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Association of PC User Groups

<https://www.youtube.com/user/APCUGVideos>

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(AT) = (@) above and in this newsletter

Steering Committee: Officers and Members who  
are present at all three meetings

# NEWSLETTER

*The Best Accessory  
for your PC!*

This website is gone: [www.azacc.org](http://www.azacc.org)  
The Arizona Alliance of Computer Clubs

## MAPS TO MEETINGS Other newsletters

West Side.....**Tue, Aug 15, 2017**  
College America, 9801 North Metro Pkwy E8,  
Phoenix, AZ

East Side.....**Wed, Aug 16 2017**  
Univ. of Advancing Technology, 2625 W Baseline  
Road, Tempe (one block west of Fry's Electronics)

Fountain Hills.....**Thur, Aug 17, 2017**  
Fountain Hills Library, 12901 N La Montana Drive,  
Fountain Hills, Arizona. **Starts at 5:30 PM!**

Presentation this month: Computer  
topics, Windows 10, Smart Phones, etc.

For date and time changes:  
[www.phoenixpcug.org](http://www.phoenixpcug.org)

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Windows 10 Lots of info, even more at:  
Our meetings!

Look for Windows 10 articles in this issue!  
It is better than Windows 7, 8.1 mostly, Western Digital hard drives include Acronis True Image for Windows 10, etc. - for their drives only.  
<http://supportdownloads.wdc.com/downloads.aspx?p=119&lang=en>

Best Free Drive Backup programs for Windows  
<http://www.ghacks.net/2014/08/08/best-free-drive-backup-programs-for-windows/>

Hard Drive or SSD backup with iDrive  
Kim Komando & tips this month: 1-888-825-5254  
<http://www.komando.com/show-picks>,  
<https://www.facebook.com/kimkomando>  
<https://www.youtube.com/kimkomando> NEW!!

Leo Laporte <http://www.techguylabs.com/> news  
<http://leoville.com/> <http://twit.tv/people/leo-laporte> 1-88-88-ASK-LEO Listen, The Tech Guy -  
Tuneln <http://tinyurl.com/pu8rsc>  
Check Leo's Windows 10 news!  
[https://www.google.com/?qws\\_rd=ssl#q=leo+laporte+facebook](https://www.google.com/?qws_rd=ssl#q=leo+laporte+facebook) or Google: Leo on YouTube!

June 2014, I tried out Norton Safe Web  
<http://safeweb.norton.com> & Online Link Scan - [www.onlinelinkscan.com](http://www.onlinelinkscan.com) One member emailed me about protecting his PC, both excellent ways to avoid malware, ransomware, etc.

Eye on Windows: Comprehensive Windows 10 News <http://www.eyeonwindows.com/>  
<http://www.eyeonwindows.com/category/satya-nadella/>  
<http://www.windows10update.com/>

Many Windows 10 news, tips and updates for you (a pop-up will happen, sign up - DY) Hardware, Software Reviews & Windows Resources. Last web link is great!

[www.batteriesplus.com](http://www.batteriesplus.com) - batteries & bulbs!  
<http://www.optimabatteries.com> spiral batteries motor vehicles! AutoZone & other auto stores.

Windows 10 Plain & Simple 1st Edition  
Very Good Book for  
<https://twit.tv/shows/windows-weekly> Win 10, etc.  
Microsoft Books  
<http://www.amazon.com/Windows-Plain-Simple-Nancy-Boysen/dp/0735697949>

<http://www.belarc.com/> Your PC's HW, SW audit,

The Kim Komando Show - stations and times - Tuneln, just Google "komando tunein all stations" Listen free on weekends.

[www.komando.com/downloads/2321/6-essential-types-of-security-software-you-must-have/all](http://www.komando.com/downloads/2321/6-essential-types-of-security-software-you-must-have/all)

Komando On Demand Podcasts and News  
[http://www.komando.com/listen/komando-on-demand?utm\\_medium=nl&utm\\_source=notd&utm\\_content=2015-11-28-a-a](http://www.komando.com/listen/komando-on-demand?utm_medium=nl&utm_source=notd&utm_content=2015-11-28-a-a)

[https://news.komando.com/?utm\\_medium=nl&utm\\_source=notd&utm\\_content=2015-11-28-article\\_4-title](https://news.komando.com/?utm_medium=nl&utm_source=notd&utm_content=2015-11-28-article_4-title)

Tim Greer, Microsupport says Acronis True Image and Carbonite, each has pluses.  
602-404-4245, 480-232-1101, [microsupport.com](http://microsupport.com)  
CryptoPrevent Installation -- MicroSupport.com by Ray Moore

Google: Joe Shipley computer, (480) 227-2725  
<http://joeship.us/> Computer Repair and Services in Gilbert, Chandler, Mesa, Tempe

Carey Holzman, [Carey@CareyHolzman.com](mailto:Carey@CareyHolzman.com),  
[https://www.youtube.com/results?search\\_query=carey+holzman](https://www.youtube.com/results?search_query=carey+holzman) Phoenix, upgrades, repairs

Gene Barlow sells Acronis True Image for Windows 10, 8.1, 8, 7, Vista, XP, Apple Macs.  
<http://www.ugr7.com/>. Ask for latest email on Windows 10 and user group discounts!  
Barlow's 2017 Newsletter – quarterly newsletter free <http://ugr7.com/newsletter-signup.html>

SPSI Computer Specialists - Peoria, Az  
[www.spsi-az.com/](http://www.spsi-az.com/), contact Troy, 602-997-7335

**IMPORTANT: DON'T MOVE TOO FAST TO WINDOWS 10, CLONE HARD DRIVE FIRST**

Windows 10 Update  
<https://www.google.com/search?q=Windows+10+Update&ie=utf-8&oe=utf-8>

We appreciate support by:

- \* College America [collegeamerica.com/phoenix](http://collegeamerica.com/phoenix)
- \* University of Advancing Technology [uat.edu](http://uat.edu)
- \* Maricopa County Library, Fountain Hills [mclnaz.org/custom/branches/fountainhills.aspx](http://mclnaz.org/custom/branches/fountainhills.aspx)

Also, Google all their Facebook pages

BRING A FRIEND!! WE NEED MEMBERS!!  
YOU CAN ASK QUESTIONS AT MEETINGS!

**David Yamamoto**

**Page 3**

David Yamamoto, President of Phoenix PC Users Group, [www.phoenixpcug.org/newsletters](http://www.phoenixpcug.org/newsletters)

For Business, Science, Health, etc. see our planned newsletters at the above web link.

This August 12, 2017 bonus newsletter is dedicated to all good people (not bad people) DY

**HEALTHY LIVING INFORMATION**

Since gaining or keeping or maintaining one's good or better health is not always easy, I'm including as many of the best websites I can find to help all of us. Since I generally have had good to excellent health except for correctable vision problems with excellent treatments from

Barnet Dulaney Perkins Eye Centers, <https://www.goodeyes.com/>

I have very unusual type one diabetes since no one in my family ever had it (a virus as I understand now) so as my income permits I hope to get it fixed once and for all.

I'm putting these links together for all our benefits. These are not endorsements by any of our members of the Phoenix PC Users Group. Just the best information I can find. I'm sure there are many other types of good to excellent information for improving our health.

Please email David Yamamoto, if you find more good health topics. Then I can include them for Sept.

Rubella virus has been suggested to cause type 1 diabetes, but so far only congenital rubella syndrome has conclusively been associated with the disease. The prime viral candidates for causing type 1 diabetes in humans are enteroviruses.

Viral Trigger for Type 1 Diabetes - NCBI - NIH <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2570378/>

Bacteria may cause Type 2 diabetes.

<https://www.google.com/search?q=type+2+diabetes+virus&ie=utf-8&oe=utf-8>

**STEM CELL REJUVENATION CENTER, 7600 N 15th St. Suite 102, PHOENIX ARIZONA | (602) 439-0000**  
[info@the-stem-cell-center.com](mailto:info@the-stem-cell-center.com) claims to be able treat many health problems with stem cells.

One of our members, Bill, has had his own stem cell injections to both of his eyes for macular degeneration and is noticing some improvement so that colors and visual acuity loss have stabilized.

<https://www.the-stem-cell-center.com/degenerative-and-debilitating-condi>

**Degenerative & Debilitating Conditions (claimed to be treatable, DY)**

Stem Cell Therapy ALS (Amyotrophic Lateral Sclerosis)

Stem Cell Therapy Alzheimer's Disease

Stem Cell Therapy Autism

Stem Cell Therapy Cerebral Palsy

Stem Cell Therapy Degenerative Disc Disease

Stem Cell Therapy Erectile Dysfunction

Stem Cell Therapy Glaucoma

Stem Cell Therapy Hearing Loss

Stem Cell Therapy Heart Disease

Stem Cell Therapy Huntington's Disease

Stem Cell Therapy Kidney Failure

Stem Cell Therapy Liver Disease

Stem Cell Therapy Macular Degeneration

Stem Cell Therapy Muscular Dystrophy

Stem Cell Therapy Optic Nerve Injuries

Stem Cell Therapy Parkinson's Disease

Stem Cell Therapy Pulmonary Fibrosis, Emphysema, COPD

Stem Cell Therapy Retinitis Pigmentosa

Stem Cell Therapy Spinal Cord Injuries

Stem Cell Therapy Stroke

**Autoimmune Conditions**

Stem Cell Treatment Diabetes

Stem Cell Treatment Lupus

Stem Cell Treatment Multiple Sclerosis

Stem Cell Treatment Rheumatoid Arthritis

## Musculoskeletal Injuries

Stem Cell Therapy Knee Injuries

Stem Cell Therapy Osteoarthritis

Stem Cell Therapy Torn Ligaments and Sports Injuries

Stem Cell Rejuvenation Center

## Naturopathic Medicine

Stem Cell Therapy Facelift

Stem Cell Therapy for Hair Loss

<https://www.google.com/search?q=arizona+best+hospitals&ie=utf-8&oe=utf-8>

Best Hospitals in Arizona | US News Best Hospitals - US News Health

<http://health.usnews.com/best-hospitals/area/az> Mayo Clinic Phoenix. Phoenix, AZ 85054-4502.

Banner University Medical Center Phoenix. Phoenix, AZ 85006-2666. Banner University Medical Center

Tucson. Banner Estrella Medical Center. Flagstaff Medical Center. St. Joseph's Hospital and Medical

Center. Banner Boswell Medical Center. HonorHealth Scottsdale Shea Medical ...

If You're Sick These 12 Hospitals In Arizona Are The Best In The State

<http://www.onlyinyourstate.com/arizona/az-best-hospitals/>

Apr 10, 2016 - Check them out: Copper Queen Community Hospital, Bisbee. Flagstaff Medical Center, Flagstaff. HonorHealth Scottsdale Shea Medical Center, Scottsdale. Mayo Clinic, Phoenix. Phoenix Children's Hospital, Phoenix. St. Tucson Medical Center, Tucson. Yavapai Regional Medical Center, Prescott. Yavapai Regional Medical Center/ ...

Arizona top doctors <https://www.google.com/search?q=arizona+best+physicians&ie=utf-8&oe=utf-8>

Arizona best children's hospital

<https://www.google.com/search?q=arizona+best+childrens+hospital&ie=utf-8&oe=utf-8>

Arizona best native Americans hospital

<https://www.google.com/search?q=arizona+best+native+americans+hospital&ie=utf-8&oe=utf-8>

Arizona best military hospital

<https://www.google.com/search?q=arizona+best+military+hospital&ie=utf-8&oe=utf-8>

Arizona VA Hospitals - Ratings, Wait Times, Outcomes

<http://va-hospitals.healthgrove.com/d/d/Arizona>

Search and compare Arizona veterans hospitals. View patient satisfaction, wait times, quality of care, safety data, staffing data, and more.

<https://www.google.com/search?q=arizona+best+eye+doctors&ie=utf-8&oe=utf-8>

The Best 10 Optometrists for 2017 in Phoenix, AZ - Yelp

[https://www.yelp.com/search?cflt=optometrists&find\\_loc=Phoenix%2C+AZ](https://www.yelp.com/search?cflt=optometrists&find_loc=Phoenix%2C+AZ)

Best Optometrists in Phoenix, AZ - Healthy Eye Care Fit Optical, The Oculist Exceptional Eyewear, Central Phoenix Eye Care, Camelback Eyecare, Valley ...

<https://www.google.com/search?q=arizona+best+eye+dentists&ie=utf-8&oe=utf-8>

The Best 10 Dentists for 2017 near Phoenix, AZ 85029 - Yelp

[https://www.yelp.com/search?cflt=dentists&find\\_loc=Phoenix%2C+AZ+85029](https://www.yelp.com/search?cflt=dentists&find_loc=Phoenix%2C+AZ+85029)

Best Dentists in Phoenix, AZ 85029 - Singh Smile Care, Smile for Life Dentistry,

The Best 10 Ophthalmologists for 2017 in Phoenix, AZ - Yelp

[https://www.yelp.com/search?cflt=ophthalmologists&find\\_loc=Phoenix%2C+AZ](https://www.yelp.com/search?cflt=ophthalmologists&find_loc=Phoenix%2C+AZ)

Best veterinarian Arizona

<https://www.google.com/search?q=best+veterinarian+arizona&ie=utf-8&oe=utf-8>

Arizona organic farms <https://www.google.com/search?q=arizona+organic+farms&ie=utf-8&oe=utf-8>



#### **Our Blog | Arizona organic agriculture**

By Julie Murphree, Arizona Farm Bureau: According to new USDA figures, the organic industry continues to grow domestically and globally, with more than ...

**Organic farms on the rise in Arizona | Arizona Sonora News Service**

<http://arizonasonoranewsservice.com/organic-farms-rise-arizona/>

May 13, 2015 - Certified organic farms have more than doubled in Arizona in the past seven years, from 63 in 2008 to 140 today, according to the United States ...

Arizona has a new friend in the farming industry, and it's called organic.

Certified organic farms have more than doubled in Arizona in the past seven years, from 63 in 2008 to 140 today, according to the United States Department of Agriculture .

"People are only going to produce what they can sell on a business level and a lot of people are willing to organically farm," said Clay Smith, one of the owners of Sleeping Frog Farms in Benson, Arizona.

"Even the big producers are moving to having organic lines and all the organic lines that were really successful are being bought out by big (agriculture) and big business, because that is where the dollars are going right now," Smith said.

Part of the growth in supply has to do with demand. Arizonians are venturing to grocery stores and reaching for organic produce because of health concerns, the urge to be sustainable and the taste.

"What we're seeing is people who have health issues are the starting point and then we all meet someone who has had health issues in their life that have been profoundly affected by organic food. Then we start to look at food differently as to what we're consuming," said RJ Johnson, spokesman for Blue Sky Organic Farms in Litchfield, Arizona.

People are more health conscious than ever and want to know where their food comes from, Johnson said.

Obtaining certification for an organic farm requires them not to use any genetically modified ingredients, meet standards and requirements for their product to be labeled "organic," not use insecticides, get routine check-ups from certifying agents and more, according to the USDA.

**Dr. Martina Cartwright, a registered dietitian and part of the adjunct faculty of the University of Arizona's College of Agriculture and Life Sciences, said organic farms do not use chemical pesticides, synthetic pesticides and chemical fertilizer. They rely on composting.**

Most organic farms are in Maricopa and Yuma counties. The organic farms are smaller than conventional farms and generally operate locally, according to the Arizona Farm Bureau, growing herbs, fruits, vegetables, nuts, cotton, beans, wheat, dairy and even coffee.

During the cool weather months organic farms often grow kale and spinach, Smith said. During the warm weather, they grow heirloom tomatoes, cherry tomatoes, sweet and hot peppers, melons and a variety of fruit like peaches and apricots.

Some factors that have spurred organic production in Arizona are land availability and cheap water.

"There is land available here to grow and California just went over the 9 million mark in organic land," Johnson said. "There is only so much farmland left in California. So they are moving this way, and water is cheaper here."

The Arizona Department of Water Resources estimates groundwater prices range from \$20 to \$166 per acre-foot. According to the Public Policy Institute of California, the cost to pump groundwater can range from \$1,000 to \$2,000 per acre-foot.

"We own our water rights so the water costs us nothing, but the power itself costs us," Smith said.

The price of water in Arizona depends on the cost associated with extracting, delivering and administrating that water utility, according to Sharon Megdal, director of UA's Water Resources Research Center. Also read: <https://tucsonvillagefarm.arizona.edu/>

A Tucson Village Farm volunteer packs down natural soil to grow new and fresh organic plants. Photo by: Brittney Smith/Arizona Sonora News

Some programs in the state are helping spread organic farming techniques to everyone, such as the Tucson Village Farm, part of the UA's College of Agriculture and Life Sciences Cooperative Extension Office.

"What we do is we bring kids to the farm through field trip programs and all the kids who get to come through their field trip groups get to plant," said Alex Atkin, a farm manager at Tucson Village Farm.

Tucson Village Farm gives most of their organic vegetables back to the kids, Atkin said. "Other than that we have our U-Pick Market, where we get families to come out and pick their own veggies."

However, living an organic lifestyle can be expensive, said Cartwright, UA dietitian.

Organic Fuji apples cost \$1.92 per pound and non-organic Fuji apples cost \$1.24 per pound, according to the USDA Agricultural Marketing Service statistics report.

Some consumers still want the quality and taste of organic fruits and veggies, but can't afford it. People have turned to alternatives, such as growing their own organic produce at home or joining new organic organizations to learn how to plant their own organic food, Cartwright said.

"I know people who have recently bought plots of land so that they can grow their own organic food," she said.

Growing an organic garden has become easier with the help of garden stores that offer varieties of organic seeds and non-GMO seeds, Cartwright said. Another tip is to stay away from synthetic pesticides, chemical pesticides and chemical fertilizers and rely on composting to grow organic food, Cartwright said.

Johnson says it's good that Arizonans are embracing the supply and demand of organic food.

"(Organic) has been very popular for about 10 to 12 years now, there has been a real dramatic rise," Johnson said. "So I think Arizona is just finally catching up."

Sterling Blum is a reporter for Arizona Sonora News, a service from the School of Journalism with the University of Arizona. Contact her at [sterlingblum@email.arizona.edu](mailto:sterlingblum@email.arizona.edu).

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BAJA ARIZONA

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Meet Your Farmer

<http://ediblebajaarizona.com/farming-economics>

#### Farming Economics

At the off-the-grid SouthWinds Farm, Joe Marlow is optimistic about growing organic produce and changing behavior.



## Publisher Spotlight

University Health News

<http://reply.universityhealthnews.com/dm?id=28B35E501A10B96AF87684DA8AF1C51409468284A91A1F9D>

Now you can help put the brakes on aging by eating right and moving more!

The nutrition experts at Tufts reveal how to stay active and independent for life.

Order your copy of Eat Well And Exercise today!

(Dear Reader: Please find pros or cons about the above book. Not endorsing it. DY)

Why You're Not On Your Diet | Time.com

<http://time.com/4793832/the-weight-loss-trap/>

May 25, 2017 - Learn why your diet isn't working and how to lose weight for good. ... Time Inc. News ... finally agree, for instance, that exercise, while critical to good health, is not ... that is still popular today: eat fewer calories and you will lose weight. ... collaborator and an obesity researcher at the University of Colorado.

Nearly half a century later, Weight Watchers remains one of the most commercially successful diet companies in the world, with 3.6 million active users and \$1.2 billion in revenue in 2016.

When asked how they've been able to keep the weight off, the vast majority of people in the study say they eat breakfast every day, weigh themselves at least once a week, watch fewer than 10 hours of television per week and exercise about an hour a day, on average.

<https://www.nytimes.com/2017/08/09/well/eat/exercise-as-a-weight-loss-strategy.html>

### Osteoarthritis could be prevented with good diet and exercise ...

<https://www.sciencedaily.com/releases/2017/05/170512100413.htm>

May 12, 2017 - Osteoarthritis could be prevented with good diet and exercise ... During the expert review, researchers from the University of Surrey identified a ... Catharine Paddock PhD, Medical News Today, 2013. Food, Drink, and Heart Risk. MedPage Today, 2014. Health Roundup: Obesity, Diabetes, Cardiac Risks

### The MIND diet: 10 foods that fight Alzheimer's (and 5 to ... - CBS News

<http://www.cbsnews.com/media/mind-diet-foods-avoid-alzheimers-boost-brain-health/>

Mar 30, 2015 - The MIND diet: 10 foods that fight Alzheimer's (and 5 to avoid) ... at Rush University Medical Center in Chicago shows a diet plan they ... Genetics and other factors like smoking, exercise and education also play a ... Click through to see which foods to eat -- and which ones to avoid -- for optimal brain health. <https://www.google.com/search?q=MIND+diet&ie=utf-8&oe=utf-8>

<http://www.webmd.com/alzheimers/features/mind-diet-alzheimers-disease>

#### Brain-Friendly Foods

MIND stands for Mediterranean-DASH Intervention for Neurodegenerative Delay. It's similar to two other healthy meal plans: the DASH diet and the Mediterranean diet.

But the MIND approach "specifically includes foods and nutrients that medical literature and data show to be good for the brain, such as berries," says Martha Clare Morris, ScD, director of nutrition and nutritional epidemiology at Rush University Medical Center.

You eat things from these 10 food groups:

Green leafy vegetables (like spinach and salad greens): At least six servings a week

Other vegetables: At least one a day

Nuts: Five servings a week

Berries: Two or more servings a week

Beans: At least three servings a week

Whole grains: Three or more servings a day

Fish: Once a week

Poultry (like chicken or turkey): Two times a week

Olive oil: Use it as your main cooking oil.

Wine: One glass a day

You avoid:

Red meat: Less than four servings a week

Butter and margarine: Less than a tablespoon daily

Cheese: Less than one serving a week

Pastries and sweets: Less than five servings a week

Fried or fast food: Less than one serving a week

<http://www.webmd.com/alzheimers/features/mind-diet-alzheimers-disease#1>

### Alzheimer's & Dementia: The Journal of the Alzheimer's Association

<http://www.alzheimersanddementia.com/>

This special Open Access issue of Alzheimer's & Dementia focuses on one important aspect of the overall problem: cognitive decline and dementia in soldiers ...

### The Nutrition of Fruit Cocktail / Nutrition / Healthy Eating - FitDay

[www.fitday.com/fitness-articles/nutrition/healthy.../the-nutrition-of-fruit-cocktail.html](http://www.fitday.com/fitness-articles/nutrition/healthy.../the-nutrition-of-fruit-cocktail.html)

Fruit cocktail is a delicious and healthy alternative to candy and other sweets. These cups are composed of various types of fruit and began as a way to make ...

The 15 fruits that will help you LOSE weight | Daily Mail Online

[www.dailymail.co.uk/femail/food/article.../The-15-fruits-help-LOSE-weight.html](http://www.dailymail.co.uk/femail/food/article.../The-15-fruits-help-LOSE-weight.html)

May 13, 2015 - Blueberries flush toxins, bananas curb appetite and an avocado a day keeps the calories away: The 15 fruits that will help you LOSE weight.

### **What are the Benefits of Drinking Vegetable and Fruit Juices | Shape ...**

<http://www.shape.com/weight-loss/food-weight-loss/ask-diet-doctor-what-are-benefits-juicing>

Our nutrition expert reveals the benefits of drinking raw fruit and vegetable juices ... This has powerful implications when it comes to weight loss—eating fewer ...

**Q: What are the benefits of drinking raw fruit and vegetable juices vs. eating the whole foods?**

**A:** There aren't any benefits to drinking fruit juice over eating whole fruits. In fact, eating whole fruit is a better choice. In regards to vegetables, the only benefit to vegetables juices is that it might enhance your consumption of vegetables; but you'll miss out on some key health benefits by juicing.

One of the benefits of eating vegetables is that they have low energy density, meaning that you can eat a lot of vegetables (a large volume of food) without eating a lot of calories. This has powerful implications when it comes to weight loss—eating fewer calories while still feeling full and satisfied. Plus, research shows that if you eat a small salad before your main meal, you will eat fewer overall calories during that meal. Drinking water prior to a meal, however, has no effect on how many calories you will eat, and it doesn't increase feelings of fullness. Vegetable juice is comparable to water in this situation.

According to a study published in the journal *Appetite*, when researchers looked at eating fruits in different forms (apple juice, apple sauce, whole apple), the juiced version performed the poorest in regards to increasing feelings of fullness. Meanwhile, eating the whole fruit increased fullness and decreased the number of calories study participants ate by 15 percent in the meal that followed.

So juicing isn't going to help your weight-loss efforts, but health is not all about weight loss. Will juicing make you healthier? Not exactly. Juicing doesn't give your body access to more nutrients; it actually decreases nutrient availability. When you juice a fruit or vegetable, you remove all of the fiber, a key healthy characteristic of fruits and vegetables.

If you need to get more fruits and vegetables in your diet, my advice is to simply eat more fruits and vegetables in their whole form. Make vegetables, not grains, the foundation of every meal—you won't have any trouble meeting your vegetable intake goals, eating fewer calories, or feeling satisfied after each meal.



**Mike Roussell, PhD**

#### **Meet the Diet Doctor: Mike Roussell, PhD**

Author, speaker, and nutritional consultant Mike Roussell holds a bachelor degree in biochemistry from Hobart College and a doctorate in nutrition from Pennsylvania State University. Mike is the founder of Naked Nutrition, LLC, a multimedia nutrition company that provides health and nutrition solutions directly to consumers and industry professionals via DVDs, books, ebooks, audio programs, monthly newsletters, live events, and white papers. To learn more, check out Dr. Roussell's popular diet and nutrition blog, [MikeRoussell.com](http://mikeroussell.com).

<http://mikeroussell.com/topics/blog>

Get more simple diet and nutrition tips by following [@mikeroussell on Twitter](#) or becoming a fan of his Facebook page. <https://www.facebook.com/pages/Dr-Mike/139868532753252>  
<https://twitter.com/mikeroussell?lang=en>

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[www.V8diet.com](#) = <https://www.campbells.com/v8/> #veggiesforall Getting more day into your every day, that's what V8 is all about. See how our fans harness the goodness of veggies. On our farms, every day is [#NationalFarmersDay](#). [#V8RealStory](#) <https://www.instagram.com/p/8y7uSEI-U/>  
<https://www.amazon.com/V8-Vegetable-Juice-Dash-Button/dp/B01FE8J1ZC>  
<https://www.campbells.com/v8/connect/> for Q&A

### Campbell Soup - Campbell Labels Will Disclose G.M.O. Ingredients - The New York Times

<https://www.nytimes.com/2016/01/08/business/campbell-labels-will-disclose-gmo-ingredients.html>

Jan 7, 2016 - ... Prego, Plum Organics and V8 in addition to its namesake soups, is taking the ... Campbell Rethinks Its Soup Recipe as Consumer Tastes Change NOV. ... they contain no genetically engineered components, like Tropicana juices. ... foods that are free of ingredients from genetically engineered sources, ...

Stephanie Strom 8-10 minutes Tony Cenicola /The New York Times

Breaking from its industry rivals, Campbell Soup will become the first major food company to begin disclosing the presence of genetically engineered ingredients like corn, soy and sugar beets in its products.

The company, the maker of brands like [Pepperidge Farm, Prego, Plum Organics and V8](#) in addition to its namesake soups, is taking the unusual step — and possibly risking sales by alienating consumers averse to genetically modified organisms — as big food corporations face increasing pressure to be more open about their use of such ingredients.

Food companies have begun printing labels to comply with a new labeling law in Vermont, which has become a battleground over labeling that other states have been watching closely. Beginning in July, Vermont will require disclosure of genetically engineered ingredients, a measure opposed by most major food companies, which are seeking to supersede any state's legislation with a voluntary federal solution.

Campbell is also breaking with its peers by calling for federal action to make mandatory a uniform labeling system of foods that contain such ingredients, commonly known as G. M.O. labeling, said [Denise Morrison, chief executive of Campbell](#).

"We're optimistic that a federal solution can be reached in a reasonable amount of time, but if that's not the case, we're preparing to label all our products across the portfolio," Ms. Morrison said in an interview.

She said about three-quarters of the company's products contained ingredients derived from corn, canola, soybeans or sugar beets, the four largest genetically engineered crops. The change in labeling is expected to take 12 to 18 months.

The first example provided by the company, for a [SpaghettiO's](#) label prepared for Vermont, is sparsely worded and does not specify which individual ingredients are genetically altered. It simply states at the bottom of the label: ["Partially produced with genetic engineering. For more information about G.M.O. ingredients, visit WhatsinMyFood.com."](#)

Other companies have reformulated a handful of products to replace such ingredients. General Mills now produces non-G.M.O. Cheerios, and others have put labels on some products verifying that they contain no genetically engineered components, like Tropicana juices.

But none have gone as far as Campbell, whose move is reminiscent of that by Whole Foods Markets, which almost three years ago created an uproar when it announced that, as of 2018, it would require all products sold in its stores to have labels disclosing the presence of ingredients from genetically altered crops.

More mainstream grocers like Kroger and Safeway have moved to highlight their selection of organic products, which by law cannot contain any genetically modified ingredients, and have quietly urged big food manufacturers not to oppose demands for G.M.O. labeling.

The number of products verified by the Non-GMO Project, a nonprofit group that certifies foods that are free of ingredients from genetically engineered sources, is now in the tens of thousands.

But many companies have long argued that a patchwork of state laws with different requirements for G.M.O. labeling will be cumbersome and expensive, and the quirks in the Vermont law are making their case.

Ms. Morrison noted, for example, that in Vermont, the cans of SpaghettiOs will have to be wrapped in one label stating that the product contains ingredients from genetically engineered sources because they fall under the jurisdiction of the Food and Drug Administration. But Campbell does not have to disclose that SpaghettiOs with Meatballs contains such ingredients because that product is governed by the Department of Agriculture — and the Vermont law applies only to products overseen by the F.D.A.

Campbell is calling for mandatory labeling of products that use ingredients from G.M.O. crops.  
Campbell Soup Company

“A state-by-state patchwork of laws could be incredibly costly not only for our company but for the entire industry,” Ms. Morrison said. “That’s why we want the federal government to come up with a national standard that is mandatory.”

Campbell will seek advice from the Department of Agriculture and the F.D.A. about what language it might use on its packaging. In an interview with The Des Moines Register in December, Tom Vilsack, the agriculture secretary, said he planned to hold a meeting with food companies and others in the hope of reaching a compromise before the Vermont law goes into effect.

“I’m going to challenge them to get this thing fixed,” Mr. Vilsack told The Register, adding that he was worried about “chaos in the market” if other states follow suit. “That will cost the industry a substantial amount of money, hundreds of millions of dollars, if not more, and it will ultimately end up costing the consumer,” he said.

A spokeswoman for the Agriculture Department said no date had been set for the meeting, nor had any decisions been made about who would attend.

Ms. Morrison said that complying with Vermont’s law was expensive but that establishment of a national mandatory labeling standard to take effect over a period of time would allow companies to work the changes into their business operations with little cost. She noted that adoption of the 1990 Nutrition Labeling and Education Act, which required companies to add nutritional information to their labels, did not significantly raise costs.

Ms. Morrison said she could not speculate on how the move to label all of Campbell’s products might affect the company’s sales. In 2011, food manufacturers themselves introduced a program called Facts Up Front to make information about the amount of sugar, salt, fat and calories in their products even more obvious by putting it out front in an easy-to-read format, which had no notable impact on sales.

Last year, Campbell created the website that offers information about the ingredients in its products and how they are used, including those items that come from genetically engineered crops.

It discloses, for instance, that among the ingredients in Campbell's Cream of Mushroom soup, the vegetable oil, monosodium glutamate and modified food starch may come from genetically engineered sources. The website has had no apparent impact on sales, according to a company spokeswoman.

"We've always believed consumers have a right to know what's in their food," Ms. Morrison said. "We know that 92 percent of Americans support G.M.O. labeling, and transparency is a critical part of our purpose."

Phil Lempert, a food industry expert and founder of Supermarketguru.com, said it could be risky for a company to disclose genetically altered ingredients. "I think it would get a lot of credit for transparency and that its stock would get a pop, if it were publicly traded," Mr. Lempert said. "But I think a consumer could be confused by it and put the product back on the shelf and grab something else." <http://www.supermarketguru.com/>

Mr. Lempert and other marketing experts recommended that the company use clear language to inform its consumers.

"We're in uncharted territory here," said Carl Jorgensen, director of global consumer strategy and wellness at Daymon Worldwide, a consulting firm. While studies have shown that consumers favor such labeling, he said he did not know of data collected on the impact of labels on sales.

Campbell joined other major food companies in fighting efforts to impose mandatory labeling in California and Washington State, spending more than \$1 million, according to the Environmental Working Group. It is also a member of the Grocery Manufacturers Association, a trade group that has spent millions trying to get a bill passed in Congress that would make labeling voluntary and pre-empt state labeling efforts.

"We will withdraw from any coalition that doesn't support mandatory labeling," Ms. Morrison said. "We were involved in fighting the state ballots in California and Washington out of concern over a state-by-state patchwork, yet we didn't participate in the fights in any other state beyond those. Any money we did spend after that was in support of seeking a federal solution."



<http://www.supermarketguru.com/> Phil Lempert

**It's Extra Virgin Olive Oil Day - Is Your EVOO Real Or Fake? - Forbes .**

<https://www.forbes.com/sites/larryolmsted/2016/09/30/its-extra-virgin-olive-oil-day-is-your-evo-real-or-fake/>

Sep 30, 2016 - Real Extra Virgin Olive Oil is incredibly delicious and good for your health. ... and at its best, the taste of real Extra Virgin Olive Oil is the very taste of .... and found that the five top-selling imported "extra virgin" olive oil brands in ...Real Extra Virgin is the world's healthiest widely used fat, and in a rarity among foods, was approved by the FDA to bear specific health claims on its labels - an arduous process akin to certifying a new

drug. It is low in saturated fat and high in omega-3 fatty acids that reduce the risk of heart disease.

Unlike vegetable and seed oils (olives are fruit) it has many additional beneficial properties, including antioxidants and polyphenols (anti-inflammatory compounds that promote healthful cardiovascular function). Endless studies worldwide have produced reputable claims for fighting some cancers (including breast, colon, ovary, and prostate); better assimilation of vitamins; better digestion; and lower blood cholesterol.

It is high in oleic acid, which helps reduce the risk of cardiovascular disease, and contains other compounds potentially identified with preventing artery-blocking deposits; slowing the aging process; acting as antitumoral agents; and reducing effects suspected of contributing to Alzheimer's disease (for more detail on all this, read Tom Mueller's excellent book, Extra Virginity, the source of much of this health information, or visit his frequently updated website).

<http://www.truthinoliveoil.com/>

The bottom line is that it seems like every time someone studies the medical benefits of consuming EVOO, they find more of them. It's also delicious.

Good California producers have done the same with their California Olive Oil Commission (COOC) 100% Certified Extra Virgin seal. The North American Olive Oil Association tests member samples and has its NAOOA Certified Oil, bearing a red circular logo with a green olive branch.

It's better to buy two small cans or bottles than one bigger one. Finally, try to buy olive oil that is less than a year old (since the "pressed on" or "harvested on" date). Ignore nebulous "bottled on" dates,

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Olive Oil Taste-Off: The Best Value For The Price, The California Edition

<http://www.laweekly.com/restaurants/olive-oil-taste-off-the-best-value-for-the-price-the-california-edition-2381756> May 9, 2011 - A California version of our Olive Oil Taste-Off was inevitable, if only in short-order form. ... Best Value: Ralph's Private Selection California Extra Virgin About \$7 for 17 ounces at Ralph's and Kroger stores. (Fry's Food & Drug)

When we spied the \$6.99 price tag on this olive oil at our local Ralph's, we had to try it. Kroger, the parent of Ralph's, has released a line of well-priced extra virgin olive oils from various regions (Spain, Italy, Australia, California). They're not single-origin in the sense of coming from one olive growing region, and it comes with a little corporate buyers remorse when there are so many great small artisan operations around. But their California extra virgin blend was surprisingly good for that price, with a very subtle almost candy-like finish (sounds odd, and it was, but also oddly nice). Even though the oil is a blend of olives from various locations, they're using the same three varietals as California Olive Ranch -- Arbequina and Arbosana are Spanish varietals, the Koroneiki is from Greece.

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The Healthiest Alternatives to Olive Oil

<http://www.health.com/health/gallery/0,,20637182,00.html#what-s-new-with-oil-0>

Fish oil: friend or foe? - Harvard Health Blog - Harvard Health ...

<https://www.health.harvard.edu/blog/fish-oil-friend-or-foe-201307126467>

Krill Oil <http://www.webmd.com/vitamins-supplements/ingredientmono-1172-krill%20oil.aspx?activeingredientid=1172>

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Genetically modified food controversies - Wikipedia

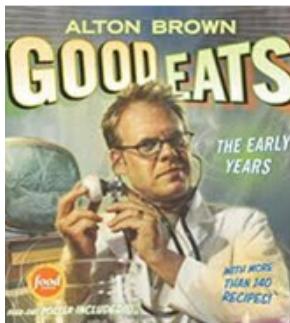
[https://en.wikipedia.org/wiki/Genetically\\_modified\\_food\\_controversies](https://en.wikipedia.org/wiki/Genetically_modified_food_controversies)

Genetically modified food controversies are disputes over the use of foods and other goods derived from genetically modified crops instead of conventional ...

PBS - harvest of fear [www.pbs.org/wgbh/harvest/](http://www.pbs.org/wgbh/harvest/)

In "Harvest of Fear," FRONTLINE and NOVA explore the intensifying debate over genetically-modified (gm) food crops. Interviewing scientists, farmers, biotech ...

[Genetically Modified Foods](http://www.pbs.org/pov/hybrid/genetically-modified-foods/) | Hybrid | POV | PBS <http://www.pbs.org/pov/hybrid/genetically-modified-foods/> Genetically modified or GM foods are a hotly debated issue. ... What is GM food and what is the difference between genetically modified food and hybridization? Donald Trump and GMO foods: <https://www.google.com/search?q=trump+gmo+foods&ie=utf-8&oe=utf-8>



Brown's Edible Examiner (volume XXIV) - ALTON BROWN  
<http://altonbrown.com/browns-edible-examiner-volume-xxiv/>

Jun 3, 2013 - Protesters rallied in dozens of cities Saturday as part of a global protest against seed giant Monsanto and the genetically modified food it ...

A screenshot of the Food Network Healthy Eats website. The top navigation bar includes links for Shows, Chefs, Recipes, Restaurants, and Videos. There are also social media icons for Facebook, Twitter, Pinterest, Snapchat, Instagram, and YouTube. A search bar with the placeholder 'Find Recipes, Videos, &amp; More' and a red 'SEARCH' button are on the right. Below the navigation is a banner for 'food network's healthyeats'. The main content area features a large image of green apples and leaves. A yellow header bar at the top of the page reads 'Understanding Genetically Modified Foods | Healthy Eats – Food ...'.

### Understanding Genetically Modified Foods | Healthy Eats – Food ...

<http://blog.foodnetwork.com/healthyeats/2009/04/10/genetically-modified-foods/>

Apr 10, 2009 - It wasn't until recently that some Asian countries agreed to purchase GMO crops from the United States and opposition is still strong (though ...)

And remember, GMO foods often are used to make other foods – so even if you don't eat an ear of GMO corn, you may be eating corn starch, corn syrup or corn meal made from it.

#### Is there anything wrong with GMOs?

The major concerns surrounding GMO foods include possible mutations, allergens and the environmental impact. Since the GMO industry is relatively new, there's no clear evidence that long-term consumption of GMO foods affects humans or animals in any specific way.

These foods are genetically manipulated, and it's very possible that Mother Nature may find a way to adapt and combat the changes made in the laboratory. The risk here is that plants might evolve to be resistant to current farming methods or even mutate to produce natural toxins (which has begun to happen already).

Another concern is possible food allergies. In some cases, genes come from nuts, fish and other animals and are transferred to plants. If someone has an allergy to nuts, for instance, they may risk an adverse reaction to something genetically modified. Also vegetarians may be ethically opposed to eating a crop containing genes from an animal.

Bottom Line: There is a lot of political, economical and ecological debate surrounding biotech farming — and different sides to the story. Right now, it's hard to track and control whether you eat GMO

crops. But if you're worried, monitor the source of your foods as much as you can and stick to local, more organic foods when possible.

Want to know more? This [New York Times article](#) (from last year) has some interesting info on how the global economy is affected by the biotech industry.

[http://www.nytimes.com/2008/04/21/business/21crop.html?\\_r=1&scp=1&sq=in%20lean%20times,%20biotech%20grains%20are%20less%20taboo&st=cse](http://www.nytimes.com/2008/04/21/business/21crop.html?_r=1&scp=1&sq=in%20lean%20times,%20biotech%20grains%20are%20less%20taboo&st=cse)

### **Is Smelling Your Food Making You Fat?**

Smell and metabolism may be more closely connected than we realize, a new study suggests....

<http://blog.foodnetwork.com/healthyeats/2017/08/03/is-smelling-your-food-making-you-fat/>

Smell and metabolism may be more closely connected than we realize, a new study suggests.

Researchers at the University of California, Berkeley, temporarily eliminated the sense of smell in adult mice and found that obese smell-deficient mice shed serious weight, slimming down to a sleek physique even while eating a high-fat diet.

Meanwhile, mice who retained their sense of smell ate the very same amount of fatty food (and moved around the same amount) as the smell-deficient mice and packed on the weight, ballooning to twice their previous weight, the researchers say.

A third group of mice with a super sharp sense of smell — super smellers — were also fed the same amount of fatty food. Guess what happened to them? Yep. They bulked up even more on the high-fat diet than the mice with normal senses of smell.

The research suggest that our ability to smell food goes beyond just helping us find and assess it. It may play an active role in metabolism, affecting the way our body contends with calories – rewiring our brain to signal whether to burn fat or store it.

One theory about what's going on here is that because we are less sensitive to smell after we have eaten than when we are hungry, removing the sense of smell tricks the body into thinking it has already eaten and doesn't need the calories it is taking in, making it free to burn them.

So might the link between smell and weight hold true for humans, as well as mice? "It has a good chance," Andrew Dillin, the molecular and cell biologist who led the study, tells Healthy Eats. "We know that smell is linked to hunger and satiety in humans. When hungry, our sense of smell increases and after eating our sense of smell decreases...so I think it will be conserved."

Alas, simply holding your nose when eating won't help you shed pounds. Working with the mice, the scientists used gene therapy to temporarily eliminate the neurons that sense odorants. (Don't worry; the olfactory neurons grew back in about three weeks and the mice could go back to their normal smell-sensing selves.)

However, "It will be interesting to ask if obese people can be stratified based on their ability to smell. Perhaps there is a population of obese humans that are super smellers," Dillin says. "Sensory perception, or how we perceive our calories, could have a profound impact upon health in some individuals."

And that's nothing to sniff at.

Amy Reiter is a writer and editor based in New York. Her work has appeared in publications including The Los Angeles Times, The New York Times, The Washington Post, The Daily Beast, Glamour and Marie Claire, as well as Salon, where she was a longtime editor and senior writer. In addition to contributing to Healthy Eats, she blogs for Food Network's FN Dish. <https://twitter.com/amyreiter1> <http://blog.foodnetwork.com/fn-dish/author/areiter/> <http://blog.foodnetwork.com/fn-dish/>

We're having the wrong argument about GMOs

[https://www.washingtonpost.com/news/wonk/wp/2017/02/06/were-having-the-wrong-argument-about-gmos/?utm\\_term=.40d98441421b](https://www.washingtonpost.com/news/wonk/wp/2017/02/06/were-having-the-wrong-argument-about-gmos/?utm_term=.40d98441421b)

But McKay Jenkins, a journalist who spent several years researching GMOs, says both of these concerns fundamentally miss the mark. In his new book, "Food Fight: GMOs and the Future of the American Diet," Jenkins makes the case that it's not GMOs we should single out for criticism — it's the industrial agricultural system that they power.

I joke with my students that some kids in cities around here think that potatoes grow on trees. And that might be ludicrous, but if you've never seen a potato, what concept are you going to have of how it grows?

I would imagine this has informed how you eat, too, right? Do you personally avoid GMOs?

I try to avoid GMOs mainly by doing my best to avoid the fast foods, processed foods and junk foods that GMOs are mostly used to produce. I do try to eat as much organic produce as possible, which helps reduce my family's exposure to the insecticides and herbicides sprayed on industrial food crops, many of which are GMO. My family and I are members of One Straw Farm, a wonderful organic Community Supported Agriculture (CSA) farm in Baltimore County that provides six full months of organic produce every year and which makes us feel better about supporting the local economy and local farmers who take excellent care of their land.

Just last week I wrote a check for \$600 to the CSA. Not to sound sentimental about this, but farming — especially super-intelligent, sustainable farming — is worth everything we can invest in it.

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"Q and A About Genetically Modified Crops - Pocket K | ISAAA.org

[www.isaaa.org/resources/publications/pocketk/1/](http://www.isaaa.org/resources/publications/pocketk/1/)

In the developed world, there is clear evidence that the use of GM crops has resulted in significant benefits: These include: Higher crop yields      Reduced farm costs      Increased farm profit  
Improvement in health and the environment

Examples include:

Rice enriched with iron, vitamin A and E, and lysine      Potatoes with higher starch content, and inulin  
Edible vaccines in maize, banana and potatoes      Healthier oils from soybean and canola  
Maize varieties with low phytic acid and increased essential amino acids.      Allergen-free nuts

In developed countries, the life sciences companies have dominated the application of GM technology to agriculture. These include Bayer CropScience, BASF, Dow AgroSciences, DuPont/Pioneer, LimaGrain, Monsanto, and Syngenta." [https://en.wikipedia.org/wiki/Genetically\\_modified\\_crops](https://en.wikipedia.org/wiki/Genetically_modified_crops) Crops  
[https://en.wikipedia.org/wiki/List\\_of\\_genetically\\_modified\\_crops](https://en.wikipedia.org/wiki/List_of_genetically_modified_crops) GMO Crops List  
[https://en.wikipedia.org/wiki/Genetically\\_modified\\_livestock](https://en.wikipedia.org/wiki/Genetically_modified_livestock) GMO Livestock

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<http://www.supermarketguru.com/the-lempert-report/68.5-million-people-in-195-countries-are-fat.html>

According to an interview in The Guardian, more than 2 billion people across the globe are now overweight. "Excess body weight is one of the most challenging public health problems of our time, affecting nearly 1 in 3 three people," study author Ashkan Afshin tells The Guardian (U.K.). After analyzing data compiled on 68.5 million people in 195 countries, a 2,300-member research team found that obesity rates have doubled since 1980 in 73 countries.

Today, according to Newsweek 10 percent of all people globally are considered obese—meaning their body mass index, a height-weight ratio, is 30 or above. Here in the US that includes nearly 13 percent of children in the U.S., up from 5 percent 37 years ago.

Calculate Your BMI - Standard BMI Calculator

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/BMI/bmicalc.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm)

Body mass index (BMI) is a measure of body fat based on height and weight that applies to adult men and women. Enter your weight and height using standard or metric measures. Select "Compute BMI" and your BMI will appear below.

Even when people are overweight (with a BMI between 25 and 29) but not officially obese, says researcher Azeem Majeed, that's still associated with heart disease, cancer, and other chronic health issues. "The risk of death and diseases increases as your weight increases."

It's time to look at our communications – because it is clear with all the research and knowledge we have, we still haven't figured out how to communicate that effectively. Michelle Obama's Let's Move Program was a great step forward, and actually showed decreases in obesity and increases in fitness and scholastic achievements throughout communities in the country. Those programs have been rolled back, so it is more important than ever for our supermarkets and their retail dietitians to step up and do all we can to insure that within the next generation we can reverse obesity and get back in shape.

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/menuplanner.html](https://www.nhlbi.nih.gov/health/educational/lose_wt/menuplanner.html)

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/menus\\_tac\\_1200.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/menus_tac_1200.htm)

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/menus\\_asian.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/menus_asian.htm)

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/menus\\_southern.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/menus_southern.htm)

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/eat/mex\\_amer.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/mex_amer.htm)

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Best Multivitamins for Men in 2017 - MultivitaminGuide

<https://www.multivitaminguide.org/best-multivitamins-for-men.html>

Best Multivitamins for Women in 2017 - MultivitaminGuide

<https://www.multivitaminguide.org/best-multivitamins-for-women.html>

Best Multivitamins for Children in 2017 - MultivitaminGuide

<https://www.multivitaminguide.org/best-multivitamins-children.html>

Which Type of Milk Is Healthiest?

<http://health.usnews.com/health-news/blogs/eat-run/2015/03/18/which-type-of-milk-is-healthiest>

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Japanese diet longevity <http://tinyurl.com/yc5ah5hd>

The study concluded: "Our findings suggest that balanced consumption of energy, grains, vegetables, fruits, meat, fish, eggs, soy products, dairy products, confectionaries, and alcoholic beverages can contribute to longevity by decreasing the risk of death, predominantly from cardiovascular disease, in the Japanese ...Mar 28, 2016

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JAPANESE FOOD - NHK WORLD [https://www.nhk.or.jp/nhkworld/en/food/articles/23\\_3.html](https://www.nhk.or.jp/nhkworld/en/food/articles/23_3.html)

Sep 12, 2016 - Page 3. A secret of longevity: eating in moderation. Another reason why Japanese people live such long lives is a habit of eating in moderation.

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Japanese Traditional Foodstuffs Hold the Secret to Longevity - Special ...

<https://www3.nhk.or.jp/nhkworld/en/food/articles/39.html>

Nov 7, 2016 - Japanese traditional foods are not only delicious, they're also ... Find out how you too can benefit from these secrets of Japanese health and longevity. ...

<http://www.independent.co.uk/life-style/health-and-families/health-news/high-life-expectancy-in-japan-partly-down-to-diet-carbohydrates-vegetables-fruit-fish-meat-a6956011.html>

The Okinawa diet – could it help you live to 100? | Life and style | The ...

<https://www.theguardian.com/lifeandstyle/2013/jun/19/japanese-diet-live-to-100> Jun 19, 2013 -

Japanese people are more likely to reach 100 years old than anyone else in the world, a fact that some researchers attribute to their diet. So, are they right – and is eating tofu and squid the place to start?

Can you eat your way to a century? ...., I'm talking about the Japanese diet. Or the Sardinian diet. Or the Ikarian diet. Or any one of half a dozen regional, usually traditional, ways of eating that have been credited with keeping an improbable proportion of their populations alive beyond the age of 100.

"All of these diets work on similar mechanisms," Mather tells me. "One hypothesis is that the secret about ageing is to avoid accumulating molecular damage, and eating fish, beans, nuts, seeds, legumes, whole grains, and not so much red meat, dairy or sugar may help us to reduce that kind of cellular damage." Sadly, the professor is dismissive of silver bullets: "In the early days we did try to link health with specific foods or nutrients, but now we look more holistically at dietary patterns."

Last week, the oldest man ever on record, Jiroemon Kimura, from Kyotango near Kyoto, passed away at the age of 116. His death, and the fact that the new record holder, 115-year-old Misao Okawa, is from Osaka, reminded us that the Japanese know a trick or two when it comes to living beyond 100.

According to the UN they have the greatest proportion of centenarians in the world – and a great deal of that know how concerns diet.

According to some, those dietary patterns also include calorie restriction (CR) – simply eating less, even of the good stuff. Ikaria, Okinawa, Sardinia to an extent, and parts of Scandinavia, have all suffered from periods of food shortage and their traditional diets adapted to scarcity. Many now believe that reducing your daily calorific intake from 10% to as much as 40% below the western average can stall chronic diseases and boost immunity. Willcox advocated this approach – indeed, the Okinawan dinner time mantra, "hara hachi bu", means "eat until you are 8/10ths full" – but Mather is more sceptical (skeptical).

I have long taken an interest in how I might eat myself to old age. I visited the southern Japanese Okinawa islands whose population is said to include the largest proportion of centenarians in the country and met with some of them in what is supposedly

the village with the oldest demographic in the world, Ogimi, little more than a dirt street lined with small houses, home to more than a dozen centenarians.

My family and I dined on rice and tofu, bamboo shoots, seaweed, pickles, small cubes of braised pork belly and a little cake at the local "longevity cafe" beneath flowering dragon fruit plants.

The next day I interviewed American gerontologist, Dr Craig Willcox, who has spent many years investigating Okinawan longevity and co-wrote a book, The Okinawa Program, outlining his findings (recommending that we "Eat as low down the food chain as possible" long before Michael Pollan's similarly veg-centric entreaty).

Willcox summarized the benefits of the local diet: "The Okinawans have a low risk of arteriosclerosis and stomach cancer, a very low risk of hormone-dependent cancers, such as breast and prostate cancer.

They eat three servings of fish a week, on average ... plenty of whole grains, vegetables and soy products too, more tofu and more konbu (kombu) seaweed than anyone else in the world, as well as squid and octopus, which are rich in taurine – that could lower cholesterol and blood pressure."

Okinawa's indigenous vegetables were particularly interesting: their purple sweet potatoes are rich in flavonoids, carotenoids, vitamin E and lycopene, and the local bitter cucumbers, or "goya", have been shown to lower blood sugar in diabetics.

With this in mind, over a lunch of traditional goya chanpuru – bitter cucumber, stir-fried with tofu, egg and pork – in a restaurant that was little more than a tumbledown hut close to his campus, I asked Willcox which elements of the Okinawan diet he had introduced to his life. Turmeric and jasmine tea, he said; both potentially ward off cancer. Needless to say, both now feature in my morning ritual.

Being born a girl helps: 85% of the world's centenarians are female. But it is generally accepted that diet determines around 30% of how long we live. Some argue it can add as much as a decade to your life. So, the question then becomes, should we all switch to a diet of tofu, sweet potatoes and squid?

Kimura recommended porridge, miso soup and vegetables. His motto "eat light to live long" certainly chimes with CR thinking. His successor as oldest person in the world, 115-year-old Misao Okawa, reportedly celebrated her new title with her favourite dish of mackerel sushi (an Osakan speciality, heavy on the vinegar). (Miso is excellent for men - fermented soy beans, white or red. DY)

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Konbu / Kombu Nori - seaweed



Jiroemon Kimura, from near Kyoto, lived to be the world's oldest man on record at 116.



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Kombu, the "King of Seaweed" and Here's Why - Seaweed ... - Kurakon

<http://www.kurakonusa.com/kombu/king/>

Seaweeds are becoming more widely known as a healthy food with few calories and rich minerals. Kombu kelp, however, possesses something that other edible seaweeds do not, and this is what makes kombu kelp the "King of Seaweed". Not only is Kombu kelp delicious on its own, but it is different from other seaweed in that it produces Dashi(stock). No other seaweed has that gift. This exclusive characteristic of kombu kelp is extremely important and is indispensable to Japanese cuisine. Dashi is the base of several dishes and valued as a vital and rich ingredient.

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[http://tucson.com/news/local/oldest-arizonan-dies-at/article\\_61a04308-78f4-5702-8928-1849c533ebbc.html](http://tucson.com/news/local/oldest-arizonan-dies-at/article_61a04308-78f4-5702-8928-1849c533ebbc.html) Oldest Arizonan dies at 110

A family member here recalls her as engaged, resilient Carmen Duarte Arizona Daily Star Aug 16, 2011

<https://www.google.com/search?q=oldest+american&oq=oldest+american&aqs=chrome..69i57.4149j0j1&sourceid=chrome&ie=UTF-8>

You lose 1 pound for every 3,500 excess calories you burn, so one hour of moderate exercise on a stationary bike per day -- or about 40 minutes of vigorous work -- helps you lose about 1 pound per week.

How Much Weight Can You Lose Riding a Stationary Bike? | Chron.com

<http://livehealthy.chron.com/much-weight-can-lose-riding-stationary-bike-5574.html>

Stationary bikes can take you a long way, even while you remain in the same spot. Exercise bikes provide efficient cardiovascular workouts that get your heart pumping and burn excess calories to help you lose weight. You also have the option of working out on your own or joining fellow exercisers in a class, so there's no reason to become bored as you pedal your way to a slimmer physique.

### Eat Right

The amount of weight you can lose on an exercise bike is effectively limitless, if you stick with your program long enough. But your weight loss depends on several factors, including your diet. To lose weight you must burn more calories than you consume. If you eat a sensible diet that supplies your normal daily calorie requirements, then most of the calories you burn while riding the bike will come from fat.

### Burn Calories

Several variables determine the number of calories you'll burn -- and, therefore, the amount of weight you'll lose -- while riding a stationary bike. All else being equal, the heavier you are, the more calories you'll burn. The intensity of your exercise is another key factor. If you weigh 155 pounds, for example, 30 minutes of moderate pedaling will burn about 260 calories, while a vigorous workout will burn approximately 391. You lose 1 pound for every 3,500 excess calories you burn, so one hour of moderate exercise on a stationary bike per day -- or about 40 minutes of vigorous work -- helps you lose about 1 pound per week.

### Interval Training

Use interval training to lose the maximum amount of weight on a stationary bike. Interval training alternates higher- and lower-intensity workout segments. The high-intensity intervals can approach your maximum effort, for example. You'll then reduce your effort to about 40 or 50 percent during the low-intensity intervals. Interval training burns more calories than steady-pace training and also improves your aerobic capacity, so you can train harder in the future.

### Losing Weight Safely

Losing weight slowly but steadily is typically healthier than trying to trim a large percentage of your body weight quickly. Nutritional consultant and author Mike Roussell says in "Shape" magazine that losing 10 pounds in a month is more sustainable than losing 10 pounds in one week. If you're very obese, it will be easier to lose large amounts of weight quickly, particularly in the first week of your program, when you'll shed plenty of water weight. Additionally, an exercise bike is a good choice if you're overweight because the bike supports your weight, making it a no-impact exercise.

For most exercisers, it's best to plan sensible biking workouts that help create a 500- to 1,000-calorie deficit per day, allowing you to lose 1 to 2 pounds per week.

### Osteoarthritis, obesity and weight loss: evidence, hypotheses and ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4238740/>

Apr 22, 2014 - Obesity is widely acknowledged as a risk factor for both the incidence and progression of osteoarthritis, and has a negative influence on ...

Foods rich in antioxidants – plentifully found in most vegetables and fruit – may help reduce tissue damage from inflammation. Eat oily fish such as salmon, or try another source of omega-3 fatty acids

such as walnuts or freshly ground flax seed daily. Regularly use ginger and turmeric.

Osteoarthritis Treatment | Treatment for Osteoarthritis | Dr. Weil

<https://www.drweil.com/health-wellness/body-mind-spirit/bone-joint/osteoarthritis/>

<http://www.dailymail.co.uk/health/article-4788442/Handful-almonds-day-boosts-good-cholesterol.html>

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Jellyfish Memory Supplement Prevagen Is a Hoax, FTC Says - NBC ...

<http://www.nbcnews.com/health/health-care/jellyfish-memory-supplement-prevagen-hoax-ftc-says-n704886>

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Deaths From Colon Cancer Are up in Younger, White People

<http://www.nbcnews.com/health/health-news/deaths-colon-cancer-are-younger-white-people-n790851>

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Robotic surgery is a type of minimally invasive surgery. “Minimally invasive” means that instead of operating on patients through large incisions, we use miniaturized surgical instruments that fit through a series of quarter-inch incisions.

What is Robotic Surgery? | ROBOTIC SURGERY CENTER

<https://med.nyu.edu/robotic-surgery/physicians/what-robotic-surgery>

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GOP Sen. Ron Johnson: McCain's brain tumor might have been factor ...

[www.cnn.com/2017/08/09/politics/kfile-ron-johnson-john-mccain/index.html](http://www.cnn.com/2017/08/09/politics/kfile-ron-johnson-john-mccain/index.html)

2 mins ago - John McCain's brain tumor and the early morning hours may have ... McCain's brain tumor might have been factor in no vote on health care.

Se. John McCain prognosis and latest news

<https://www.google.com/search?q=john+mccain+prognosis&ie=utf-8&oe=utf-8>

<https://www.google.com/search?q=john+mccain+prognosis&source=lnms&tbo=nws&sa=X&ved=0ahUKEwi6z -V1srVAhVQ0WMKHbRtBDcQ AUICiqB&biw=911&bih=487>

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Researchers Track an Unlikely Culprit in Weight Gain

<https://www.nytimes.com/2017/08/07/health/fsh-hormone-weight-gain.html?action=click&contentCollection=Well&module=RelatedCoverage&region=Marginalia&pgtype=article>

For middle-aged women struggling with their weight, a recent spate of scientific findings sounds too good to be true. And they may be, researchers caution.

Studies in mice indicate that a single hormone whose levels rise at menopause could be responsible for a characteristic redistribution of weight in middle age to the abdomen, turning many women from “pears” to “apples.” At the same time, the hormone may spur the loss of bone.

There are two kinds of fat in the body: White fat primarily stores energy, and brown fat burns calories and throws off heat. Brown fat is more common in children, but researchers have found that adults also carry small amounts. In the experimental mice, white fat was being converted to brown fat.

Lupron also blocks production of F.S.H., and the mouse studies suggest that this should prevent weight gain. That might be because of the loss of testosterone.

Yet in experiments in which men were given both Lupron and testosterone — leaving F.S.H. the only blocked hormone — they still did not lose weight. F.S.H. clearly is not the only factor at work, then.

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Dr. Zaidi is undeterred. He is already preparing to test an anti-F.S.H. antibody in people.

“Whether it works in humans, I have absolutely no idea,” Dr. Zaidi said.

[http://www.dermalogica.co.uk/uk/yourskin/19\\_article\\_is\\_a\\_man\\_s\\_skin\\_really\\_different\\_from\\_a\\_woman\\_s\\_.html](http://www.dermalogica.co.uk/uk/yourskin/19_article_is_a_man_s_skin_really_different_from_a_woman_s_.html)

Besides having facial hair, there are structural differences between a man’s skin and a woman’s.

Androgen (testosterone) stimulation causes an increase in skin thickness, which accounts for why a man's skin is about 25% thicker than a woman's. In addition to being thicker, a man's skin texture is tougher.

Sebum (oil) and its production also differ. After puberty, sebum production is greater in males than females, which is attributed to androgen secretions and accounts for why men have longer lasting acne.

Regardless of age, men also have a higher collagen density than women. Because collagen content is directly related to the signs of skin aging, it has been said a woman's skin is about 15 years older than a man's of the same age. However, men are less sun savvy than women, meaning they don't use sunscreens, and could contribute to why the "15 year" skin age difference is not readily noticed. UV damage from the sun can add years to a man's skin and negate the benefit of slowed intrinsic aging.

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Does Shaving Make Your Hair Grow Back Thicker? | Glamour - for women

<https://www.glamour.com/story/shaving-myths-solved>

Sep 2, 2015 - 5 Skin Shaving Myths (and One Truth) You Should Know ... Shaving facial or body hair gives the hair a blunt, course tip. ... This gets rid of the dead skin cells and dirt that can clog pores, which are the main culprit of ingrowns, ...

DY: Skincare is almost a can of worms, but be your own judge and use Google to help you find what works best for you.

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**DIY skin lotions - make it yourself!**

<https://www.google.com/search?q=diy+lotions&oq=diy+lotions&aqs=chrome..69i57.1477j0j9&sourceid=chrome&ie=UTF-8>

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Megyn Kelly <http://tinyurl.com/y7wgqx7x> or <http://www.sublimereports.com/...>

Using Suisse Renewal removed virtually 90% of all her wrinkles and problem areas. It tightened her face and neck, removing all signs of sagging, aging, and dehydrated skin.

Beaute MD Moisturizer - ALL Natural Anti Aging Formula Made With Organic Ingredients, Ginkgo Biloba & Fruit Stem Cells by TOP US Dr. & Lab - 1 OZ Beaute MD

<http://tinyurl.com/yb9nud63> or <https://www.amazon.com/Beaute-MD-Moisturizer-Natural...>

About the product

**INNOVATIVE:** This Formula borrows from the latest ground breaking science into skin health, bringing you the one of most advanced anti-aging products for the fraction of cost.

**ORGANIC INGREDIENTS:** Manufactured in the California at an FDA/GMP-approved laboratory, our products are made from organic and natural ingredients. All of our products are based on natural plant based fats and never tested on animals. **COMBO:** Works best combined with Beaute MD Eye-Cream and Night Cream Also available on Amazon.

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<https://www.amazon.com/Melaleuca-Affinia-Facial-Cleanser-5-07oz/dp/B00NX0PNNI>

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Best Face Cream For Men - Complete Skin Care Routine <https://www.tiege.com/>

Get amazing skin for less than \$1 / day. Free shipping. 3 Easy Steps · No Animal Testing

<https://www.amazon.com/ARTISTRY%C2%AE-TIME-DEFIANCE%C2%AE-System-Combination/product-reviews/B00386BEW6>

The Top 32 MLM Skin Care Companies - Online MLM Community

<https://onlinemlcommunity.com/top-32-mlm-skin-care-companies/>

Aug 28, 2016 - Women, as well as men have a desire to take care of their skin. We are going to look at the top 32 MLM skin care companies.

Best skincare creams <http://tinyurl.com/y7nyxu8q>  
<http://topics.forbes.com/topic/45/Top+Anti+Aging+Products...>

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Buyer Beware For Cosmetics <http://tinyurl.com/y8zu2we7> from <https://www.nytimes.com/2017/....>

The Federal Food, Drug and Cosmetic Act defines cosmetics as “articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body ... for cleansing, beautifying, promoting attractiveness, or altering the appearance.”

The F.D.A. wants to encourage consumers to submit reports to it directly and has created a website to do so at: [www.fda.gov/cosmetics/complianceenforcement/adverseeventreporting](http://www.fda.gov/cosmetics/complianceenforcement/adverseeventreporting)

At the same time, Senator Dianne Feinstein, Democrat of California, and Senator Susan Collins, Republican of Maine, have proposed a bill, the Personal Care Products Safety Act, that would require manufacturers of cosmetics and personal care products to submit a list of all ingredients and reports of adverse events to the F.D.A. and give the agency authority to order product recalls.

Dr. Steve Nu said, “As a dermatologist, I live and breathe personal care products day and night. Patients ask me about them all the time. I warn patients that labeling can be very tricky. One needs a Ph.D. in chemistry to be able to interpret all the terms. What does it mean for a product to be labeled ‘natural’? That doesn’t make it safe. Poison ivy is perfectly natural.”

Dr. Robert M. Califf said that technological mechanisms for gathering such information already exist, in particular through electronic health records. As a member of a family prone to melanoma, he said he is especially concerned about sunblocks, found in myriad cosmetic products as well as those sold specifically as sunscreens.

“It’s not known how much of these chemicals is absorbed through the skin and what effect they may have over a lifetime of use,” he said. “The right studies of health effects have not been done.”

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Unsafe cosmetics list <http://tinyurl.com/y972gss5>

Dangerous Beauty: 5 Scariest Beauty Products - Forbes - Mercury, Lead, Bacteria!!!

<https://www.forbes.com/sites/melaniehaiken/2012/03/12/dangerous-beauty-top-5-contaminated-beauty-products/> Mar 12, 2012 - ... found imported skin creams may contain toxic levels of mercury and other heavy metals. ... The list of dangerous skin creams is fairly long, but -- so far at least ... following an alert issued by the Campaign for Safe Cosmetics.

Poisonous pockers? Top 10 lead-filled lipsticks - Photo 1 - Pictures ...

<http://www.cbsnews.com/pictures/poisonous-pockers-top-10-lead-filled-lipsticks/>

Puckering up this Valentine's Day? You might want to leave lipstick out of the picture. A new report from the FDA shows 400 lipsticks - including popular brands ...

Red List - Safe Cosmetics [www.safecosmetics.org/get-the-facts/chemicals-of-concern/red-list/](http://www.safecosmetics.org/get-the-facts/chemicals-of-concern/red-list/)

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Puberty health issues <https://www.google.com/search?q=puberty+health+issues&ie=utf-8&oe=utf-8>

Old age health problems and solutions

<https://www.google.com/search?q=old+age+health+problems+and+solutions&ie=utf-8&oe=utf-8>

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**Mental Health**

When bad news gets too much - CNN - CNN.com

<http://www.cnn.com/2016/07/20/health/how-to-deal-with-traumatic-news-trnd/index.html>

Jul 20, 2016 - When bad news gets to be too much .... "Because how do you go to a mental health provider and tell them that YouTube videos have left you ...

What Constant Exposure To Negative News Is Doing To Our Mental ...

[www.huffingtonpost.com/2015/02/19/violent-media-anxiety\\_n\\_6671732.html](http://www.huffingtonpost.com/2015/02/19/violent-media-anxiety_n_6671732.html)

Feb 19, 2015 - According to some psychologists, exposure to negative and violent media may have serious and long-lasting psychological effects beyond simple feelings of pessimism or disapproval. The work of British psychologist Dr. Graham Davey, who specializes in the psychological effects of media violence, suggests that violent media exposure can exacerbate or contribute to the development of stress, anxiety, depression and even post-traumatic stress disorder (PTSD).

Example of stressful news for some:

[http://www.huffingtonpost.com/entry/rex-tillerson-north-korea\\_us\\_598aefdee4b0a66b8baft2e6?slideshow=true#gallery/591c64aee4b0a7458fa4bc00/0](http://www.huffingtonpost.com/entry/rex-tillerson-north-korea_us_598aefdee4b0a66b8baft2e6?slideshow=true#gallery/591c64aee4b0a7458fa4bc00/0)

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The Mental Health Benefits Of Flowers (PHOTOS) | HuffPost

[www.huffingtonpost.com/sally-augustin/health-benefits-flowers\\_b\\_2992014.html](http://www.huffingtonpost.com/sally-augustin/health-benefits-flowers_b_2992014.html)

Apr 1, 2013 - Flowers, just like peace, are good for our mental health. Research consistently links indoor flowers (and plants, but they haven't been ... It turns out that the 1960s activists who chanted "flower power" were onto something important, in more ways than they probably knew. Flowers, just like peace, are good for our mental health.

Research consistently links indoor flowers (and plants, but they haven't been mentioned in many protest slogans) with wellbeing. Park and Mattson in 2008 confirmed what visitors to sick people have known intuitively forever. They found that patients in hospital rooms brightened with flowers and potted plants needed less postoperative pain medication, had lower systolic blood pressure and pulse rates, were less anxious and tired, and generally were in a more positive psychological state than patients in rooms without plants.

Your living room isn't a hospital room (at least in the best of times), but if flowers and plants do so many good things for hospital patients, they must make your day at least a little better. Flowers in dining rooms are also a good idea — researchers from Wageningen University in the Netherlands studied restaurant diners and found that people with fresh flowers on their tables seem to be in better moods.

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20 surprising, science-backed health benefits of music - USA Today

<https://www.usatoday.com/story/news/health/2013/12/17/health-benefits-music/4053401/>

Dec 17, 2013 - Research suggests that music not only helps us cope with pain — it can also benefit our physical and mental health in numerous other ways.

"One good thing about music, is when it hits you, you feel no pain."

Judging from the quote above, Bob Marley was part poet, part scientist. That's because there's truth to his head-bobbing lyrics from the song Trenchtown Rock.

Research suggests that music not only helps us cope with pain — it can also benefit our physical and mental health in numerous other ways. Read on to learn how listening to tunes can ramp up your health.

**RESEARCH SUGGESTS THAT MUSIC CAN...**

**Help Physically:**

1. Ease pain. Music can meaningfully reduce the perceived intensity of pain, especially in geriatric care, intensive care, or palliative medicine (an area of healthcare that focuses on preventing and relieving the suffering of patients).
2. Motivate people to bike harder. A study of healthy male college students found that, while riding stationary bicycles, the participants worked harder while listening to fast music. Extra bonus: They also enjoyed the music more.
3. Improve running motivation and performance. Here's an easy way to beat your best time if you're a runner: Listen to your favorite "pump-up" music. Listening to music may help people run faster, boost their workout motivation, and enhance their endurance.
4. Increase workout endurance. Listening to those top workout tracks can boost physical performance and increase endurance during a tough exercise session. This works partly through the power of distraction: When we're focusing on a favorite album, we may not notice that we just ran an extra mile.
5. Speed up post-workout recovery. One study found that listening to music after a workout can help the body recover faster. While slow music produced a greater relaxation effect post-exercise, it seems that any kind of music can help the physical recovery process.
6. Improve sleep quality. Listening to classical music has been shown to effectively treat insomnia in college students, making it a safe, cheap alternative to sleep-inducing meds.
7. Help people eat less. One study found that playing soft music (and dimming the lights) during a meal can help people slow down while eating and ultimately consume less food in one sitting (perhaps because slowing down helps them to be more mindful of fullness cues).
8. Enhance blood vessel function.

Scientists have found that the emotions patients experience while listening to music have a healthy effect on blood vessel function. Music both made study participants feel happier and resulted in increased blood flow in their blood vessels.

**Help Mentally:**

9. Reduce stress. Research has found that listening to music can relieve stress by triggering biochemical stress reducers (think of these physiological processes as anti-stress ninjas).
10. Induce a meditative state. Listening to slow musical beats can alter brainwave speed, creating brainwave activity similar to when a person is meditating or in a hypnotic state. Some research suggests that using rhythmic stimuli (such as music) to induce these states can have a therapeutic effect, easing symptoms of migraines, PMS, and even behavioral issues.
11. Relieve symptoms of depression. When you're feeling down in the dumps, music can help pick you up (much like exercise). Research suggests the kind of music matters: Classical and meditative sounds seem to be particularly uplifting, whereas heavy metal and techno can actually make depressive symptoms worse.
12. Elevate mood. A 2013 study found that music helped put people in a better mood and get in touch with their feelings. Study participants rated "arousal and mood regulation" and "self-awareness" as the two most important benefits of listening to music.

<https://www.health.harvard.edu/mind-and-mood/alzheimers-wake-up-call>

**13. Improve cognitive performance.** Background music may enhance performance on cognitive tasks. One older study found that listening to music allowed test takers to complete more questions in the time allotted, and get more answers right. More recent research suggests that whether or not music improves cognitive function depends on whether the music first improves a person's emotional state.

**14. Help people perform better in high-pressure situations.** Want to sink the game-winning shot when the pressure's on? Listen to some upbeat tunes before the big game. One study found that basketball players prone to performing poorly under pressure during games were significantly better during high-pressure free-throw shooting if they first listened to catchy, upbeat music and lyrics.

**15. Reduce anxiety as much as a massage.** One study found that music's effect on anxiety levels is similar to the effect of getting a massage. Here's an idea: Treat yourself to a massage and bring your favorite chilled out tunes to play during the session. Double the relaxation!

**16. Relax patients before surgery.** One study found that listening to music helped put cardiovascular surgery patients at ease as they awaited their operations. That's a major benefit for the nearly four million people who get heart surgery each year in the U.S.

**17. Ease stress after surgery.** Music isn't only helpful pre-surgery. Another study revealed that listening to music while resting in bed after open heart surgery helped relax patients and decrease their stress levels.

**18. Elevate mood while driving.** Listening to music while driving can positively impact mood. So when you're feeling cranky in the car, try cranking some of your favorite tunes.

**19. Help cancer patients manage stress and anxiety.** Music has been found to help cancer patients communicate their feelings, manage stress, and ease physical pain and discomfort. It can also reduce anxiety and improve their quality of life.

**20. Ease recovery in stroke patients.** Researchers in Finland concluded that when stroke patients listened to music for two hours a day, their verbal memory and attention improved and they had a more positive mood compared to patients who didn't listen to music or who listened to audio books.

Regardless of your taste in music, it's clear that tunes benefit our health. The best part? Now you have an excuse for blaring Beethoven while your roommate is trying to study.

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<https://www.nami.org/Find-Support/Living-with-a-Mental-Health-Condition/Romantic-Relationships>

**The Importance of Romance | Psychology Today**

<https://www.psychologytoday.com/blog/emotional-fitness/201306/the-importance-romance>

Jun 3, 2013 - Romance has got to be one of the most fun and least executed activities in ... It's fun, it's exciting, it makes you feel good, so why not do it more?

**Page 26 ( DY: Read our previous newsletters for more info!!! )**

Romance has got to be one of the most fun and least executed activities in many relationships. With all the distractions we have in our busy lives, it seems many couples never find the time to be romantic, and that can lead to love's demise.

Romance is about getting closer, and there is a big difference between sex and romance. In most relationships, if you want the former to be great, you have to fully engage in the latter.

Romance needs to be a constant in your universe. Being romantic is not much work, and savoring romantic moments will actually strengthen your bond.

Most people don't try romantic activities because they simply don't know how. Here's a hint: there are no secrets to romance. Most of the time, everything we need to know is right under our noses. Anyone who has ever watched a romantic movie knows enough to get the ball rolling.

Through a little trial and error and lots of conversation, the two of you can create the kind of romance that would put Romeo and Juliet to shame. In many cases, all it takes is some encouragement to take a risk and a little appreciation for your partner's efforts (even if they fall a little short). Romance, like life, is seldom perfect, but it can be fulfilling no matter how it differs from what you've seen on the silver screen.

The real truth is that romance needs to be a normal part of your lives, and though it's not possible to live life like a Victorian novel, you can have a pretty hot twenty-first century relationship. One of the tricks is to take advantage of any opportunity to learn more about romance and, most importantly, what it is that your partner perceives as romantic.

There are some wonderful books on romance, like Laura Corn's "101 Nights of Grrreat Romance," which has separate sections for his eyes only and for her eyes only. There's also "1001 Ways to Be Romantic" by Greg Godek, which has lots of little things you can do to make your partner feel wonderful and be inspired to return the favor.

Getting tips from a book is good, but having a loving conversation with your mate about what it is that turns him or her on is really the best way to make your relationship romantically enduring.

What works for you may or may not work for the one you love. Remember, it's a gift of trust when your partner takes the risk of revealing his or her preferences to you. You may be surprised at how easy it is to create more sizzle and less static with a simple gesture or action.

Real-life romance is something I encourage you to engage in every day. Just give it a try. Many times it's all about the little things and just going with your heart. Trust that your desire to create romance is enough to get things started, and give it your own spin. The results will have you making your friends very jealous.

Barton Goldsmith Ph.D. <http://www.bartongoldsmith.com/>  
<http://www.facebook.com/profile.php?id=1390719452> <http://twitter.com/#!/BartonGoldsmith>  
[http://www.linkedin.com/profile/view?id=14484117&trk=tab\\_pro](http://www.linkedin.com/profile/view?id=14484117&trk=tab_pro)  
<https://www.psychologytoday.com/experts/barton-goldsmith-phd>

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<https://www.psychologytoday.com/> Mature topics, for adults only

<https://www.psychologytoday.com/blog/sound-mind/201708/glen-campbell-s-farewell-tour-accompanied-alzheimer-s>

Dogs and cats help us! <https://www.google.com/search?q=pets+mental+health&ie=utf-8&oe=utf-8>

Psychologists vs Psychiatrists - WebMD  
[www.webmd.com/mental-health/features/psychologist-or-psychiatrist-which-for-you](http://www.webmd.com/mental-health/features/psychologist-or-psychiatrist-which-for-you)

Psychiatrists are medical doctors (MDs) who graduate from medical school, have a year of medical internship, and have 3 years of residency in the assessment and treatment of mental health disorders. Psychologists have a doctoral degree in an area of psychology, the study of the mind and human behavior. Sep 16, 2015

free garden tools or low cost <https://www.google.com/search?q=free+garden+tools&ie=utf-8&oe=utf-8>

**Dangerous Foods Top 10 Foods That Can Kill You** <https://www.youtube.com/watch?v=nuHOK9UegCw>  
**10 FOODS YOU SHOULD NEVER EAT** [https://www.youtube.com/watch?v=A\\_WqXYbghRw](https://www.youtube.com/watch?v=A_WqXYbghRw)

**5 Ways to Get Free Seeds for Your Garden:** <https://www.treehugger.com> Jan 20, 2012 - You don't have to spend a ton of money on seeds for your garden. Here are five ways to score free seeds.

**Native Seeds/SEARCH - Home** <https://www.nativeseeds.org/>

Promoting agricultural diversity in the arid southwestern U.S. and northwestern Mexico through crop conservation, seed access and education.

Tucson: <https://www.nativeseeds.org/2015-06-04-22-59-46/retail-store>

**Free Seed Catalog - Heirloom, Organic - Seed Savers Exchange** <http://www.seedsavers.org/catalog>  
Request a Seed Catalog. Grow a garden full of heirloom, rare vegetables, herbs, and flowers, all from the 2017 Seed Savers Exchange Catalog. ... A source of over 600 heirloom and open-pollinated varieties, the catalog includes many new introductions from our Heritage Farm Collect  
<http://www.seedsavers.org/site/pdf/2017-catalog-for-web.pdf> 116 pages

To receive bulk quantities of catalogs, please email [customerservice@seedsavers.org](mailto:customerservice@seedsavers.org) for details.

Svalbard Global Seed Vault - Crop Trust

<https://www.croptrust.org/our-work/svalbard-global-seed-vault/>

Deep inside a mountain on a remote island in the Svalbard archipelago, halfway between mainland Norway and the North Pole, lies the Global Seed Vault. ... The Seed Vault represents the world's largest collection of crop diversity. ... It was the recognition of the vulnerability of the ...

## **Fruits**

Top 10 Fruits For Beautiful And Glowing Skin <https://www.youtube.com/watch?v=don4fWlhMJk>

SHAKING CHERRIES OFF THE TREE <https://www.youtube.com/watch?v=YKu6xwJptkc>

Top 10 Healthiest Fruits In The World <https://www.youtube.com/watch?v=2Cp1WZw6nTA>

<http://webcoast.momtastic.com/2012/01/31/berry-berry-big-the-worlds-10-largest-fruits/>

**How to Pick a Sweet Watermelon Every Single Time - Top 8 Tips**

<https://www.youtube.com/watch?v=WB8cDiqU9tQ>

**Top 10 Healthiest Vegetables In The World** <https://www.youtube.com/watch?v=wtDmnGzZNAs>

**Top 10 Healthiest Foods** <https://www.youtube.com/watch?v=VUyEPf-lvdM>

Gibberellic acid on plant growth speeds up growth of plants safely

[https://www.youtube.com/results?search\\_query=gibberellic+acid+on+plant+growth](https://www.youtube.com/results?search_query=gibberellic+acid+on+plant+growth)

**Bury An Egg In Your Garden Soil, What Happens Few Days Later Will Surprise You**

<https://www.youtube.com/watch?v=JwygW91gOdc> Published on Jun 17, 2017

Good soil means everything for a gardener looking to raise healthy, happy plants. While there are

certainly countless chemicals and egg expensive solutions, there are actually many simple things you can do to boost nutrients and maintain a successful garden.

Curious to learn more? In this video I'll show you 6 ways to make any type of soil enrich with nutrients naturally after which you'll never feel the need to buy those expensive chemical fertilizers.

#### **1. Raw Egg**

The solution for a thriving plant may be as simple as planting a raw egg. As you prepare your pots with soil, simply include a single raw egg at the bottom. Over time, the egg will decompose and works as a natural fertilizer for the seedlings. (Egg will have protein or nitrogen in it. DY)

You can also use crushed eggshells which work just as good as whole egg.

Eggshell has calcium, nitrogen and phosphoric acid which make them an ideal choice for garden use.

So next time you boil or fry an egg don't throw away the egg shell but instead

Recycle them to grow seedlings. When the seedling is ready to be planted outside, place the shell and seedling directly in the ground. The eggshell will decompose over time and help fertilize the soil.

#### **2. Banana Skins**

Bananas contain a number of nutrients including potassium, phosphate, sulfur, calcium, magnesium and sodium. All of these things can help promote healthy growing for plants. best way to effectively use banana peels is to cut them up into small pieces so that they can decompose faster. This will result in organic matter that helps establish rich soil

#### **3. Ash**

If you have a fireplace, you'll love this free method for raising pH levels. You simply scatter the ash around the soil as a way to lower acidic levels. This will make it easier to grow a fresh crop.

Chemistry: What is pH? <https://www.youtube.com/watch?v=V8vFljLb9pg>

#### **4. Leaves**

Allowing leaves to rot over a garden during winter will provide nutrients for the soil to prepare it for the next growing season. The leaves work to pull the organic matter back down into the soil making it dark and rich.

#### **5. Epsom Salt**

Epsom salts are especially good for soil. Low pH levels are usually an indication of a magnesium imbalance. To boost pH levels in the soil, dilute Epsom salt with water and spray on the plants. The vegetation will soak up the welcomed nutrients.

#### **6. Use Compost Regularly**

While using bits and pieces of natural matter can be helpful, combining many pieces of compost will only go one step further toward enriching your soil. There are a number of benefits of using natural compost regularly. It works to improve the soil structure while using less water and warding off common plant diseases. The soil benefits from added layers of nutrients, especially before a growing season.

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Managing Caliche in the Home Yard - The University of Arizona

<https://extension.arizona.edu/pubs/az1281.pdf>

Caliche is a common problem in southern. Arizona soils. Caliche is layer of soil in which the soil particles are cemented together by calcium carbonate (CaCO<sub>3</sub>).

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Use Muriatic Acid if your soil is too alkaline (Sulfuric Acid / Pool Acid) for greater Phoenix valley.

[https://www.youtube.com/results?search\\_query=muriatic+acid+garden+soil](https://www.youtube.com/results?search_query=muriatic+acid+garden+soil)

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Use a soil test kit to find out if the soil is too alkaline or acidic. Home Depot or Lowes.

[https://www.youtube.com/results?search\\_query=soil+test+kit](https://www.youtube.com/results?search_query=soil+test+kit)

Grow Tomatoes from Tomatoes (Easiest Method Ever With Updates) (DY: Ingenious!)

<https://www.youtube.com/watch?v=23gT5q4k400>

13 Foods You Can Buy Once & Regrow Forever <https://www.youtube.com/watch?v=2556iEY3u4M>

hydrochloric acid to lower pH, can make tomatoes grow huge

<https://www.google.com/search?q=muriatic+acid+for+caliche+soil+arizona&ie=utf-8&oe=utf-8>

Managing Caliche in the Home Yard - The University of Arizona

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Southwest Aquaponics and Tilapia farm <http://southwesttilapiafarm.com/> We pride ourselves in offering fresh produce and fish to customers in Arizona and across the United States.

We use Tilapia to fertilize a variety of crops and herbs. Tilapia is a perfect fish for aquaponics because of its rapid growth, large size, and because it tastes great. Tilapia are easy to raise and we can market them to restaurants, market basket customers, and they are a favorite in ethnic markets.

All of our tilapia, vegetables and other plants are grown using the techniques of aquaponics. A self-contained process which grows crops and fish together in a re-circulating system. Free from pesticides, synthetic fertilizers, GMOs, and growth hormones.

Half the work of a dirt garden. Less expensive than a fish aquarium. Start small and grow big. No back breaking labor. Grown under conditions you control. Good for the environment.

We sell complete aquaponics systems, and are always willing to educate others on how to setup and maintain their own system. We always have fresh tilapia available. And our Phoenix tilapia farm is conveniently located in Glendale, and can supply fresh tilapia to customers in Phoenix, Arizona and throughout Arizona and the United States on a continuous basis. We are very close to Phoenix Sky Harbor International Airport, Interstate 17 and Interstate 10.

For additional Information: Contact John Healy, Southwest Aquaponics and Fish Hatchery, LLC, . Located in Glendale, Arizona Phone 602-618-1771. Email [info@southwesttilapiafarm.com](mailto:info@southwesttilapiafarm.com).

Three varieties of Tilapia are always available!

Southwest Aquaponics and Fish Hatchery, LLC is Licensed with the Arizona Department of Agriculture and is a Member of the American Tilapia Association

Aquaponics Growing Fish and Plants Together, 76 pages

<http://fisheries.tamu.edu/files/2013/10/Aquaponics-Growing-Fish-and-Plants-Together.pdf>

Aquaponics - University of Arizona

<https://aq.arizona.edu/azaqua/extension/Classroom/Aquaponics.htm>

Aquaponics video interview. A variety of plants grown in Tilapia effluent (University of Arizona).

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## FIRST AID

The Boy Scouts of America have always stressed “Be Prepared!” So learning first aid and knowing what to do in an emergency are always good ideas. Johnson & Johnson has excellent first aid kits and other retailers: Kroger stores (Fry’s Food and Drug), Walmart, Kmart, Walgreens, etc.

First aid videos: <https://www.google.com/search?q=first+aid+videos&ie=utf-8&oe=utf-8>

First aid videos American Red Cross:

<https://www.google.com/search?q=first+aid+videos+red+cross&ie=utf-8&oe=utf-8>

First aid video for boy or girl scouts -

<https://www.google.com/search?q=first+aid+video+for+boy+scouts&ie=utf-8&oe=utf-8>

<https://www.google.com/search?q=first+aid+video+for+girl+scouts&ie=utf-8&oe=utf-8>

Keep a cell phone or smartphone nearby for quick access to 911 to reach emergency help.

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First Aid, AED, CPR Training Courses | Phoenix / Scottsdale, AZ | Red Cross...

<http://www.redcross.org/local/az-nm-el-paso/take-a-class> Arizona, New Mexico, and El Paso

Full-Service Workplace Training. A Red Cross instructor comes to your facility and trains your employees at a time that works best for you – during the day, at night, even on weekends. Training includes half-day and full-day first aid, CPR and AED courses, as well as one-hour emergency preparedness presentations.

<http://www.redcross.org/about-us/who-we-are/red-cross-stories> fires, tornadoes, leukemia, blood,

<http://www.redcross.org/stories/more-stories> CPR

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CPR, Cardiopulmonary resuscitation - Wikipedia

[https://en.wikipedia.org/wiki/Cardiopulmonary\\_resuscitation](https://en.wikipedia.org/wiki/Cardiopulmonary_resuscitation)

Cardiopulmonary resuscitation (CPR) is an emergency procedure that combines chest compressions often with artificial ventilation in an effort to manually ...

Medical uses · Methods · Additional devices · Society and culture

<http://depts.washington.edu/learnncpr/index.html>

Learn CPR is a free public service supported by the University of Washington School of Medicine. Learn the basics of CPR - cardiopulmonary resuscitation. The American Heart Association issued updated CPR guidelines in October, 2015. Many

FREE iPHONE APP - Take the videos wherever you go free.

<http://depts.washington.edu/learnncpr/cpr-iphone.html>

**FREE ANDROID APP - Free training app for Android equipped phones.**

<http://depts.washington.edu/learncpr/cpr-android.html>

This web site is to be used as a free guide and an informational resource, but it cannot replace real CPR or first aid training. Please try to attend a CPR training course in your community and help save a life.

CPR illustrated in three simple steps <http://depts.washington.edu/learncpr/quickcpr.html>

**1. CALL**

Check the victim for unresponsiveness. If the person is not responsive and not breathing or not breathing normally. Call 911 and return to the victim. If possible bring the phone next to the person and place on speaker mode. In most locations the emergency dispatcher can assist you with CPR instructions.

**2. PUMP.**

If the victim is still not breathing normally, coughing or moving, begin chest compressions. Push down in the center of the chest 2-2.4 inches 30 times. Pump hard and fast at the rate of 100-120/minute, faster than once per second.

**3. BLOW**

Tilt the head back and lift the chin. Pinch nose and cover the mouth with yours and blow until you see the chest rise. Give 2 breaths. Each breath should take 1 second. CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES. Use a handkerchief or tissue if concerned about microbes.

**NOTE:** This ratio is the same for one-person & two-person CPR. In two-person CPR the person pumping the chest stops while the other gives mouth-to-mouth breathing.

Complications of CPR <http://depts.washington.edu/learncpr/comp.html>

Vomiting is the most frequently encountered complication of CPR. If the victim starts to vomit, turn the head to the side and try to sweep out or wipe off the vomit. Continue with CPR.

The spread of infection from the victim to the rescuer is exceedingly rare. Most cardiac arrests occur in people's homes - relatives or friends will be the ones needing to do CPR. Even CPR performed on strangers has an exceedingly rare risk of infection. There is NO documentation of HIV or AIDS ever being transmitted via CPR.

Checking The Pulse <http://depts.washington.edu/learncpr/pulse.html>

The pulse check is no longer taught or expected of laypersons. Instead if there are no signs of life (such as no breathing, no movement, no response to voice) begin to pump on the chest. Provide two mouth-to-mouth breaths after every 30 compressions. Please note that the pulse check is expected of health care providers. (Story continues on Page 33)

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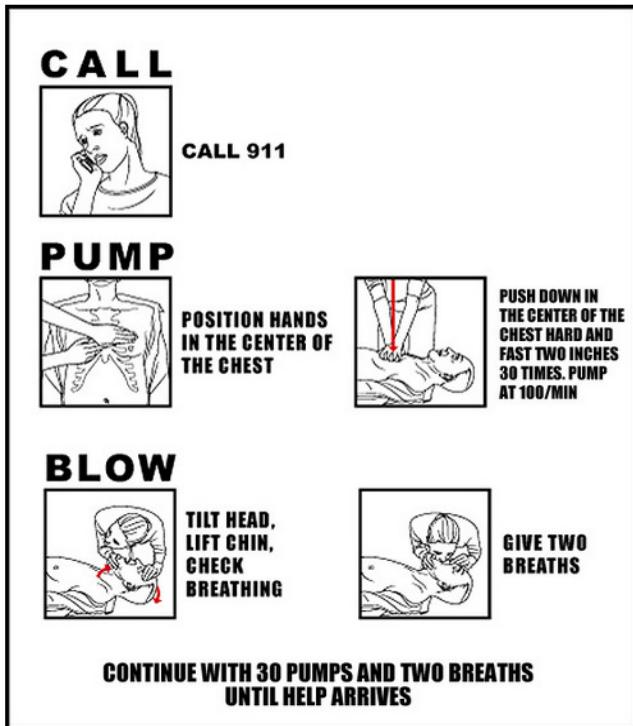
[https://www.youtube.com/results?search\\_query=boy+scout+hero](https://www.youtube.com/results?search_query=boy+scout+hero) boy scout hero

<https://www.youtube.com/watch?v=V8vFljLb9pg> girl scout heroine

[https://www.youtube.com/results?search\\_query=civilian+hero](https://www.youtube.com/results?search_query=civilian+hero)

**Page 32 ( DY: Read our previous newsletters for more info!!! )**

<http://depts.washington.edu/learncpr/pocket.html>



DY: I was visiting a friend in Los Angeles when a minor earthquake happened. WOW was it scary!!! Another time, I only missed the San Francisco Bay Area earthquake by one year! Many people died.

## EMERGENCIES!

Earthquake survival videos

<https://www.google.com/search?q=earthquake+survival+videos&ie=utf-8&oe=utf-8>

Earthquake Survival Aftershow - MythBusters | Discovery

<https://www.discovery.com/tv-shows/mythbusters/videos/earthquake-survival-aftershow>

MythBusters answer questions about their earthquake survival experiments... ...

These are many more topics to review as you desire.

Flood - call 911, plan ahead. <https://www.youtube.com/watch?v=V8vFljLb9pg>

Forest fires, wild fires - call 911 and report as soon as possible.

House fires - fire extinguisher types and uses <https://www.youtube.com/watch?v=V8vFljLb9pg>

Venomous Snake Bite! First Aid Kit - call 911, take or helicopter rescue to hospital immediately !

<https://www.youtube.com/watch?v=V8vFljLb9pg>

Insect Stings! Bites! -Ants, bees, honeybees, wasps, hornets, etc.

<https://www.youtube.com/watch?v=V8vFljLb9pg>

Scorpion Stings! <https://www.youtube.com/watch?v=V8vFljLb9pg>

Black Widow Spider Bites! <https://www.youtube.com/watch?v=V8vFljLb9pg>

You probably get the idea - search YouTube or Google for what to do and what not to do

Page 33 ( DY: Read our previous newsletters for more info!!! )

ARE YOU PREPARED? MANY YOUNG BOY SCOUTS ARE!! Inspirational stories, illustrated.

<http://boyslife.org/scouts-in-action/attachment/sia-feb14/>

# A TRUE STORY OF **SCOUTS IN ACTION**

Sam Neill, 16, was skiing with a friend off the marked trail at a resort near Twin Bridges, Calif., when he came across two ski patrollers trying to free a woman who was trapped upside-down under the snow. Sam belayed their rope, allowing both rescuers to work on freeing the woman, and they were eventually able to pull the victim from the snow.

Four months later, during the ski resort's summer season, Sam was working at a rest station during an off-road running race when he heard cries for help. Sam's father got on his emergency radio and Sam went to investigate.

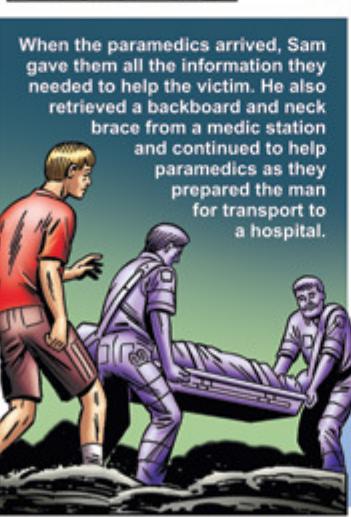


He Rushed To Aid A Fallen Skier And A Fallen Runner!

One of the runners had fallen and suffered a head injury and was now lying unconscious on the ground. Sam rushed to his aid.



Sam told the crowd to move back. He knew that paramedics would be arriving soon, so he instructed some of the onlookers to get ready to guide them to the area.



Life Scout Samuel Neill, a member of Troop 117, chartered to BPOE Placerville Lodge 1712, Cameron Park, Calif., received a Medal of Merit (top) for helping to rescue the trapped skier, and an Honor Medal for his actions during the race.



"Scouts In Action" subjects come from the National BSA Court of Honor. If you know of an act of heroism that should be recognized, contact your local BSA council office for a lifesaving or meritorious award application. Note: Consult approved safety guidelines, as actions depicted here may not precisely follow standard procedures.

**S.I.A. ON THE WEB**  
• boyslife.org •  
Audio, Photos & More!