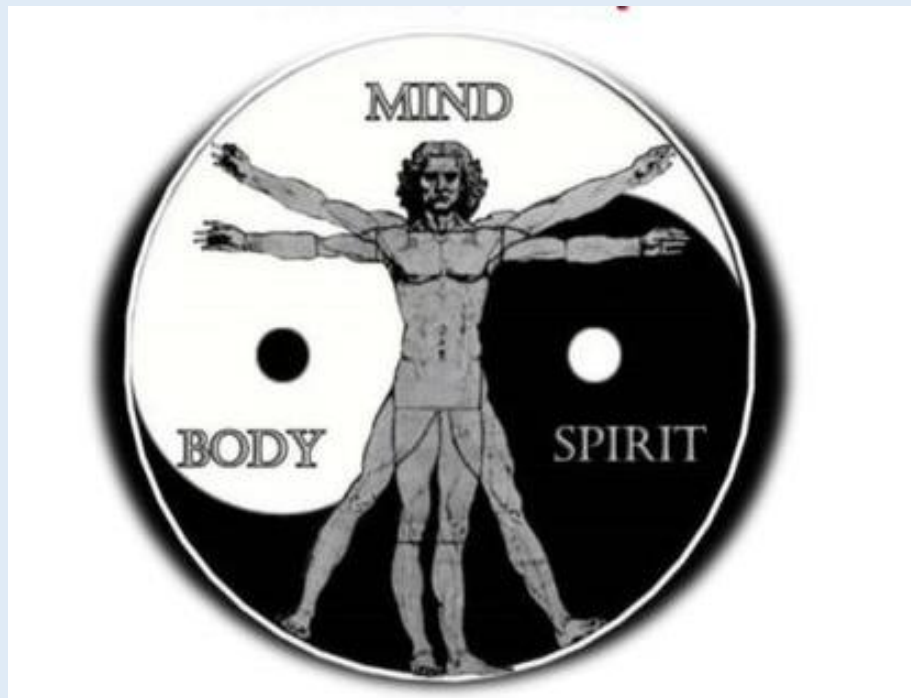


Power of 1 Wellness News

Newsletter 8 Δ August 01, 2020

Wellness Word — MOTIVATION

Bringing it all Together: Inflammation, Covid-19 & Lifestyle Preventions through Wellness



In this August issue we will be weaving in numerous threads from previous discussions this year which we have referenced in () so you can look back if a review is needed. Although highlighted in monthly articles, these individual topics are by nature interconnected, interdependent, and influences to 1 thread can and do change the composition of the overall tapestry. Wellness is ultimately about maintaining the balance, about respecting each component of the whole that ultimately determines our quality of life. But first it requires an awakening to and deliberate identification of the everyday choices that configure our lives that we may not even realize we are making, concepts this month's Inflammation conclusion will introduce and which will be further expanded throughout the remainder of 2020.

Our Wellness base is growing!!! If you have missed a previous newsletter &/or need any concept refreshers, please see the back issues (see News tab on website) for more details.



Ever get the feeling that you're stuck in a rut and mindlessly drifting through the days, weeks, months or even years?

Does the Covid virus, which has recently introduced additional elements of uncertainty and chaos, have you awkwardly paused with too many decisions, behaviors and intentions on what seems to be an indefinite hold?

Maybe it's the fact that the dog days of summer are upon us, ushering in soaring temperatures and humidity with little relief, even during the overnight hours. With the late summer heat inducing an enveloping blanket of torpor over our essential activities and driving us indoors, we may find our motivation to get anything done remarkably lacking.

Regardless of circumstance, we all have aspirations to achieve personal improvements, to try something new, to work towards a different career, to travel somewhere out of our comfort zones, and we all have also experienced how our aspirations have a tendency to remain random wishes and transient thoughts rather than becoming our new reality.

Too often we find ourselves overwhelmed by 1) overcoming the initial inertia necessary to begin moving from a state of stasis to one of productivity, whether from procrastination over an unwelcome task or finding that our heart simply isn't in it, with a true lack of desire to initiate the process ~and/or~ 2) the magnitude of the job ahead seems impossible to finish much less determine where to start.

GENERATING MOMENTUM

When the task ahead seems daunting or at the very least unwelcome, Start EARLY and Start SMALL. While some planning and direction are needed to achieve a desired end, actually taking the first step ~any step~ is always the hardest part. Motivation has an underlying engine responsible for propelling us forward and that driver's name is Momentum. To create momentum we need to move, to break our stasis and start collecting those achievables.

Strategy #1

Ease into it. Many times when we find ourselves facing (or procrastinating) those things we REALLY don't want to do it's best to start obliquely. Doesn't have to be Item #1 in your outlined action plan. Doesn't even have to be on your list at all. Simply start something. By taking a walk, doing a load of laundry or attacking other chores on our "To Do's" for the day that may have nothing to do with our planned objective, we prime ourselves by physically setting our bodies into motion, delivering oxygen to our brains & muscles and accruing accomplishment, "look at what I have already gotten done today." Once we have made that investment and are on a roll, we can much more easily continue forward to focus on the more difficult tasks stacked before us and knock those out as well.

Strategy #2

Start with small steps and simply Do Not Stop. Approaching your selected task, start small. Many times it's the dread of beginning rather than the actual work involved that becomes the mountain to climb. If you've already developed some outline of the effort involved and have an understanding of the big picture, take your brain off-line. Try not to obsess over real or possible obstacles blocking your objective or despair over the immensity of the road ahead. Instead, clear the path of everything but your focus on the very first, very smallest thing you need to do to begin.

For example, if your desire is to begin a new daily walking regimen, focus on rolling out of bed and into the clothes you laid out the night before. Not completing the entire walk but just simply donning your clothes. You are already dressed for your activity. All you need to do next is put on your shoes and hat by the door. Not completing the entire walk but slipping on your shoes and hat. Open the door and walk to the end of your driveway. Not completing the entire walk but simply greeting the day and enjoying the sun on your way to the mailbox. From there, simply continue to set small benchmarks along your designated route, thinking no further than the target you are immediately aiming for. By continuing in this vein, you CAN finish your entire walk.

When you have returned from your walk, you have started your day with the accomplishments of completing a goal and of overcoming your reticence in getting the Momentum ball rolling. From this springboard, you are much more likely to seek out the next action item and complete that one as well. Many times after successfully completing a task in such a fashion we can mentally breathe a sigh of relief because comparatively the rest of our day is eminently doable. By generating such momentum, we build confidence, maintain positive feedback for ourselves and usually find we can be incredibly productive thereafter. Using this tool on a consistent basis can ingrain mental and physical habits and behaviors that in turn provide more proficiency with usage and dependable accommodation in meeting our set goals.

Strategy #3

Adopt a mindset that seizes windows of opportunity. Unexpected contingencies, shifts in situations, changes of directions and challenging circumstances, especially sudden and sweeping ones, can throw a wrench into anyone's normal patterns, even the most well-ordered life brimming over with motivation. The recent Covid pandemic, which has left most of us to some degree shocked, struggling, sequestered, stressed, sleepless, sedentary and snacking, has been just such a catalyst. Although our "situation normal" has been abruptly fragmented and replaced by one dominated by uncertainty and distorted expectations, we have also been provided a space for reflection and opportunity for growth.

Adaptation to unique and heretofore undreamt-of situations takes a bit of time for adjustment, especially if we are thrust headlong into a situation we were not actively seeking. While we are physically adapting to the immediacy of new schedules, new policies, new norms, there is not always time to sift through best-case scenarios in which we also thrive in our new environment.

However, if we cultivate a mindset with freedom of scope that capitalizes on what we can explore, learn and experience from change and if we embrace an attitude of “Yes, I Can,” we are much more likely to bypass a state of existence where we simply endure, mark time or live in the past. It is a matter of perspective, at what we have focused our attention on. And it is a matter of choice, choosing to actively move beyond the limitations and towards the possibilities. This does take a bit of practice, sometimes even backing out of our more negative thought patterns, hitting the reset button and turning them around to mirror a more positive spin that weighs in on what has been gained rather than lost.

So, let’s get specific. Running alongside the numerous Covid difficulties that we may have experienced during this year, there have been plenty of upside realizations as well, including a breakaway from jam-packed schedules bookended by lengthy morning and evening commutes; instead, we have been able to spend the extra time with family, neighbors and friends. We have gained a new appreciation for our time spent outdoors, whether walking around the neighborhood, visiting greenways and parks or gardening and upgrading homes. With extra time on our hands, we have been able to divert our energies into helping others through community projects, acquiring new hobbies or reacquainting ourselves with old favorites. We have expanded our time spent in self-care and evaluation, with more moments to sit and think, to be still and reflect, to redirect our passions and livelihoods in new directions.

Adopting a mindset that appreciates the possibilities and seizes the opportunities allows us to make the most of the time and talents we are given, generating transformation that can enrich our lives and help us grow. By asking “What do we take away, what do we keep from this experience, enforced upon us or not,” we are more easily able to accept that life is continuing, albeit with a different cadence and in new directions, and to gift ourselves with something tangibly better as we move forward.

What opportunities can we capitalize on? The easiest answers are those things we do control, the choices that define our lifestyles. For example, using the extra time we may have gained to spend with our families and adopting patterns that are geared more towards wellness and practical life skills in which we...

... cook more meals at home; research healthier/new recipes; visit local farmer’s markets for fresh produce & to support local business; investigate international/ethnic markets for diverse produce/spices/herbs and cheaper prices than traditional grocery stores.

...invest in hobbies that take us away from computers, TV, gaming equipment and other devices and turn us toward the outdoors, where we can accrue benefits from becoming more active, extra vitamin D from the sun and exposure to nature on walks, hikes, gardening, lawn games with family.

...build more connections with our neighbors, friends and family by adding extra seating to porches, patios or decks for small groups as we now have the benefit of time to interact in deeper conversations that reach beyond superficial small talk, unlimited by demanding schedules packed with multitudes of distractions, to-dos, meetups and activities.

... invest in self-care for ourselves, reflecting on what we may need or what we lack, paying attention to our own sleep hygiene and stress management by limiting the time we spend fixated to the news cycle, finding our personal triggers and/or enjoying new outlets.

Sometimes unanticipated events divert us to places we never imagined, forge new paths to explore, uncover hidden benefits and lead us to unexpected rewards. So, Don't Lose Heart ___ change is never without its difficulties but with small persistent steps forward we can and do make it through!!!

CHOOSING TO BE UNLIMITED

To paraphrase Hamilton Bradshaw CEO, James Caan, "Everybody wants to do something they feel gives them purpose, something rewarding and worthwhile. How are you supposed to experience this if you don't have clearly set out objectives to help you get there?" Setting goals or intentions for ourselves and then going after them and making them part of our lives grant us a sense of purpose, of accomplishment and of confidence. This process can be applied to small or large challenges and conducted at work, at home, at play.

Defining what you want is the first step. The second is to set clear goal posts along the way to incrementally make the transition a steady process. By adopting a mindset that is directed toward the long game and focused on consistent achievement in meeting small goals, obtaining an objective becomes a certainty!! Lastly, cultivate patience and perseverance. Settling into a steady course that persists over time builds habits and behaviors that will serve you well in circumnavigating whatever unexpected challenges or setbacks arise.

Otherwise, we remain aimless, drifting through our lives. Working towards and achieving goals provide us a chance to engage, to become fully aware of our capabilities and overcome our deficiencies, to appreciate the gains that define us as we push through our losses and barriers that we find blocking our path. By choosing to find a way ___ be that around it, over it, through it or by outright transformation ___ we choose to be unlimited. We choose to be present for all of the moments we are granted. We choose to finish without regret over what could have or might have been.

Wellness Bites: TURMERIC



Turmeric has been used in India for thousands of years as a spice & medicinal herb. It is the spice that gives curry its yellow color & contains compounds (curcuminoids) with medicinal properties. Curcumin is the main active ingredient in turmeric & best absorbed by consumption with black pepper, which enhances its absorption by 2000%.



Powerful Anti-inflammatory and Strong Antioxidant properties.



Curcumin is the anti-inflammatory bioactive substance which fights inflammation at the molecular level. It is so powerful that it matches the effectiveness of some anti-inflammatory drugs without the side effects. As chronic low-level inflammation plays a major role in almost every chronic Western disease, including heart disease, metabolic syndrome, Alzheimer's & various degenerative conditions, turmeric consumption can provide a tool in preventing & treating these chronic diseases.

Curcumin is also a potent antioxidant that can 1) neutralize free radicals due to its chemical structure, blocking them directly and 2) boost the activity of your body's own antioxidant enzymes, stimulating personal defenses.

Additionally, curcumin boosts levels of brain hormones that increase the growth of new neurons and fights various degenerative processes, which are effective in delaying or even reversing many brain diseases & age-related decreases in brain function; improves the functioning of the endothelium (interior lining) of blood vessels in regulating blood pressure, blood clotting and various other factors that decrease heart disease; contributes to the death of cancerous cells & reduction in angiogenesis (growth of new blood vessels in tumors) & metastasis (spread of cancer) at a molecular level; and treats symptoms of arthritis & depression.



Consuming large amounts of turmeric may trigger stomach upset, nausea, diarrhea or dizziness but is usually safe in moderation. Because turmeric may thin your blood, you should stop consistent consumption of turmeric 2 weeks before surgery or if you are placed on blood thinners.



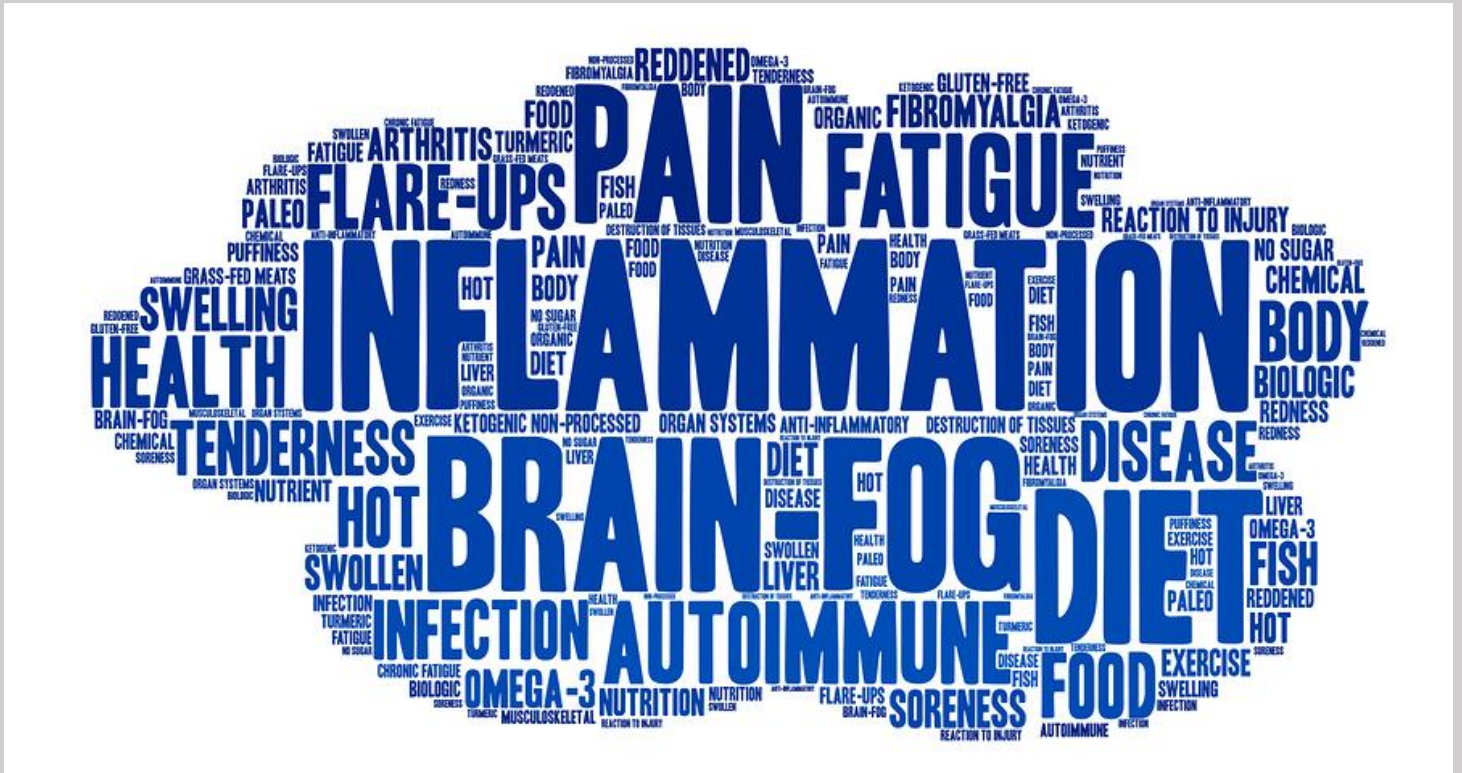
Turmeric can be used fresh, dried, powdered or in essential oil.. It is a very common ingredient in recipes & teas as well as being used as a colorant in food (mustard, butters, cheeses) & cosmetics.



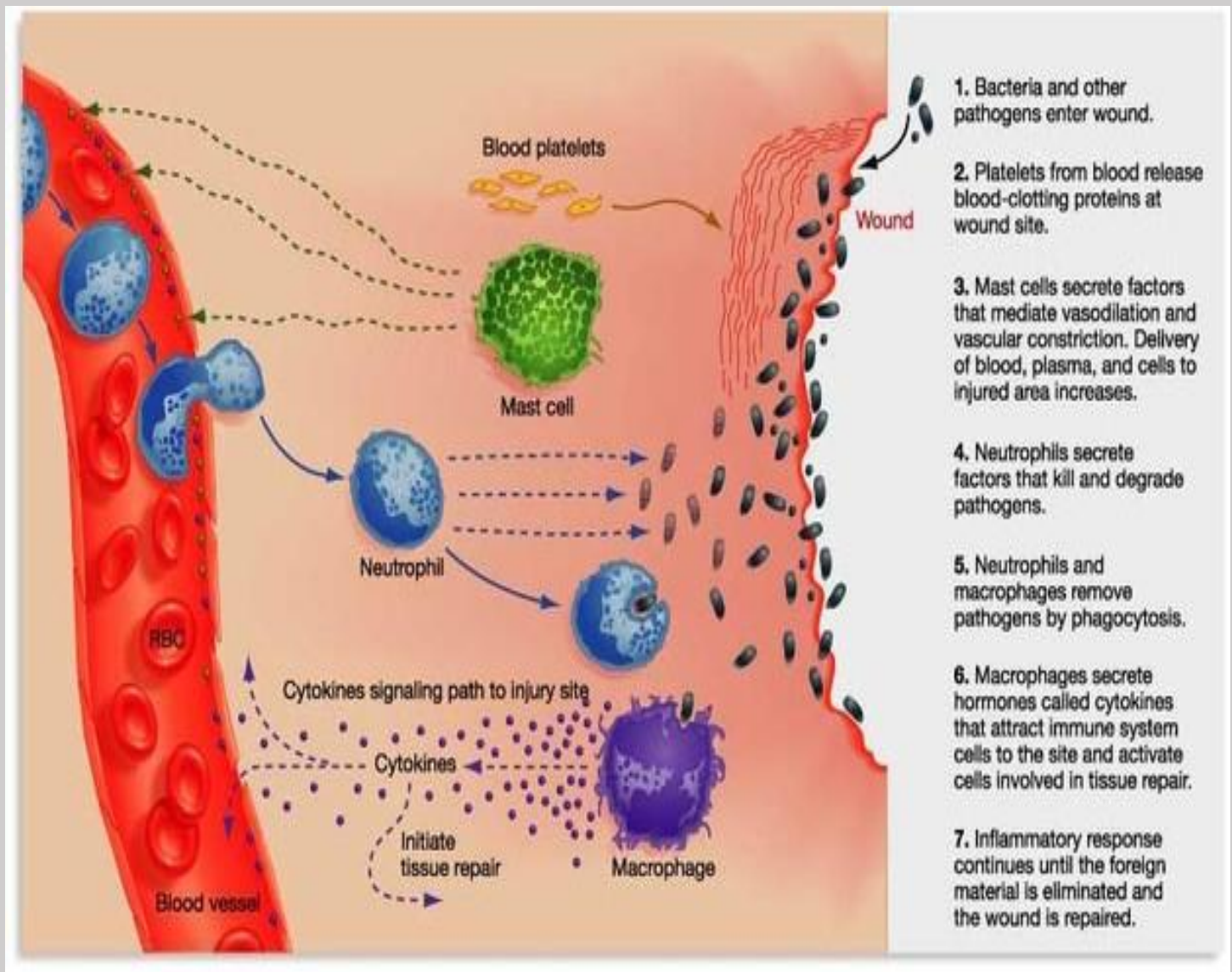
INEXPENSIVE! NUTRIENT-DENSE! Store in crisper drawer of refrigerator or at room temperature. Peel outer layer to expose root for grating, chopping, mincing.

Wellness Focus

Inflammation Nation



Over the summer months we have established that based on severity, duration, onset as well as other differentiating factors inflammation can be broadly categorized as acute or chronic. Inflammation refers to the protective response of living tissues to all forms of injury and involves numerous systems working together at the site of injury: the vascular system (blood & vessels delivering needed oxygen, defensive cells, fluids, building blocks for repair), the nervous system (nerve-associated pain at site), the humoral immune response (antibody production) and the cellular immune response (phagocytes, antigen-specific T-lymphocytes, cytokines). Through this collaborative process, our bodies heal and regenerate from wounds, recover normal function and eliminate those harmful agents, micro-organisms, toxins, pathogens, foreign objects that sickened us.



The causes of inflammation are many & varied, resulting from EXTERNAL assaults:

-Physical agents

- Mechanical agents: fractures, foreign bodies, sand, etc.
- Thermal agents: burns, freezing

-Chemical agents: toxic gases, acids, bases

-Biological agents: bacteria, viruses, parasites

And also by damages from within due to INTERNAL imbalances:

-Circulation disorders: thrombosis, infarction, hemorrhage

-Enzyme activation: e.g., acute pancreatitis

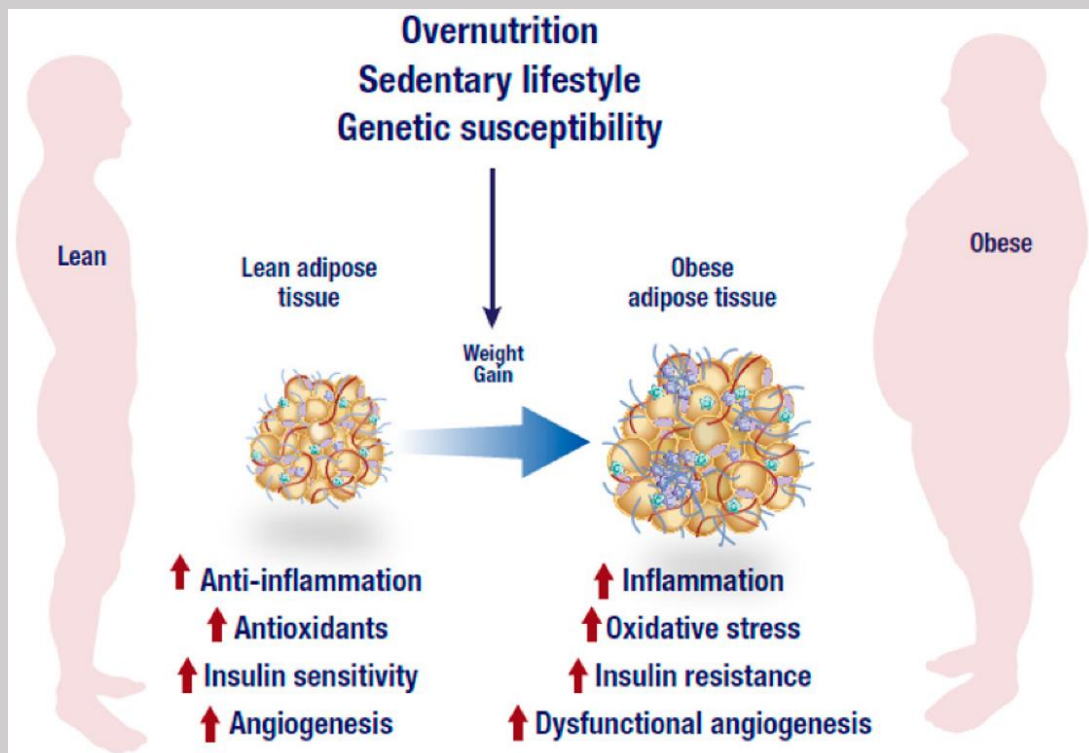
-Metabolic byproducts: uric acid, urea

Inflammation is considered ACUTE when healing is of a finite duration, characterized by a linear progression and resulting in definitive closure of the inflammatory mechanism. When inflammation is of a prolonged duration and there is active inflammation, tissue injury and healing proceeding simultaneously in a circuitous nature, then we refer to the process as CHRONIC inflammation.

Chronic inflammation lingers and in its persistence can present in a variety of ways; for example, unnoticeable smoldering embers of long-term gum disease and poor dental health may increase the risk for bacterial infection in the blood which in its turn may spark damage to the heart valves, leading to serious and long-term heart disease.

Some autoimmune diseases, such as rheumatoid arthritis and Crohn's disease, are associated with granulomas. Granulomatous inflammation is a distinct pattern of chronic inflammation characterized by formation of granulation tissue, which is a protective response to chronic infection or foreign material. By encapsulation, it prevents dissemination and helps to restrict inflammation (see July newsletter).

Some inflammatory mechanisms are triggered by excess adipose tissue, resulting in subsequent dysregulation of cytokine levels, lipid metabolism and cellular processes (see metabolic series previously covered in Feb-April-May newsletters). These imbalances become exacerbated by feedback loops and contribute to interlinked comorbid conditions, such as metabolic syndrome, diabetes, cardiovascular disease and fatty liver disease.



Generally speaking, chronic inflammation typically advances unnoticed, acknowledged only when it comes to our attention through a checkup, with our physician treating high cholesterol/BMI/blood pressure, heartburn, diabetes, heart irregularities, etc. with a pharmaceutical intervention of one sort or another. Unfortunately, that is usually the endpoint and as far as we decide to investigate matters. Very rarely do we invest in behavior and lifestyle modifications to alter our trajectory and improve our outcomes. However, it is our lifestyle choices in food, activity, sleep, stress, social engagement, alcohol & tobacco consumption that will determine the course, duration and intensity of chronic inflammation and resultant chronic diseases framing our quality of life.

“Inflammation is at the root of practically all known chronic health conditions.”

BRAIN

Pro-inflammatory cytokines cause autoimmune reactions in the brain, which can lead to depression, autism, poor memory, Alzheimer’s disease and MS.



SKIN

Chronic inflammation compromises the liver & kidneys, resulting in rashes, dermatitis, eczema, acne, psoriasis, wrinkles & fine lines.



CARDIOVASCULAR

Inflammation in the heart & arterial & venous walls contributes to heart disease, strokes, high blood sugar (diabetes) and anemia.



KIDNEYS

Inflammatory cytokines restrict blood flow to the kidneys. Complications like edema, hypertension, nephritis & kidney failure can result.



BONES

Inflammation interferes with the body’s natural ability to repair bone mass, increasing the number of fractures & leading to conditions like osteoporosis.



LIVER

Build-up of inflammation leads to an enlarged liver or fatty liver disease. Increased toxic load build-up in the body.



THYROID

Autoimmunity as a result of inflammation can reduce total thyroid receptor count & disrupts thyroid hormone function.



LUNGS

Inflammation induces autoimmune reactions against the linings of airways. Can result in allergies or asthma.



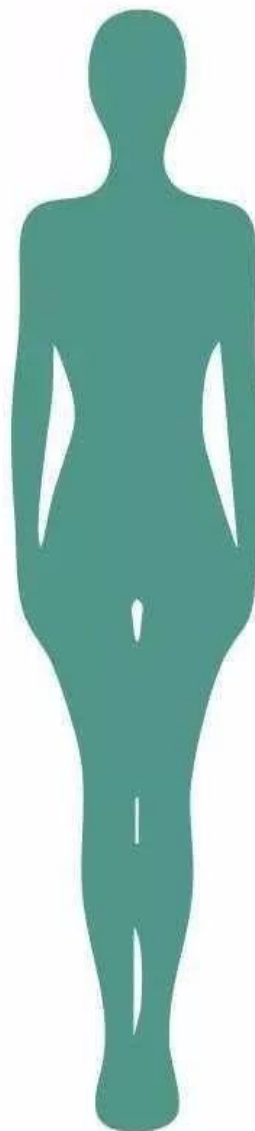
GI TRACT

Chronic inflammation damages our intestinal lining and can result in issues like GERD, Chron’s disease and Celiac disease.



MUSCLE

Inflammatory cytokines can cause muscle pain & weakness. Can manifest as carpal tunnel syndrome, or polymyalgia rheumatica, to name a few.



Let's take a quick look at 1 specific avenue by which we set our bodies up for a chronic inflammatory scenario: ingestion of sugar. Sugar (a lot of sugar!!) is in most all processed food that is on the shelves in every grocery store or market anywhere. Sugar is a preservative, increasing the shelf life of a given product; it adds body and flavor to make a product more palatable; and it has been proven to activate the reward/pleasure pathways in our brains to such an extent that it actually begins to habitually override our higher cognitive centers, in effect becoming addictive (see March newsletter).

These well-documented facts have been exploited by the food industry, leading to well over 75 different forms of added sugars, both raw and lab-manufactured, that are hidden in plain sight in processed food. Concurrently, our palates have become desensitized to both quantity and quality of sweet flavorings in our food and through the decades the amount and type of sweeteners added have multiplied many times over. Acclimation begins early with added sugars in children's foods and snacks, with our expectations only becoming more concentrated as we age.

Cane sugar itself has now been supplanted by corn syrup, fructose corn syrup, high fructose corn syrup and other derivatives of corn which are processed by the liver and which have acted to "up the sweetness ante". At the concentrations we ingest, fructose becomes toxic to the liver as we can see by the concomitant explosion in fatty liver disease and GI-associated cancers (see May newsletter) planet-wide. Additionally, as our bodies do not metabolize many manufactured sweeteners, simply storing them as extra adipose tissue, we directly contribute to obesity-induced chronic inflammation and the rise in chronic diseases.

Whether we realize it or not, if we are consuming a food product from a box, can or bag, especially from the snack food aisle, it is filled with added sugars: loaves of breads, breakfast cereals, fruit juices, sports drinks, coffee drinks, energy drinks, sodas, ketchup, salad dressings, barbeque sauces, pasta sauces, power bars, breakfast bars, Doritos and flavored chips, yogurts, Spaghetti-O's, to name only a few. Low-fat, sugar-free and diabetic-friendly food-like products are some of the worst offenders of non-metabolizable and harmful additives. Outside of the produce aisles, grocery shopping can be compared to a literal needle-in-a-haystack treasure hunt if challenged to fill a cart with only those products whose Ingredient Labels do not list an added sugar in one of the top 4 ingredients and limits added sugars to no more than 2.

From tooth decay to depression, diabetes to heart disease, cancers to clotting disorders, sugar is the driver that stokes the underlying inflammatory burn of chronic diseases which debilitate, cripple and shorten our lifespans. As a country and across the globe, our cultivated "sweet tooth" has driven up obesity and associated chronic diseases which have lowered quality of life and raised healthcare costs across the board; e.g., heart disease and stroke are the 1st and 3rd leading causes of death, accounting for more than 30% of all deaths each year. Cancer, the 2nd leading cause of death, claims more than half a million lives each year.

YOUR BODY ON SUGAR

Sure, sugar looks innocent, but it's an inflammation bomb. Eat too much of it - that's 24 daily grams for woman, 36 grams for men - and here's what it can do to you:

BRAIN:

Sugar can rewire the brain's pathways. Diets full of processed and sugar-heavy foods can increase the risk of depression by 58%.

SKIN:

When sugar bombards your body, proteins incorporate it as part of their structure, aging skin and causing wrinkles.

GENITALS:

Excess sugar can impair blood flow, upping the risk of erectile dysfunction in men and sexual arousal disorder in women.

HEART:

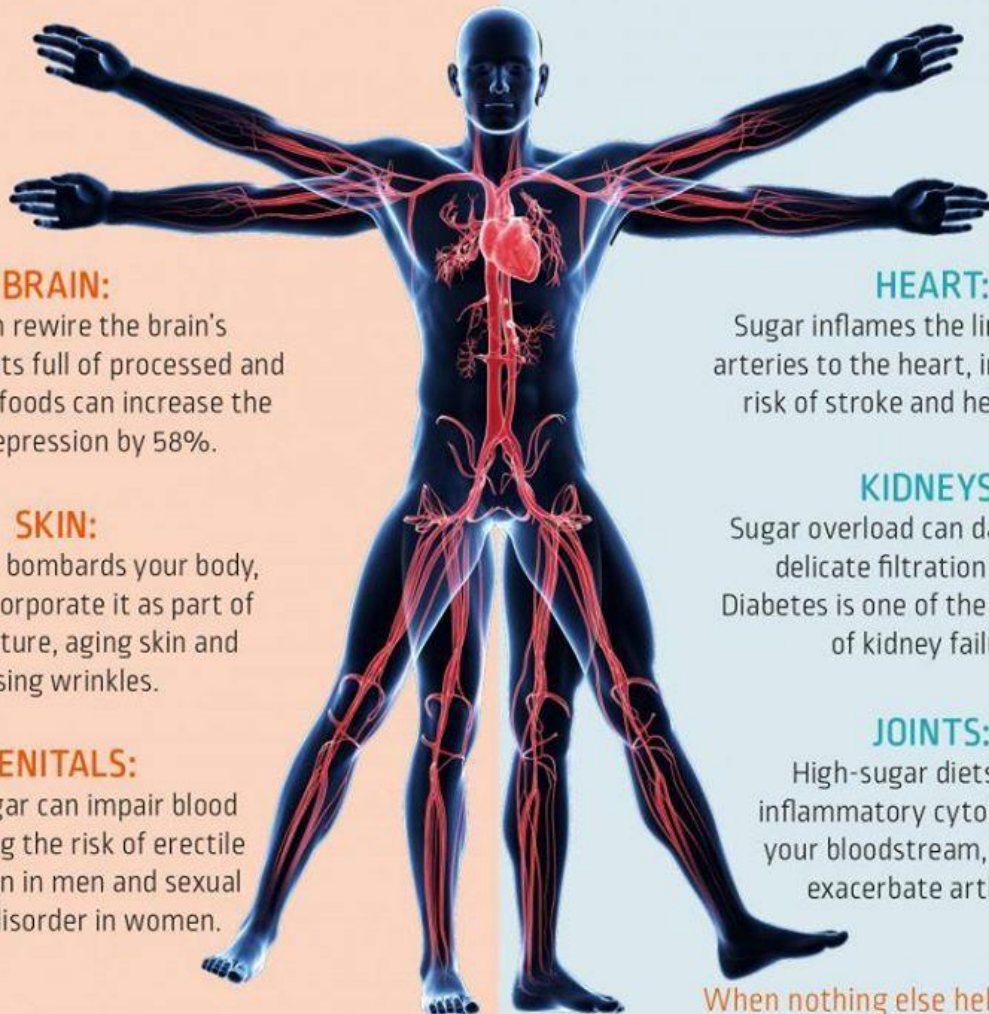
Sugar inflames the linings of the arteries to the heart, increasing the risk of stroke and heart attack.

KIDNEYS:

Sugar overload can damage their delicate filtration system. Diabetes is one of the main causes of kidney failure.

JOINTS:

High-sugar diets pump inflammatory cytokines into your bloodstream, which can exacerbate arthritis.



When nothing else helps!



Chronic Disease in U.S.



Problem



6 in 10 Americans have a **Chronic Disease**



4 in 10 Americans have **2 or more Chronic Diseases**



38% of Americans will be diagnosed with **Cancer** during their lifetimes



Half of all Americans have **Cardiovascular Disease**



Chronic diseases - heart disease, cancer, diabetes, stroke, & Alzheimer's are the leading causes of disability and death



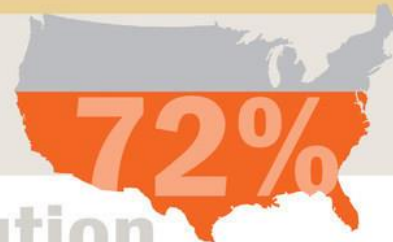
1 in 3 Americans have **Pre-Diabetes**

88 Million
34 Million people live with Type 2 Diabetes

Americans have **Pre-Diabetes** | 90% do NOT know it

72% of Americans are Overweight or Obese

36 million men and 29 million women are overweight
32 million men and 36 million women are obese



Cause

Eliminate



Poor Diet



Sedentary Behavior



Smoking

Prevent

80% of heart disease & stroke

80% of type 2 diabetes

40% of cancer

Solution

Restore Health

Whole-food, plant predominant diet



150 mins/wk of moderate exercise



8 hours of restful sleep



Daily relaxation time to lower stress



No Smoking



Regular connection to positive people



Lifestyle Medicine providers treat and reverse chronic disease

Is there a solution...

- To reduce inflammation & chronic disease?
- To rediscover wellness?
- To model a different mindset & lifestyle upon?

Welcome to the Blue Zone



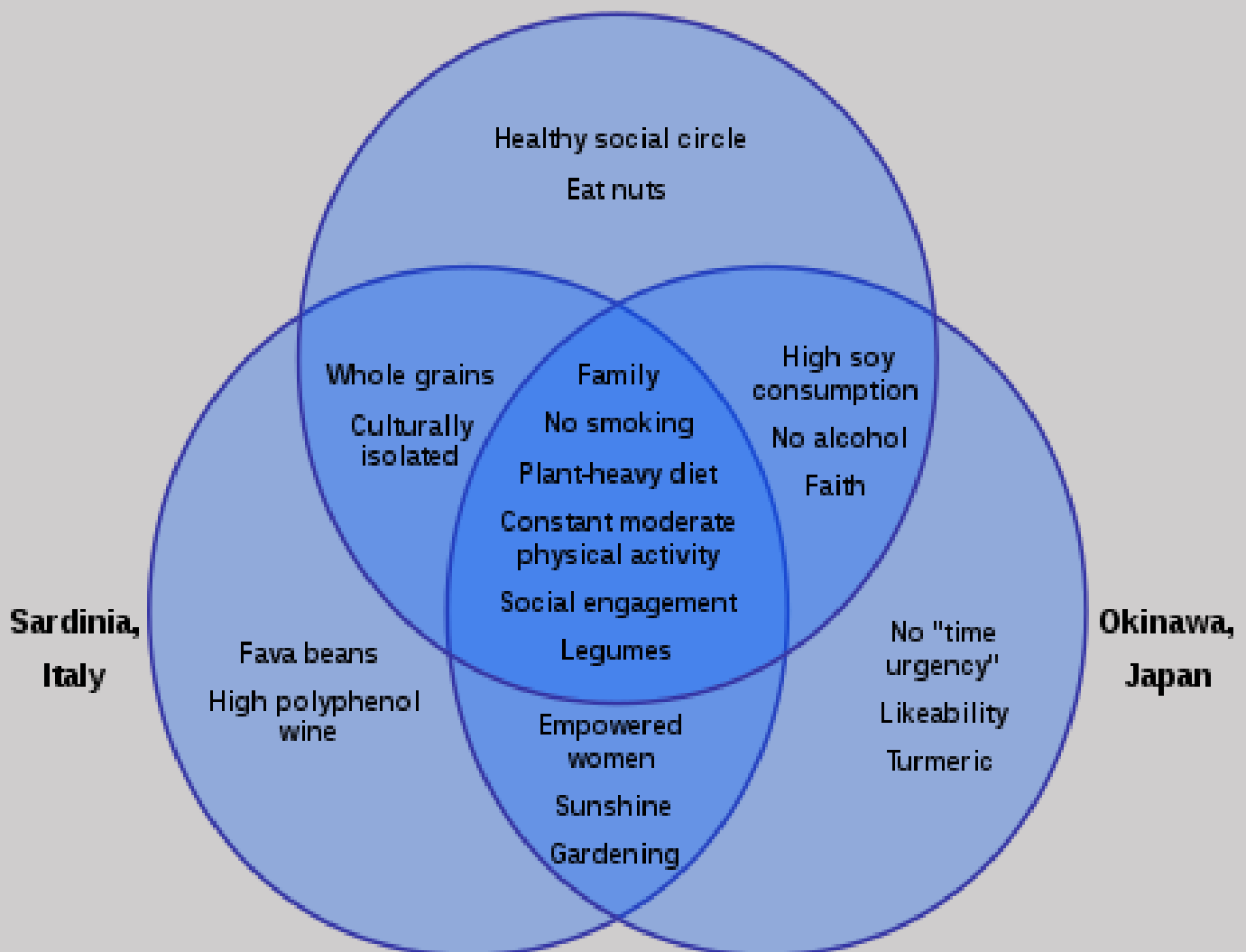
Explorer, journalist and author Dan Buettner coined the term 'Blue Zone' (appearing originally in National Geographic in November 2005, since researched with expanded reporting in January 2020 edition) to apply to his discovery of 5 distinct locales in the world where people live the longest, healthiest lives. Through his travels he uncovered areas around the globe with the highest concentrations of centenarians WHERE PEOPLE TEND TO REACH AGE 100 WITH REGULARITY.

As seen above, these spots include Sardinia, Italy (where 1 out of every 100 persons reach 100 years of age); Loma Linda, California (a 7th day Adventist community, now a brand of Costco plant-based products); Nicoya, Costa Rica (a small isolated 30-mile strip at the base of a mountain chain excluding the tourist zone), the Greek island of Icaria; and Japan's Okinawa island (where the sweet potato is a dietary staple).

The remarkable aspect of each of these long-lived communities is the vivacity of the populations. All interviews for the National Geographic articles were conducted with citizens between 90-99 years of age. These are not elderly people doddering along in a rest home but physically active, mentally acute citizens who are cooking meals, walking through their villages and socially interacting with their extended families and neighbors. Unlike their American and increasingly their global counterparts, multiple comorbidities and chronic diseases that shorten the lifespan and decrease quality of life are the exception and not the rule for these communities

These Blue Zones provide a basis for comparison and unequivocally determine a composite of what wellness looks like. They provide an accessible ideal that can be attained by engaging in certain adaptive lifestyle behaviors. Let's take a closer look...

Loma Linda, United States



Four pillars define every longevity diet in the world: omega-3-rich whole grains, greens, nuts and beans. As seen in the overlap above, a Blue Zone diet is comprised of minimally processed and mostly plant-based foods. Although people do eat meat, it is on average no more than 5 times per month. They drink mostly water, herbal teas, coffee and some wine. Notably, they consume little or no cow milk and soda pop is virtually unknown.

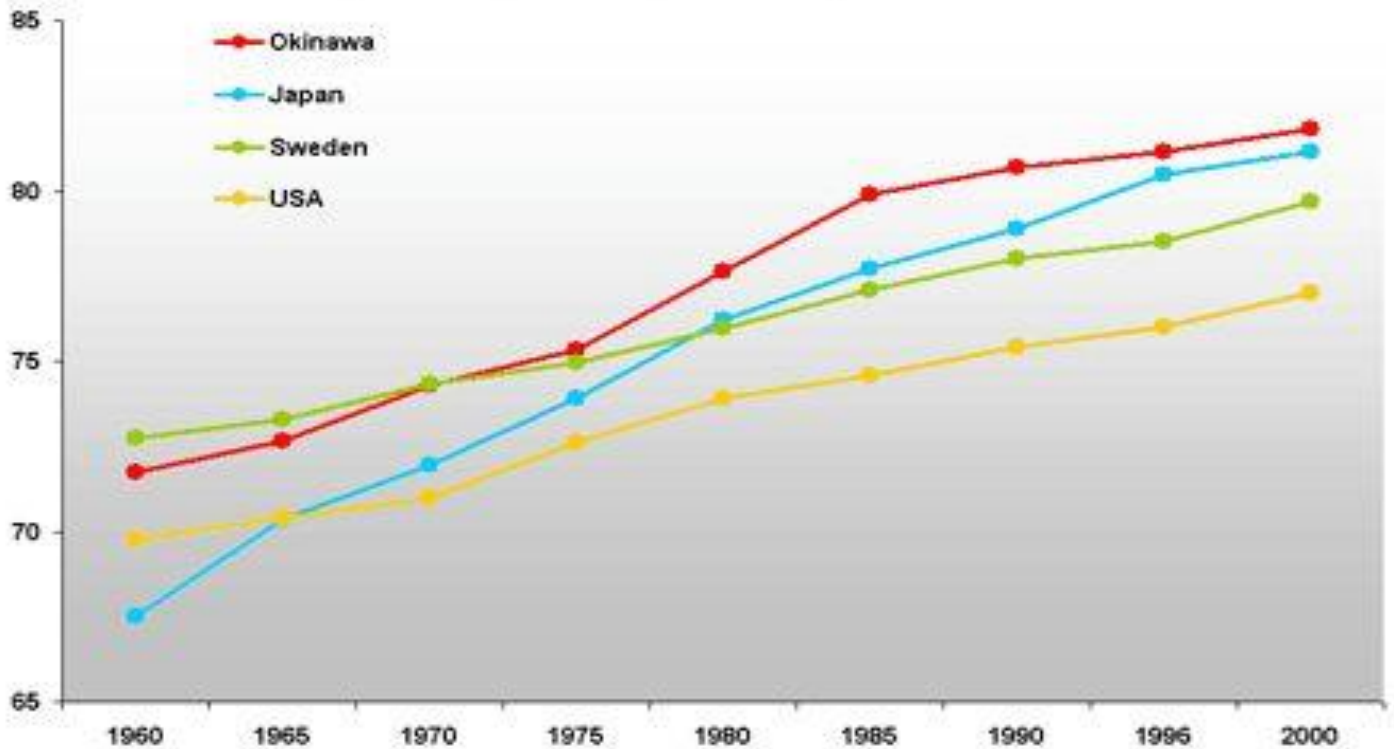
When we focus on counting calories with low-carb or low-fat diets, as we are so apt to do in seeking short cuts, chasing fads or acquiring the next magic pill, we completely miss the point. It is the QUALITY OF MACRONUTRIENTS that matter. Blue zones have determined that foods from the earth, not those manufactured in a factory, are best for our health; whether they fall into a more "carby" or "fatty" category is moot.

RESEARCHERS HAVE PROVEN THAT THE MORE GOOD FOOD PEOPLE ATE, WHETHER "CARBY" OR NOT, THE LESS FREQUENTLY THEY DIED.

As we have been discussing, the convenient foods most relied upon globally __ omega-6-laden processed food, junk food, fast food, food-like products __ all contribute to inflammation, hormone dysregulation, obesity, insulin resistance, diabetes, metabolic syndrome, fatty liver disease, and the resultant parade of chronic diseases that usually follow: heart-lung-GI-liver-kidney diseases, immune conditions (RA, OA, lupus, Hashimoto's), vascular/clotting disorders, reproductive deficiencies, cancers. It should come as no surprise that populations in the Blue Zone are much more limited in their range of and propensity toward afflictions, suffering nowhere near the disease or the shortened lifespans.

Referring again to the overlap diagrammed above, a balanced lifestyle indicative of wellness also involves constant moderate physical activity; no smoking; social engagement with family, friends, neighbors; time spent outdoors with limited stressors and adequate time to rest. Now contrast this with a typical day in America which occurs at a frenetic pace that is nonetheless conducted in a mostly sedentary state (either in the car, in the office or at home) spent indoors, prioritizing devices over person-to-person interaction and further augmented by inadequate stress management and poor sleep hygiene. Let's take a quick look at the numbers to see how well this chosen lifestyle serves us:

Life Expectancy in Long-lived Populations and the US



Source: W.H.O. 1996; Japan Ministry of Health and Welfare 2004; US Department of Health and Human Services/CDC 2005

*Compared to the US, Okinawa residents are 3 times as likely to reach 100!

*Compared to the US, Okinawa women suffer only 1/2 the rate of breast cancer!

*Compared to the US, Okinawa men & women are afflicted by only 1/4 to 1/3 the rate of heart disease!

*Compared to the US, Okinawa's elderly die from Alzheimer's dementia at only 1/12 to 1/10 the rate!

When we do look to the one blue zone in the US, Loma Linda, California (a 7th Adventist population), studies done within the Adventist population indicate Adventists have healthier hearts than non-Adventists. Additionally, studies indicate that at any given age vegetarian Adventists are about 12% less likely to die than non-vegetarian ones who eat small amounts of meat. Among the younger non-vegetarian Adventists, those who eat the most meat suffer a 46% higher rate of premature death than those who get their protein from nuts, seeds and legumes.

Given this data and the marked differences in Blue Zone lifestyles when compared to the rest of the world, it is even more striking to see the effects when "civilization" creeps in and overtakes these communities. As globalization spreads, so does processed food, animal products and fast foods. Researchers are now witnessing the effects of consumption in real-time populations: where traditional diets are being supplanted in the younger generations, chronic diseases are on the rise in Blue Zone communities, just like ours.

When we layer in what we now know about Covid-19, its heightening of our inflammatory, immune and clotting responses, it makes even more sense to adhere to proven wellness guidelines for a healthier life. At the very least, if we are able to strengthen our baseline, our starting point, then we maximize our chances for not only surviving the immediate threat that coronavirus poses but also the documented aftermath, rife with ravages to our internal organs, especially our lungs and heart, and ongoing symptoms that are the byproducts of smoldering inflammation that has regressed but not subsided. A stronger starting point increases the likelihood that our bodies will be able to nurture a supportive immune system, withstand a sustained fight against the coronavirus, and generate shortened recovery times and eventualities with the best possible outcomes.

To apply the Wellness Word on Motivation to gains in health and wellness, begin by identifying which aspects of your lifestyle you may like to improve and consider assigning priority levels to help decide where to start. Research what avenues will be the best fit to accommodate your usual routines, envision your health goal to meet and then outline a wellness transition plan for each modification. Don't stint on a detailed breakdown with very manageable and acquirable steps! Remember to start small—just pick 1 thing to change at a time—stay consistent with your efforts & Do Not Stop!

There has never been a better time to cook your own healthy meals, engage in activity sessions throughout the day, keep in touch with friends/family/neighbors (w/proper safety precautions), eliminate stressors and practice better sleeping habits.

Get Up, Get Moving & Make that Change!!

INFLAMMATION

There are many sources of chronic inflammation in our tired, toxic environment. The best we can do is make our own spaces as safe as possible. This graphic shows ideas to guide you.

Causes

Obesity, belly fat in particular, and insulin resistance and glucose blood levels (metabolic syndrome symptoms) exert continuous inflammatory stress on the body which can result in disease conditions such as:

- Diabetes
- Heart disease
- Cancers
- Dementia

Foods, your environment and toxins/irritants can cause a strong inflammatory action.

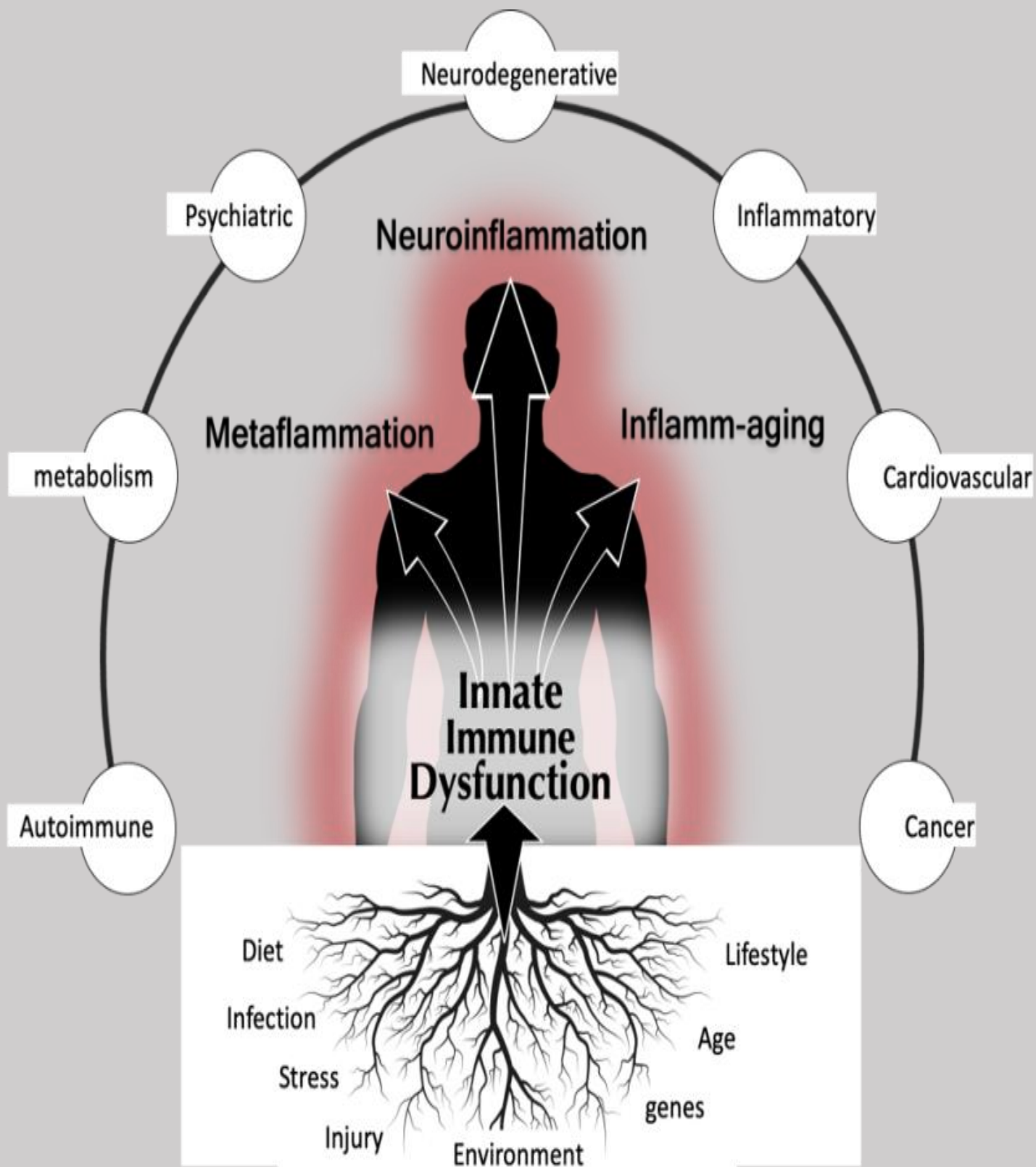
- High carbohydrate and sugar intake
- Dairy
- Highly processed foods
- Scented laundry or home fresheners
- Lawn chemicals and toxic household cleaners
- Exposure to wireless devices (EMF)

Gastrointestinal problems like ulcers, GERD, Crohn's disease and IBS cause inflammation too.

Reduce Inflammation by:

- Attaining normal weight
- Eating more
 - Organic fruits and vegetables
 - Fish and Omega 3 fatty acids
 - Grass-fed beef and free-range chicken and eggs
 - Vitamin C and E and polyphenols
- Working with a physician to test for inflammatory markers





Increased inactivity and sedentary behaviour



- Worsened disease activity and symptoms



- Poor cardiovascular risk profile



- Decreased physical capacity
- Decreased functionality



- Increased symptoms of mental distress



- Poor overall quality of life

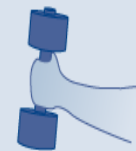
Maintaining and/or increasing physical activity level



- Controlled disease activity and symptoms



- Controlled cardiovascular risk profile



- Maintained physical capacity
- Maintained functionality



- Attenuated symptoms of mental distress



- Improved overall quality of life

Top Anti-Inflammatory Vitamins



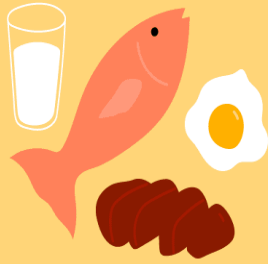
Vitamin A



B Vitamins



Vitamin C



Vitamin D



Vitamin E

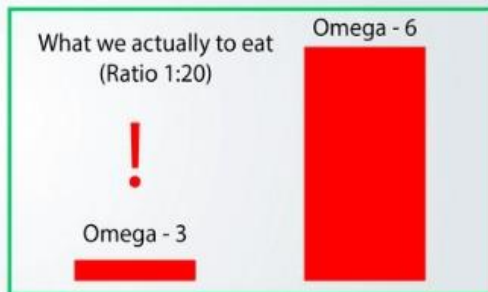
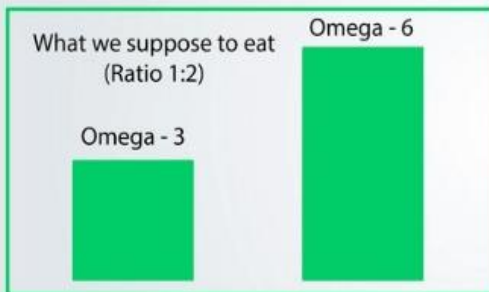


Vitamin K



CUT DOWN
Omega - 6

& BOOST YOUR
Omega - 3



Eat more of these omega 3 rich foods to balance your omega 6:3 levels and reduce inflammation in your body.



Sardines



Salmon



Omega-3 Eggs



Flax Seed Oils



Walnuts

FOODS THAT FIGHT INFLAMMATION

Chronic inflammation has been linked to cancer, heart disease, diabetes, arthritis, depression, and Alzheimer's. Fight inflammation with a healthy diet.



ANTI-INFLAMMATION FOODS



Tomatoes



Fruits

Strawberries, blueberries, oranges and cherries.



Nuts

Almonds, walnuts, and other nuts.



Olive oil



Leafy greens

Spinach, kale, collards, and more.



Fatty fish

Salmon, mackerel, tuna, and sardines.

INFLAMMATION FOODS



Fried foods



Sodas



Refined carbs



Lard



Processed meats

#whatsonyourcountertop

CARDAMOM

Loaded with naturally occurring minerals calcium, iron, potassium, magnesium, and Vitamin C, cardamom is the go-to spice for soothing the gut.

TURMERIC

Cancer-fighter, heart-helper, immunity booster, and digestive aid and one of the best spices for overall health, wellness, and vitality.

BLACK PEPPER

Packed with manganese and Vitamin K, it brings out the best in food, and other spices: when combined with black pepper, turmeric becomes 5,000 times more bio-available.

CUMIN

Packed with vitamins and minerals and especially rich in copper, iron, and calcium, it also helps fortify bones and boost production of healthy red blood cells.

ROSEMARY

A good source of Vitamins A, C, B6 and folate, thiamin, and manganese, it can help lower stress, inflammation, and blood sugar.

SAGE

On top of it's antiseptic abilities, it's a vitamin and mineral-rich anti-inflammatory linked to protecting against osteoporosis and memory loss, and naturally boosts moods.

SAFFRON

Known for protecting mood-boosting serotonin and dopamine in the brain, it's also one of the best blood purifiers around and may prevent anxiety, insomnia, and memory loss.

CINNAMON

Helps with keeping blood sugar levels in check, which in turn lowers the chances of diabetes, heart disease and digestive issues.

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