections.

¹ Chopik, William J. "Associations among Relational Values, Support, Health, and Well-Being across the Adult Lifespan." *The Health and Retirement Study—The National Institute on Aging*,

vol. 24, no. 2, Apr. 2017, pp. 408–422, doi:10.1111/pere.12187.
² James, Bryan D., et al. "Late-Life Social Activity and Cognitive Decline in Old Age." *Journal of the International*

Neuropsychological Society, vol. 17, no. 6, Nov. 2011, pp. 998–1005, doi:10.1017/s1355617711000531.



Pamper and Groom

Until the past decade or so, self-care was a concept that sometimes conjured up negative connotations. Perhaps it seemed overly indulgent or even selfish. Some people associated it with people who always put themselves before others. And often it was for the wealthy. Nowadays, it is a popular concept and one that is advocated for in the mainstream—in workplaces, at the doctor’s office, in schools and in the media.

However, until recently, the term has largely been embraced by women. Not only have women leaned into and promoted the idea of treating yourself, but there are entire industries—beauty and cosmetics, women’s retreats, wellness classes, self-help books—devoted to now-popular self-care. But things have changed as modern masculinity is being expanded upon. A decade ago, even seeing a man at a yoga class was an oddity.

Now you can find all sorts of resources for male-centered pampering, grooming, rest and reprieve. In fact, the popular hashtag #treatyourself has been utilized by men and women alike. Here are a few ideas for ways to #treatyourself.

MASSAGE

Not surprisingly, men can benefit from massage. We store toxins in our muscles and often hold our stress in different areas of our body. A professional massage therapist can work with you to target areas of your body that may be causing specific discomfort or provide a kind of “general tune-up” in the form of a full-body relaxation massage. Either way, the physical and mental relief a massage helps address is one of the nicest ways to pamper yourself. Massage as well as exercise (and breathing exercises) are the major activities that promote circulation of the lymphatic system, which is key to immune health, detoxification and cardiovascular health.

PEDICURE

Pedicures are not just for ladies who lunch or for bridal parties. In fact, many salons have male-specific pedicures.

Instead of the traditional kind of treatment, the male pedicure is focused more on buffing away foot calluses or beautifying toenails without using nail polish.

BARBERSHOP

This is an oldie but goodie. You probably shave yourself. Or go get a quick haircut after work every month or so. But barbershops are a space for men to get a more intensive shave or haircut with a few more frills. In fact, in some urban areas, there have been barbershops that are the offspring of or sister shops to artful salons.

Whether you go the old-fashioned venue or the more artsy one, these are places where they usually put a warm washcloth on your face as you get some sort of neck, shoulder or head massage. They often use specialty products you may not use at home with essential oils like lavender, sage and cedar.

SWEAT

Of course, exercise should be included in any self-care conversation, but this sort of sweating involves a sauna or steam room. Sweating helps release toxins. But aside from that, saunas and steam rooms are places to move more slowly, focus on your breath and just be in the moment. They are also really good for opening up your pores, which can be beneficial for any skin treatments.





SKIN CARE

Special skin care lines geared toward men have become increasingly popular. However, you don't need a lot of money or even the overly and artificially scented soaps and gels to take care of your skin. Make a nightly practice of washing your face with a simple soap and washcloth. Then use moisturizer to keep your skin hydrated. For all-over body care, try using a Greek sea sponge or even a baking soda or sugar scrub to exfoliate dead skin cells.

STRETCH

Perhaps the best way to pamper yourself is to disconnect, slow down, breathe deeply and stretch.

Stretching, like massage, is a way for you to be good to your muscles and joints, but it also helps relieve mental stress.

Taking time in the morning when you wake up to do a five-minute gentle stretch, accompanied with deep cleansing breaths, is a small act to get you focused on self-care before you start your day—perhaps do a few yogic sun salutations. Comparably, taking the time at the end of the day to do a calming stretch (try the yoga position called child's pose) prior to lying down to sleep gets you into a gentle head space in order to unwind before sleep.



Facial Yoga

Imagine looking into the mirror and seeing less-droopy under-eye bags, a chin that doesn't hang like a hammock and cheeks that don't sag like a basset hound's jowls. Proponents of face yoga say that these are just some of the issues that facial exercises can address.

In lieu of Botox, fillers or plastic surgery, the face yoga fad is being heralded—albeit a bit skeptically—as the natural alternative.

And while there have been no studies conducted on the subject, claims that ancient royalty (Cleopatra) and current royalty (Meghan Markle) are fans certainly make the global trend more intriguing at the very least.

While there is no one tried-and-true method, the basic agreement is that none of the exercises should cause your face to significantly or repeatedly wrinkle while doing them. Just like regular yoga, the idea is to strengthen and relax.

Experts in the face yoga world say that the movement of the facial muscles coupled with a manual facial massage help stimulate the various layers of the skin—the epidermis (the layer on top that you can see and feel), the dermis (just below this exposed layer) and the hypodermis (the bottom layer of the skin that includes fat and sweat glands).

Just as regular exercise helps oxygenate the body by promoting better blood flow and opening up the lungs to bring in more oxygen, facial yoga helps renew the facial skin.

A critique of face yoga is that it is geared toward women and capitalizes on the insecurities of growing older in societies that largely scorn (as opposed to celebrate) older adults.

That said, it is a simple and possibly free way to practice self-care. And independent of societal pressure or gender, most of us want to look our best, and vanity is a strong motivator to stay healthy.

Just as facials have become a do-it-yourself at-home treatment, face yoga can also largely be practiced on your own.



A simple internet search comes up with GIFs and YouTube videos that demonstrate several face yoga poses.



Couple these online tutorials with some time in the mirror in a brightly lit spot, and you have some basic moves for an independent routine.

If you want a more expert-led routine, check out the Face Yoga Method by Fumiko Takatsu. She developed the method after a traumatic car accident debilitated her physically. Her method promotes doing face yoga twice a day and her website shows before and after photos with many participants reporting positive results within two weeks.



She claims that face yoga will not cause more wrinkles when done correctly. Furthermore, she says that the relaxation actually helps people not tense their facial muscles the way they perhaps have been doing for years. Stress truly contributes to wrinkles!

Another expert in the face yoga world is Gary Sikorski of Happy Face Yoga. A small-scale study out of Northwestern University Medicine had middle-aged women participate in a twenty-week face exercise routine developed by him. Dermatologist raters used a standardized facial aging scale while comparing before-and-after photos of the participants—at the beginning, at eight weeks and at the end of the twenty weeks.

The results were that participants were rated as appearing just over two-and-a-half years younger by the end of the trial! Additionally, participants expressed high satisfaction scores with the results.¹

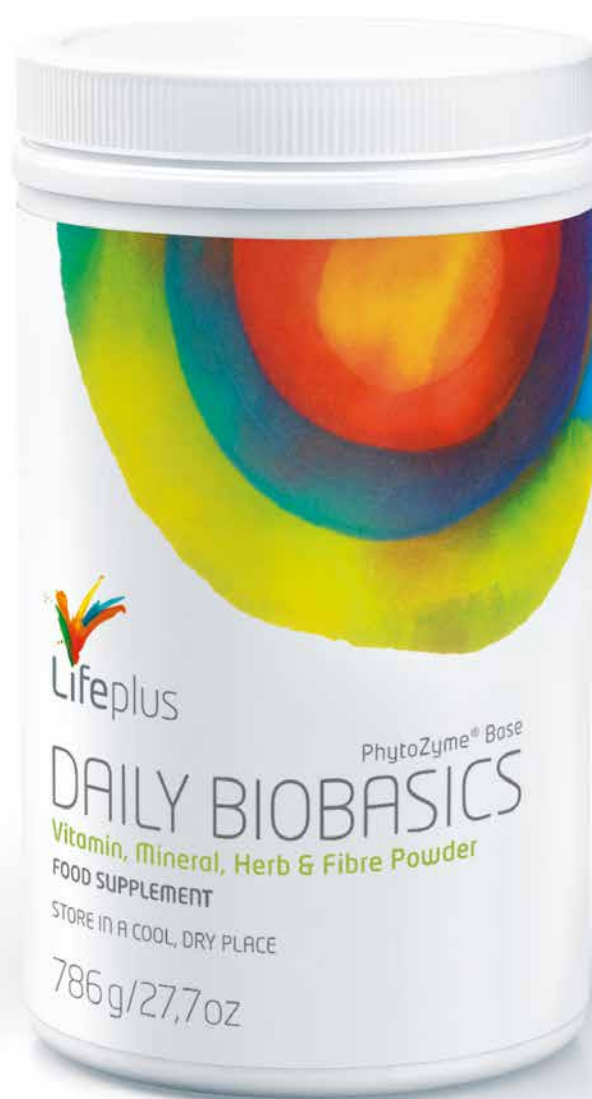
¹Alam, Murad, et al. "Association of Facial Exercise With the Appearance of Aging." *JAMA Dermatology*, vol. 154, no. 3, Mar. 2018, p. 365, doi:10.1001/jamadermatol.2017.5142.

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 fibre, 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.lifeplus.com and in our product catalogue.

© 2019 Lifeplus International

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

Ask the Expert

Can what I eat affect my mood?

The answer is yes, and the reasons are many. To begin with, the amount and kinds of energy we put into our bodies have a big effect on how we feel emotionally. Whole, complex foods that take longer to digest give us longer-lasting energy that helps balance our moods. Sugary, simple or refined carbohydrate foods that break down quickly may give a quick burst of energy, but they also tend to leave us feeling sluggish in mind and body after a short while. There is also new evidence linking diets too high in the wrong kinds of fatty foods to poor mental health. Researchers have seen that too many dietary fatty acids can directly modulate the protein kinase A (PKA)-signaling pathway in the brain, which plays a role in depression. This doesn't mean eliminating all fat from your diet will make you happier. In fact, we need to consume some fat in order to be healthy and happy. But the amount consumed needs to align with the amount of physical activity you engage in every day.¹ And we need monounsaturated and omega-3 rich fats that have not been refined, bleached or damaged by heat.

Will doing puzzles really help protect my brain?

There are many ways to help protect your brain as you age. Doing puzzles and brain teasers such as crosswords and sudoku are just a couple of examples—they are also two of the best examples. Multiple studies have shown that when older adults frequently engage in puzzles like these, they tend to have the short-term memory capacity of someone up to eight years younger and the grammatical reasoning of someone 10 years their junior!

Engaging the brain with puzzles, interacting with people, figuring out new skills and engaging in lifelong learning all help produce lasting effects on memory and cognitive decline.



These activities have even been shown to help slow loss of memory and other problem-solving skills that often come with aging.² Remaining physically active with aging is also important to protecting brain health.

How much exercise is enough?

You are the only person who can answer this question. Every person needs a different amount of exercise, depending on their diet, weight, goals, stress, genetics and a host of other factors. It's often said that every person should get the equivalent of 10,000 steps of physical activity a day. It could also be said that a person should exercise for at least 30 minutes most days of the week. A recent study of about 8,000 people found that by swapping 30 minutes of sitting with any intensity or duration of physical activity could cut the risk of early death by as much as 35 percent.³

Generally speaking, the more active you are, the more healthy your body will be. But not everyone can take the time to run 12 miles a day. That's okay. Simply find a physical activity that you enjoy, and do as much of it as you can. Your body, mood, energy level and waistline will let you know when you have found the "right" amount.



¹ Vagena, E., Ryu, J. K., Baeza-Raja, B., Walsh, N. M., Syme, C., Day, J. P., ... & Baillie, G. S. (2019). A high-fat diet promotes depression-like behavior in mice by suppressing hypothalamic PKA signaling. *Translational psychiatry*, 9(1), 141.

² Betuel, Emma. "Classic Daily Brain Teasers and Crosswords

Have a Major Effect on Aging." *Inverse*. Accessed July 2, 2019. <https://www.inverse.com/article/55901-brain-teasers-effects-on-cognitive-decline>.

³ Keith M. Diaz, Andrea T. Duran, Natalie Colabianchi, Suzanne E. Judd, Virginia J. Howard, Steven P. Hooker. Potential Effects

of Replacing Sedentary Time With Short Sedentary Bouts or Physical Activity on Mortality: A National Cohort Study. *American Journal of Epidemiology*, 2018; doi: 10.1093/aje/kwy271.

OMEGOLD®

EPA and DHA Omega-3-Fatty Acids

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

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



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

© 2019 Lifepilus International

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



6791