

Power of I Wellness News

Newsletter 7 Δ July 01, 2020

Wellness Word — ASPIRE

Celebrating the Challenge & the Light of Social Justice

America is a distinctive country, characterized by its uniquely fashioned declaration of independence, constitution, amendments and bill of rights based on liberty, equality before the law, individual responsibility, representative democracy and laissez-faire economics. These principles have supported boundless innovations, opportunities and freedoms.

However, we are also a nation constrained and fractured by many abuses, intolerances and divisions. Perhaps we are not so different in these viewpoints and behaviors than other countries, but we do stand apart in our stubborn refusal to acknowledge our own hubris in the transformation of the original Puritan vision of a “city upon a hill” into a self-aggrandizing version of American exceptionalism that has led to a sense of superiority over other nations and of our own identities towards other persons.

When we operate from such a position of automatic moral superiority, we become incapable of recognizing our own culpability in crimes against humanity by the measure of any nation, even (and especially) our own. We lose sight of the responsibilities that come

with our freedoms. We remain entrenched, stuck in a loop of repeating patterns that has literally echoed down through the centuries with a bloody and oftentimes buried history that is indisputable.

As we approach this July 4, our country's Independence Day...

Let us take time to reflect on the course of our own history, not only our written ideals but also our abject failures in adequately upholding them.

Let us recognize that since our country's inception, we have lived not only in the light of the American experiment but also under the shadow of the darkest evil with which it has coincided. It is to our present and future detriment that we forget, obscure or misrepresent our past.

Let us remember that America was founded through revolt and revolution against a traditional monarchy, against the regulations and restrictions that no longer fulfilled the vision and lifestyles of the New World. To the British motherland, Treason, in a word; to colonial citizens, a war to end unjust tyranny, establish religious freedom and provide social opportunity and mobility.

In 1776, shortly after the Declaration of Independence affirmed the "unalienable rights" of "life, liberty and the pursuit of happiness" given to all humans by their creators and which governments protect, our newly established country committed to a campaign of

widespread genocide against the native peoples who inhabited the North American continent for centuries before we stepped foot on its soil. The country that preached equality of rights for every man engaged in a policy to irrevocably remove the native population from their ancestral lands.

With single-minded, blind indifference for a culture as varied in nations, languages, traditions and lifestyles as the 50 states that would come after, the government and westward-moving settlers deliberately and with great fervor proceeded to slaughter a civilization, greedy for gold and land, incapable of keeping our own word in the treaties we ourselves wrote.

In the early 16th century the American colonies engaged in the “white gold” transatlantic triangular trade with England, dealing not only in rum, manufactured goods, weapons, molasses and sugar but also in human beings. The nation that established itself in the name of liberty also instituted slave markets up and down the eastern seaboard, enacting uncountable atrocities and galvanizing the insidious institution of slavery. The practice of buying, selling and enslavement of our fellow men expanded to an institution that fueled vast plantations of cotton, rice and tobacco entirely dependent upon slave labor.

Slaves became an integral component of the agrarian economy and supported an entire way of life for rich Southern landowners. The nature of the Confederate cause, the devotion to the principle that all men are *not* created equal, the efforts to secure a society in

which enslavement to white people was the permanent and inherited condition of all people of African descent against all moral or ethical costs, provided not only the impetus for states' secession and the Civil War that followed but subsequently spawned a legacy of belief in white supremacy that inspired violent crusades to reverse the social, political and economic outcomes of the conflict [Stephanie McCurry, *The Atlantic*, 'The Confederacy was an Antidemocratic, Centralized State'].

A broad counterattack was launched to undo the work of the Emancipation Proclamation, the 13th, 14th and 15th amendments through a ruthless campaign of intimidation, murder (between 1868-1871 an estimated 400 African Americans were lynched across the South alone), massacre (between 1870-1925 there were dozens of brutal and indiscriminate mass killings of entire black communities, numbering in hundreds of persons), imposition of economic systems, such as sharecropping and convict labor, and legitimization of a racial caste system through Jim Crow segregation laws and pervasive etiquette norms. The magnitude and scope were eminently successful, leaving black communities in no better position than they were before the war, with little recourse against a criminal justice system that was all-white: police, prosecutors, judges, juries and prison officials.

The massive coordinated sabotage of Reconstruction was implemented not only by deliberate efforts of the Ku Klux Klan and roving bands of former Confederate soldiers acting without impunity but also by the Supreme Court gutting civil rights protections, by the scientific community justifying white supremacy with bogus research, by white churches ignoring or blessing

oppression, by advertising adopting demeaning black stereotypes to sell soap, syrup and cereal, by newspaper and magazine writers routinely reinforcing anti-black stereotypes, by children's games portraying blacks as inferior beings and by movies and literature popularizing the myth of the Lost Cause, in which Reconstruction was a period of carpetbagger oppression and black people really longed for the security of the plantation [Henry Louis Gates, Jr., 'Stony the Road: Reconstruction, White Supremacy and the Rise of Jim Crow;' Michael Gerson, Washington Post, 'The Failure of Reconstruction was a Ruthless Act of Sabotage'].

The comprehensive destruction of the dignity, political rights and social standing of black Americans was such that it became a broadly accepted and durable ideology intricately woven into the very fabric of our daily lives. All major societal institutions reflected and supported the oppression of blacks. So effectively was it encompassed into our fundamental structures that it is still playing out through racial segregation/equity in housing, gerrymandering/access to voting, school district zoning/quality of education, physician bias/quality of healthcare, wealth acquisition/opportunities in banking transactions, judicial bias/disparities in policing and prison standards, a heritage of generational systemic racism fully functioning to this day.

By the 1800s Abigail Adams, wife of John Adams (2nd US president), had sparked a revolution of her own in the land of the free as one of the first advocates for women's equal education and property right: "Do not put such unlimited power into the hands of the husbands. Remember all men would be tyrants if they could. If particular care and attention is not paid to the ladies, we are determined to foment a rebellion and will not hold ourselves bound

by any laws in which we have no voice or representation.” She was joined soon after by Maria Stewart, a black writer for the abolitionist newspaper *The Liberator*, who was the first woman to lecture about women’s rights and the first to speak to mixed-race audiences in the US. From the cradle and organizational experience of the Abolitionist Movement, a widespread advocacy for women’s right would soon emerge [Rhiannon Fionn, *Queen City Nerve*, ‘No More Whitewashing the Women’s Suffrage Movement’].

The republic that demanded the authority of self-rule also disenfranchised half its population to lives without the right to speak in public, to hold leading roles in society, to vote, to be educated, to be employed, to own property, to operate a business, to control money earned, to invest in birth control, to hold individual opinions or to pursue choices for individual health and happiness. The Women’s Suffrage Movement (1840-1920) was launched by Lucretia Mott and Elizabeth Cady Stanton, who after being barred from attending the World Anti-Slavery Convention in London, were prompted to hold their own Women’s Rights Convention in Seneca Falls, New York in 1848.

Women’s Suffrage, who recognized that “any great change must expect opposition because it shakes the very foundation of privilege (L. Mott),” would spark a social welfare revolution that would touch every aspect of life, effectuating progress in abolition; establishing child labor laws; and expanding women’s property rights, employment and education opportunities, divorce and child custody laws, voting rights and social freedom. Yet it would still require an interval of 144 years of additional struggle following

Adams' impassioned voice until Congress would pass the 19th amendment allowing women the right to vote.

By the time of the Civil War (1861-1865) the expansion West was in full swing and modes of transportation to connect the country more important. Chinese immigrants who were welcomed when they worked hard for low wages in menial jobs during the California Gold Rush (1848-1855) became vital in the completion of the first Transcontinental "Pacific" Railroad (1863-1869). However, only decades later these same essential Chinese workers were attacked and driven out of their settlements with no provocation concurrent with the arrival of additional settlers, economic volatility and periodic shortages in job opportunities. They would be nowhere near the last people blamed for "taking jobs away from true Americans."

The Progressive era (1880-1920) of the late 1800s was characterized by migration not only into the West but also from rural into urban areas, with accompanying rapid urbanization and industrialization. With steam power facilitating shortened passages, America also saw unprecedented and peak levels of immigration from Ireland, Central, Eastern and Southern Europe as well as Russia, Cuba, Mexico, Armenia, Norway, the Middle East, Canada and Haiti. On October 28, 1886, President Grover Cleveland dedicated the Statue of Liberty, an icon of freedom and physical representation of the idea of our nation as a "melting pot," the statue itself acting as a symbol to the "huddled masses yearning to breathe free," welcoming "the homeless, tempest-tossed to me."

Nonetheless, wave after wave of immigrant peoples were greeted with the same mind-numbing predictability: unsparingly categorized and stereotyped, they were all subject to mockery, bigotry and vilification on the basis of accent, language, clothing, food preferences, religious practices, cultural traditions, the list goes on and on. (Ironically, these same insular customs are now purposely reproduced for enjoyment in recreational parks across the country).

Like the Chinese before them, they could all be assured of the same brutal discriminatory rites of passage within American society, with menial jobs offered for low wages, long hours and dangerous conditions. The homeland that was established in its infancy by political and religious refugees, that lifted a national emblem to stand as a testament to its freedom and democracy also has habitually and wholeheartedly demeaned successive waves of newcomers as diminishing rather than enhancing the American heritage they join. So unwavering from these practices, we are now a society both defined by and dependent upon creating disparities, promulgating suspicion and instituting constructs far from democratic, representative only of small slices of the population and rife with endemic practices of intolerance.

From its earliest beginnings, this country has struggled toward social justice and equal opportunity, the visions that were set in writing but never achieved. In actuality, our shared reality has been that of a dual synchronicity: unrelenting rallying cries for fair, just and humane expectations running side by side tireless discrimination down through the centuries. The sparks of equity have never been capable of fully beating back the tides of our prejudices, even up to

and including the tumultuous history within recent memory, through women's widespread WWII efforts and subsequent re-suppression, desegregation and the civil rights movement, the women's liberation movement, gay rights and transgender anti-discrimination movements for equal dignity under the law and calls for humane treatment of undocumented citizens.

Still today in 2020 people of colour must demand the societal scales of justice, education and opportunity be balanced and urge reallocation of resources to invest in brown and black communities. Still today in 2020 women must fight for their work to be valued with an equal pay scale and employment opportunity to their male counterparts and fight against sexual harassment, exploitation and the horrors of the sex trade. Still today in 2020 we fail to recognize the essential role that migrant farm workers play in the chains supplying our nation's food and infrastructure and take for granted the talents of those who come to reside in America for schooling and advanced degrees, pursue careers in scientific research, technology, healthcare, engineering and whose contributions have truly made this country a great leader in societal advancement and global issues.

How many innumerable tribes, cities and empires have toppled to ruin, how many lie buried under centuries of dust after facing the same intrinsic and extrinsic stressors as we do today....limited resources, environmental changes, extremes in wealth distribution, social strife, war and unrest with neighboring peoples? How many repeating narratives which only continue to be unearthed illustrate that no matter how big, how mighty the empire NO ONE is assured

of prosperity, of continuation, of unchanging status. To remain solvent and prosperous going forward we must work to earn a cohesive conscious that respects our differences, realizes we are each pieces of the whole that together make us stronger, more adaptable, more versatile in facing and overcoming adversities.

The United States is now home to a veritable global representation of citizens, hailing from every country and continent whose cultures, traditions, languages and beliefs only enrich our collective American fabric. Closing in on nearly 300 years of independence, we are still struggling to appreciate diversity as our most significant resource and provide equal opportunities for all our citizens.

Despite our Judeo-Christian beginnings that charge us to love our brother, neighbor, strangers and a nation built literally on the backs and by the hands of willing and unwilling immigrants, there has persisted from its inception the idea of “other,” of “less than,” of “them.” The harboring of such a mindset promotes in its residents__in each of us__ a dehumanizing facility and denigrating ease that turns a blind eye to fair and just expectations and conditions for all people. It is a singular blindness that allows the eyes to pass over without seeing or recognizing the worth of its inhabitants, that enables the acceptance of intolerances by its communities and inhumane actions by its officials. It permits a wide range of injustices from mistreatment to imprisonment to outright murder.

On June 1, the clarion calls for social change and reform once again catapulted across the nation on the magnitude of tens and hundreds of thousands of voices which would not be silenced or ignored, quickly becoming an international hail, echoed by an entire chorus shouting out from Amsterdam, Australia, Brazil, Brussels, Canada, Denmark, England, France, Germany, Greece, Ireland, Italy, New Zealand, Mexico, Palestine, Poland, Spain, Syria. After weeks of massive protests, which were enhanced by hundreds of interactive moments captured by video footage, the moment has been recognized, awareness has been lifted and a tidal wave of change sweeping over citizens, corporations and officials alike. Perhaps most importantly, this spirit of solidarity is opening dialogues and honest conversations everywhere.

As a collaborative unit we have begun to awaken, to recognize the depth and width of a breach that leaves not the smallest crevice in our society untouched. To question ingrained assumptions and history once revered. To renounce habitual behavior and established culture. To reject traditional bureaucratic premises with updated replacements where no one is safe under the laws of the United States unless all are safe.

Ultimately, the fight against prejudicial exclusion will be won by the continued momentum of this reckoning, not solely by government decree but accomplished through our demands as individual citizens in seizing the culture we desire. It is up to us to continue to champion the cause of social justice in our everyday lives, our speech, our interactions, our inclusions. It is up to us to cast off the apathy of affluence, to carve out time to educate ourselves, commit

to doing better and holding ourselves personally accountable for fulfilling these principles. It is up to us to set rhetoric aside and through our actions continue to live up to the values we choose to espouse proceeding forward into the future.

None of these sentiments is new but once again we have reached an inflection point, a possible turning of the times that would make it possible to relinquish those habits and behaviors that limit us as individuals and diminish us as Americans. We again face a future where we must claim the opportunity to exercise our full potential, to finally esteem each citizen worthy of dignity and respect, to realize that everyone, regardless of Ethnicity, Race, Sex, Religion or Political ideology, deserves to live under justice that is not more than and not less than any other.


It is time for us to **ASPIRE**, to recognize the essential humanity that we all share, to rise above and beyond the darkness of our past, to embrace our collective light as Americans, as one nation, so that when we pledge united we stand, demanding justice for all we can truly mean it.

What's New?

△ NOTE: ALL WORKSHOPS, SEMINARS & PRIVATE SESSIONS HAVE BEEN CANCELLED UNTIL FURTHER NOTICE.


△ WELLNESS FOCUS: INFLAMMATORY NATION. Our summer series will explore the concept of inflammation, the roles it plays at the cellular and systemic levels and its importance in the development, maintenance and progression of wound recovery, illness and the chronic diseases that determine our quality and length of life. We will detail its principle drivers as well as strategies to combat and cool these internal fires.

Wellness Bites: GINGER

 Ginger is a flowering plant that originated in Southeast Asia and is closely related to turmeric and cardamom. The rhizome (underground part of the stem) is the part commonly used as a spice. The unique fragrance and flavor of ginger come from its natural oils, the most important of which is gingerol. Considered a luxury 5000 years ago, the Indians and ancient Chinese used the root as a tonic to treat common ailments. By the 1st century traders had taken ginger into Mediterranean regions where it eventually became a popular spice in Rome and used to make delicacy sweets in medieval times.



Antibacterial, Antiviral, Anti-inflammatory and Antioxidant properties.

 Gingerol is the main bioactive compound in ginger, responsible for much of its medicinal properties. It has powerful anti-inflammatory and antioxidant effects and can help lower the risk of infection. Ginger extract can inhibit the growth of many types of bacteria and is very effective against oral bacteria linked to inflammatory diseases in the gums, such as gingivitis and periodontitis, as well as the RSV virus, a common cause of respiratory infections. Ginger is highly effective against nausea, with a long history of use as a sea sickness remedy, may relieve nausea and vomiting after surgery, in cancer patients undergoing chemotherapy and in pregnancy-related nausea, such as morning sickness. Ginger has also been shown 1) to be effective against exercise-induced muscle pain and osteoarthritis, mediated by its anti-inflammatory properties; 2) to lower blood sugar levels and improve various heart disease risk factors in patients with type 2 diabetes; 3) to increase beneficial effects to digestive enzymes, movement through the digestive tract, break up /expel gas and relief of digestive discomfort; 4) to be very effective against menstrual pain when taken at the beginning of the menstrual period; 5) to have some evidence in lowering LDL cholesterol and triglyceride levels, preventing cancer, improving brain function and protecting against Alzheimer's.



Eating a large amount of ginger may trigger mild heartburn or cause diarrhea.

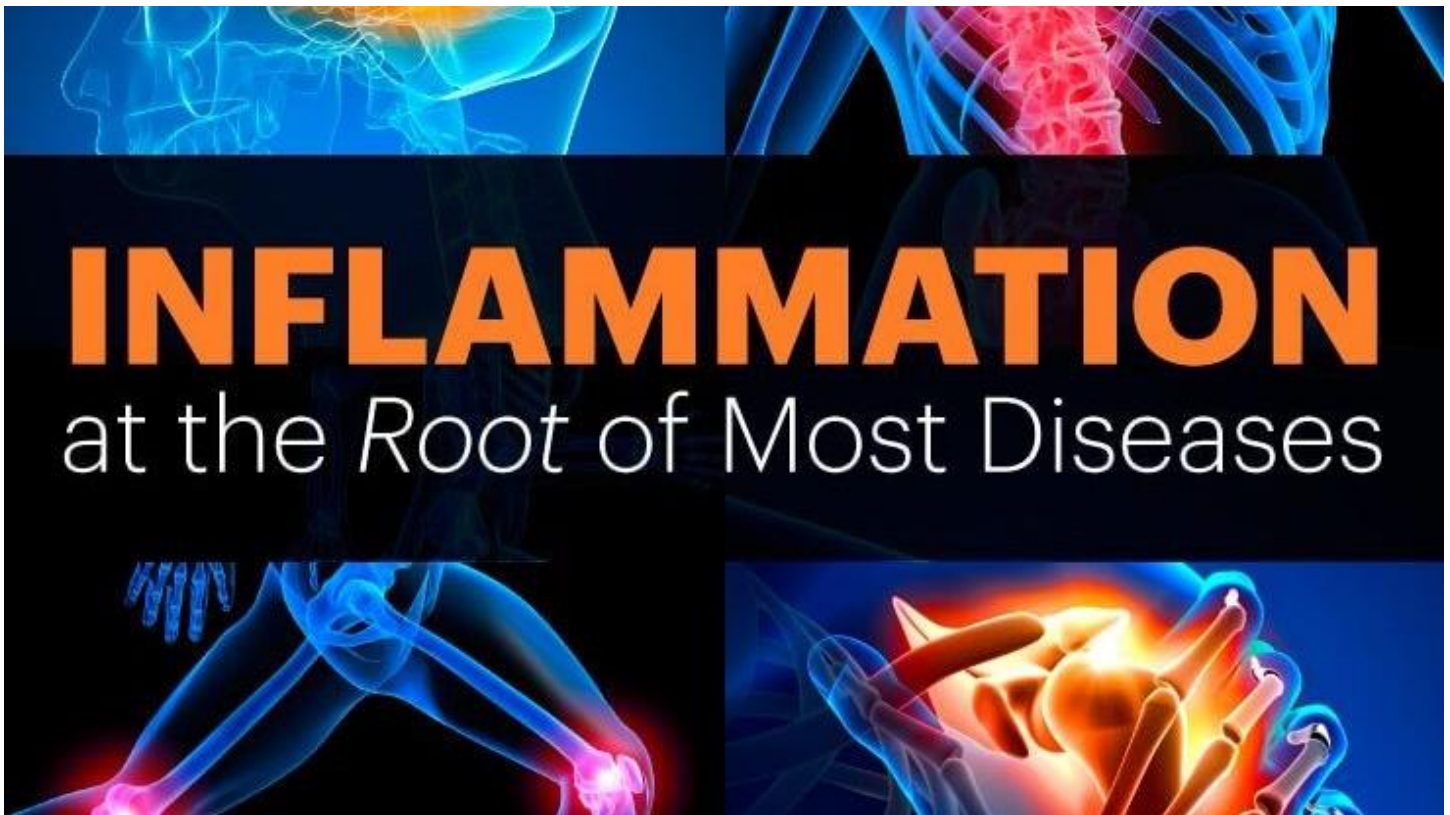


Ginger can be used fresh, dried, powdered or as an oil or juice and is sometimes added to processed foods and cosmetics. It is a very common ingredient in recipes and teas.



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

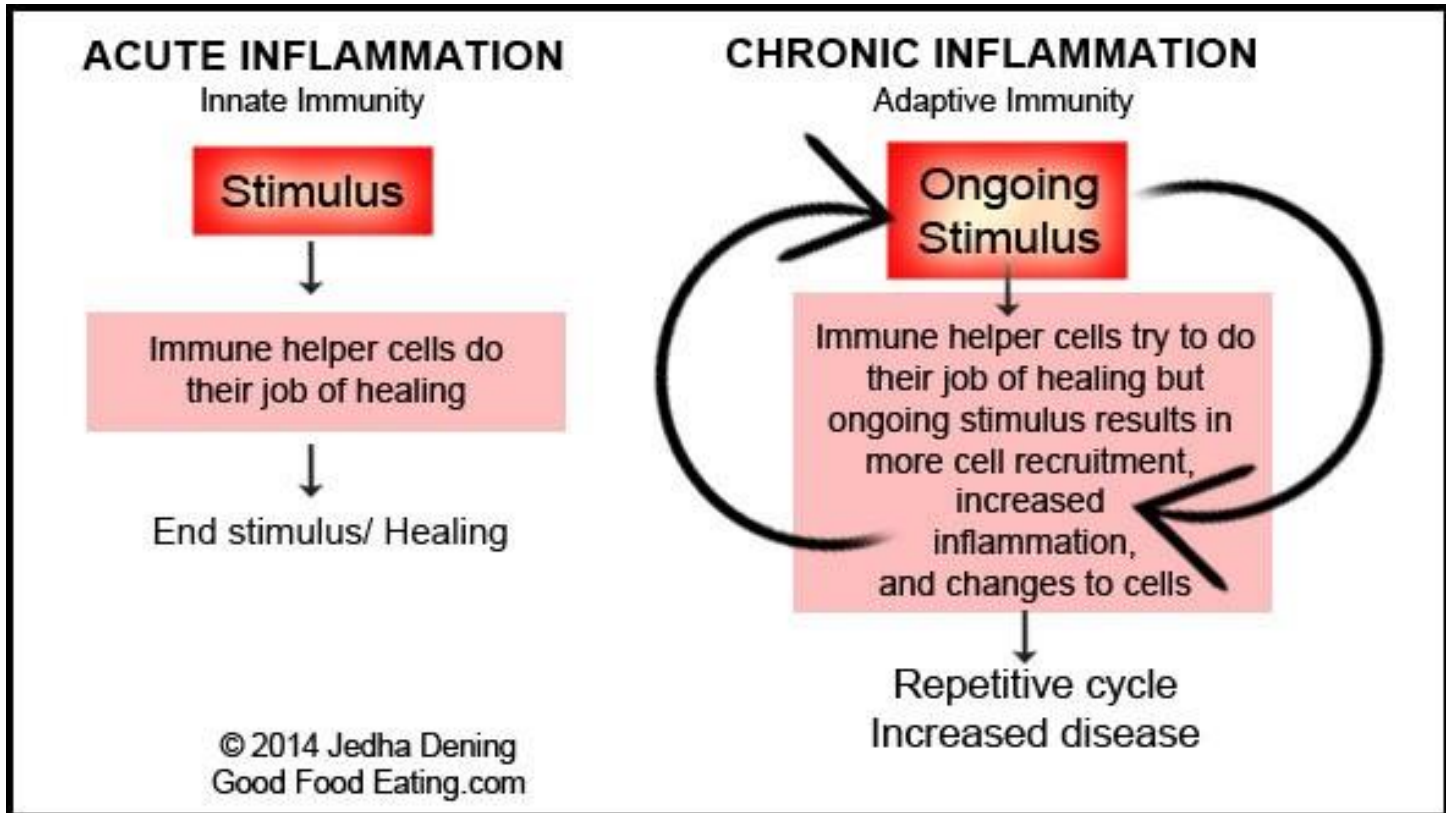
Inflammation Nation



In our June newsletter we learned that inflammation is part of the protective response of the body tissues to adverse stimuli, like irritants, pathogens or damaged cells. It involves immune cells, molecular mediators and blood vessels. The aim of inflammation is to remove the cause of cell damage, to clear necrotic cells and damaged tissues and to start tissue recovery. Depending on the speed of the reaction and duration, inflammation is considered either acute or chronic.

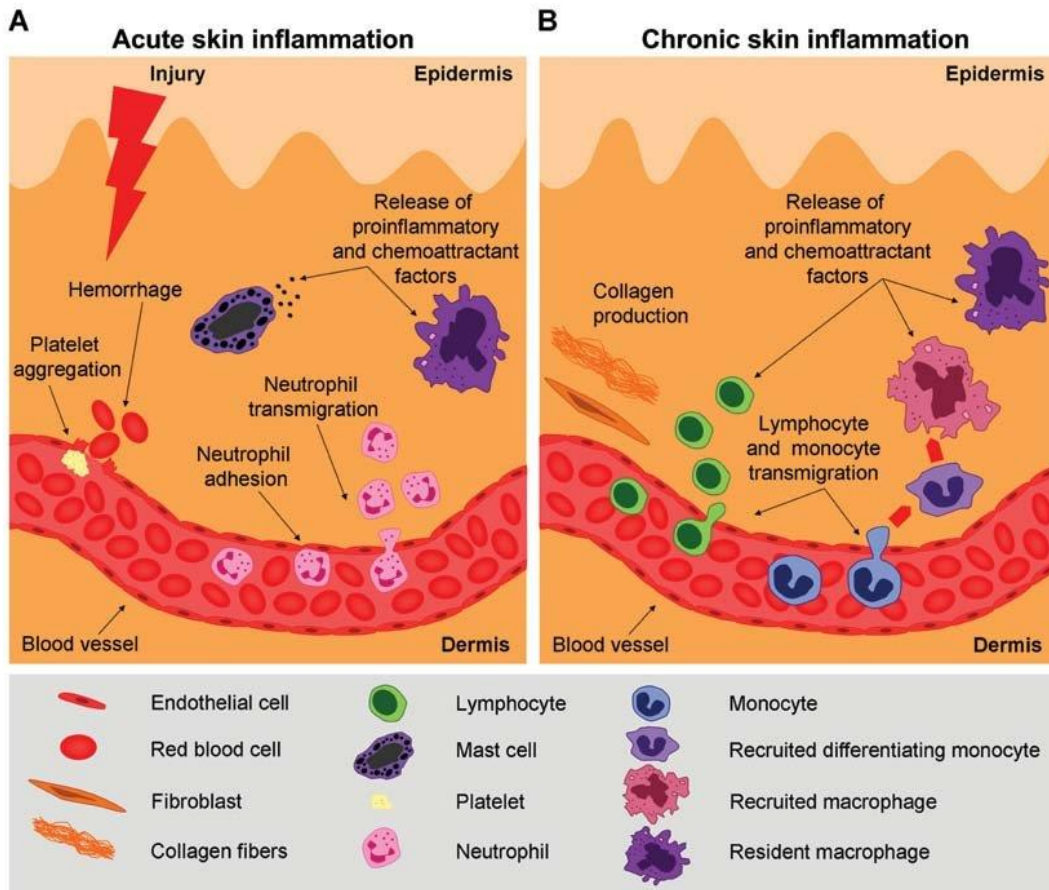
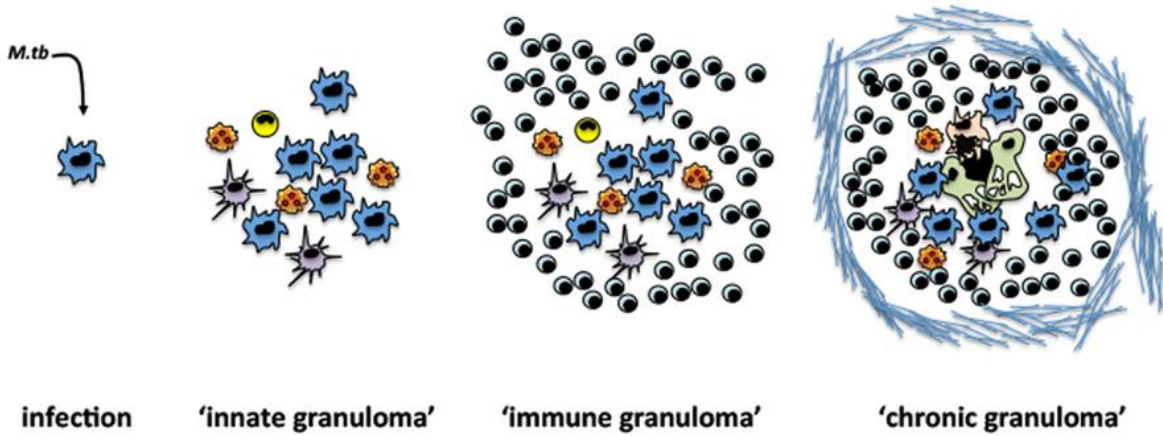
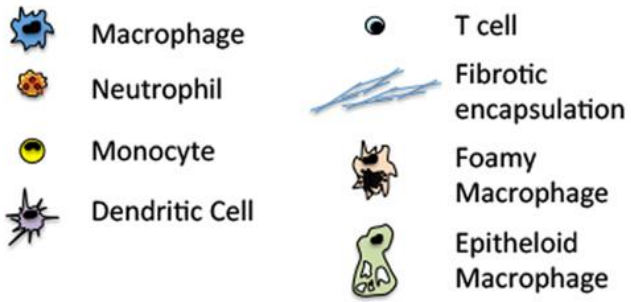
Acute inflammation is the early (short term) and non-specific response of the organism to adverse stimuli. The acute inflammatory process is initiated by immune cells which are already present in the involved tissue, such as dendritic cells, Kupffer cells, histiocytes, resistant macrophages and mast cells. It is acquired by an increased transport of white blood cells (leukocytes, especially granulocytes) and plasma from the blood in the damaged tissues and its development characterized by the cardinal signs of redness, heat, swelling, pain and loss of function. The inflammatory response is spread by series of biochemical events: the immune system, the local vascular system and different cells in the damaged tissue are included in the process. Acute inflammation is the first line of protection against injury. Acute inflammatory reactions require constant stimulation. Inflammatory mediators have a short lifecycle and are rapidly degraded in tissue. Therefore, acute inflammation begins to desist when the stimulus is removed.

What is Chronic Inflammation?



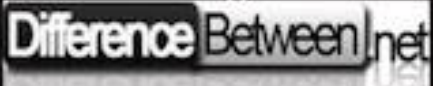
In contrast, chronic inflammation is an inflammatory reaction that lasts for months or years. Most often acute inflammation precedes the chronic, but this is not always the case. Chronic inflammation can be due to 1) prolonged irritation of chemicals, 2) foreign particles (dust, surgical thread, etc.) or 3) infection by microorganisms that cannot be overcome for a long time by the body (tuberculosis, syphilis, brucellosis). It utilizes a specific immune response, involving acquired immunity from macrophages, neutrophils and lymphocytes of the immune system and occurs without external cardinal signs present with acute inflammation.

Depending on the body's response, chronic inflammation is either granulomatous or nongranulomatous. A granuloma is a small inflammatory area formed in the tissue from injury or infection. Inflammation becomes granulomatous in cases of tuberculosis, toxoplasmosis, mechanical irritation from a foreign body, rheumatoid arthritis and others. Typical for this type of inflammation is the formation of granuloma in order to isolate the infected site. The granuloma wall is usually made of fibrous deposits of collagen and sometimes calcium and specific cells. In the center are located the causative agent and areas of necrosis.



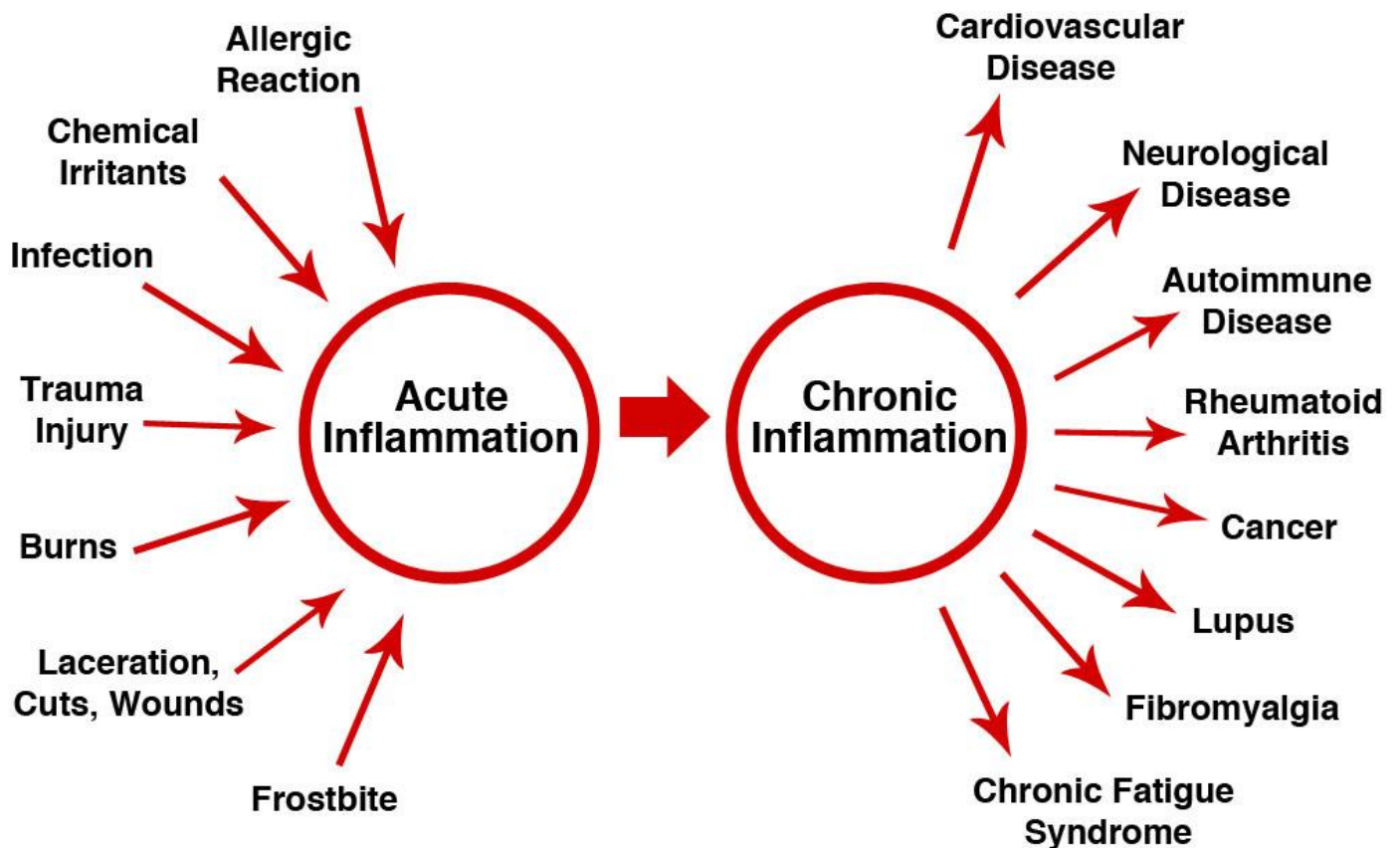
The nongranulomatous inflammation is characterized by the accumulation of specific inflammatory cells in the damaged location where a granuloma is not formatted but there is acquired immunity. Diffuse necrosis and fibrosis occur. The most common causes of this type of inflammation are chronic viral infections such as chronic hepatitis, chronic autoimmune diseases such as rheumatoid arthritis, chronic atrophic gastritis, allergic inflammation, etc. The aim of chronic inflammation is to limit and remove the agent which cannot be removed by acute response (acute inflammation). Restriction and removal of the agent depend on the reactivity of the immune system.

ACUTE INFLAMMATION VERSUS CHRONIC INFLAMMATION

Initial short term response of the body to adverse stimuli.	Long term inflammatory reaction that lasts for months or years.
Not specific.	Specific, involves acquired immunity.
Response to physical and chemical damages, pathogen invasion, tissue necrosis, etc.	Response to prolonged irritation of chemicals, foreign particles, infection that cannot be overcome for a long time.
Involved immune cells: dendritic cells, Kupffer cells, histiocytes, resistant macrophages, mast cells.	Involved immune cells: macrophages, neutrophils, lymphocytes.
Response: (1) redness, (2) increased blood flow, and (3) edema.	Response: fibrosis and angiogenesis.
Cardinal signs: pain, heat, redness, and swelling.	No cardinal signs.
	

Although inflammation is one of the body's natural mechanisms in fighting infections, injuries or toxins in an attempt to heal itself, when it becomes chronic it can lead to serious health issues, such as heart disease, cancer, chronic lower respiratory disease, arthritis, Alzheimer's and stroke. Because chronic inflammation proceeds silently it can be difficult to recognize but it is no less deadly as it is the root cause of most chronic diseases. Likewise, chronic inflammatory diseases are the most significant cause of death in the world.

Acute Vs. Chronic Inflammation

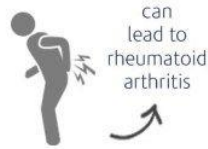


RISK FACTORS PROMOTING LOW-LEVEL CHRONIC INFLAMMATORY RESPONSE:

- 1) Age
- 2) Obesity
- 3) Diet
- 4) Smoking
- 5) Low Sex Hormones
- 6) Stress
- 7) Sleep Disorders
- 8) Chronic Wound (Teeth/Periodontal Disease)

6 signs you have inflammation ✓

chronic inflammation is linked to a slew of health conditions
—and it's more common than ever



persistent pain

lasting joint, neck, or back pain + chronic headaches



fatigue

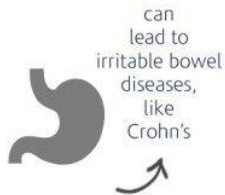
all-around exhaustion (in and out of the gym)

💡 inflammation affects our mitochondria (cellular powerhouses)



frequent illness

more time spent sick + worse symptoms



digestive issues

acid reflux, diarrhea, constipation, and more



moodiness

feelings of low mood or anxiety

💡 science now suggests mood disorders are tied to inflammation



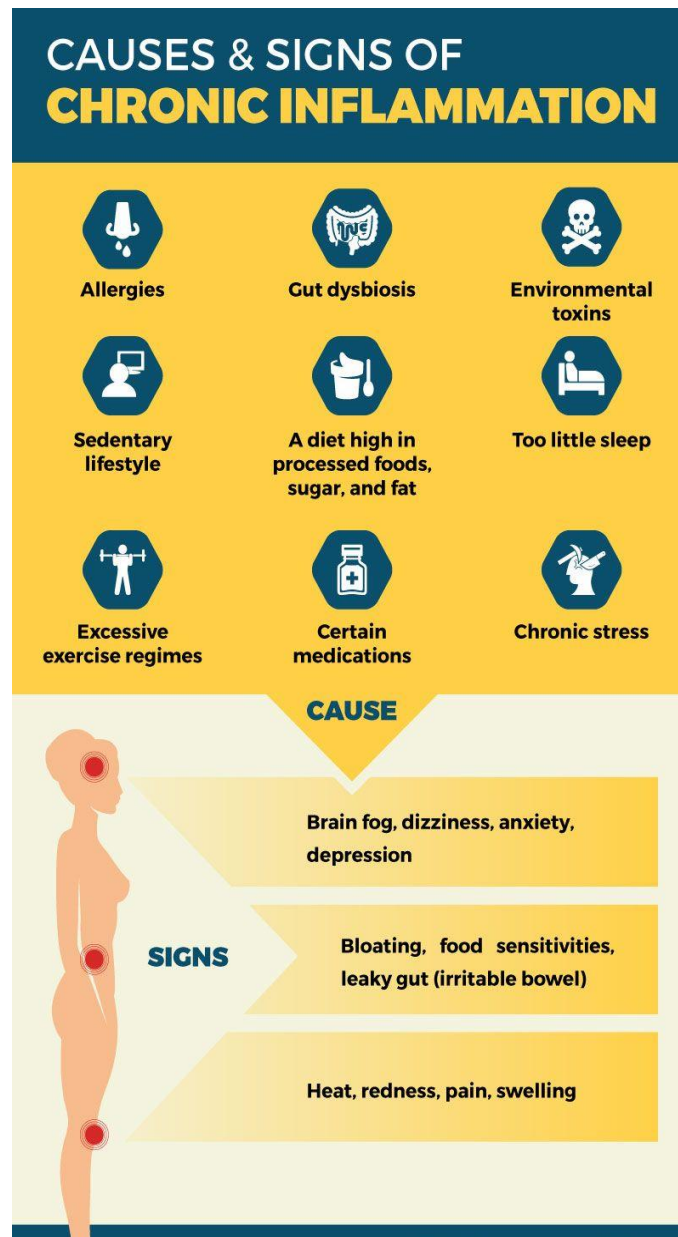
weight gain

stubborn belly fat + excess water weight



fight inflammation every day by eating a clean diet, exercising regularly, managing stress, and cooking with herbs like turmeric and ginger

Chronic inflammation is the link between the lifestyle we engage in, the choices we make day after day, week after week, month after month, year after year and the development of chronic diseases. It is the intermediary that will drive a predisposition along a given path.

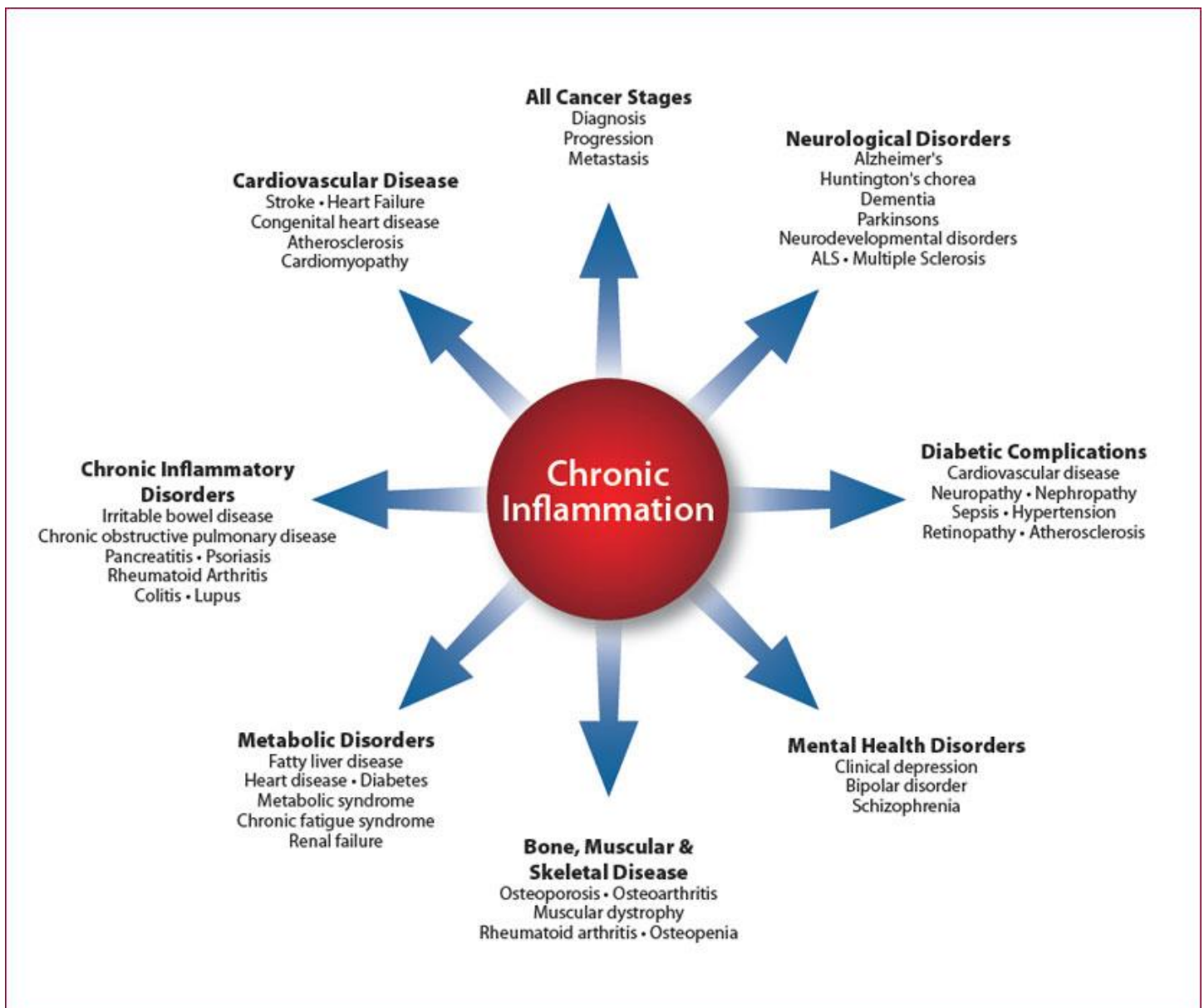


In recent estimates by the Rand Corporation, in 2014 nearly 60% of Americans had at least 1 chronic condition...

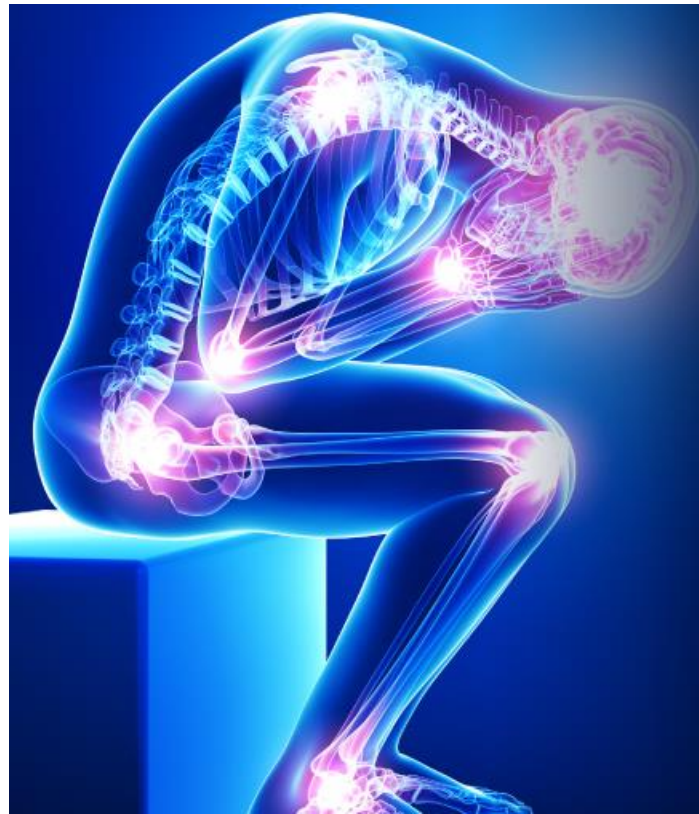
...42% of Americans had more than 1 chronic condition...

...and 12% of Americans had 5 or more chronic conditions.

According to the WHO (World Health Organization), the biggest threats to our health, globally, are now chronic degenerative conditions, not infectious diseases. As opposed to various epidemics or diseases that were so common in most of our history, what is now threatening health across the planet is chronic degenerative inflammatory conditions___diseases that we most fear, including Alzheimer's disease, cancers, diabetes, coronary artery disease and autoimmune conditions___all systematically driven by stressors from a multiplicity of origins.



The prevalence of diseases associated with chronic inflammation is anticipated to increase persistently for the next 30 years in the United States.



8 Ways Chronic Inflammation

Can Damage Your Body

- Memory loss and cognitive decline
- Increased cardiovascular risk
- Abnormal growth of healthy cells
- Compromised digestive function
- Loss of muscle tone
- Weight gain
- Accelerated skin aging
- Joint pain and loss of mobility



On the up side, we have several key natural ways that we can control inflammation in the body:

Lifestyle Factors make the difference!



Physical activity

Find ways to move more and make physical activity an integral part of your day.



Moderate calorie intake

Eat mindfully and stop eating when 80 percent full.



Spirituality or religion

Belonging to a faith-based community and regularly attending services adds up to 14 years to your life.



Life purpose

Wake up with a purpose each day and add up to seven years to your life.



Plant-based diet

Put more fruit and vegetables on your plate.



Family life

Spend time with your family and add up to six years to your life.



Stress reduction

Find a strategy that helps you relieve stress and commit to it.



Moderate alcohol intake

If you have a healthy relationship with alcohol, enjoy a glass of wine with friends each day.



Social groups

Surround yourself with people who support positive behaviors and who support you.