

September/October 2016

The art of growing young[®]

Coping with **Change**

Feature



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versus Varied

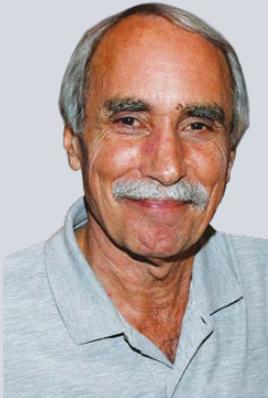
Creating a New Diet
for a Better Life

Teaching Children
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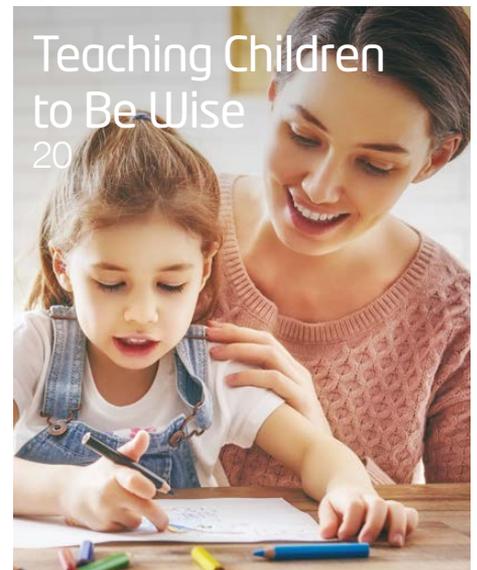
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How Healthy Will You Be Tomorrow?

We plan for the future in all kinds of ways. We make investments today in order to live well during retirement. We set money aside now in order to make a down payment on a house in the future. But how often do we plan for our future health?

In many ways, we can view our body as a retirement fund. The investments we make today will dictate how well we live later in life. Living a generally healthy lifestyle when we are younger will pay off later by providing the body with the tools it needs in order to age gracefully.

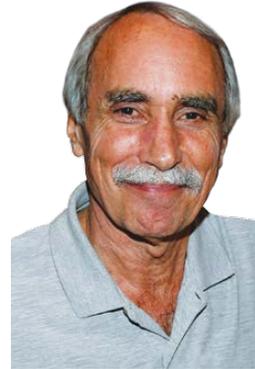
Healthy diet, regular physical activity, stress management techniques, positive focus, seeking out like-minded friends—these are all investments our younger selves can make for our future health.

Building your bone bank is a perfect example of this idea. The body produces most of its bone mass by a person's late teens or early 20s. Investing in a calcium-rich diet (combined with the right amount of sun exposure to manufacture vitamin D, and vitamin D supplements if necessary) as a child will help ensure you have strong and healthy bones much later in life. Without that investment early in life, it's more likely that a person will develop osteoporosis.

Bones are far from the only part of your body that benefits from lifelong investments. Living a healthy lifestyle today is an investment that will help ensure every part of your body is better equipped later in life. That includes your mental capacity, mood and even friendship circles!

The best part of planning for your future health is that you won't have to wait long to feel the results. Many of us who are in tune with our bodies can feel a difference in just a short amount of time. A few days or weeks spent investing in a healthy diet can dramatically change the way we look and feel.

When you decide what you want to eat for dinner tonight or how long your workout routine will be tomorrow morning, don't think about just the immediate effects. Treat every healthy action as an investment in your future! The more you invest today, the better off you will be for years to come.



Dwight L. McKee M.D.

Dwight L. McKee
Scientific Director

Nutritional News

Sedentary lifestyles

There's a new reason to ditch your desk job. New research suggests sedentary lifestyles associated with sitting at a desk all day can increase the chance of developing anxiety. After reviewing the results of nine different studies, researchers found a connection between the amount of time a person spends sitting and the risk of developing feelings of anxiety. Modern office workers may be particularly at risk, as they often spend most of the day sitting at a desk. Standing desks are becoming increasingly popular, and they are associated with better health.



Protein-rich diets

may help protect against cardiovascular disease, according to research out of England's University of East Anglia. The study discovered that people who consume higher amounts of a particular amino acid found in protein tend to have lower blood pressure and arterial stiffness. The source of protein seems to play a role as well. Those with a higher intake of the amino acids found in plants displayed lower blood pressure, while people who consumed amino acids from meat-based protein displayed lower levels of arterial stiffness. It appears that combining the two sources will offer the most cardiovascular protection.

Is your healthy breakfast making you fat?

Granola bars are a popular on-the-go breakfast choice, but many contain as many calories as a dessert because of added sugar, corn syrup and trans fats (hydrogenated oils). Read labels carefully before buying your next box of granola bars. Or better yet, make your own.

Dates

Eating more dates may help those with illnesses associated with chronic inflammation, such as heart disease, arthritis and diabetes. The study, which used date syrup made from fruit of the date palm tree, found that the polyphenols in dates create an anti-inflammatory response in the body.



Diabetes

If diabetes runs in your family, it may be a good idea to include more mushrooms in your regular diet. According to research performed at the University of Buffalo, consuming Portobello mushrooms results in significantly decreased glucose (blood sugar) levels. Women appear to receive an extra amount of protection, as the results were even better for females than for men.



Exercise: Routine versus Varied

There is a lot to be said for finding a workout routine you enjoy and sticking to it. There are plenty of wonderful reasons why running every day is a great habit.

So why are some physical trainers suggesting we break out of our routine? Why change a healthy habit, especially if it was hard for you to get started in the first place? The answer: because change is good for you.

There is no doubt that your existing workout routine is good for you. Whether you enjoy cardiovascular activity, strength training or flexibility exercises, you are doing good things for your body. There are pitfalls to sticking to the same old routine, however, that can be avoided by trying something new.

Varied workouts prevent boredom. For most people, doing the same workout routine means seeing the same people, exercising the same muscles, going to the same places, and doing the same thing day in and day out. Let's face it; how many times can you jog down the same road before you get bored with the scenery? When you find yourself skipping your workout too many days in row, it might be time to try something new.

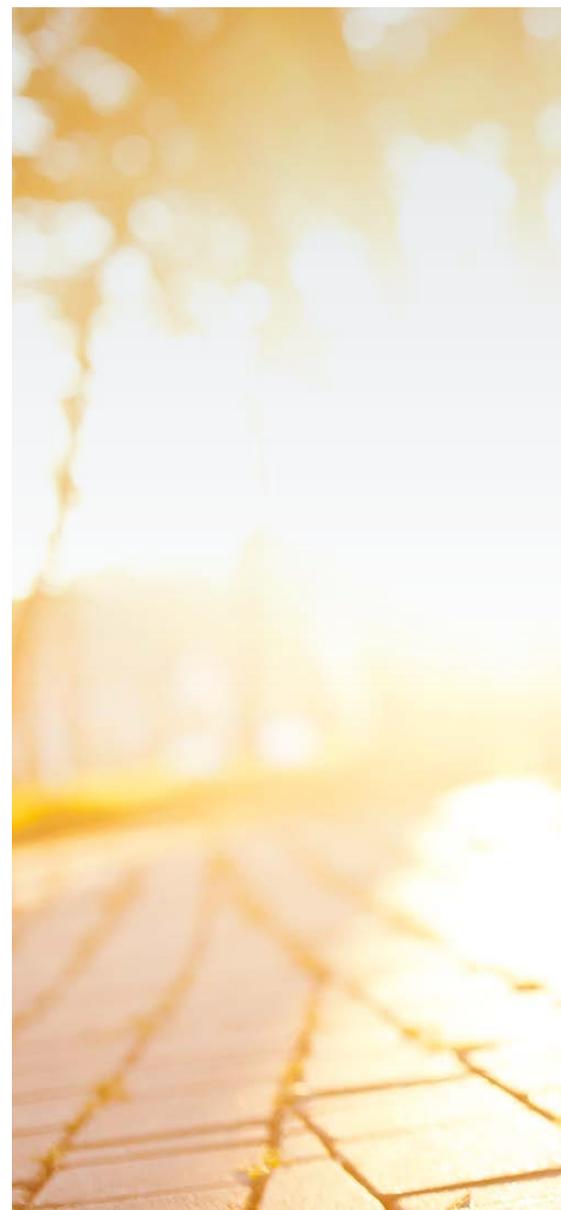


Trying something new is a surefire way to avoid workout boredom. Whether it's choosing a different route for your walk or walking into a yoga studio for the first time, trying something new will reinvigorate your routine. New activities can also lead to new friends. Joining a running group, finding a spin class or asking someone to spot you at the weight bench all lead to new social interactions.

If you are struggling to lose the last few pounds in order to reach your weight loss goal, trying a new workout routine can help you break through your weight-loss plateau. When you engage in the same activity all the time, your body can get used to the repetitive motions. Eventually it can adapt and become more efficient, which means you may end up burning fewer calories while doing the same amount of exercise.

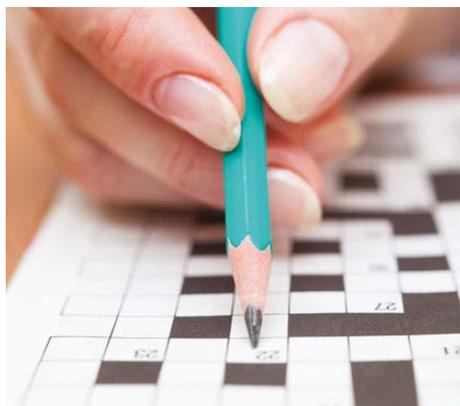
Changing your routine can help challenge your body. New movements and resistance in different areas will cause your body to work harder as it adjusts.

Adding new elements to your workout routine can help prevent injuries as well. Repetitive strain injury occurs when your body goes through the exact same motions over and over again. Adding and subtracting elements of your workout can help give those overused muscles, joints and ligaments a chance to rest and recover. Instead of running every day, you may find that alternating running, bicycling, and stretching eases and prevents pains.



Varied workouts also help build new muscles. If you run every day but never work on your upper body, you can end up with highly toned legs but a weak upper body. Adding some resistance training to your routine will build new muscles in your arms, back and chest. These new muscles will help your body burn even more fat and calories when you work out, effectively making your exercise routine even healthier!

One unexpected bonus of a varied exercise routine is that your brain also gets a workout. Engaging in new activities of any kind is exercise for your brain.



Regularly engaging your brain with new problems to solve and new social interactions helps maintain cognitive function.

Despite the many benefits of a varied workout routine, change isn't always easy. If you have been doing the same thing for years, start slowly on something new. You can't expect to trade in your running shoes for a swim cap and have the new routine work out perfectly on the first day.

Instead of replacing your current activity, supplement it with new ones. If you are currently running four days a week, start by running three days and doing something different just once a week. Find an activity that appeals to you. If you can't think of anything right away, keep experimenting until you discover something you enjoy.

Try to do at least one thing that is completely different from your normal routine. If you currently engage only in resistance training, add one cardiovascular activity to your weekly routine. The more varied your workouts, the better your results will be overall.

For the best results possible, once you have adapted to a varied workout, try to change your routine every few weeks. Regularly changing what you are doing grants all the benefits we've just discussed—improved fitness, fewer injuries, less boredom.

Varied workout routines are more fun, provide better benefits and help prevent repetitive strain injuries—there are no better reasons to try something new the next time you lace up your gym shoes.

.....

It's time to change your workout routine when ...

- You're bored at the gym.
- You stop seeing results.
- You're left feeling tired and sore.
- You no longer feel challenged.
- Your goals have changed.

Rising Popularity of Complementary and Alternative Medicine

The practices and therapies we currently call complementary and alternative medicine (CAM) were once the widely accepted, primary means of treating illness.





These traditional practices all but faded away with the rise of modern medicine. We are in the midst of another transition, as the past few decades have seen a resurgence in CAM use.

Practices such as traditional Chinese medicine and Ayurvedic medicine have been used for thousands of years, first as a primary means of treating illness and maintaining wellness, then as a radical concept used only on the fringe, and now as an increasingly popular complement to modern techniques. As ancient practices were replaced with modern ones over time, CAM therapies slowly fell out of use. For years they were practically abandoned, until very slowly CAM therapies began to come back into popularity.

Much of the CAM resurgence can be traced to a time when increasing rates of chronic illness coincided with rising health care costs.

More people were falling ill, and fewer people had the resources to pay for treatment. These two factors overlapped with an increase in nutritional knowledge that caused many people to reevaluate what it meant to be truly healthy.

These shifts contributed to the whole-foods and dietary supplement movements of the 1950s, during which food was recognized as not only something we eat to stay alive but also as a potential therapeutic agent—i.e., food as medicine. By the early 1970s, people around the globe were increasingly exposed to a variety of traditional health care system practices from a wide variety of cultures.¹

The increasing adoption of CAM practices in industrialized nations began as a mystery to many in the medical world who were accustomed to using only modern tools developed via the scientific method. However, as the popularity of CAM increased, so did interest from the medical community, as well as funds for researching these ancient methods. The resulting research produced evidence of many CAM practices producing beneficial results.

CAM practices and ideas continued to gain attention and acceptance over the years. We now live in an era where CAM is widely used in conjunction with cutting-edge procedures, combining the very best of each in order to maximize health. This is now often referred to as “integrative medicine.” One survey of cancer patients found 63 percent of people being treated for cancer used at least one CAM practice.² A different study found nearly 70 percent of patients diagnosed with cancer use CAM techniques at some point during or after treatment.³

Around the world, CAM practice is a US\$34 billion industry. That’s on top of the billions spent on modern medicine.⁴ There is no doubt that CAM has moved from the fringes of health care to become a prominent mainstay.

The use of CAM continues to snowball in popularity all over the globe. It’s been reported that over 60 percent of cardiac patients with coronary artery disease and those at risk of arteriosclerosis use some form of CAM therapy in their treatment plan.⁵ Among both patients at risk of and patients diagnosed with cardiovascular disease, up to 42 percent have adopted nutritional supplements as a tool in their treatment.⁶ According to a study from the Mayo Outpatient Cardiac Clinic, CAM use for cardiac patients may be even higher—a little over 80 percent.⁷ Differences in opinion, medical practices and availability of options around the globe can account for the variations in reported use.

Considering how relatively new the acceptance of CAM is, that is an astoundingly high number.

This rise translates to massive amounts of money. In the United Kingdom alone, 5 million patients see a CAM practitioner every year.⁸ In the United States, that number is 15 million per year.⁹ In these visits, the most common CAM practices used are relaxation techniques (yoga, meditation, deep breathing, massage, etc.), herbal medicine, dietary changes and chiropractic treatment.¹⁰

¹ Berliner HS, Salmon JW. The holistic alternative to scientific medicine: History and analysis. *International Journal of Health Services* 1980;10:133-147.

² Richardson MA, Sanders T, Palmer JL, Greisinger A, et al. Complementary/alternative medicine use in a comprehensive cancer center and the implications for oncology. *Journal of Clinical Oncology* 2000;18(13):2501-2504.

³ Humpel N, Jones SC. Gaining insight into the what, why and where of complementary and alternative medicine use by cancer patients and survivors. *Eur J Cancer Care*. 2006;15:362-8.

⁴ <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4392733/>.

⁵ Arslan IO, Ozer ZC, Kulakac O. Use of complementary and alternative medicine in cardiovascular diseases: a literature review. *Health Med*. 2012;6:2190-99.

⁶ Bin YS, Kiat H. Prevalence of dietary supplement use in patients with proven or suspected cardiovascular disease. *J Evid Based Complementary Altern Med*. Volume 2011(2011), Article ID 632829, doi:10.1155/2011/632829.

⁷ Prasad K. Use of complementary therapies in cardiovascular disease. *Am J Cardiol*. 2013;3:339-45. doi: 10.1016/j.amjcard.2012.10.010.



The CAM movement is so widely accepted that even prestigious research institutions are devoting resources to it. The National Institutes of Health (NIH) contains the National Center for Complementary and Alternative Medicine (NCCAM). With an annual research budget of over US\$100 million, the center has funded 10 university-based centers for research on alternative and complementary medicine.⁸ One such center is the RAND Corporation—home of one of the largest CAM centers in the country.¹²

Patients turn to CAM to improve their physical and emotional well-being, the latter of which is often not a priority for modern doctors, who typically focus on treating disease over maintaining total well-being. Informed patients and doctors who utilize CAM tend to believe strongly in the idea of maximizing health outcomes by combining the best of modern medical procedures with the best of CAM therapies.¹³

CAM is often used to help control quality of life during stressful treatments. In such circumstances, the CAM techniques tend to be used for stress reduction to ease the mind.

Similarly, dietary changes are implemented to provide the healing body with the nutritional support it needs to function at optimal levels.

CAM users in the past were stereotyped as being uninformed or ignorant of the benefits offered by modern medicine. This is no longer the case. An interesting study that focused on elderly Australian women with cancer found that women who used CAM accessed conventional services as much as women who did not add CAM to their treatments.¹⁴

This may suggest that many people turn to CAM because modern doctors who have yet to adopt CAM ideas are not providing patients with all the support they need.

There is no doubt that CAM therapies are becoming more prevalent and more accepted by patients and doctors. Hospitals are offering more and more CAM therapies on-site, insurance providers are increasingly covering CAM therapies, and a growing number of physicians are educating themselves on the merits of CAM in order to offer their patients the best, most comprehensive care possible.

⁸ Barnett H. Complementary and alternative medicine and patient choice in primary care. *Quality Primary Care*. 2007;4:207–212.

⁹ Tachjian A, Maria V, Jahangir A. Use of herbal products and potential interactions in patients with cardiovascular diseases. *J Am Coll Cardiol*. 2010;6:515–25. doi: 10.1016/j.jacc.2009.07.074.

¹⁰ Liu EH, Turner LM, Lin SX, Klaus L, Choi LY, Whitworth J, et al. Use of alternative medicine by patients undergoing

cardiac surgery. *J Thorac Cardiovasc Surg*. 2000;2:335–341. doi: 10.1067/mtc.2000.107339.

¹¹ Niemark J. Their numbers are growing, and so is their confidence: more and more respected mainstream physicians are blending traditional and alternative medicine. *Psychol Today* 1997; Jan-Feb: 53–69.

¹² Wootton J. Directory of databases for research into alternative and complementary medicine: an update. *J Altern Complement Med* 1997; 3: 401–03.

¹³ Markovic M, Manderson L, Wray N, Quinn M. Complementary medicine use by Australian women with gynaecological cancer. *Psychooncology*. 2006;15:209–20.

¹⁴ Sibbritt, D, Adams J, Easthope G, Young A. Complementary and alternative medicine (CAM) use among elderly Australian women who have cancer. *Support Care Cancer*. 2003;11:548–50.

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Managing Changing Personalities

It's often said that personality quirks become more pronounced with age. When negative personality traits become too prominent, it can affect the whole family.

While the core of our personality may be developed throughout childhood, we continue to evolve and change as we age—sometimes to a great extent. This idea is no longer based on anecdotal evidence from watching our parents age; scientific studies have witnessed the evolution of personalities.

One particular study found conscientiousness, a personality trait linked to success at work and in relationships, increases as a person ages.

The most pronounced changes occur in a person's 20s. The same study saw that agreeableness changes the most during a person's 30s. It continued to rise through the 60s. Interestingly, openness was seen to decline slightly over time, which may show in a preference for spending time with a smaller group of well-known friends as people age.¹

Between the ages of 20 and 65, people often report increases in positive traits, a phenomenon psychologists call the maturity principle. Many of the changes are in direct response to major life events—getting married, losing a loved one, getting a promotion, being fired from a job. The more positive experiences a person has, the more his or her positive-aligned personality traits will grow. Conversely, the more negative experiences a person lives through, the more likely it is he or she will develop negative personality traits such as pessimism.

Aging with a spouse whose personality traits trend in a positive direction can be a wonderful, fulfilling experience that lifts the outlook and happiness of both partners. But what about personality traits that trend in a negative direction? Even small negative changes that last can create major friction in relationships.

When you notice a personality change in your loved one, discovering the source of the problem is the first step. Has something happened recently to mark this change, or has this been occurring slowly over time? Is there anything that can be done to reverse the change?



Personality traits tend to be relatively stable and change only slowly over time. A sudden change may indicate a more serious health issue such as a tumor, stroke or aneurysm. If you think the change happened overnight, seek the help of a doctor.



Dementia and Alzheimer's disease can also cause personality changes. Many people with dementia retain their core personality although some of their personality traits become exaggerated. A cheery disposition may become even more pronounced. A person with a classic type A personality may become even more demanding and controlling.

If the change in personality is not a symptom of disease, it may be helpful to talk to your partner about what you are witnessing. It's likely your partner isn't aware of the change. Think of the change as a bad habit, such as overeating. Before a person can change unhealthy eating habits, he or she must first be aware of them—and the same is true of personality "habits."

¹ S. Srivastava, O. John, S. Gosling Development of Personality in Early and Middle Adulthood: Set Like Plaster or Persistent Change?, *Journal of Personality and Social Psychology* 2003, Vol. 84, No. 5, 1041–1053



Once both people are aware of the change, it's possible to address the root cause. Find out whether something specific is at the root of the change. Is your spouse dwelling on a negative incident at work that is causing him or her to become bitter and resentful? Be supportive, not controlling, and be aware of your tone and your body language as you discuss the issue. Reacting in an accusatory manner can cause even more friction between you and your partner.

Negative personality changes often come from focusing on negative people, experiences and circumstances that have appeared throughout life. Help your partner realign his or her thoughts with the positive aspects of life.



Focusing on happiness and joy in life will help attract more positive thoughts and experiences, thus counteracting the move toward negative personality traits.

Recognize that a negative personality change is a whole-family problem and not just something happening to you or your spouse alone. Rely on every member of the family to help figure out what caused the change and how everyone can cope with it. Creating a loving, safe environment for everyone involved will help each member of the family align with his or her own positive personality traits.



Creating a New Diet for a Better Life

It's never too late to make changes to your diet in order to live a healthier, happier life.

Sometimes those changes can be hard to make after years of unhealthy habits. Here are a few tips and tricks to ease your transition into healthier eating and improve your chances of long-term success.

Any attempt to make a change in life is almost certain to fail if you try to change too much too fast. Healthy eating is no different. Before you decide to go sugar-free or cut out all fats (which is not a healthy course of action anyway), understand that the bigger the change you wish to make, the more small goals you need to set in order to achieve sustainable change.

If eliminating sugar is your ultimate goal, you may wish to set a series of small goals that will help your taste buds adjust from a diet they have been used to for years. When cooking, begin by substituting natural sweeteners for sugar a little at a time.

Or make your first step replacing the sugar in your coffee with honey or swapping afternoon candy bars for sweet fruits.



When working toward each goal, don't worry about the bigger changes you need to make in the future. With each small change, you are whittling down the distance to your ultimate goal.

When setting your goals, make them clear and definable. Eating healthier is a wonderful idea, but how will you know when you've accomplished that goal? Including three different vegetables at every meal is a concrete goal, as is cutting out one fast-food meal every week.

As you are working toward your small, defined goals, also take time to examine your eating habits.

Understanding why you have been eating an unhealthy diet will provide insight that will ultimately help you make better decisions in the future. Are there other factors in your life that influence your meal and snack choices? Whether or not you choose to eat a healthy meal or avoid excessive snacking can be influenced greatly by stress, activity, boredom, sleep, friends, etc. Before making any food decision, ask yourself: "Why am I eating this? Am I hungry or just bored? Do I really need more, or am I overeating because it tastes so good? Should I join my coworkers for a meal at a fast-food restaurant?"

Asking yourself why you make certain dietary choices will help you change your perspective in the long term, which is essential if you want to achieve lasting dietary change. Avoiding bad habits by being aware of them will naturally become a way of life that eliminates the bad habits and attitudes that have sabotaged your past efforts.

Similarly, it is important to keep a positive outlook throughout your transition. Dwelling on how much you miss candy or how bad you feel because you ate two desserts will sabotage your future choices, because we tend to attract into our lives the things we focus on ... even the negative thoughts.

Instead of dwelling on mistakes, focus on the enjoyment you get from eating these new, healthier foods. Consume a wide variety of fruits and vegetables, and savor the new tastes and textures of each one. When you find new flavors you particularly enjoy, include them in your regular meal rotation so you can look forward to those flavors again next time.

Focus too on each small goal you have achieved. With every achievement, you will feel more empowered and better equipped to tackle the next one.

Finally, drink more water. No matter what your healthy-eating goals or methods are, drinking at least eight glasses of fresh, pure water every day will help you achieve and implement them.

Water helps support your metabolism, curbs appetite, aids digestion and makes us feel better. So drink up!

Change doesn't happen overnight, especially big changes like eliminating premade foods from a diet that has traditionally been full of them. By setting many smaller goals, maintaining a positive mindset, trying lots of new healthy options and staying hydrated, you are sure to achieve any dietary goal you set.

Coping with Change

Life is full of change. Bodies change. Careers change.
Relationships change. Families change.





Some changes are huge and happen seemingly overnight. Other changes are so small and happen so slowly that they are imperceptible at the time. No matter how fast it comes or how large it feels, change can be hard and scary. Many people prefer the safety and stability of routine. But without change, there can be no growth. And without growth, we stagnate in life.

The fear of change stops people from taking risks, even positive risks such as trying for a promotion or taking a new job. This mental paralysis usually stems from fears of not being able to achieve success. Some people are so overcome with the fear of not being good enough, or so filled with the worry of being judged by others, that they are incapable of even trying to change. Instead of embracing or accepting change, they resist it with denial, distraction, avoidance, resentment, and other negative actions and feelings.

How you react to the forces of change will dictate how smoothly you handle those changes that occur in your life. Fighting against inevitable change will only add more stress and negative feelings to your experience. On the other hand, accepting change gracefully and embracing the goodness that comes from it will attract even more positive changes to your life.

Most changes in life alter our identity somehow. Having a baby changes your identity by adding the label “parent.” A new job can drastically alter your identity, as it is a common topic of conversation when meeting new people. Identities also change greatly with age. First we identify as children, then as teenagers, adults and finally seniors.

Each new phase of life adds a piece to your identity.

Because change so deeply affects our identity, one of the most fundamental ways we can help manage the loss of self is, paradoxically, by letting go of that identity, even just a little bit.

A healthy sense of self can help carry us through many changes. The concept of one's self is built of many factors: relationship status, job status, hobbies, desires, fitness level, dreams, etc. Understanding what makes you you but being flexible enough to let each piece evolve over time will make coping with change easier.



Accepting the changes in the individual pieces of your life that form your identity will help you grow as a person without losing the overall sense of who you are.

To fully embrace change, you must first accept that you will never be the same again—and that is a wonderful thing!

Change presents a learning opportunity. Whenever you find yourself in the midst of change, ask yourself, “What is this teaching me? What am I supposed to learn from this change? How will this make me a better person?”

Understanding the answers to these questions will better allow you to more fully embrace changes that ultimately help you become a better, stronger version of yourself. Even the most radical changes will not affect every piece of your identity. If you have a strong but flexible sense of self, you will be able to embrace changes in areas that are appropriate while staying grounded and finding peace in the areas that stay the same.





Throughout any change in life, it is vitally important to stay focused on the positive aspects of what is happening. Dwelling on the fears and anxieties of change will only attract more negative feelings and experiences that will shape your change in a negative way.

A positive outlook will help you better cope with change, reduce the stress of change and shape the change in a positive way that will have ramifications for years to come. An optimistic attitude will help you attract more positive opportunities for change with outcomes that make your life better.

Quite simply, times of change feel much harder to people with pessimistic attitudes than they do to positive-minded people. Pessimistic attitudes attract fear, stress and anxiety, all of which are barriers to change. The more barriers you mentally put up, the harder it is to accept change in a positive way.

It's okay to be emotional during change. It's natural to experience feelings of sadness and to grieve the loss of something. Give yourself permission to feel those negative thoughts, but don't allow yourself to dwell on them. Instead, acknowledge how you feel and why you feel that way. Then make an effort to move on.

Focus on the many positive possibilities in order to face the change from a place of hope and of growth.

Change causes loss. And that is okay. Sometimes having your life shaken up a little is a good thing as long as you are able to embrace these changes as opportunities for growth. Losing a job might feel like a loss of stability, but it can also be viewed as a chance to find something greater or more purposeful to do in life.



How a person reacts to change varies greatly depending on many factors, including personality type, past experiences with change, physical and mental health, family status, and social relationships. Developing a healthy approach to change earlier in life will make it easier to accept change all throughout life. Each change in life that you successfully embrace with a positive attitude will make the next one easier.

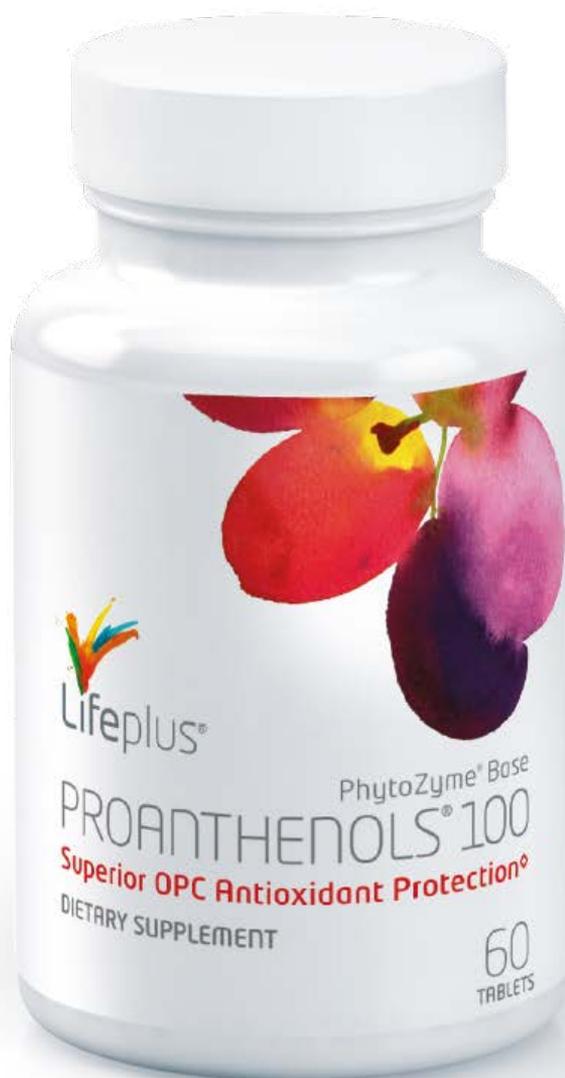
All of us are forced to deal with change throughout life. In times of change, we must choose whether we want to adapt in a way that improves our life or fight change in a way that creates more stress and anxiety. Welcoming change means accepting that life is going to be different. Celebrate the newness and possibilities, and there is no limit to the wonderful things, people, experiences and circumstances that change will bring into your life.

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The Art of Drying Herbs

Having a backyard herb garden is a popular and easy way to keep fresh, healthy seasonings in supply. As we enter the fall season, now is a good time to start drying some of those herbs so your kitchen stays stocked with homegrown, healthy flavors.

Fresh herbs tend to be packed full of antioxidants and nutrients. The drying process can affect this content somewhat. For example, one ounce of fresh basil contains about 88 mg of omega-3 fatty acid. One tablespoon of dried basil contains only about 33 mg of omega-3s. However, the ORAC (measurement of antioxidant content) value is identical. The nutritional content is different for every herb. A quick search on the internet will help you decide which of your herbs will maintain the most nutritional content when dried.

Taste can change with drying too. Strongly flavored herbs tend to be the best choices for drying because some of the flavor will be lost during the process.

Sage, thyme, oregano and rosemary, for example, have robust flavors even after drying.

Before drying, consider your herb's leaf strength. Herbs with stronger leaves are easier to dry. These include bay leaves, rosemary, thyme and sage. In particular, bay and rosemary leaves are strong enough to keep their shape and color when dried. More delicate herbs can be dried as well but may take a little extra care. Don't be disappointed if these less robust herbs shrivel up and turn into tiny flakes. Chances are, this is how you need them in the kitchen anyway.

Other popular choices for drying are lemon balm, lavender, basil, parsley and mint. However, these varieties often need to be dried quickly to prevent mold from developing.



Because some flavor is lost during the drying process, you want to begin drying when herbs are at their most flavorful. Most often this is the time they flower but before they go to seed. Experiment with your timing, from just before to just after flowers open—you will see and taste a difference! Harvest in the late morning or afternoon when any dew has evaporated.

No matter which herbs you choose for drying, they will turn out best if you begin drying immediately after cutting.

If you let them sit in your kitchen for too long, they will collect moisture and dust.

Lightly rinse herbs after picking, and remove any dirt or debris. Some people throw out leaves with blemishes and imperfections, but if you plan on consuming your herbs or using them to treat illness, there is no need.

There are three basic methods for drying herbs: outside drying, indoor drying and oven drying. Which one you use depends on your preferences and what you plan to do with the herbs.

Outside drying is the least-preferred method because sunlight has a tendency to bleach the leaves and cause the most flavor loss. However, it may be a quicker, easier process for some people. Simply cut the herbs, tie them into small bundles with a string or rubber band, and hang them upside down in a spot that gets full sun and little wind. Leave them for several days. The herbs are dry when they just become crisp and no moisture can be felt. That's it!

Indoor drying is a preferable method because the herbs tend to keep their color and flavor better. Prepare them in the same way as for outdoor drying. Hang them in a cool, dry area of the house. Without warm sunlight hitting them, they will need to dry longer.

Oven drying is the fastest way to dry your herbs, but it has the least beautiful results if you plan to use your dried herbs as decoration. Unlike with the other two methods, you should not bundle herbs for oven drying. Instead, arrange your freshly picked herbs in a single layer across a baking sheet. Put the sheet on the lowest rack, with your oven set to its lowest setting. Keep a close eye on the herbs, and turn them frequently. When they appear a little crisp, remove them from the oven.

In all three methods, know that drying times vary between herbs. Beginners should not mix herbs in their bundles (or on the oven tray) until they have a better idea of how long each herb variety takes to dry.

Teaching Children to Be Wise

Our children live in the Information Age, with the answer to nearly every test question just a few mouse clicks away.

This new world of freely exchanged information is a wonderful place to grow up, but don't let your children's education stop at learning how to find facts. Help them develop knowledge and wisdom so they can live a fulfilling life and take full advantage of every opportunity presented.

Information is made up of facts. It is raw data, like bits of content memorized by using flash cards or bullet points remembered from an online dictionary. Fact: $1 + 1 = 2$. Fact: Carrots are healthy. Schools, especially during the early education years, teach lots of facts. Exams are often designed to test whether a child has remembered all these facts.

Facts are extremely important, as they lay the foundation for developing knowledge.

However, as the internet has grown and become a vast cache of limitless information, easy access to answers is slowly replacing the development of actual knowledge.

Knowledge is a deeper understanding of the facts. It is gained when a person is able to take the facts and relate them in meaningful ways. Knowing that carrots are healthy vegetables is knowing a fact. Understanding what makes them healthy (nutritional composition, human metabolic requirements, etc.) is knowledge.

Wisdom combines information and knowledge and analyzes them critically through the lens of experience. I know carrots are healthy (information). I understand that they are healthy because they contain—among other nutrients—beta-carotene, which is good for protecting vision (knowledge).



I choose to eat my eyesight-protecting carrots roasted with other root vegetables because I have learned that I don't like the texture of raw carrots (wisdom).

For another culinary example, consider a bakery. A baker has the information that yeast makes bread rise. A baker has the knowledge that this is because yeast is a single-cell plant that converts sugar into gas. A baker can apply the wisdom from years of experimenting to let the yeast work for the right amount of time at the right temperatures so the dough rises to make the best-tasting bread.



These little examples demonstrate how information, knowledge and wisdom build upon one another to help us make healthy life decisions. They also show why it is so important, in this age of extremely easy access to information, to foster knowledge and wisdom in our children. Without knowledge and wisdom, our children will live a superficial life, never experiencing the benefits of more deeply examining the world and themselves.

Foster knowledge and wisdom in your children by modeling analytical behavior. Do you tend to make snap decisions without fully considering the consequences? Or do you stop and think before making decisions? Children watch and learn from our behaviors.



Try to be thoughtful in your own decision making. And when appropriate, explain your thought process to your children. Saying, “We’re not eating out tonight” is passing information to your children. Saying, “We’re not eating out tonight because we want to save money and eat a nutritious meal that will help keep us healthy” is passing along information, knowledge and wisdom by demonstrating to your child how and why you made the decision.

Along with modeling thoughtful behavior, teach your children to stop and think before acting. This is easily done by asking, “Why?” and encouraging them to explain their reasoning and think critically. The questions you ask will eventually become questions they ask themselves before making decisions later in life. This also promotes self-control by discouraging instant gratification.



Finally, foster wisdom by teaching your child humility.

Humble people are often the ones who realize they don’t have all the answers. They are the ones who seek out the answers they need before making a decision. Demonstrate this behavior in your own life, and encourage your child to ask questions when he or she doesn’t know the answer.

Teaching your children how to be wise will open many doors for them later in life and lead to decisions that are more likely to keep them healthy and happy in mind and body.

Healthy Fatherhood

Several recent studies have shown that becoming a father tends to increase a man's waistline. These new reports are interesting because prior research has shown that men tend to try to become healthier when they become fathers. Yet it appears new fathers, despite good intentions, are struggling to stay healthy.

A father's weight doesn't affect just him. Children of an overweight dad are more likely than children of a healthy dad to grow up with weight issues as well.¹

The latest reports state that fathers are more likely than not just their single counterparts but also their wives to be classified as overweight or obese. Many men become fathers during young adulthood—a time in which weight and body mass index (BMI) become especially critical risk factors for diabetes and accelerated coronary atherosclerosis.²

Yet at the same time, other reports show this is also a period in which men try to adopt healthier lifestyles. Reports show that many new and expecting fathers try to eat healthier, get more physical activity, drink less alcohol and avoid risk-taking behavior.³

How is this possible? The answer is complicated, which is fitting because any father will tell you that the weeks leading up to a child's birth, and the months or years after the event, are an extremely complicated time.

Choosing to eat a healthy diet, exercise more and stop bad habits involves lifestyle changes that can be hard to accomplish even when a man has plenty of time and energy. These changes can feel nearly impossible during more stressful times, such as when a baby is born.

Sleep deprivation—something every new parent is all too familiar with—can lead to changes in weight. When we are chronically tired, we tend to make poor decisions in many areas of life, including diet. The body can actually crave more fats and sugars when we are in need of sleep. And sleep deprivation triggers production of a hormone called ghrelin, which increases appetite.

Even though the birth of a child is a wonderful, adventurous time, it is also a very stressful one. Chronic stress can lead to unhealthy habits like snacking and overeating. Both of these are surefire ways to add unwanted pounds—especially when a man is too busy being a new father to make it to the gym.

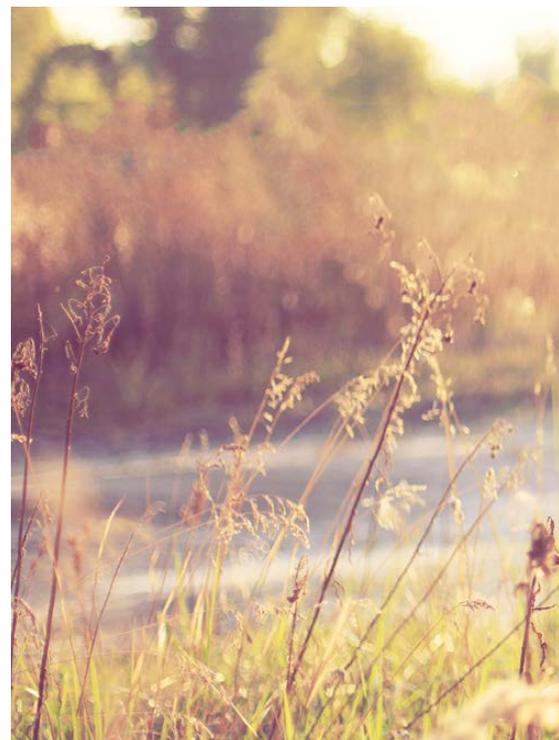
Eating a healthy diet takes time and energy—two things in short supply during the early years of fatherhood. It's far quicker to order a pizza than to make a homemade, healthy meal. But those fast-food meals have an unwanted effect on your waistline, your blood sugar and your metabolism.

Dads need to be healthy
so they can live to see their
children grow up.

But they also need to be healthy because their own weight can have a major impact on the health of their children. Children watch and mimic their parents. One study showed adolescent girls who reported seeing their fathers consume milk had higher calcium intake.⁴ Another study looking at parental modeling habits for children found that when parents eat more vegetables, their school-age children do the same.⁵

The opposite is true as well. Children who grow up watching Dad binge on potato chips every night are more likely to grow up with the same bad habits. Children are sponges who soak up everything their parents do and say. Modeling healthy behavior from the children's youngest years will help ensure your children grow up living healthy lifestyles.

The desire to live a healthier life is often simply overshadowed by the stress, tiredness and lack of energy that come with being a new father.



¹ Brophy, Rees, Knox, Baker and Thomas, 2012; Freeman et al., 2012.

² Garfield et al.

³ Garfield, Isacco and Bartlo, 2010; Guralnik, Butterworth, Patel, Mishra and Kuh, 2009; Ringbäck Weitof, Burström and Rosén, 2004; Umberson, 1992; Umberson, Liu and Powers, 2009; Weitof, Haglund, Hjern and Rosén, 2002.

⁴ Lee S, Reicks M. Environmental and behavioral factors are associated with the calcium intake of low-income adolescent girls. *Journal of the American Dietetic Association*. 2003;103(11):1526–1529.

⁵ Young EM, Fors SW, Hayes DM. Associations between perceived parent behaviors and middle school student fruit and vegetable consumption. *Journal of Nutrition Education Behavior*. 2004;36(1):2–8.



Fortunately, a few tips and tricks can help new dads reach their healthy goals.

Premake Healthy Meals

The best way to avoid relying on too many convenience meals is to plan ahead. Weeks or months before the baby is due, begin cooking a little extra at every meal. Put the leftovers in the freezer for the future so you will always have something healthy to eat. Reheating your healthy leftovers is even quicker and easier than ordering takeout.

Walk More

It's inevitable that new parents will be tired much of the time—often too tired (and too busy) for a proper workout. To help make up for the lack of exercise time, add more steps to your day by taking the stairs instead of the elevator, parking farther away in the parking lot and walking on your lunch break. At the end of the day, all those little steps will add up.

Stay United

Raising an active family of healthy eaters is possible only when both parents are committed to the lifestyle.

Both parents should agree on what constitutes a healthy diet and how much physical activity everyone should be getting. And they should be comfortable holding one another accountable.

Focus on the Positives

Don't beat yourself up if you need to eat a fast-food meal on your way home because you don't have the time or energy to make dinner. Dwelling on "mistakes" will only cause you to attract more unhealthy behaviors into your life. This should be a happy time in a man's life. Stay focused on the joy in your life, and let that guide you to making good decisions.

Fathers and mothers need to be able to rely on one another to help champion healthy actions.



Coping with Maturing Children

Watching children grow, mature, develop their personalities and explore the world is a wonderful experience for parents. It can also be stressful and heartbreaking to realize your growing children don't rely on you for everything anymore. It's natural for parents to find it difficult to cope as they watch their children find their own direction in life.

It's easy and tempting to cling to your children in order to help shield them from the world. For their sake and your own, instead of holding them too tightly, focus on equipping them with the tools they need to live a healthy, independent life—tools such as confidence, resiliency, self-esteem and pride.

Then instead of clinging to them in fear, you can watch in amazement as they create their own amazing lives.

Staying focused on the positive aspects of your children's lives and personality as they grow up is essential. Be proud of the things you see your children learning. When your little boy reaches the point where he can sleep alone at night, don't focus on the sadness you feel. Instead, focus on the pride you feel in his accomplishment. Feelings of sadness are natural and inevitable. The key is to not dwell on them. Acknowledge that you have this feeling, but then consciously shift your thoughts to positive feelings.

Similarly, take time to appreciate your children's growing abilities in a way that lets you celebrate them. Going to school alone, finishing homework without any help, choosing outfits by themselves—these are all occasions for celebration of achievement rather than mourning the loss of reliance. How you choose to view your children's growth will make a huge difference in your feelings overall. Looking at these important steps in a negative light will only attract more negative feelings into your mind. But viewing them through a lens of pride and happiness will attract more positive feelings and ultimately strengthen your relationship with your children.

As you learn to watch your children grow in a positive-minded way, also learn to let go. Clinging to your children (especially as they grow into teenagers and adults) can cause them to pull away faster. Let your children learn from their own experiences and mistakes. Yes, it will be hard to see your children fail. But at times, letting them fail on their own will teach a much more valuable lesson than shielding them from perceived danger. Your sympathy, understanding and compassion will help.

As your children become teenagers, prepare yourself for many emotional ups and downs. The hormonal changes teenagers go through absolutely cause more moodiness and irritability. This is natural and not a reflection on you and your parenting. Preparing yourself ahead of time will help you cope with these new feelings of your own so you can better help your children navigate the bumpy road of being a teenager.

The teenage years are also a time of accepting and establishing new boundaries. Teens are eager to explore their new freedom and create new relationships with friends, while parents often feel left out and abandoned.

Your job as a parent is to accept these changes gracefully while balancing rules and structure.

Do not be offended when your children no longer want to spend time with you on a Friday night. Let your focus fall on enjoying your free time when they are out with friends. After all, it has probably been years since you were able to go on a date night of your own without worrying about finding a babysitter and getting home on time.



When adult children move away to college, your house may suddenly feel empty and lonely. Again, acknowledge these feelings for what they are before consciously shifting your focus to positive aspects.

Take advantage of all your new free time. Get out and do the things you were not able to do when your children were home.

When you purposefully make an effort to plan on moving ahead with your own life as your children grow up, you will find the transition much easier. A little foresight and the right focus will allow you to create a relationship with your children that is loving and rewarding for all.



Lesser-Known Nutrients for Pregnancy

When it comes to nutrition during pregnancy, most women have heard they need to increase the amount of folic acid, iron and vitamin D in their diets. While this is certainly true, an expecting mother's nutritional needs encompass far more than these three nutrients.

A woman and her baby need calcium for strong bones and teeth as well as for their circulatory, muscular and nervous systems. Consuming calcium in conjunction with vitamins D and K gives the body everything it needs to digest and absorb bone-building nutrients. According to the Mayo Clinic, pregnant women should consume 1,000 milligrams of calcium per day.

Calcium is found in abundance in dairy products. If your diet is dairy-free, broccoli, kale, and other leafy greens and fortified fruit juices and cereals are good sources as well. Magnesium is also essential to bone growth, and is commonly deficient in Western populations. Over 300 enzyme systems depend on magnesium to function properly. Pregnant women should get at least 400 milligrams of magnesium daily. Leafy greens are one of the best sources of magnesium as well as calcium.



Increased protein intake is also often recommended for pregnant women because protein fosters growth and development in many areas.

Protein is required for the mother to build and repair different parts of her body, especially muscle.

A pregnant woman who continues to be fit and active will benefit greatly from more protein, as her muscles will have a higher demand for it after workouts. Additional protein is also required to fuel the growth of the fetus. For best results, women should consume a variety of protein-rich foods. Seafood (except for large fish, which are high in mercury), meat, poultry, eggs, beans, nuts, seeds and legumes are healthy sources of protein.

Blood volume increases by nearly 50 percent during pregnancy to accommodate changes in the body and to supply the fetus with oxygen and nutrition.¹ To manufacture this extra blood, a woman's body requires more iron. The near doubling of blood requires a near doubling of iron intake. It is generally recommended that pregnant women consume at least 27 milligrams of iron a day. If a woman started pregnancy with low iron reserves, she may need more.

Omega-3 fatty acids are critically important for fetal growth. Observational studies have found consuming the omega-3 fatty acid DHA helps improve neurodevelopmental outcomes in children. Infants with mothers who supplemented DHA while pregnant performed better on a variety of tests. The higher maternal fish or fish oil consumption was during pregnancy, the higher infants scored on the tests.²



The American College of Obstetricians and Gynecologists (ACOG), recommends that pregnant and lactating women consume 200 milligrams of DHA a day. Fresh fish—especially fatty, cold-water fish such as salmon, mackerel, sardines and anchovies—are the best source of DHA, though you should limit your intake of tuna and other large, long-lived fish, as they contain higher levels of mercury and other pollutants. ACOG recommends limiting seafood consumption to 340 grams (two six-ounce servings) per week due to pollution concerns; this amount is enough to reach the recommended DHA intake. The smallest fish, such as sardines and anchovies, are lowest in mercury, PCBs and other hazardous environmental pollutants.

¹ Hytten F. Blood volume changes in normal pregnancy. *Clin Haematol.* 1985 Oct;14(3):601-12.

² Oken E, Bellinger DC. Fish consumption, methylmercury and child neurodevelopment. *Curr Opin Pediatr.* 2008;20:178-183.



Vegetarian women can reach their daily 200 milligrams of DHA with supplements made of DHA extracted from cultured algae. EPA, the other important long-chain omega-3 fatty acid, is now also available from algae (which is the source of these fatty acids in fish, as marine algae are the foundation of the oceanic food chain).

Fiber is also extremely important for pregnant women.

Constipation is a common and uncomfortable condition many pregnant women face. A fiber-rich diet that is high in fruits, vegetables and whole grains can help boost your digestive system and combat constipation and hemorrhoids. Fiber also helps promote feelings of fullness.



A sensible diet will encourage gradual, healthy weight gain, with most of the weight coming on in the last trimester. Most doctors suggest healthy gain to be just two to four pounds total during the first trimester, then three to four pounds per month for the second and third trimesters.

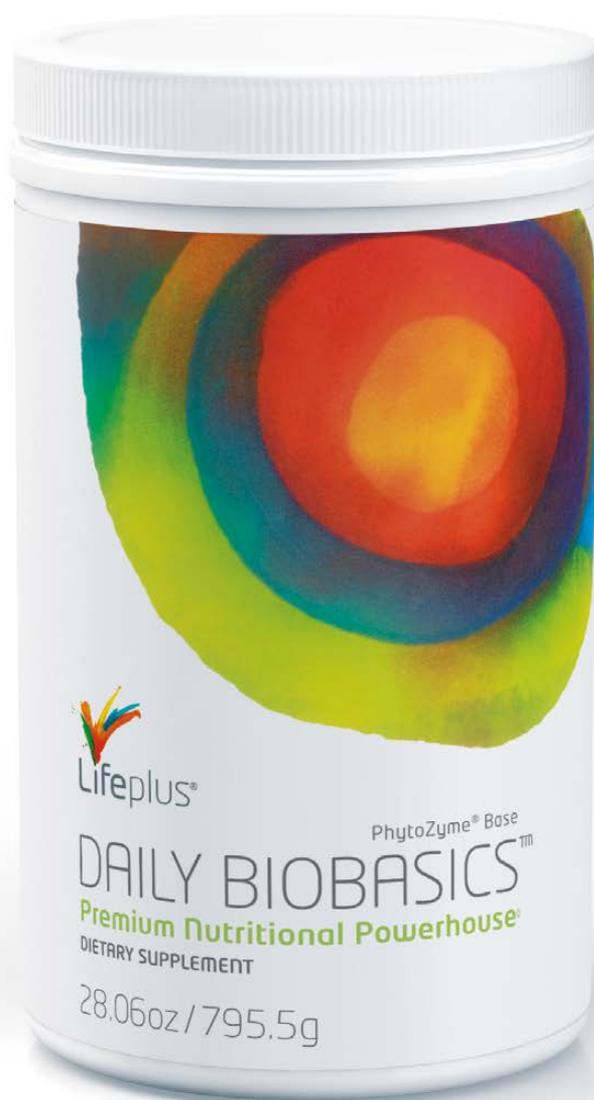
If your weight gain differs from these guidelines, don't worry or obsess. Every woman is different, and there is no one-size-fits-all approach. Exactly how much and how fast your weight gain should happen depends on many factors, including your pre-pregnancy BMI (body mass index). If you are worried about your weight, speak with your doctor.

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Ask the Expert

What exactly is a calorie, and why do we count them?

A calorie is a measurement of energy. How much energy? One calorie is the amount of energy required to raise one gram of water by one degree Celsius. We count calories because we need a way to measure the amount of energy we consume against the amount of energy we burn. Calories fuel everything our bodies do, from breathing to running a marathon. The more active you are, the more calories you need.

If you consume more calories than your body requires, the energy is stored as fat (weight gain).

But if you consume fewer calories than you use, then your body takes the energy it needs from fat stores (weight loss). Carbohydrates contain four calories per gram, proteins contain four calories per gram and fats contain nine calories per gram. Neither high- nor low-calorie foods are good or bad. The amount of energy your body



requires depends on a long list of factors. A professional athlete requires a large amount of high-calorie food in order to perform. On the other hand, a sedentary senior citizen requires a low-calorie diet to keep from gaining weight. There is more to weight management than calories alone, however. Studies have shown that a diet high in fat and simple sugars will cause more weight gain than a diet with the same number of calories that contains no simple sugars, due to the metabolic effects of insulin, which is stimulated by simple sugars.

How do I know whether there is added sugar in my packaged food?

Sugar is added to foods in many different forms both to sweeten the taste and to make them more appealing to palates that have been conditioned to junk food, as well as to extend their shelf life. It's easy to mistakenly purchase food that is high in sugar, because sugar has many names. High-fructose corn syrup is a common sugar additive that's easy to spot, but there are others as well. Read labels closely, and look for the words "sugar," "high-fructose corn syrup," "corn sugar" and any words ending in "ose," such as fructose or sucrose, as well as "evaporated cane juice." With so many different names, extra sugar hides in some unexpected foods such as apple sauce and yogurt. Breakfast cereals are often the biggest offenders, with an ingredient ratio of up to 50 percent sugar! Many fruit yogurts contain as much sugar as a 12-ounce soda. If any of these forms of sugar are listed in the top five ingredients, treat that food as a dessert or treat, not a healthy meal option.

Does lack of sleep harm my body?

Everyone experiences a few restless nights now and then. These will do no lasting harm, although the following day you may be irritable and find it harder to concentrate. Chronic sleeplessness, though, can have a more negative effect on your body. Sleep disorders and chronic sleep deprivation have been linked to numerous illnesses, including heart disease, depression, stroke, diabetes and weight gain/loss. Sleep disorders have even been shown to affect the health of your skin! When the body doesn't get enough sleep, it releases more of the stress hormone cortisol. Excess amounts of cortisol break down collagen, which is responsible for keeping skin smooth and elastic. Sleep loss also impairs judgment, making it more difficult to make healthy, safe decisions. And that can lead to all kinds of negative experiences that affect your body.



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