

YOUR HEALTH Nº2



Introducing AMC Online







24/7 dedicated and on-demand online physician consultations, appointment booking, and personal health planners with full wearable integration.













R. Alex Sokol
President & CEO AMC Group

COVID-19 radically changed our lives while reminding us of what we hold dear and what remains lasting. The pandemic has taught us patience, compassion, and how to truly care for ourselves and our communities. It has forced us to think, and value differently, perhaps more deeply and with greater appreciation.

Now well into 2021, we are taking a new start and motivation for a better personal well-being. "Your Health" highlights this reset with new research and articles on prevention, nutrition, integrative and functional care approaches, and long-term sustainable primary health.

In this issue, we are excited to introduce AMC Moscow and the opening of AMC Assist Milan. AMC continues to focus on clinical advancements: top physician recruitment, continuing medical and patient education, online and off-line service expansion, and guaranteed AMC best service and patient experience, confirming our commitment to the gold standard in regional healthcare.

While COVID-19 may be a part of our lives for a long-time to come, we can focus now on real change in our own health. Wherever you are, we hope you will see AMC as a loyal partner in that endeavor.

As always, thank you for your trust and confidence.

Yours in Health, R. Alex Sokol President

255.



AMC INTRODUCES NEW APP

AMC is proud to launch AMC Online - our dedicated new Mobile App, available at the App Store or Google Play. AMC's App provides patient ID and health record information, 24/7 on-demand physician consultations and plans, appointment booking and reminders, personal health planning, and wearable device integration. Download today on any IOS or Android device.



WELCOME AMC DIGHOMI

This winter, AMC announced the opening of its second Tbilisi facility. Conveniently located in the Dighomi area, AMC Dighomi is within a 5 minute drive to the US Embassy, the Diplomatic Village, and QSI Tbilisi.

AMC Dighomi expands our 24-hour home and office visit reach, emergency and hospital coordination, and diagnostic capabilities. And, as with all AMC clinics, no membership or access fees are required. Welcome Tbilisi Two - AMC Dighomi!



AMC MOSCOW REDUX

AMC is overjoyed to be returning services to Moscow, Russia, at first with AMC's 24-hour house call and Online service and later this summer, a gorgeous concierge driven health and lifestyle care facility within Moscow's Garden Ring. AMC Moscow promises to be the most personalized primary and integrative care community hub in Moscow and we look forward to welcoming you!



BUONGIORNO! AMC OPENS MILAN ASSIST OFFICE

This summer, AMC dives into Europe with a wholly unique care model, centered on you, the individual. AMC's Milan Assist office is a phone call away for direct physician visits and best referrals, efficiency expanding our promise to you of no access fees, insurance billing, ample visit time, continuous medical education, and the active promotion of evidenced based care with an integrative preventative healthcare model.



POST COVID-19 CARE

GET WELLNESS SUPPORT, TODAY

We recognize that many patients are anxious that COVID has caused continuing problems. COVID-19 is a multi-system disease and can cause long-term health complications.

AMC HAS DESIGNED A GROUP OF TESTS TO **EXAMINE BODILY SYSTEMS**

The AMC's Post COVID-19 Care Plan will start with a Physicians consultation which will assess potential problems and discuss any psychological difficulties caused either by the virus or by the lockdown.

WHAT'S INCLUDED?

- ECG
- D-Dimer
- Coagulation Profile
- Liver Panel
- Renal Panel
- Fasting Blood Glucose
- CBC & CRP
- Ferritin
- Vitamin D
- COVID-19 IgG & IgM
- Mental Health Evaluation







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Dr. Richard StylesMedical Director AMC Group

In 45 years of medicine I have never encountered a disease which has so altered society and the way we live. Of course, there have been past problems and "Spanish Influenza" in 1918 probably killed some 50 million people, but without the publicity or indeed medical science we have today. For those that survived that pandemic tuberculosis, AIDS and hepatitis have also been major new diseases but never reached so many people in the population.

COVID-19 has exposed most countries inability to cope with a pandemic and has placed a huge strain on our medical services. It is for that reason that firstly I would like to thank, on your behalf, all our Medical Staff and Administrative Staff at American Medical Centers who have continued to provide a top-quality service through times of huge psychological and physical pressure.

From the outset of the pandemic we have worked to create a safe environment not only for testing and advice about the virus but also for patients who require routine checks and normal diagnostic procedures. It is very important that nobody delays diagnosis, treatment or routine monitoring because of fear of the virus.

I have however remained optimistic that medical science will find a solution as it always has in the past. Now we have a number of safe vaccines that have been found to be effective in widespread trials – they are also effective against the new variant of COVID. At first, they will be for the elderly and those at risk but then for the general population. The roll out of vaccination programmes will take place during the spring and summer. The history of properly developed vaccination programmes has been a huge success in preventing diseases across the world and I would encourage everybody to have a vaccine when it is offered and available. At American Medical Centers it has always been our policy to source high quality and approved medications and that will continue to be the case with any upcoming COVID-19 vaccine.

In any pandemic a disease is always surrounded by rumour, speculation and false information and our physicians are always available to give upto-date reliable information.

Finally, I wish you health and safety in these difficult times, and strength to continue the personal measures that will protect yourselves and those who are vulnerable.

Richard . J. Styles.



AMC MOSCOW ASSIST

Home and Online, 24/7. Your Time, Your Place. Chat. Doctor Online. House Calls.

OPENING 2021







Men's **HEALTH**

Do you know the top men's health threats? The list includes heart disease, cancer and unintentional injury. Thankfully, most men's health threats are largely preventable. Make healthy lifestyle choices, such as eating a healthy diet and including physical activity in your daily routine.

It's also important to manage risky behavior, such as drinking too much and engaging in casual sex. Of course, common sense precautions - such as using safety ladders and wearing a seat belt count. too.

As you get older, your men's health concerns are likely to change. Could a beer gut lead to health problems? Is male menopause a myth or a true men's health issue? Could testosterone therapy help you feel young again? Get answers to these and other men's health questions.

BELLY FAT IN MEN: WHY WEIGHT LOSS **MATTERS**

Belly fat is a more dangerous fat.

The trouble with belly fat is that it's not limited to the extra layer of padding located just below the skin (subcutaneous fat). It also includes visceral fat - which lies deep inside your abdomen, surrounding your internal organs.

Regardless of your overall weight, having a large amount of belly fat increases your risk of:

- · Cardiovascular disease
- Insulin resistance and type 2 diabetes
- Colorectal cancer

- Sleep apnea
- Premature death from any
- High blood pressure

DETERMINING YOUR BELLY SIZE

So how do you know if you have too much belly fat? Measure your

- Stand and place a tape measure around your bare stomach, just above your hip-
- Pull the tape measure until it fits snugly around you, but doesn't push into your skin. Make sure the tape measure is level all the way around.
- · Relax, exhale and measure your waist, resisting the urge to suck in your stomach.

For men, a waist measurement of more than 40 inches (102 centimeters) indicates unhealthy concentration of belly fat and a greater risk of healt

LOSING WEIGHT AND **EXERCISING WILL** SHRINK YOUR MIDDLE

You can tone abdominal muscles with crunches or other targeted abdominal exercises, but just doing these exercises won't get rid of belly fat. However, visceral fat responds to the same diet and exercise strategies that can help you shed excess pounds and lower your total body fat. To battle the bulge:

Eat a healthy diet.

Focus on plant-based foods, such as fruits, vegetables and whole grains. Choose lean sources of protein such as fish and low-fat

dairy products. Limit saturated fat, found in meat and high-fat dairy products, such as cheese and butter. Also limit processed Choose moderate amounts of monounsaturated and polyunsaturated fats - found in fish, nuts and certain vegetable oils - instead.

Keep portion sizes in check.

Even when you're making healthy choices, calories add up. At home. slim down your portion sizes. In restaurants, share meals - or eat half your meal and take the rest home.

Replace sugary beverages.

Drink water or beverages with artificial sweetener instead.

Include physical activity in your daily routine.

For most healthy adults, the

Department of Health and Human

recommended at least twice a week.

Services recommends moderate

aerobic activity, such as brisk

walking, for at least 150 minutes a

week or vigorous aerobic activity,

such as running, for at least 75

minutes a week. In addition,

strength training exercises are

Losing belly fat takes effort and patience. To lose excess fat and keep it from coming back, aim for slow and steady weight loss. Consult your doctor for help getting started and staying on track.





AMERICAN

DESTIN ATIONS

UKRAINE AKKERMAN FORTRESS

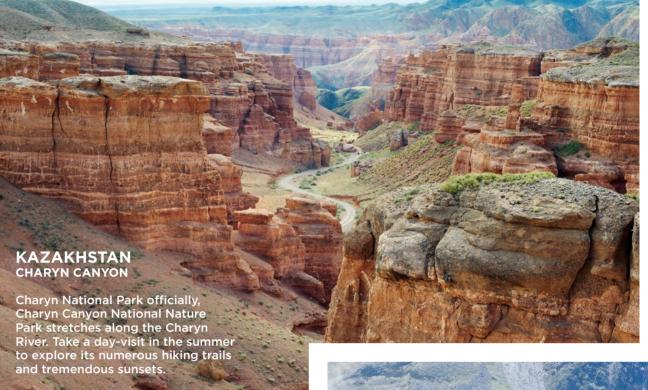


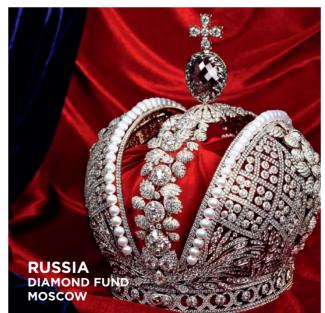


Once a casino and now belonging to the Regional Union of Education and Science, the House of Scientists is a magnificent example of 19th century architecture. A must see when in Lviv.

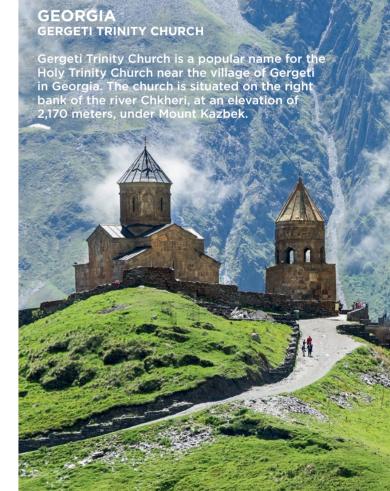


Kachanivka Palace is one of the many country estates built by Pyotr Rumyantsev, Catherine II's viceroy of Little Russia. It stands on the bank of the Smosh River near the village of Petrushivka in Ichnia Raion, Chernihiv Oblast, Ukraine.





The Diamond Fund is a unique collection of gems, jewelry and natural nuggets, which are stored and exhibited in the Kremlin Armoury in Russia. The Fund was opened in 1967 and its collection dates back to the Russian Crown treasury instituted by Emperor Peter I of Russia in 1719.







VITAMINS And **SUPPLEMENTS**

That Every Man Should Consider

Make sure your guys are eating well or taking these dietary supplements to prevent illness and ensure the best of health.

likely than women to see a supplements to prevent illness. health symptom. And it's even guy friend, there are some

Typically, men are still less more unlikely that they'll take basic supplements every guy should take for optimal health. doctor when they get sick or at Whether it's your significant Here are the top six you should the first sign of a bothersome other, brother, father or best encourage the men in your life

ZINC for optimal testosterone levels

A man's testosterone level tends to taper off with age, obesity and stress. It's important for men to keep their testosterone balanced because low testosterone has been linked depression. osteoporosis. obesity, heart disease and even death. Encourage your guy to take zinc, which is needed to maintain testosterone levels in the blood and the secretion of LH. the hormone that stimulates the production of testosterone. Zinc also appears to inhibit the conversion of testosterone to estrogen. Take 25 to 50 mg a day with food.

FISH OILS for heart and prostate health

Fish oils are anti-inflammatory and are protective to the heart, brain, eyes and blood vessels. They help to protect the brain from the deleterious effects of a stressful lifestyle and help to reduce the risk of heart disease. The benefits also extend to the prostate. According to a study in Cancer Prevention Research, men with prostate cancer who combined a low-fat diet with fish oil supplements had a slowed growth rate of cancer cells - with changes noticeable in as little as four weeks. Other studies have found that fish oil can reduce triglyceride levels - a type of fat - by 25 to 30 percent. Furthermore, they've been found to reduce the severity of brain damage after a stroke. Not a bad resume for one supplement! I recommend taking two to three capsules (or one teaspoon) twice daily with meals.

STEROLS for cholesterol. stress, and immunity

Plant sterols help regulate the immune system: if your immune system is running low, sterols help to boost it and prevent infection; if your immune system is overactive. as in the case of autoimmune diseases or allergies, sterols help to make it less reactive. Regulating an overactive immune system can also help to prevent and reduce damage to the joints. Studies have shown that taking a phytosterol/ sterolin mixture prior to a stressful physical event can help to protect against immune suppression and excessive inflammation associated with high physical stress. With potent anti-inflammatory and anti-stress compounds, sterols can also help improve cholesterol levels. Phytosterols lower serum cholesterol by inhibiting the absorption of cholesterol in the small intestine. I recommend taking one capsule one to two times daily without food, such as on rising or before bed.

WHEY

for muscle, strength and recovery

Whey protein isolates can serve as source of glutathione, the most potent antioxidant in the body, and has beneficial effects on the immune system and prostate health. In one study, males who supplemented with whey protein had a greater relative gain in lean muscle tissue than their counterparts that received a placebo. Adding creatine monohydrate to this mixture can provide even more body strength. One to two daily smoothies with a whey protein isolate (including one immediately post-workout) will go a long way towards keeping your guy healthy and strong.



ANTIOXIDANTS for anti-aging and

blood pressure

Antioxidants like vitamins C and E, coenzyme Q10 and alpha lipoic acid are essential for anti-aging and overall health. They work to prevent cellular damage that occurs from pollution, exposure to the sun, exercise, stress and normal metabolic processes in the body. In one study, men with the highest intake of vitamin C had a significantly lower risk of dying from cancer than did their counterparts with the lowest intakes. Taking coenzyme Q10 can lower your blood pressure while boosting your levels of ecSOD, an enzyme thought to protect blood vessels from damage, and may also improve sperm quality and in turn, male fertility. Supplement with a high potency antioxidant formula daily to reap the full

benefits.

VITAMIN D

for reproductive health and testosterone

Vitamin D has been proven to lower insulin, improve serotonin levels, enhance the immune system, control appetite and even help with fat loss. One study conducted at Copenhagen University showed a positive correlation between reproductive health and vitamin D levels. In fact, men with vitamin D levels of up to 75 nmol/l had significantly higher sperm motility than their vitamin D-deficient colleagues with levels up to Another study of more than 3300 males found a link between low testosterone and vitamin D levels. I recommend taking 2000iu to 5000iu daily with breakfast and a higher dose of 4000iu to 5000iu during the winter months.

YOUR HEALTH ♦ www.amcenters.com

Women's **HEALTH**

Your body's hormones control most of your basic bodily functions. They serve as an internal communication system between cells throughout the body. They coordinate everything from digestion and growth to your appetite, immune function, mood, and libido. So, when your hormones are out of balance, even slightly, it can have a big impact on your health and well-being.



Often, when people's hormones drop or become unbalanced, they turn to hormone replacement therapies to ease symptoms. One such therapy, bio-identical hormone replacement therapy (BHRT), has gotten a lot of attention in recent years. It promises a "natural" solution to hormone issues. But what exactly is BHRT, and how's it different from other hormone replacement therapies?

WHAT IS BHRT?

BHRT can be used to treat men and women when their hormone levels drop or become unbalanced. It's most frequently used to ease symptoms of perimenopause and menopause. It may also be used to improve symptoms of cancer treatment or to treat conditions such as:

- insulin resistance
- · adrenal and thyroid disorders
- osteoporosis
- fibromyalgia

Bio-identical hormones are man-made hormones derived from plant estrogens that are chemically identical to those the human body produces. Estrogen, progesterone, and testosterone are among those most commonly replicated and used in treatment. Bio-identical hormones come in various forms, including pills, patches, creams, gels and injections.

COMPONENTS OF BHRT

Some bio-identical hormones are made by drug companies. Others, known as compounded bio-identical hormones, are custom made by a pharmacy, according to a doctor's orders. This process is known as compounding. Compounding typically involves ingredients being combined or altered to meet the needs of an individual.

The U.S. Food and Drug Administration (FDA) has approved some forms of manufactured bio-identical hormones, including bio-identical estriol (a weak form of estrogen) and progesterone. However, the FDA hasn't approved any custom-compounded bio-identical hormones.

Compounded bio-identical hormones are often touted as being safer and more effective than synthetic hormones. But the FDA and most doctors will caution that those claims haven't been proven in reputable studies, and that these hormones may even be potentially dangerous in some cases.

TRADITIONAL vs. BIO-IDENTICAL

Bio-identical hormones are different from those used in traditional hormone replacement therapy (HRT) in that they're identical chemically to those our bodies produce naturally and are made from plant estrogens. The hormones used in traditional

HRT are made from the urine of pregnant horses and other synthetic hormones.

Supporters of bio-identical hormones claim their products are safer because they are "natural" and identical in makeup to the hormones the body produces naturally..

BENEFITS OF BHRT

BHRT is typically used as people age and hormone levels drop, particularly for women who are in perimenopause or menopause. It's used to increase the levels of the hormones that have dropped and improve moderate to severe menopause symptoms, including:

- hot flashes
- night sweats
- · mood changes
- · memory loss
- weight gain
- sleep issues
- loss of interest in sex or pain during sex

In addition to helping with symptoms, hormone replacement therapy may also reduce your risk for diabetes, tooth loss, and cataracts. There's some evidence that it can help improve skin thickness, hydration, and elasticity, and even reduce wrinkles.

For those with cancer who have undergone treatments that affect their estrogen levels, BHRT has been shown to be effective in improving their general well-being and quality of life.

In one study, people with cancer who underwent BHRT found relief from treatment-related symptoms such as migraines, incontinence, low libido, and insomnia. The study also found their recurrence rate of breast cancer was no higher than average.

THE TAKEAWAY

BHRT may be an option to help people who have symptoms associated with hormone levels that are low or otherwise unbalanced. However, there are some side effects and risks associated with BHRT that are serious and you must discuss this with your doctor. Many women should avoid using any hormone replacement. If you do decide to undergo BHRT, you should use the lowest dose that proves effective for the shortest amount of time possible.



Dr. Maya KipianiGynecologist, Functional
Medicine Specialist

AMC Tbilisi

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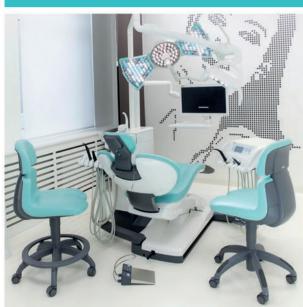
This is clearly a breakthrough in gynecological endocrinology, and for me as a practicing Gynecologist and Physician, it is a very powerful tool for the delicate and safe regulation of hormonal imbalance in patients.

With our innovative preventative and integrative care model, AMC is proud to offer health services to preserve and improve your overall health and well being.



NEW STANDARDS OF DENTISTRY FOR YOU. FOR YOUR CHILDREN. FOR EVERYONE.









Expir clinic provides a full range of pediatric and adult dental services with the highest quality assurance, premium equipment, and professional staff dedicated to every patient.

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HOLISTIC. functional, and integrative medicine are three different medical modalities.

While each of these three modalities uses a specific approach and pedagogy, they also contain a consistent mindset of mental and physiological interconnectedness and an emphasis on whole-person health. Because of this, holistic, integrative, and functional medicine have a natural cohesion.

environmental influences that affect a person's health. It considers health not only of the physical body, but also evaluates thoughts, emotions, and life stressors in the context of their chemistry and physiology.

In holistic medicine, natural remedies are preferred. However, conventional treatments will be used if they are determined to be the best course of treatment.

WHAT IS INTEGRATIVE MEDICINE?

Integrative medicine is an evidencebased approach to merging multiple systems of medicine. This includes conventional Western medicine as well as nutrition. Eastern medicine such as Ayurvedic medicine and homeopathy, Chinese medicine, and more.

The integrative approach believes that all forms of evidence-based medicine can work together to provide the best health care possible while minimizing unnecessary invasiveness. Although integrative medicine prefers less-invasive interventions when possible, it doesn't exclude conventional invasive treatments when they are determined to be the best course of treatment.

WHAT IS FUNCTIONAL **MEDICINE?**

Functional medicine believes in uncovering the underlying cause of conditions, with an understanding that systems bodily as well as mental and emotional - are interconnected through chemical, biological, and physiological.

While conventional Western medicine categorizes organ systems as separate and specialized, functional medicine views all organ systems as integrated and considers how they work together rather than separately.

Functional medicine focuses on treating the cause of the condition rather than focusing primarily on suppressing symptoms.

WHAT IS HOLISTIC **MEDICINE?**

Holistic medicine is a healing-oriented mindset that focuses on the full range of physical, emotional. mental, social. spiritual.

HOW ARE FUNCTIONAL. **INTEGRATIVE, &** HOLISTIC MEDICINE **DIFFERENT FROM** CONVENTIONAL **MEDICINE?**

medicine Conventional characterized by a process of diagnosing and treating symptoms. It relies heavily on the use of synthetic medications as well as procedures such as surgeries or invasive procedures. It also views the body as a set of largely independent organ systems, often with medical specialists for each system or organ.

Conventional medicine has seen some great advancements over the past century in fields such as emergency medicine, infectious disease, surgical interventions, and more. However, it is sometimes considered more of a reactive care system than a preventative or healing approach.

Medical practitioners who encompass holistic, functional, and integrative medicine often focus on creating a long-term health partnership between the doctor and patient instead of being called upon only when the patient is sick.

CHARACTERISTICS OF HOLISTIC, **FUNCTIONAL. AND** INTEGRATIVE MEDICINE

Holistic, functional, and integrative naturally work well together. When you work with a medical practitioner who encompasses these three modalities, your healthcare will include:

- · Identifying underlying health issues causing disease, illness, or symptoms.
- Creating personalized treatment plans that incorporate the best of conventional and holistic modalities.
- Minimizing invasiveness by using natural remedies whenever possible.
- Restoring health of body, mind, and spirit to help prevent future illness and disease to maximize whole-life health and wellness.

Below are some of the primary characteristics of holistic, functional, and integrative medicine:

YOUR PARTNER IN HEALTH

One of the defining characteristics of holistic, functional, and integrative medicine is that the patient and practitioners are partners in the healing process. They will work together to understand the root causes of any current symptoms or disorders. They will also evaluate areas of holistic health that may be improved to promote healing and healthy living.

WHOLE-BODY FOCUS

Holistic, functional, and integrative medicine consider all physiological. biological, and chemical factors that influence health and wellness. This includes the mind and emotions as well as the body. Health is considered the body's natural state. Your practitioner will focus not only on eliminating any negative symptoms you may be experiencing, but also restoring and maintaining a healthy mind, body, and spirit.

UNDERLYING CAUSE OF **HEALTH ISSUES**

Rather than focusing only on eliminating current symptoms, holistic, functional, and integrative medicine focuses on identifying the underlying cause of any existing health issues. This means understanding as much about what factors may be causing the disease as much as understanding what kind of disease the patient has.

PREVENTATIVE CARE

Prevention is a primary focus of holistic, functional, and integrative healthcare. Therefore, a care provider is not only seen when the patient is experiencing negative health symptoms, but for regular maintenance visits as well. Your healthcare provider will become your partner in restoring and maintaining whole-body, mental, and emotional health.

EXAMPLES OF HOLISTIC. **FUNCTIONAL.** AND INTEGRATIVE MEDICINE

Below are some common examples of treatments and services provided by practitioners who encompass holistic, integrative, and functional medicine:

- Chronic Pain Management
- Cancer Support
- Chronic Illness Healing
- Allergy & Immunology
- Nutritional Deficiency Testing
- IV Therapy
- Nutrition Counseling
- Dvnamic Exercise Programs
- Hormone Replacement Therapy
- Acupuncture
- Ayurveda
- Weight Loss
- Spa Therapies (Facials, Massage)
- Meditation & Yoga
- Comprehensive Physicals
- Family Medicine
- Women's Health & Wellness
- Men's Health & Wellness
- Pediatrics Health & Wellness
- Children & Teen Holistic **Health & Wellness**
- Sick Visits
- Health Coaching
- Traditional Chinese Medicine



Best Healthcare Apps





HEALTHCARE APPs



24/7 dedicated and on-demand online physician consultations, appointment booking, and personal health planners with full wearable device integration. Create instant prescription and appointment reminders and chat with your personal physician.









Elevate is a brain training program designed to improve focus, speaking abilities, processing speed, memory, math skills, and more. Each person is provided with a personalized training program that adjusts over time to maximize results.









Happify builds on a huge body of research about mental health to help users overcome stress and negative thoughts and build better emotional health and resilience.









D Minder Pro

D Minder Pro estimates your vitamin D exposure, depending on the weather, location, and your time spent outside.







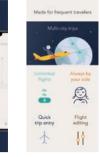
.... Timeshifter



Timeshifter helps put jet lag to bed. Simply enter when you're flying and your home and destination time zones, and it'll create a three-day schedule so you adjust smoothly.



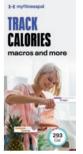






MyFitnessPal

MyFitnessPal keeps a record of everything you eat, so you can see your calories when you want. Plus, you can track your carb, protein, and fat intake.









Insight Timer

You'll find more than 6,000 hours of guided meditations on Insight Timer. Choose to focus on anything from body confidence to sleep to mindfulness, and it'll put you in a stronger state of









Sleep Cycle



App Store

Sleep Cycle tracks your quality of sleep, as well as your sleeping heart rate. But its most unique feature is that it wakes you up during your lightest sleep phase in the morning, making you feel well-rested and ready to tackle the day.







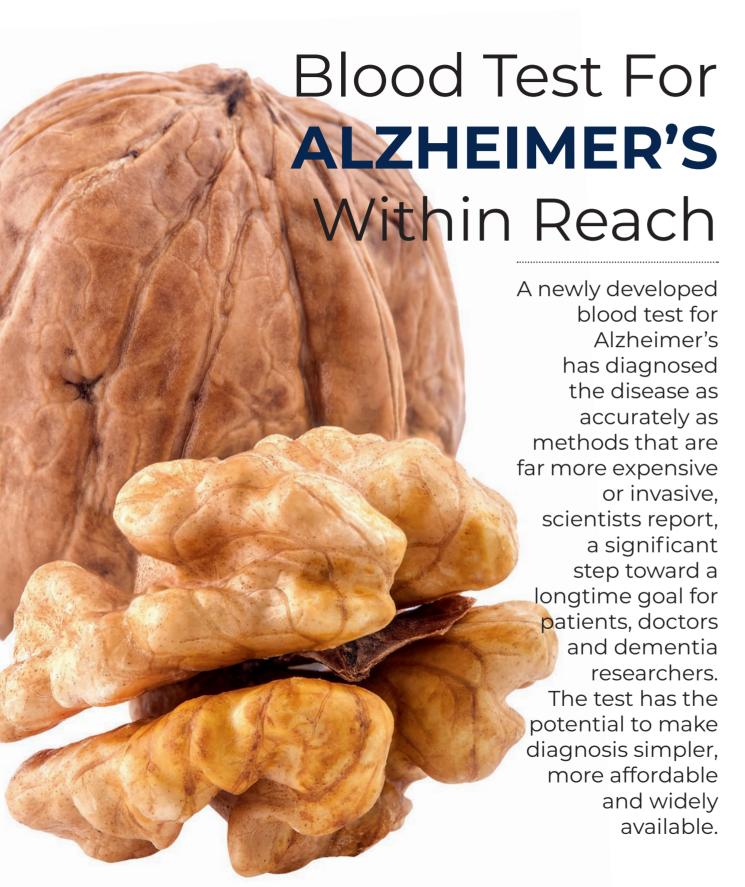












The test determines whether people with dementia had Alzheimer's instead of another condition. And it identifies signs of the degenerative. deadly disease 20 years before memory and thinking problems were expected in people with a genetic mutation that causes Alzheimer's, according to research published in JAMA and presented at the Alzheimer's Association International Conference.

Such a test could be available for clinical use in as little as two to three years, the researchers and other experts estimated, providing a readily accessible way to diagnose whether people with cognitive issues were experiencing Alzheimer's, rather than another type of dementia that might require different treatment or have a different prognosis. A blood test like this might also eventually be used to predict whether someone with no symptoms would develop Alzheimer's.

"This blood test very, very accurately predicts who's got Alzheimer's disease in their brain, including people who seem to be normal." said Dr. Michael Weiner, an Alzheimer's disease researcher at the University of California. San Francisco, who was not involved in the study. "It's not a cure, it's not a treatment, but you can't treat the disease without being able to diagnose it. And accurate, low-cost diagnosis is really exciting, so it's a breakthrough."

Nearly six million people in the United States and roughly 30 million worldwide have Alzheimer's, and their ranks are expected to more than double by 2050 as the population ages.

Blood tests for Alzheimer's, which are being developed by several research teams, would provide some hope in a field that has experienced failure after failure

in its search for ways to treat and prevent a devastating disease that robs people of their memories and ability to function independently.

Experts said blood tests would accelerate the search for new therapies by making it faster and cheaper to screen participants for clinical trials, a process that now often takes years and costs millions of dollars because it relies on expensive methods like PET scans of the brain and spinal taps for cerebrospinal fluid.

The test, which measures a form of the tau protein found in tangles that spread throughout the brain in Alzheimer's, proved remarkably accurate in a study of 1,402 people from three different groups in Sweden, Colombia and the United States. It performed better than MRI brain scans, was as good as PET scans or spinal taps and was nearly as accurate as the most definitive diagnostic method: autopsies that found strong evidence of Alzheimer's in people's brains after they died.

"Based on the data, it's a big step forward." said Rudolph Tanzi, a professor of neurology at Massachusetts General Hospital and Harvard Medical School, who was not involved in the research.

Currently, Alzheimer's diagnoses are made mostly with clinical assessments of memory and cognitive impairment, as well as interviews with patients' family members and caregivers. The diagnoses are often inaccurate because doctors have trouble distinguishing Alzheimer's from other dementias and physical conditions that involve cognitive impairment.

Measures like PET scans and spinal taps - costly and often unavailable - can detect elevated levels of amyloid protein, which clumps into plagues in the brains of people with Alzheimer's, and there has been recent progress on blood tests for amyloid. But amyloid alone isn't enough to diagnose Alzheimer's because some people with high levels don't develop the disease.

"Just saying you have amyloid in the brain through a PET scan today does not tell you they have tau. and that's why it is not a diagnostic for Alzheimer's," said Maria Carrillo, chief science officer at the Alzheimer's Association. "By contrast, the tau blood test appears to register the presence of amyloid plaques and tau tangles, both of which are in brains of people with confirmed Alzheimer's." she said. "This test really opens up the possibility of being able to use a blood test in the clinic to diagnose someone more definitely with Alzheimer's," Dr. Carrillo said. "Amazing, isn't it? I mean, really, five years ago, I would have told vou it was science fiction."

Detecting tau may also be valuable for predicting how quickly a person's cognitive abilities will decline, because, unlike amyloid, tau tends to increase as dementia worsens, she said.

Blood tests could eventually be used earlier, allowing people who were beginning to have mild memory issues to learn whether they would develop Alzheimer's or instead had another condition that might be less aggressive or fast-moving, Dr. Weiner said.

"

"Within a few years, it's very possible that there will be certified laboratory tests for these proteins and others, and maybe tests will be developed for Parkinson's disease and so forth," Dr. Weiner said. "It's a new world."

COVID's Silver Lining. Interview With Asya Mkhitaryan





COVID's SILVER LINING:

Family, Tradition, and Rest

Interview with Fashion Guru Asya Mkhitaryan

WE ARE BIG FANS OF YOUR WORK. HOW DO YOU FIND THE TIME TO COMBINE FAMILY LIFE AND WORK?

Like most, I work very long hours and both my husband and I are very busy, not only running the business, but spending time with friends, enjoying different hobbies. Although it sounds lonesome, we do have family dinners, weekends, and quality time together, which, with COVID, has become even more common.

WHAT NEW PROJECTS ARE YOU PLANNING IN THE NEAR FUTURE?

My company Asthik and our online shop Buro 24/7 (www. buro247.ua) have been in business for about 7 years now.

These last couple of years have been incredibly eventful as we successfully brought many famous brands to Kyiv, which helped expand our business.

The British Bof has listed us as the most influential company in the fashion industry 3 years in a row now, while Japanese Vogue, among others, has also highlighted our growth.

Unfortunately however, COVID has slowed down the global demand in the fashion industry. Although there are many people who enjoy beautiful clothes, we have certainly noticed a decline.

As far as future projects go, we are in the process of releasing our own kitchenware collection, precisely due to the recent shift COVID has caused. We are also working to make the product slightly cheaper and more affordable.

Ultimately we want to offer our clients beautiful, high-quality, unique color-print designs (inspired by a multicultural background of Ukraine, Armenia, India), yet still create a product at an affordable cost.

My biggest goal and dream, however, is to build a hotel in the country-side of Ukraine. I believe this will be a unique place where both Ukrainians and foreigners with high-end taste will find true rest.

WE REALLY WANT TO KNOW WHAT YOUR TYPICAL DAY LOOKS LIKE?

I start my mornings early with sports, until 8 am, after which I have a light breakfast.

I then work for a couple of hours online, after which I have most of my meetings in the office after lunchtime. In the evening I like to take a walk with one of my friends or family members in the part of the city considered Old Kviv.

I then will spend time with my family, or watch a movie or favorite tv show falling asleep around 11 pm.

YOU ARE UNDOUBTEDLY VERY BUSY WITH TWO CHILDREN, HOW OFTEN DO YOU SPEND TIME WITH YOUR CHILDREN?

Before the pandemic I remember rushing home to say goodnight to my kids before they fall asleep. Now everything has changed, I spend most of every day with my children. Even if my children and I are all busy with work or school, we are all so close to one another that it constantly feels as if we are together.

This honestly makes me very happy, and has been one of the great benefits to this difficult year – to spend more quality time with family and your loved ones.

My view on the world and priorities has shifted slightly. I finally understand that nothing in life will ever be perfect and I will never have enough time for everything, and that is okay because I am happy with my family.

THIS IS ONE OF MY FAVORITE QUESTIONS. IMAGINE THAT WE ARE OPENING YOUR REFRIGERATOR RIGHT NOW, WHAT WILL WE FIND IN IT?

A lot of various greens and salads, vegetables and fruits, a little milk (cottage cheese and cow's milk for pancakes and cheesecakes), as well as poultry and a little bit of fish.

HOW DOES A BUSY WOMAN LIKE YOU DEAL WITH STRESS? WHAT DO YOU DO TO RELAX?

A year ago, before the pandemic I used to dream about creating a schedule for myself that I would feel comfortable in, without having to constantly run somewhere. Pre-COVID, I looked for answers on how to balance a growing business with time, how to organize my business in such a way where I would have more freedom and a more flexible schedule.

Today, with increasing work and projects, I have enough time for myself and for my children, as well as the household and the free time to take walks and read books along with other entertainment. So I am very grateful and satisfied.

And look forward to the next fashion project!

CHILDREN'S Health

Until the late 1960's the Medical Community believed that autism was caused by "bad mothering." Today, most people and most of the medical community - believe that Autism is a genetic brain disorder.

Rates of Autism have skyrocketed over the years, from an estimated 1 child in 3,000 to just 1 in 59 kids today. And while wider criteria for diagnosis and better detection might explain some of it, it does not explain an increase of this magnitude.

Given the complexity of Autism Spectrum Disorder, and the fact that symptoms and severity vary, there are probably many causes for the disorder, and both genetics and environment play a role.

For some children, Autism Spectrum Disorder can be with a genetic disorder. For other children, genetic changes (mutations) may increase the risk of Autism Spectrum Disorder. Still other genes may affect brain development or the way that brain cells communicate, or they may determine the severity of symptoms. Some genetic mutations seem to be inherited, while others occur spontaneously.

Recent scientific discoveries reveal the importance of environmental causes of Autism For example, Martha Herbert, MD, a pediatric neurologist from Harvard Medical School has painted a picture of Autism that shows how core abnormalities in body systems like immunity, gut function, and detoxification play a central role in causing the behavioral and mood symptoms of autism.

The problem in medicine is we are so stuck in seeing what we believe that we often ignore what is right in front of us because it doesn't fit our belief system. Nowhere is this true more than in the treatment of Autism.

Treating Autism as a body disorder that affects the brain gives us many treatment choices. Children treated in this way can often have dramatic and remarkable - if not miraculous recoveries.

> Dr. Mark Hyman Cleveland Clinic Center for Functional Medicine



A Potential Downside

Of INTERMITTENT **FASTING**

A rigorous three-month study found that people lost little weight, and much of that may have been from muscle.

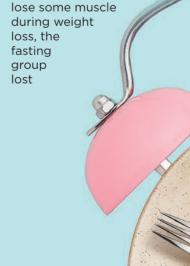
Intermittent fasting is a trendy weight loss strategy. But a new study found that a popular form of intermittent fasting called time-restricted eating produced minimal weight loss and one potential downside: muscle loss.

JAMA Internal Medicine, is one of the most rigorous studies to examine time-restricted eating. which involves fasting for 12 or more hours a day. Many followers of the diet, which has been popularized in best-selling diet books and touted by celebrities, routinely skip breakfast and eat all their meals between roughly noon and 8 p.m., resulting in a daily 16hour fast.

Research over the years has suggested that the practice spurs weight loss and improves metabolic health, although much of the data has come from animal experiments or small studies of relatively short duration in humans. Experts say the diet works because it allows people the freedom to eat what they want so long as they do it in a narrow window of time, which leads them to consume fewer calories over all

But the new research found that overweight adults who were assigned to routinely fast for 16 hours daily, eating all their meals between noon and 8 p.m., popularly known as the 16:8 diet. gained almost no benefit from it. Over the course of the three-The new research, published in month study, they lost an average of just two to three and a half pounds — only slightly more than a control group — and most of the weight they shed was not body fat but "lean mass," which includes muscle.

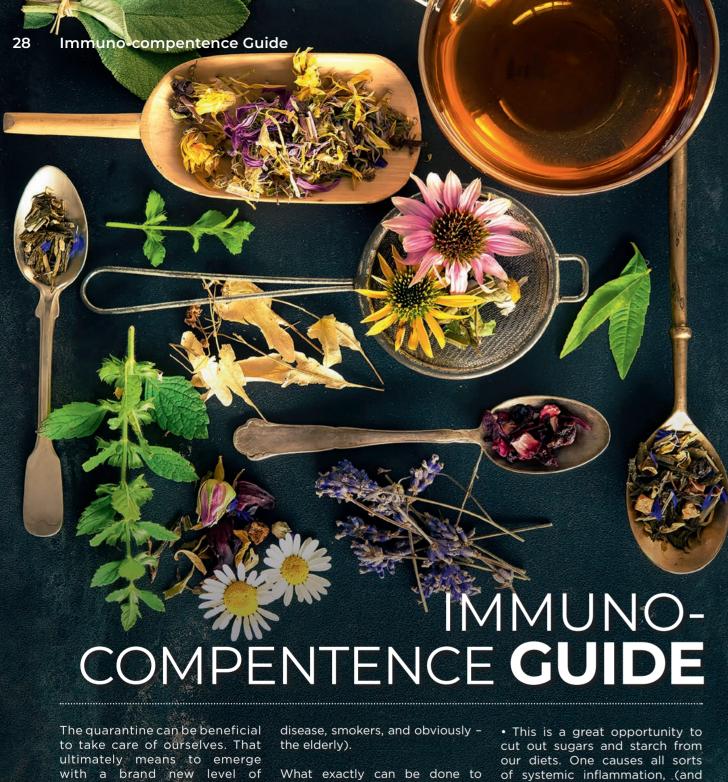
more than expected. That is concerning because muscle provides many health benefits: It protects against falls and disability as people age, and it is linked to lower mortality. It also increases metabolism and can help prevent weight that is lost during dieting from returning later on. The researchers speculated that one reason for the muscle loss may have been that the fasting diet led people to consume less protein.



While it is normal to



Brought to you by The New York Times



immunity.

Here is what WE HAVE LEARNED BY NOW:

- Over 80% of people infected will have mild or no symptoms and up to 99% will recover normally.
- COVID-19 mostly affects those with chronic disease (diabetes, heart disease, obesity, cancer, lung

boost the immunity?...

Here are some **EASY IMMUNE HACKS:**

• Our Immune system relies on nutrient-dense whole foods to function well. Complications from a disease often occur due to the body's inability to fight infection because of nutrient deficiency.

- feeds viruses and cancers), the other is suppressing proper immune function. Those are sugary and/or energy drinks, bread, pasta, sweets, sugary snacks, even energy bars, sauces, cookies, etc.
- Limit ALCOHOL consumption it destroys your brain cells, makes you depressed and demotivated



while bringing only temporary relaxation. It's a huge immune suppressant.

- · Add garlic, onions, ginger, lots of spices (oregano, turmeric, rosemary) to your meals.
- · Eat fruits and vegetables, a few servings a day.
- Try to consume fermented foods for your microbiome and hence - overall immunity.
- · Start cooking soups and broths.
- Enjoy herbal teas and honey.
- · Sleep is crucially important for your proper detoxification, overall mental health, and enhanced immunity. Read about Sleep Hygiene and make it an important part of your routine.
- Regular exercise is key to produce new brain cells, provide oxygen to your brain, produce endorphins and dopamine.

SUPPLEMENTATION:

Vitamin D3:

Adequate Vit D status is critical for optimal immune function and this cannot be achieved within winter. Studies have shown that people with Vit D deficiency are 11 times more likely to get a cold or flu, where supplementing with Vit D can reduce colds and flu by 42%. IT IS BEST TO GET YOUR LEVELS OF VIT D CHECKED FOR ACCURATE DOSING, Blood levels should be above 30, optimal is closer to 50 and above. Many need a daily supplement of 5.000 or more in winter. Children of about 1,000-2.000 per day.

Zinc:

The recommended amount is 30-50 mg a day. Zinc is an essential immune-supporting nutrient.

Probiotics:

A healthy gut is a major barrier against pathogens and integral to the immune system. Brands should contain at least 5-10

billion organisms per capsule. Lactobacillus Plantarum and spore forms of Bacillus are the best for immunity. Lacto and Bifidum-bacterias in abundance should be part of your daily diet to support your immune system.

Fish Oil:

in addition to good fats - this will provide more Vit A and D, for added immune protection.

MENTAL HEALTH:

ANXIETY and STRESS produce CORTISOL and free radicals and ultimately lower your immune system when you need it most!

MAIN SUPPLEMENTS for a healthy neurophysiological response:

- GABA 500 mg 3 t.d.
- Magnesium Citrate 400-800 mg a day.
- Valerian Root 500 mg once or twice daily, preferable 1 hr before bedtime.
- Melatonin 3-6 mg 1 hr before bedtime (effective inadequate immune system response).

TIP V



Staying busy and engaging in an old or new hobby is a shortcut to happiness these days.

TIP T



Manual labor at home (cooking and tidying) or in the yard will be very gratifying.

IMPORTANT V



Less sugar we consume - less anxious we are!

TIP V



Try to think "I WANT TO.." instead of "I HAVE TO" in regards to all the changes in

Violetta Sokol Psychologist. Certified Integrative Health and Functional Medicine Coach AMC Kyiv

your diet and daily routine. This will help you get out of a depressed mode and start living a quality life despite the circumstances.

TIP V



Bed making in the morning is a fantastic trick on your brain which is getting lazier every day:). Try to make it a rule after you take a contrast shower in the morning.

TIP V



Develop a good, productive, and functional schedule during a day with blocks of time dedicated to different activities, from work to sport. leisure, daily meditation, etc. STICK to IT by all means.



ME TIME is essential among those activity blocks. Pamper yourself, read a book, meditate, exercise, dance, sing, draw, sip your favorite tea, do it alone WITH yourself and FOR yourself.

AND FOLLOW COMMON SENSE!!!



Unique World **MEDICAL SPAs**





SHA WELLNESS CLINIC

Alicante, Spain

SHA Wellness regimen is centered on diet above all else. SHA's founder was heavily influenced by George Ohsawa, a Japanese diet pioneer who created the macrobiotic diet. They offer a suite of other treatments including acupuncture, warm-water massage, and even stress management lessons.





ANANDA IN THE HIMALAYAS

Narendra Nagar Tehri - Garhwal, India

You can't get much closer to nirvana than Ananda in the Himalayas after all, it sits in the far northern reaches of India, at the foothills of the Himalayan mountain range, near the birthplace of the ancient arts of yoga, meditation, and Ayurveda.





CLINIQUE LA PRAIRIE

Clarens. Switzerland

Clinique La Prairie is the cream of the cream of the crop when it comes to medical spas and alternative medical facilities. They've been leaders in alternative holistic medicine since their opening in 1931, and while they offer a range of intensive wellness programs, their famous Revitalization program is the centerpiece of their offerings.





MII AMO

Sedona, Arizona

Guests book three-, four-, and seven-night programs called 'Journeys,' offers more than 100 activities to suit every sort of spa-goer, from yoga and Juicing 101 (yes, such a thing exists) to stargazing classes, chanting lessons, barre, tennis, and more, along with spa treatments administered by some of the industry's best.





SECRET LAGOON SPA

Iceland

Secret Lagoon natural hot springs are located in the small village called Fludir and are in the Golden Circle area. The pool's natural surroundings and steam rising into the air gives the place a magical feeling. During winter, the northern lights often give a great light show above Secret Lagoon.





ALIVE HEALTH SPA RESORT Punta del Este. Uruguav

Alive Spa offers a deeply integrated approach to healing that focuses less on specific medical treatments and more on holistic wellness. After full body scans and thorough evaluation, you'll have a host of both medical and spa treatments to choose from: chromotherapy, temperature therapy, focused massage, zero-gravity treatments, a halotherapy cocoon, an Oxygen Bar and others.





VIVAMAYR Altaussee, Austria

Vivamayr splits the difference between spa-focused holistic medicine and a more technological approach to treatment. Most of their wellness programs focus on diet, they start with blood and urine tests to come up with specific recommendations. VIVAMAYR also offers infrared light therapy, acupuncture, colonics, and more standard spa fare like yoga and massage to set your body back to baseline.





SANOVIV MEDICAL INSTITUTE

Rosarito, Mexico

Located on the beach in Mexico only an hour from the US border. Sanoviv is something akin to a hospital for alternative medical treatments. They offer a fully-equipped, state-of-the-art facility with a wealth of advanced technologies and machines, and their treatments include everything from Hyperbaric Oxygen Therapy to virotherapy for cancer treatment.





ARO HÃ WELLNESS RETREAT

Glenorchy, New Zealand

Overlooking the otherworldly expanse of Lake Wakatipu, in New Zealand's Southern Alps, the intimate, 20-room Aro Hã Wellness Retreat is close to perfect. The self-sustaining retreat's biggest draw might just be its epic setting - eco-friendly suites and singles are surrounded by colossal sapphire lakes and snow capped peaks but its rejuvenation offerings are also impressive.





BUSHMANS KLOOF Clanwilliam, South Africa

The natural heritage site on which it sits is home to more than 150 kinds of birds, 750 species of plants, and 35 species of mammals; and its nook-and-cranny caves are the canvases for over 130 unique rock art sites, some as old as 10,000 years, allowing you to conveniently check your 'nature,' 'history,' and 'art' boxes all in a single go.



Some enlightened doctors, nurses and therapists have a prescription for helping all of us to get through this seemingly never-ending pandemic: Try a little laughter.

Humor is not just a distraction from the grim reality of the crisis, said Dr. Michael Miller, a cardiologist at the University of Maryland School of Medicine in Baltimore. It's a winning strategy to stay healthy in the face of it.

"Heightened stress magnifies the risk of cardiovascular events, including heart attacks and strokes," Dr. Miller said. "Having a good sense of humor is an excellent way to relieve stress and anxiety and bring back a sense of normalcy during these turbulent times." Laughter releases nitric oxide, a chemical that relaxes blood vessels, reduces blood pressure and decreases clotting, Dr. Miller said.

An epidemiological study of older men and women in Japan confirmed that those who tend to laugh more have a lower risk of major cardiovascular illness. Possessing a healthy sense of humor is also associated with living longer, an epidemiological study from Norway reported, although the correlation appears to be stronger for women than for men.

Armed with this growing body of research, Dr. Miller prescribes "one good belly laugh a day" for his patients. It's not just going "ha, ha," he explained, but a "deep physiological laugh that elicits tears of joys and relaxation."

While the long-term impacts of such a practice remain unknown, Sophie Scott, a neuroscientist at University College London, said that laughter has also been shown to reduce the stress hormones cortisol and adrenaline and increases the body's uptake of the feel-good endorphins.

There also appear to be cognitive benefits. Watching a funny video was tied to improvements in short-term memory in older adults and increased their capacity to learn, research conducted by Dr. Gurinder Singh Bains of Loma Linda University found.

Perhaps most relevant today, possessing a sense of humor also helps people remain resilient in the face of adverse circumstances, said George Bonanno, a professor of clinical psychology at Columbia University.

Increasingly humor is being integrated into mainstream medical practice with a similar goal, said Dr. Kari Phillips, a resident physician at the Mayo Clinic in Rochester, Minn.

Dr. Phillips observed over a hundred clinical encounters and discovered that humor typically surfaces about twice during a half-hour doctor visit. It is initiated in equal measure by doctors and patients, often to break the ice between them or to help to soften the impact of a difficult medical conversation.

"We found that introducing humor results in better patient satisfaction and empowerment, and it helps people feel more warmth in their connection with the doctor," she said.

Dr. Peter Viccellio, a professor of emergency medicine at Stony Brook University Hospital on Long Island, has seen many COVID-19 patients during his hours in the emergency room. A touch of playfulness and kindly humor, he said, has helped to ease an enormously painful situation for both his patients and members of the overburdened hospital staff.

"Genuine levity can make patients believe that they are not going to meet their doom today" Dr. Viccellio said, but he added that it needs to flow naturally. "If you are empathetic with the person, your humor tends to fit them, it's not forced. If you are not emotionally connected to them and force a joke it can go very wrong."

Mary Laskin, a nurse case-manager at Kaiser Permanente in San Diego, has been working with her chronic pain patients online, teaching them laughter exercises alongside practices designed to develop other positive mental states like gratitude and forgiveness.

"This pandemic is like a tiger creeping toward us, a huge slow-motion stressor that makes the experience of pain worse. Humor helps my patients relax and release their grip on pain," she said.

Ms. Laskin suggests that her patients treat humor as a discipline – like physical exercise – that they set aside time for on a daily basis. She recommends "laughter firstaid boxes," where they can stash joke books, funny toys and other props for this purpose.

6

"Our health care system focuses on passive ways to manage pain like taking a pill or getting an operation," Ms. Laskin said. "I encourage people to actively cultivate the healing power of laughter, which puts them back in the driver's seat. The culture is beginning to shift - injecting humor and humanity back into medicine," he said. "If you can't change what you are dealing with, you can at least change how you view it. Humor gives us the power to do that."

An APPLE A Day...

A 2020 study points to apples' ability to mediate significant gut microbial metabolic activity. And All it takes: two apples a day. In light of the increasing link between gut microbiota and human wellness, this new association is worth exploring and further vouches for this fruit's superfood and super healer status.



The old saying that eating an apple a day will keep the doctor away may have some scientific basis after all, as scientific literature is packed with findings that vouch for this fruit's healthful benefits.

A study found that eating one apple a day for four weeks translated to lower blood levels of oxidized low-density lipoprotein//beta2-glycoprotein I complex, which may contribute to atherosclerosis, by 40% among healthy, middle-aged individuals.

Apple consumption has also been the subject of a few studies on reducing cancer risk, including liver cancer, breast cancer and esophageal cancer. A study published in February 2020 points to apples' ability to mediate significant gut microbial metabolic activity. All it takes: two apples a day.

STUDY FINDINGS

are a frequently consumed fruit and a reliable source of polyphenols and fiber, an important mediator for their health-protective effects.

Validated biomarkers of food intake (BFIs) have recently been suggested as a good tool for assessing adherence to dietary guidelines. New biomarkers have surfaced in recent decades from metabolic profiling studies for different foods, yet the number of comprehensively validated BFIs remains limited.

"The identification of polyphenol microbial metabolites suggests that apple consumption mediates significant gut microbial metabolic activity which should be further explored," they wrote.

GUT HEALTH AFFECTS YOUR WHOLE BODY

link between the gut microbiota and human wellness is being increasingly recognized, where it is now well-established that healthy gut flora is a key part of your overall health.

Previous studies corroborate that the richness of the human gut microbiome correlates with metabolic markers. In a study on 123 non-obese and 169 obese Danish individuals, a group of scientists found two distinct groups displaying a difference in the number of gut microbial genes and thus the richness of gut bacteria in the two groups.



Individuals with a low bacterial richness had more marked overall adiposity and insulin resistance, for instance, compared with high bacterial richness subjects. The obese subjects among the lower bacterial richness group also tended to gain more weight over time. A series of largely preclinical observations showed, too. that changes in brain-gutmicrobiome communication may be involved in the pathogenesis and pathophysiology of irritable bowel syndrome, obesity and several psychiatric and neurologic disorders.



World Events 2021

LIFESTYLE

CAN YOU DIE OF LONELINESS?

- Fact: A lack of good social relationships increased the risk of death by at least 50%.
- In old age, the effect of social isolation increased levels of hypertension and exceeded risk factors such as diabetes. Our social connections with others have a powerful influence on our health and longevity.
- · Loneliness and lack of sociability has been shown to lead to chronic immune, neuroendocrine, and metabolic disorders which can, in turn, lead to cardiovascular problems, tumor growth, and other common age-related diseases.

DANGERS OF SITTING TOO MUCH

 Canadian researchers found that prolonged daily sitting was of heart disease, diabetes, cancer. stroke, high blood pressure, high cholesterol.

- The biggest health hazard stemming from prolonged sitting, according to the review, was a 90 percent higher risk of developing type 2 diabetes.
- · Affects the heart: A clinical study has shown that those that sat were about twice as likely to get heart disease as those that stood.
- Increases risk of dementia
- Causes deep vein thrombosis (DVT) is a clot that forms in your leg, often because you sit still for too long.
- Leads to varicose veins: Sitting for too long causes blood to pool in your legs, which adds pressure in your veins. They swell, twist, or bulge - all symptoms of varicose veins.
- Increases risk of cancer: You may be more likely to get colon, endometrial, or lung cancer.

- linked to significantly higher odds Stand at your desk for part of the day. Get a desk that raises or make your own: Set your computer on top of a box.
 - Work more movement into your day: Stand up and stretch every half hour or so. Take a stroll around the office.

WILL BRUSHING/ **FLOSSING PROTECT AGAINST STROKE?**

- Treating gum disease alongside other stroke risk factors might help prevent stroke by reducing the buildup of plaque in arteries and narrowing of blood vessels in
- · Patients with gum disease had twice as many strokes due to thickening and hardening of brain arteries as patients without.
- Patients with gum inflammation were also twice as likely to have a blockage or severe narrowing of brain arteries.





Munich Opera Festival Munich, Germany



Burning Man Moved to Virtual Reality Online



Northern Lights Norway



Yi Peng Lantern Festival



Diwali, Festival of Lights Mumbai, India



UEFA Euro 2021 European Soccer Championships



Oktoberfest Germany



Albuquerque Baloon Fiesta New Mexico



Paris Light Festival Paris. France



Douz Sahara Festival Tunisia



Olympics Games Tokyo, Japan



Verdi Festival (Opera) Parma, Italy



Dia De Los Muertos Mexico

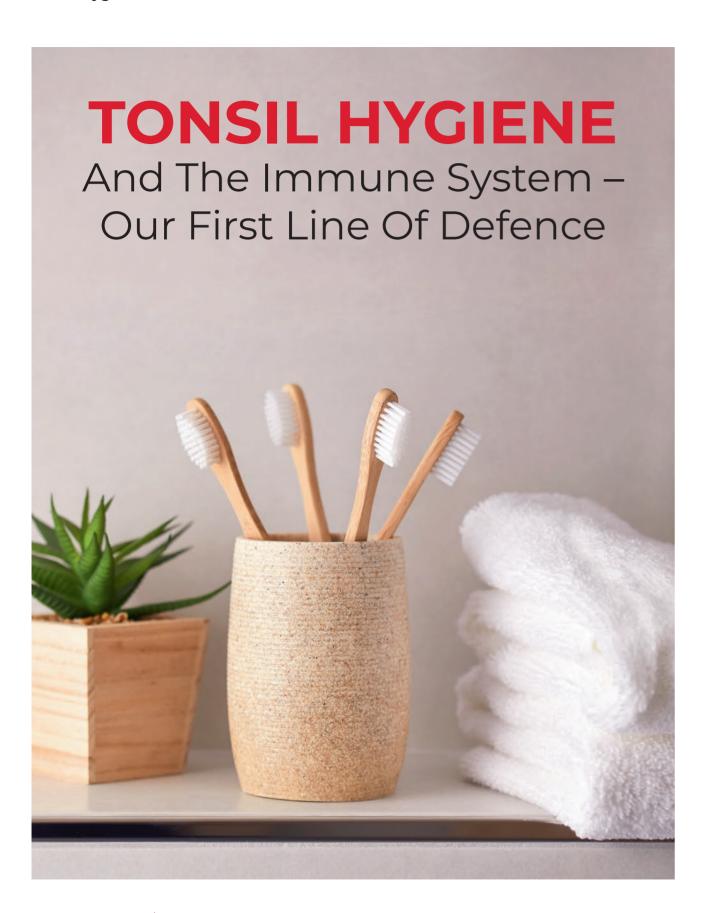


Whirling Dervishes Festival Konya, Turkey



Ice Sculpture Festival Harbin, China







Dr. Yulia Demianchuk **ENT Specialist. Functional Medicine Specialist** AMC Kyiv

On the whole, your immune system does a remarkable job of defending you against disease-causing microorganisms. But sometimes it fails to make us vulnerable to conditions like allergies, fatigue, fever, infection, unexplained weight change, headaches, trouble swallowing, or sore throats.

At least 80 illnesses are caused by immune system problems. And one of the first organs that suffer from immune disorders is our tonsils.

According to the American Academy of Otolaryngology, these bumps on the back of the throat are the "first line of defense of our immune system." For example, tonsils sample bacteria and viruses entering the body through the mouth or nose and flush them using the lymph system.

A decrease in immunity can cause tonsils' inflammation, called tonsilitis. A sore throat is the most common of all tonsillitis symptoms. You may also have a cough, high temperature (fever), headache, feel sick and tired, or have swollen neck glands. The tonsils may swell and become red. Pus may appear as white spots on the tonsils.

But what if we make lifestyle changes and take certain vitamins to help the body in producing a near-perfect immune response?

- · One of the best ways to prevent tonsil stones from forming and to improve our immune systems is to practice good oral hygiene including tonsils lavage. That means you should brush your teeth regularly, as well as rinse well, especially after a meal. You should also be vigilant about flossing and brush your tongue - all these steps help reduce the number of bacteria in your mouth.
- Eat a healthy diet: Proper nutrition is essential for your immune system to work well. A diet high in empty calories not only leads to weight gain, but it can leave you more prone to infections. Plus, being overweight is associated with a number of health problems that can also drag your immune system down.
- Get enough sleep: Regular bouts with insomnia may not only leave you feeling fatigued during the day, but also leave you vulnerable to illnesses,

including colds, flu, and other infections.

• Immune cells are favorably affected by vitamin D levels, and natural sunlight is the best source of natural vitamin D. In fact, vitamin D deficiency is associated with increased frequency of infection as well as an autoimmune disease. Take Vitamin D supplements daily if you suffer from chronic infections, get sick frequently, or are feeling run down.



For both men and women, taking stock of the health of your immune system on a regular basis is not only going to keep you from getting sick, but it will help you age more gracefully, look better, and prevent the development of diseases down the line.





SYMPTOMS INCLUDE THE FOLLOWING:

- pain in the stomach, especially after eating
- bloating
- cramps
- diarrhea
- constipation
- indigestion
- regular feeling of fullness

DIAGNOSTIC TESTS

1. BREATH TESTING:

- This type of non-invasive test measures the amount of hydrogen or methane that you breathe out after drinking a mixture of alucose and water.
- A rapid rise in exhaled hydrogen or methane may indicate bacterial overgrowth in your small intestine.

2.SMALL INTESTINE ASPIRATE AND FLUID CULTURE:

- · This is currently the gold standard test for bacterial overgrowth.
- To obtain the fluid sample, doctors pass a long, flexible tube (endoscope) down your throat and through your upper digestive tract to your small intestine.
- A sample of intestinal fluid is withdrawn and then tested in a laboratory for the growth of bacteria.

TREATMENT

Whenever possible. treat SIBO by dealing with the underlying problem - for example, by surgically repairing a postoperative loop, stricture or

fistula. But a loop can't always be reversed.

In that case, treatment focuses correcting nutritional deficiencies and eliminating bacterial overgrowth.

For most people, the initial way to treat bacterial overgrowth is with antibiotics. Doctors may start this treatment if your symptoms and medical history strongly suggest this is the cause, even when test results are inconclusive or without any testing at all.

Correcting nutritional deficiencies is a crucial part of treating SIBO, particularly in people with severe weight loss.

These treatments may improve vitamin deficiencies, reduce intestinal distress and help with weight gain:

Nutritional supplements.

People with SIBO may need intramuscular injections of vitamin B-12, as well as oral vitamins, calcium and iron supplements.

· Lactose-free diet.

Damage to the small intestine may cause you to lose the ability to digest milk sugar (lactose). In that case, it's important to avoid most lactose-containing products, or use lactase preparations that help digest milk sugar.

· Some affected people may tolerate yogurt because the bacteria used in the culturing process naturally break down

To test your SIBO levels, call your local AMC to schedule an appointment.



Dr. Kateryna Kartashova General Practitioner, Endocrinologist AMC Kyiv

"

Small Intestinal Bacterial Overgrowth (SIBO) is an underdiagnosed condition which hides behind multiple nonspecific symptoms of indigestion. It could go along with irritable bowel syndrome, celiac disease, functional dyspepsia, lactose intolerance, and many others.

A Hydrogen breath test (Gastrolyzer) is a quick test to understand one's gut microbiome activity detection and is now being offered at AMC Kyiv. Depending on how the test is performed, a hydrogen breath test can be used to test for SIBO or food intolerances such as lactose intolerance, or intolerance to poorly absorbable sugars.

Can **PROBIOTICS HELP** Ease Depression?

Probiotics are live bacteria and yeast that naturally dwell in the body. Probiotic supplements are marketed as a way to restore a healthier balance of good bacteria.



The digestive system, in particular, hosts a vast array of bacteria and other microbes - known as the "gut microbiome." And those organisms are believed to do more than just aid in digestion.

Research suggests the microbes are involved in everything from immune defenses to producing anti-inflammatory compounds, and even chemicals that influence the brain.

Meanwhile, a number of studies have linked the makeup of the aut microbiome to the risks of various health conditions. These include brain-based conditions like Alzheimer's and autoimmune diseases like type 1 diabetes and rheumatoid arthritis.

In a 2019 study, researchers found that people with depression showed differences in specific gut bacteria, versus those without depression. Levels of two types of bacteria - Coprococcus and Dialister - were reported to be "consistently depleted" in people with depression.

of probiotics that affect the central nervous system (CNS) related functions and behaviors mediated by the gut-brain-axis (GBA) via immune, humoral, neural, and metabolic pathways to improve not only the gastrointestinal (GI) function anxiolytic capacity.

Basically, the human microbiome occupies five areas: the lower gastrointestinal tract, skin, mouth, nose and vagina. The lower gastrointestinal tract is the most diverse niche, colonised with more than 30 000 different strains of bacteria.

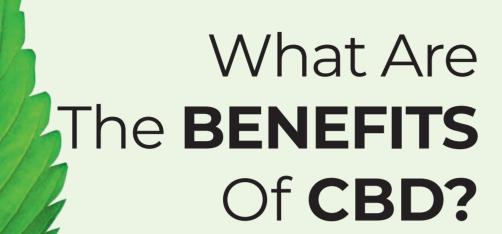
diverse population of gastrointestinal bacteria releases numerous signalling molecules that may influence the brain and behaviour through immunological (cytokines), endocrinological (cortisol) and neural (the vagus nerve and enteric nervous system) mechanisms.

As a novel class of probiotics, the application of psychobiotics has led researchers to focus on a new area in neuroscience. In the past five years, some psychobiotics strains were reported to inhibit inflammation and decreased cortisol levels, resulting in an amelioration of the symptoms of anxiety and depression.

Psychobiotics are efficacious in improving neurodegenerative and neurodevelopmental disorders, including autism spectrum disorder (ASD), Parkinson's disease (PD) and Alzheimer's disease (AD), Use of psychobiotics can improve GI function, ASD symptoms, motor functions of patients with PD and cognition in patients with AD.

example: Certain gastrointestinal bacteria produce neurotransmitters includina gamma-aminobutyric (GABA), serotonin, catecholamines and acetylcholine - and their precursors, such as tryptophan. Neurotransmitters by bacteria may, for example, induce epithelial cells to release molecules that modulate signalling in the enteric nervous system. Increases in pro-inflammatory cytokines seems to be associated with depression and some other psychiatric conditions.





The CBD industry is flourishing. conservatively projected to hit \$16 billion in the United States by 2025. Already, the plant extract is being added to cheeseburgers, toothpicks and breath sprays.

WHAT IS CBD?

Cannabidiol, or CBD, is the lesserknown child of the cannabis sativa plant; its more famous sibling, tetrahydrocannabinol, or THC, is the active ingredient in pot that catapults users' "high." With roots in Central Asia, the plant is believed to have been first used medicinally - or for rituals around 750 B.C., though there are other estimates too.

Cannabidiol and THC are just two of the plant's more than cannabinoids. THC is psychoactive, and CBD may or may not be, which is a matter of debate. THC can increase anxiety; it is not clear what effect CBD is having, if any, in reducing it. THC can lead to addiction and cravings; CBD is being studied to help those in recovery. Cannabis containing 0.3 percent or less of THC is hemp.

WHAT ARE THE **CLAIMS?**

CBD is advertised as providing relief for anxiety, depression post-traumatic stress disorder. It is also marketed to promote sleep. Part of CBD's popularity is that it purports to be "non-psychoactive," and that consumers can reap health benefits from the plant without the high (or the midnight pizza munchies).

DOES CBD WORK?

"It's promising in a lot of different therapeutic avenues because it's relatively safe," said James MacKillop, co-director of McMaster University's Michael G. DeGroote Center for Medicinal Cannabis Research in Hamilton. Ontario.

More than 60 percent of CBD users have taken it for anxiety, according to a survey of 5,000 people, conducted by the Brightfield Group, a cannabis market research firm. Chronic pain, insomnia and depression

follow behind.

Last year, the F.D.A. approved Epidiolex, a purified CBD extract, to treat rare seizure disorders in patients 2 years or older after three randomized, double-blind and placebo-controlled clinical trials with 516 patients that showed the drug, taken along with other medications, helped to reduce seizures. These types of studies are the gold standard in medicine, in which participants are divided by chance, and neither the subject nor the investigator knows which group is taking the placebo or the medication.

While there is hope for treating other conditions with the plant extract, Epidiolex remains the only CBD-derived drug approved by the F.D.A. Most of the research on cannabidiol has been in animals, and its current popularity has outpaced science.

"We don't have the 101 course on CBD quite figured out yet," said Ryan Vandrey, an associate professor of psychiatry and behavioral sciences at Johns Hopkins University School of Medicine.

DOES CBD HELP ANXIETY AND PTSD?

An experiment in the journal Neuropsychopharmacology found that CBD seemed to reduce

nervousness and cognitive impairment in patients with social anxiety in a simulated public speaking task.

However, a double-blind study found healthy volunteers administered CBD had little to no change in their emotional reaction to unpleasant images or words, compared to the placebo group.

"If it's a calming drug, it should change their responses to the stimuli." said Harriet de Wit. co-author of the study and a professor in the University of Chicago's department of psychiatry and behavioral neuroscience. "But it didn't."

Many soldiers return home haunted by war and PTSD and often avoid certain activities, places or people associated with their traumatic events. The Department of Veterans Affairs is funding its first study on CBD, pairing it with psychotherapy.

"Our top therapies attempt to break the association between reminders of the trauma and the fear response," said Mallory Loflin, an assistant adjunct professor at the University of California. San Diego and the study's principal investigator. "We think that CBD, at least in animal models, can help that process happen a lot faster."

While large clinical trials are underway, psychologists say there isn't compelling evidence yet as to whether this is a viable treatment.

DOES CBD HELP SLEEP AND DEPRESSION?

CBD may also be promising as a sleep aid; one of the side effects of the Epidiolex trials for epilepsy was drowsiness, according to Mr. MacKillop, a co-author of a review on cannabinoids and sleep.

What Are The Benefits Of CBD?

What Are The Benefits Of CBD?

"If you are looking for new treatments for sleep, that may be a clue," he said.

But he cautions that the side effects could have been because of an interaction with other medications the children were taking to control the seizures.

So far, there hasn't been a randomized, placebo-controlled, double-blind trial (the gold standard) on sleep disorders and CBD. A recent chart review of 72 psychiatric patients treated with CBD found that anxiety improved, but not sleep.

"Over all, we did not find that it panned out as a useful treatment for sleep," said Dr. Scott Shannon, assistant clinical professor of psychiatry at the University of Colorado, Denver and the lead author of the review in The Permanente Journal.

Sleep can be disrupted for many reasons, including depression.

"Surprisingly, CBD seems to act faster than conventional antidepressants," wrote one of the authors of a new review, Sâmia Joca, a fellow at the Aarhus Institute of Advanced Studies in Denmark and an associate professor at the University of São Paulo in Brazil, in an email interview.

Of course, it's difficult to detect depression in animals, but the studies that Ms. Joca and her colleagues reviewed suggested that in models of chronic stress exposure, the mice and rats treated with CBD were more resilient.

But without clinical trials in humans, psychologists say CBD's effect on depression is still a hypothesis, and not an evidencebased treatment.



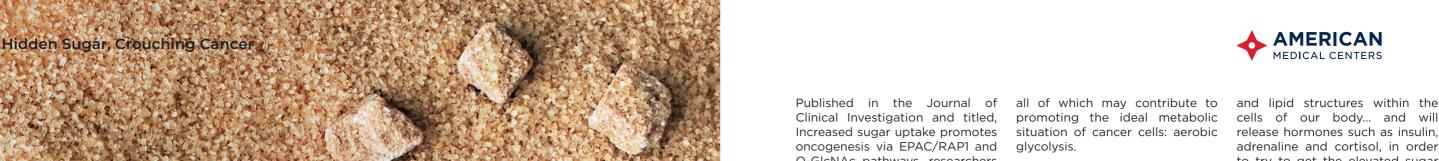
HUCOM





Building healthy habits together!

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Clinical Investigation and titled, Increased sugar uptake promotes oncogenesis via EPAC/RAP1 and O-GlcNAc pathways, researchers addressed a common perception (or misperception) in the cancer research community regarding sugar's relationship to cancer: namely, "increased glycolysis [sugar based metabolism] is frequently viewed as a consequence of oncogenic events that drive malignant cell growth and survival."

Contrary to this conventional view, the new study "provide[s] evidence that increased glycolytic activation itself can be an oncogenic event." That is to say, the activation of sugar-based metabolism in a cell – driven by both the presence of increased quantities of glucose and the increase glucose receptors on the cell membrane surface (i.e. "overexpression of a glucose transporter") – may drive cancer initiation.

GRAINS

It has been estimated by the USDA that the average American consumes 200 lbs of grain products annually. Why is this relevant to the question of sugar in the diet? Because refined carbohydrate products – e.g. crackers, bread, pasta, cereal – are actually 'hidden' forms of sugar. In fact, puffed rice causes your blood to become sweeter (and presumably feeds more cancer cells sugar) than white sugar, as it is higher on the glycemic index.

Adding the two figures together - annual per capita consumption of sugar and grain-based products - we get a jaw dropping 360 lbs of sugar (both overt (table sugar/high fructose corn syrup) and covert (grain carbs) annually -

This is one reason why the ketogenic diet - that is, a fat-and protein-focused diet devoid of carbohydrate, both in simple (sugar) and complex (grain product) form - has been found so useful in the most aggressive of cancers: including brain cancer. Once you 'pull the rug out' from under the sugar/carb-craving cancer cells, they are forced to either undergo programmed cell death (apoptosis) or redifferentiate back into non-cancerous phenotypes.

WHY DO WE EAT SO MUCH?

One of the primary reasons why we eat sugar and carbohydrate rich diets is because they are addictive. Within minutes of consuming sugar/carbs our body goes through a neuroendocrine roller coaster. Your brain can not survive very long without glucose, the fundamental energy unit of the cell, and will 'freak out' if deprived of a steady stream of this 'nutrient' within only 2-3 minutes.

The endocrine system, on the other hand, perceives the danger of high sugar - namely, glycation associated damage to protein

cells of our body... and will release hormones such as insulin, adrenaline and cortisol, in order to try to get the elevated sugar in the blood and tissues under control. Insulin forces the sugar into storage within the cell, both as glycogen and as fat, but often does its job too well, causing available glucose levels in the brain to be depleted - setting off a vicious cycle of 'emergency signals' telling the body to release more cortisol and adrenaline to increase the levels of glucose in the blood. This, of course, will result in additional insulin production and release.

This seemingly endless vicious cycle is responsible for the insatiable cravings a high carb/sugar diet generates that modulate both opioid and dopamine receptors in the nervous system.

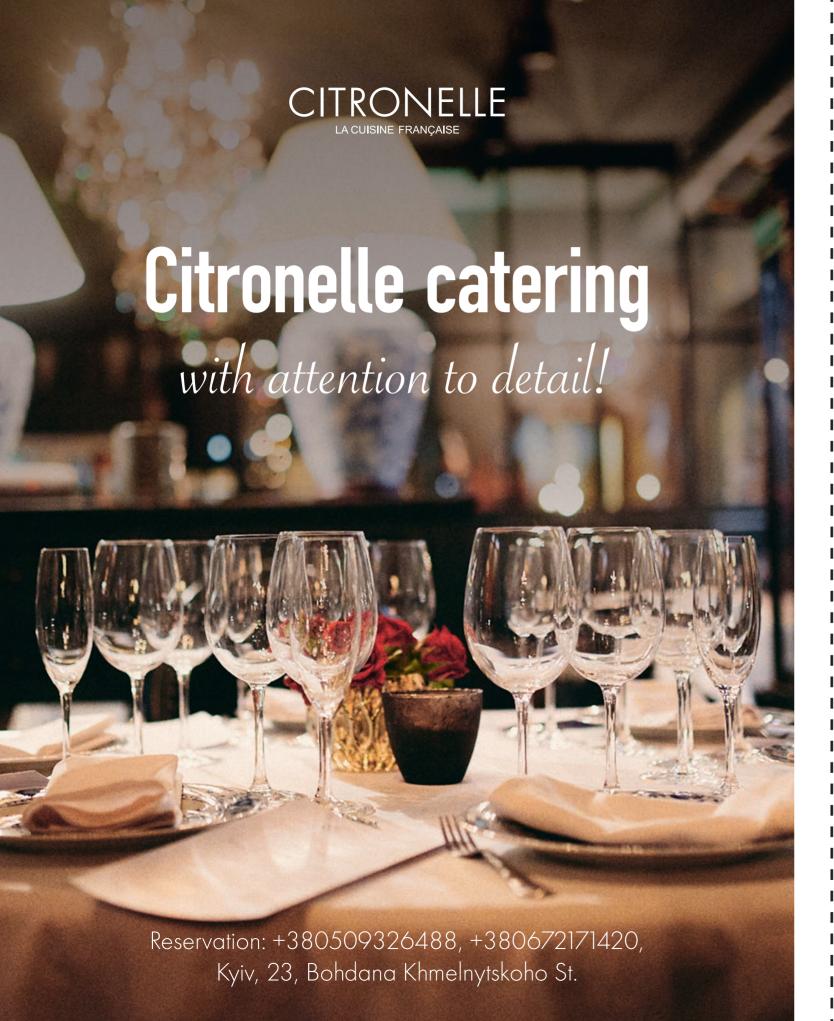
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Cancer is a multifactorial phenomena, with variables we can not always control. One thing we can do is control what goes into our mouth. In a nutshell, if you are concerned about cancer removing sugar and excess carbohydrates is a must. Not only is it common sense, but it is now validated by experimental research.

The average American consumes their body weight annually in this cancer-causing substance, and yet hospitals freely feed it to their cancer patients, seemingly oblivious to the harm it does.

Hidden SUGAR

Crouching Cancer



SOUPS





SOUPS

PAPPA AL. POMODORO

Method

- 1. Put the olive oil, tomatoes, garlic, celery and a pinch each of salt and pepper into a saucepan, add 1.2 litres/2 pints water and ring to the boil.
- 2. Reduce the heat and simmer for about 1 hour.
- 3. Remove the pan from the heat and leave to
- 4. About 30 minutes before serving, stir in the bread and simmer the soup over a low heat.
- 5. Ladle into a soup tureen, sprinkle with the basil and Parmesan and serve.

Preparation: 15 min Cooking: 1 hr 20 min

Ingredients (4 Serving)

1 tablespoon olive oil 300 g/11 oz ripe potatoes, peeled, de-seeded and coarsely chopped 1 clove garlic, chopped 1 celery stick, chopped 2 country-style bread slices, cubed 6 fresh basil leaves, chopped 25 g /1 oz Parmesan cheese, freshly grated Salt and pepper

VELVET LENTIL SOUP

Method

- 1. Put the lentils, onions, garlic and thyme ina saucepan, pour in 1 litre of water, bring to boil, then cover and cook over medium heat, stirring occasionally, for 30-40 minutes.
- 2. Remove the thyme.
- 3. Reserve 3 tablespoons of the lentils, then transfer the mixture to a food processor and process to a puree.
- 4. Pour into a soup tureen and whisk in the cream.
- 5. Season with the nutmeg and salt and pepper, stir in the reserved lentils, and serve.

Preparation: 25 min, plus 3 hrs soaking

Cooking: 45 min

Ingredients (4 Serving)

200 g/7 oz green lentils, soaked in cold water for 3

drain 100g/3.5 oz red lentils, soaked in cold water for 3

drain 2 baby onions, halved 1 clove garlic crushed 1 spring fresh thyme 200 ml/7 fl oz double cream

pinch of freshly grated nutmeg

salt and pepper



POWER Bowls







POWER Bowls

CLASSIC AÇAÍ BOWLS

(VEGAN & GLUTEN-FREE)

Method

- 1. Run Smoothie Packs under hot water for 5 seconds.
- 2. Load all smoothie ingredients into blender in order listed and blend until smooth. (If you don't have a super blender, you may have to pause a couple times to stir in any large frozen chunks before blending again).
- 3. Divide smoothie between two bowls or enjoy as a smoothie! - and top accordingly. Yum!

Ingredients (1 Serving)

For the "smoothie" portion:

4 oz unsweetened almond milk

1 banana

1 cup strawberries

1 cup frozen blueberries

2 Açaí Smoothie Packs

For the topping:

sliced bananas sliced strawberries sliced kiwi frozen blueberries granola sliced almonds coconut chips

honey (omit for vegan

option)

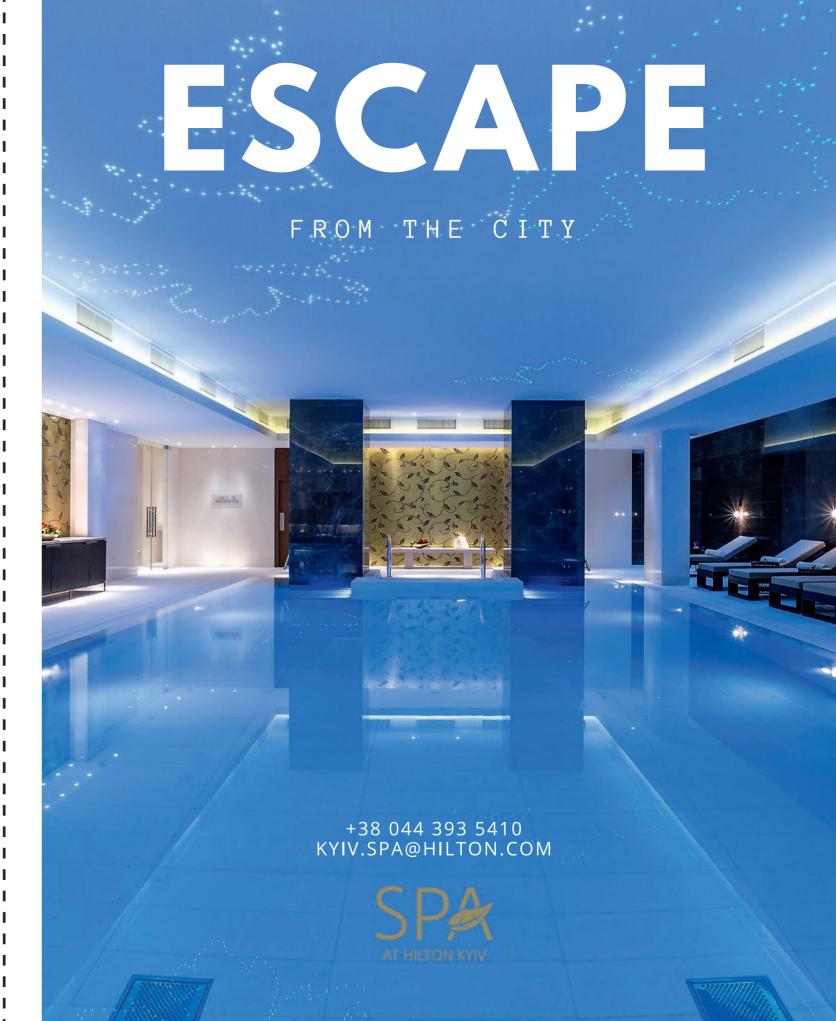
BUILD-YOUR-OWN BUDDHA BOWL

Method

- 1. Bring a large pot of water to boil (ideally about 4 quarts water). Once the water is boiling, add the rice and continue boiling for 25 minutes. Add the edamame and cook for 3 more minutes. Then add the snap peas and cook for 2 more minutes.
- 2. Drain well, and return the rice and veggies to the pot. Season to taste with 1 to 2 tablespoons of tamari or soy sauce, and stir to combine.
- 3. Divide the rice/veggie mixture and raw veggies into 4 bowls. Drizzle lightly with carrot ginger dressing and top with sliced green onion.
- 4. When you're ready to serve, divide the avocado into the bowls. Lightly drizzle sesame oil over the avocado, followed by a generous sprinkle of sesame seeds and flaky sea salt.

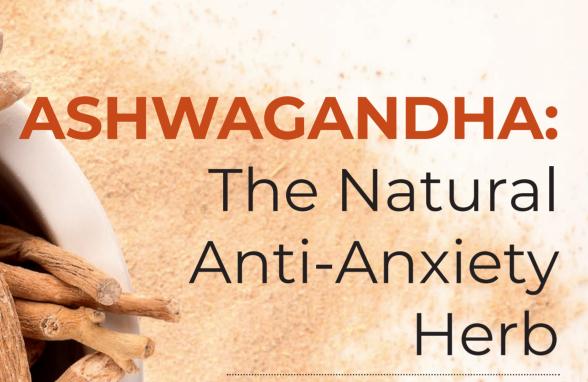
Ingredients (1 Serving) Rice and veggies

- 11/4 cups short-grain brown rice or long-grain brown rice, rinsed
- 11/2 cups frozen shelled edamame, preferably organic
- 11/2 cups trimmed and roughly chopped snap peas or snow peas, or thinly sliced broccoli florets
- 1 to 2 tablespoons reducedsodium tamari or soy sauce, to taste
- 4 cups chopped red cabbage or spinach or romaine lettuce or kale (ribs removed)
- 2 ripe avocados, halved. pitted and thinly sliced into long strips (wait to slice just before serving)









Anxiety is the #1 most common mental illness in the United States. Affecting 40 million American adults, anxiety is virtually endemic to the Western lifestyle.

WHAT IS **ASHWAGANDHA?**

'Ashwagandha' is from Sanskrit. combining 'ashva', which means horse, and 'gandha' meaning smell. The root itself is said to have a very strong horse-like odor and its namesake is also owed to the fact that Ashwagandha bestows 'stallion strength'. Colloquially, Ashwagandha is also sometimes called 'Indian ginseng', which is not to be confused with Chinese

Ashwagandha has been popular in Ayurvedic medicine for millennia. It was traditionally used to treat anxiety, low energy, and combat aging. Sometimes, it was also utilized to lower inflammation and fight infection. Even for healthy people, Ashwagandha was thought to be an overall body tonic to increase general health, strength and wellbeing.

The medicinal Ashwagandha is harvested from the root of the Ashwagandha bush. This plant is incredibly hardy, surviving both hot and cold temperature extremes and able to grow at an altitude of up to 4,900ft (1,500m) above sea level.

to as withanolides. Researchers believe that withanolides are able to act as precursors to the hormones which regulate our stress and relaxation responses.



ASHWAGANDHA AND ANXIETY?

In natural medicine, Ashwagandha is considered to be adaptogenic. Adaptogens are herbs or botanical substances that help to balance our body's physiological systems (such as our adrenals and nervous system) to better adapt to stress or external assaults.

More specifically, Ashwagandha may help to balance the hormones that contribute to anxiety. On one hand, it can fire up your body and give you energy when you're feeling fatigued and burned out. On the other hand, it can also suppress stimulatory hormones when you're strung out and stressed. Ashwagandha can also depress the central nervous system, inducing relaxation and aiding sleep.

This is clinically helpful for stress and anxiety disorders, which tend to involve two extremes of high stress and stimulation, combined with fatigue and adrenal exhaustion.

The hormone-modulating effect of Ashwagandha is thought to be facilitated by several naturallyphytochemicals. occurring The most highly researched phytochemicals include lactones and alkaloids, which are referred

CLINICAL EVIDENCE FOR ASHWAGANDHA?

Many clinical studies support what our ancient predecessors already knew; Ashwagandha can help to regulate stress. In addition to the anecdotal evidence provided by our forebears, modern medicine is adding to the Ashwagandha story.

In 2012, a study of 64 volunteers diagnosed with were allocated to take either Ashwagandha or a placebo during a two month period. By the end of the trial, the Ashwagandha treatment cohort showed significantly lower anxiety and - here's the real kicker - 28% lower levels of serum cortisol (the stress hormone).

In addition to feeling less stressed, the treatment group also showed improvements in depression, insomnia, social dysfunction and productivity.

Other studies have shown that Ashwagandha may be useful for helping people with agoraphobia, adrenal hyperplasia and stressrelated fertility problems. Ashwagandha may also indirectly help with sex drive and aging, by reducing emotional and chemical stressors.





DOSE, USAGE AND SIDE-EFFECTS OF **ASHWAGANDHA**

Ideally, it is recommended to take an extract that offers between 5% to 8% withanolides. And as with most supplements, always seek an organic brand that is made from high-quality, trustworthy sources.

Many studies start with a minimum dose of 300mg Ashwagandha daily. However, read the labelling carefully. Work with a trusted health practitioner to work out the right amount for you. It is also preferable to take Ashwagandha with food, preferably at breakfast time.

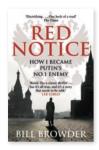
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While Ashwagandha is generally considered to be safe, there are a few possible contraindications to be aware of. It is not recommended to take Ashwagandha if you:

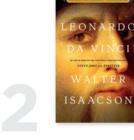
- are pregnant or breastfeeding
- diabetic
- experience blood pressure issues
- have autoimmune disease
- expect surgery within the next two weeks
- · or take certain medications (such as immunosuppressants, thyroid prescriptions or sedatives)



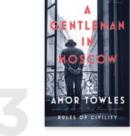
What We're **READING...**



"Browder's business saga meshes well with the story of corruption and murder in Vladimir Putin's Russia, making Red Notice an early candidate for any list of the year's best books" (Fortune)



"A powerful story of an exhilarating mind and life... a study in creativity: how to define it, how to achieve it." - The New Yorker



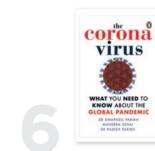
From the New York Times bestselling author of Rules of Civility - a transporting novel about a man who is ordered to spend the rest of his life inside a luxurv hotel



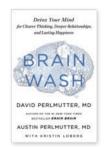
A riveting, deeply personal account of history in the making - from the president who inspired us to believe in the power of democracy



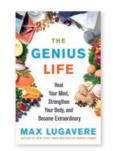
An indispensable guide to food, our most powerful tool to reverse the global epidemic of chronic disease, heal the environment, reform politics, and revive economies



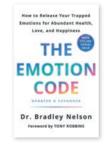
On the eve of 31 December 2019, as the world celebrated the start of a new decade, the province of Wuhan alerted the World Health Organization of several 'flu-like' cases



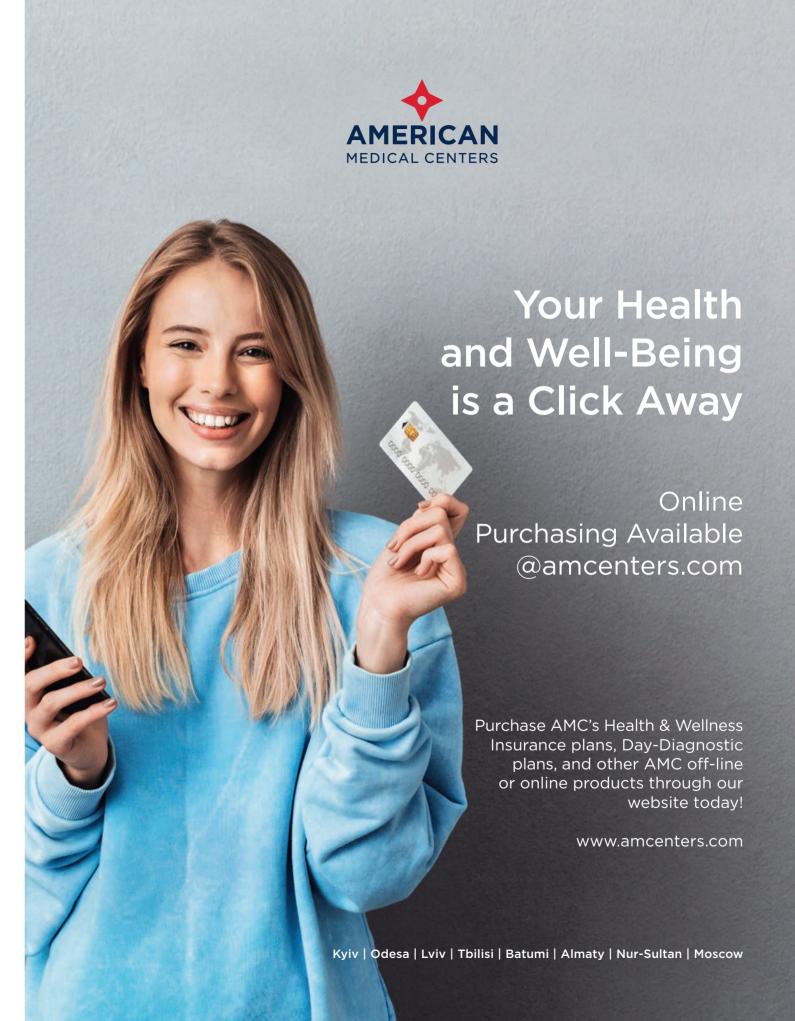
The #1 New York Times bestselling author of *Grain Brain* and his physician son explore how modern culture threatens to rewire our brains and damage our health

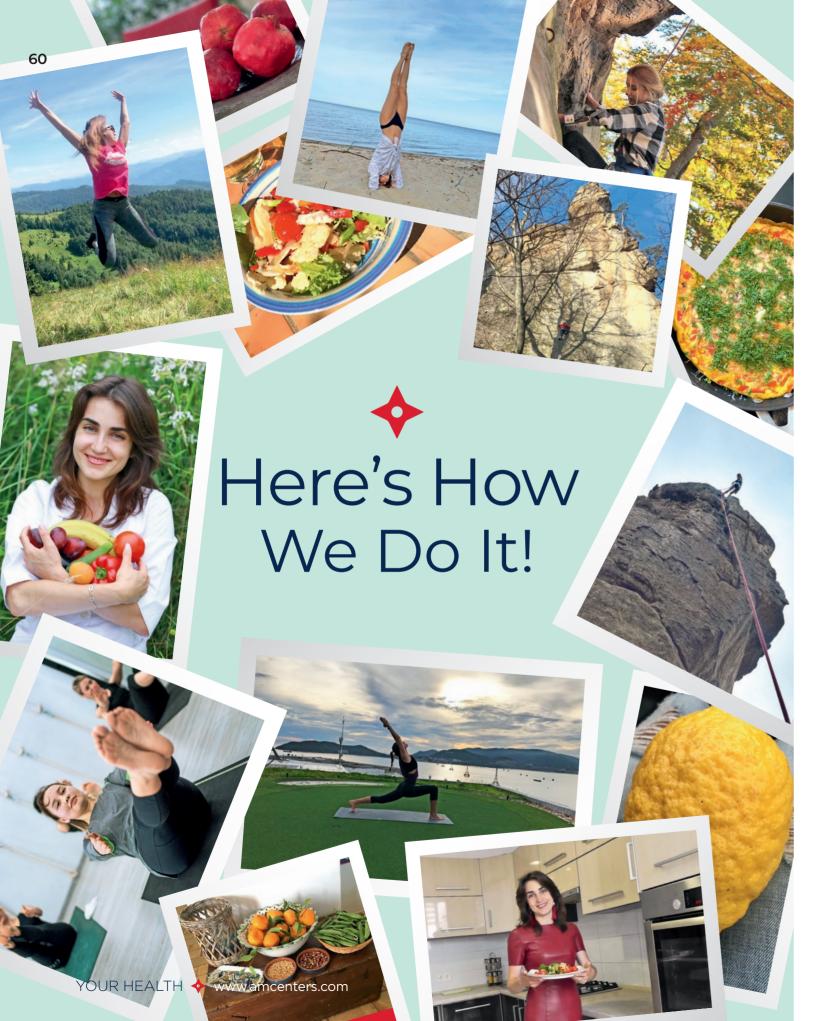


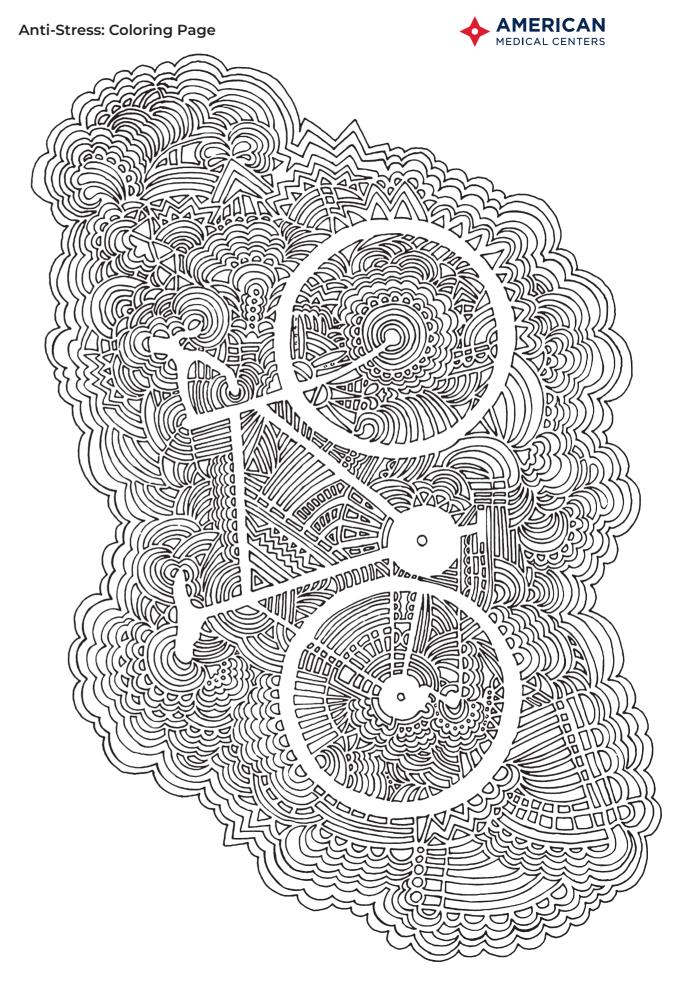
The author of the New York Times bestselling Genius Foods is back with a lifestyle program for resetting your brain and body to its "factory settings"

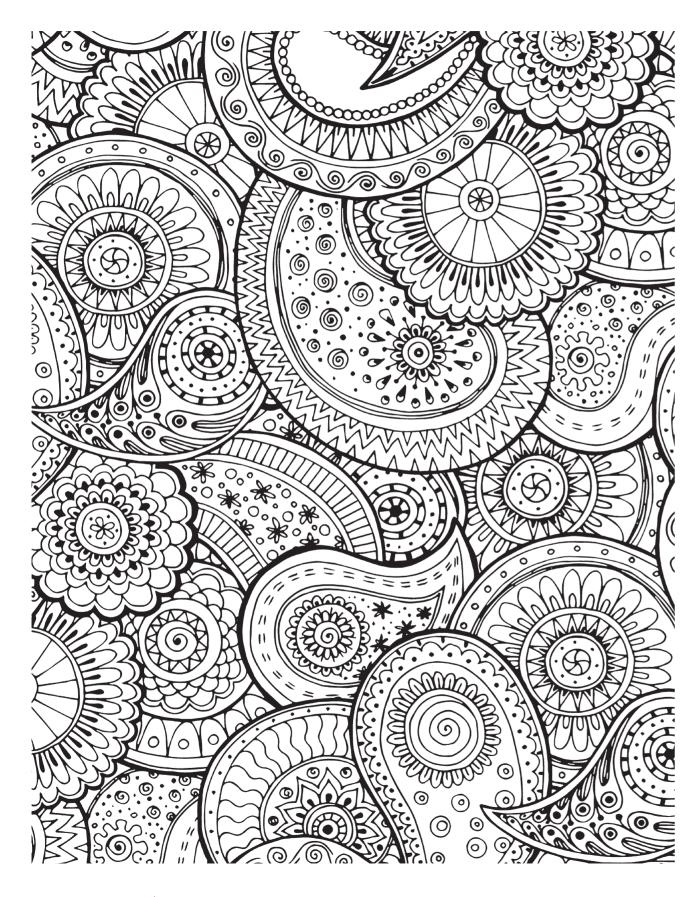


In The Emotion Code, renowned Holistic physician and lecturer Dr. Bradley Nelson skillfully lays bare the inner workings of the subconscious mind











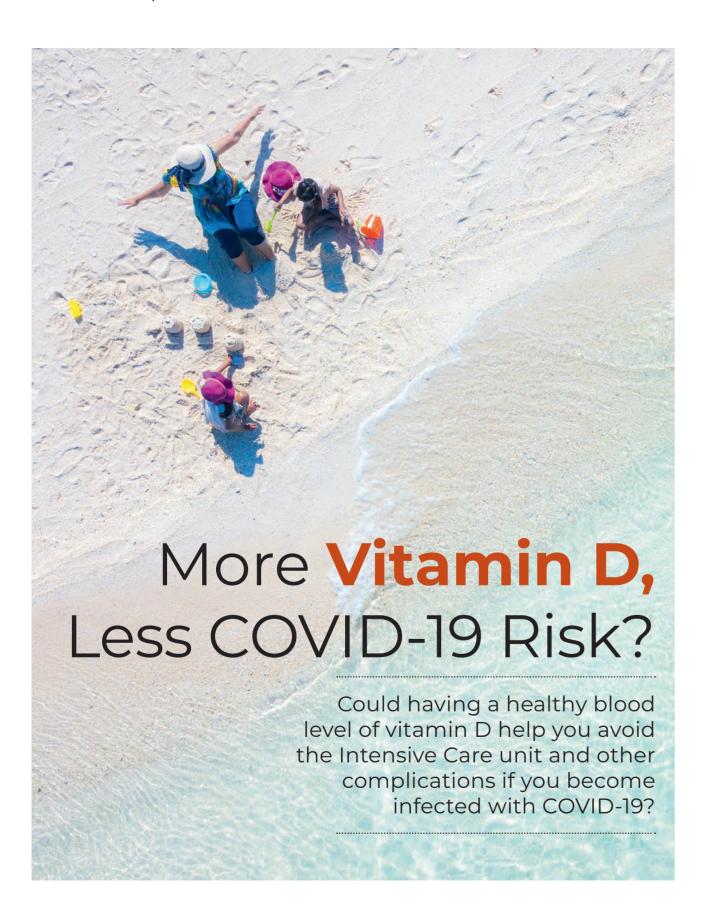
Healthy Desserts & Bread











Several groups of researchers from different countries have found that the sickest patients often have the lowest levels of vitamin D. and that countries with higher death rates had larger numbers of people with vitamin D deficiency than countries with lower death rates.

Experts say healthy blood levels of vitamin D may give people with COVID-19 a survival advantage by helping them avoid cytokine storm, when the immune system overreacts and attacks your body's own cells and tissues.

The early research is not yet peerreviewed, and other experts sav scientific proof is lacking that vitamin D could prevent COVID-19 or make the infection milder. Researchers are trying to figure that out - at least 8 studies are listed on clinicaltrials.gov to evaluate vitamin D's role in preventing or easing COVID-19. In the meantime, some people say there's no harm in taking the vitamin as a precaution.

"I feel like if there is anything we can be doing at the moment to support our body, I am totally on board," says Jackie Wilcox, 38, of Newburyport, MA, near Boston.

Her family, including her husband and two children, are taking daily supplements.

PRE-COVID-19 **RESEARCH ON VITAMIN** D's BENEFITS

While the recent research on vitamin D and COVID-19 is just starting, other research has found that vitamin D supplements can help reduce the risk of respiratory infection. And researchers who looked back at the 1918-1919 influenza pandemic found that patients with healthy vitamin D blood levels were less likely to die.

The research linking vitamin D levels and COVID-19's cytokine storm is also just starting. but not surprising, says Bart Roep, PhD, chair of the department of diabetes immunology at City of Hope, a cancer center in Duarte, CA. Vitamin D, he says, is "the negotiator" because "it doesn't suppress the immune system, it modulates it. Vitamin D makes the immune cells less inflammatory."

While research finds that low vitamin D may affect how severe COVID-19 is, it's not yet known if restoring vitamin D to normal levels would help as a treatment. Nor can anyone say for sure that having a healthy vitamin D level will help you avoid the virus.

A researcher from the University Southeastern Philippines evaluated the vitamin D blood levels of 212 people diagnosed with COVID-19 and found the blood level of vitamin D was lowest in those in critical condition and highest in those with a milder infection. The conclusion of his paper, not peer-reviewed, is that supplements "could possibly improve clinical outcomes of patients infected with COVID-19."

MORE ABOUT VITAMIN D

A simple blood test can detect whether your levels of vitamin D are healthy or deficient. A level of 20 nanograms per milliliter or over is needed to maintain bone health; under 12 nanograms/ml is termed deficient.

Vitamin D also helps modulate cell growth and reduce inflammation. Some research suggests it could help prevent and treat diabetes, high blood pressure, and blood sugar problems, but the National Institutes of Health views that research as not clear-cut.

To maintain a healthy blood level of vitamin D. the Institute of Medicine recommends children under age 1 year take in 400 international units (IUs) of vitamin D daily, and people ages 1 year to 70 years take in 600 IUs. People over age 70 should get 800 IUs a day.

Vitamin D is naturally present in few foods, but it's added to others and is also available as a supplement. Three ounces of cooked salmon has 570 IUs, while 3 ounces of rainbow trout has 645. A cup of 2% vitamin D-fortified milk has 120.

But during the pandemic, it may be wise to take more, says JoAnn Manson, MD, DrPH, a professor of medicine at Harvard Medical School and chief of the Division of Preventive Medicine at Brigham and Women's Hospital. "The recommended dietary allowance of vitamin D is 600-800 IU/daily, but during this period, a multivitamin or supplement containing 1,000-2,000 IU/daily of vitamin D would be reasonable," she told Medscape.

Vitamin D toxicity can occur with doses of 50,000 to 60,000 IUs daily, experts say. Too much can lead to a buildup of calcium in the blood, along with vomiting, weakness, frequent urination, and an irregular heartbeat.

Manson also told Medscape that she and her colleagues are planning to launch a clinical trial to see if vitamin D supplements could reduce the risk of getting infected or make the infection less severe.



QUESTIONS: New COVID Vaccines

Vaccines are rolling out to health workers now and will reach the arms of the rest of us by spring and summer. Here's what you need to know.

HOW LONG WILL IT TAKE TO WORK?

You won't get the full protection from the Pfizer-BioNTech vaccine until about a week after the second dose, based on clinical trial data. The researchers found that the vaccine's protection started to emerge about ten days after the first dose, but it only reached 52 percent efficacy, according to a report in the New England Journal of Medicine. A week after the second dose, the efficacy rose to 95 percent.

Any side effects, which can resemble the symptoms of COVID-19, last about a day and appear more likely after the second dose. In the Pfizer study, about half developed fatigue. Other side effects occurred in at least 25 to 33 percent of patients, sometimes more, including headaches, chills and muscle pain.

HOW DO I KNOW IT'S SAFE?

Each company's application to the F.D.A. includes two months of follow-up safety data from Phase 3 of clinical trials conducted universities and other independent bodies. In that phase, tens of thousands of volunteers got a vaccine and waited to see if they became infected, compared with others who received a placebo. By September, Pfizer's trial had 44.000 participants: no serious safety concerns have been reported. - Abby Goodnough

IF I HAVE ALLERGIES. SHOULD I BE **CONCERNED?**

People with severe allergies who have experienced anaphylaxis

in the past should talk to their doctors about how to safely get the vaccine and what precautions to take. Health officials are recommending that people with allergies should still get their shots and wait the standard 15 minutes post-injection before leaving the vaccination site.

I HAD COVID-19 ALREADY, DO I NEED THE VACCINE?

It's safe, and probably even beneficial, for anyone who has had COVID to get the vaccine at some point, experts said. Although people who have contracted the virus do have immunity, it is too soon to know how long it lasts. So for now, it makes sense for them to get the shot. The guestion is

WHY NOT TAKE MY CHANCES WITH **COVID-19 RATHER** THAN GET A VACCINE?

COVID-19 is by far the more dangerous option, even if you are young and at low risk. Although people who are older, obese or have other health problems are at highest risk for complications from COVID-19, younger people can become severely ill. too.

And as many as one in three people who recover from COVID have chronic complaints, including exhaustion, a racing heart and worse for months afterward. COVID vaccines, in contrast, carry little known risk. Read more here. -Apoorva Mandavilli

WHAT ABOUT WOMEN WHO ARE PREGNANT OR BREASTFEEDING?

Pregnant and breastfeeding women should consult with their obstetricians and pediatricians about whether to get the vaccine. The Pfizer vaccine has not been tested in pregnant women or in those who were breastfeeding. and federal health officials have not issued any specific guidance, other than allowing these women to be vaccinated if they choose. (The American College of Obstetricians and Gynecologists issued practice guidelines to help women and their doctors talk about vaccination.)

WHEN WILL VACCINES BE AVAILABLE FOR CHILDREN?

So far, no coronavirus vaccine has been approved for children. New vaccines are typically tested on adults before researchers launch

trials on children, and coronavirus vaccine developers are following this protocol.

WHAT IF I FORGET TO TAKE THE SECOND **DOSE ON TIME?**

Both the vaccines from Pfizer-BioNTech and from Moderna have two doses, with the booster shot coming a few weeks after the first. Pfizer-BioNTech's second dose comes three weeks after the first. and Moderna's comes four weeks later. The second dose provides a potent boost that gives people strong, long-lasting immunity.

If for some reason you fail to get the second shot precisely three weeks after the first, you don't have to start all over again with another two-dose regimen. "The second dose can be picked up at any time after the first.

IF I'VE BEEN VACCINATED, WILL I STILL NEED TO WEAR A MASK?

Yes, but not forever. Here's why. The coronavirus vaccines are injected deep into the muscles and stimulate the immune system to produce antibodies. This appears to be enough protection to keep the vaccinated person from getting ill. But what's not clear is whether it's possible for the virus to bloom in the nose - and be sneezed or breathed out to infect others even as antibodies elsewhere in the body have mobilized to prevent the vaccinated person from getting sick.

WHEN CAN WE START SAFELY DOING NORMAL THINGS, LIKE **GOING TO THE MOVIES** OR THE THEATER?

Public health officials estimate that 70 to 75 percent of the population needs to be vaccinated before people can start moving freely in society again. If things go well, life could get a lot better by late spring and early summer. "It depends on the uptake of the vaccine and the level of infection in the community," Dr. Fauci said.

"

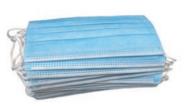
HOW LONG WILL THE VACCINE LAST? WILL I NEED **ANOTHER ONE NEXT YEAR?**

That is to be determined. It's possible that coronavirus vaccinations will become an annual event, just like the flu shot. Or it may be that the benefits of the vaccine last longer than a year. We have to wait to see how durable the protection from the vaccines is.



N99 & N95 MEDICAL-GRADE MASKS

There's a reason agencies recommend reserving N99 and N95 masks for healthcare workers first: according to the researchers, N99 masks reduce a person's risk of infection by 94 to 99 percent after 20 minutes of exposure in a highly contaminated environment. N95 masks offered almost as much protection - the name refers to its minimum 95 percent efficiency at filtering



DISPOSABLE SURGICAL MASKS

Surgical masks are made of nonwoven fabric, so they're usually the safest option for healthcare workers who don't have access to N99 or N95 masks.

Generally, surgical masks are almost three times as effective at blocking viruscontaining aerosols than homemade face masks, but healthcare workers should still have access to them first.



"HYBRID" MASKS

It was discovered that the combination of cotton and chiffon offers the most protection regarding "hybrid" masks, followed by cotton and flannel, cotton and silk, and four layers of natural silk. These options may even be better at filtering small particles than an N95 mask, but they are not as good at filtering larger particles.

Researchers also found that two layers of 600-thread-count cotton or two layers of chiffon might be better at filtering small particles than a surgical mask.



THREE LAYERS OF COTTON OR SILK ARE ALSO HIGHLY PROTECTIVE

WHO recommends three-layer fabric masks: with an inner layer that absorbs, a middle layer that filters, and an outer layer made from a nonabsorbent material like polyester.

A recent study demonstrated that three layers of either a silk shirt or a 100 percent cotton T-shirt may be just as protective as a medical-grade mask. Silk in particular has electrostatic properties that can help trap smaller viral particles.



SCARVES OR COTTON MASKS

The single layer of 80-thread-count cotton is among the least effective materials at blocking coronavirus particles, both large and small.

Scarves and cotton T-shirts reduced infection risk by about 44 percent after 30 seconds of exposure to the coronavirus, but after 20 minutes of exposure in a highly contaminated environment, that risk reduction dropped to just 24 percent.

But that's better than zero. The infectious droplets may travel up to 16 feet when a person isn't wearing a mask, compared to 5 feet when the particles leak out the sides of a face mask.



The World Health Organisation recommends medical masks for healthcare workers, elderly people, people with underlying health conditions, and people who have tested positive for the coronavirus or show symptoms.

The ideal face mask blocks large respiratory droplets from coughs or sneezes - the primary method by which people pass the coronavirus to others - rticles, called aerosols, produced when people talk or exhale. Even cloth masks vary since some types are more porous than others.







S COFFEE GOOD For You?

Yes! But it depends on the type of coffee and quantity. We've come a long way from the cans of Folgers that filled our grandparents' cupboards, with our oat milk lattes, cold brews and Frappuccinos. Some of us are still utilitarian about the drink while others perform elaborate rituals. Coffee is steeped into our culture. Just the right amount can improve our mood; too much may make us feel anxious and jittery.

IS COFFEE GOOD FOR ME?

YES.

In moderation, coffee seems to be good for most people — that's 2 to 4 cups daily, or up to 400 milligrams of caffeine.

"The evidence is pretty consistent that coffee is associated with a lower risk of mortality," said Erikka Loftfield, a research fellow at the National Cancer Institute who has studied the beverage.

For years, coffee was believed to be a possible carcinogen, but the 2015 Dietary Guidelines helped to change perception. For the first time, moderate coffee drinking was included as part of a healthy diet. When researchers controlled for lifestyle factors, like how many heavy coffee drinkers also smoked, the data tipped in coffee's favor.

A large 2017 review on coffee consumption and human health in the British Medical Journal also found that most of the time, coffee was associated with a benefit, rather than a harm. In examining more than 200 reviews of previous studies, the authors observed that moderate coffee drinkers had less cardiovascular disease, and premature death from all causes, including heart attacks and stroke, than those skipping the beverage.

In addition, experts say some of the strongest protective effects may be with Type 2 diabetes, Parkinson's disease, and liver conditions such as cirrhosis, liver cancer and chronic liver disease. For example, having about five cups of coffee a day, instead of none, is correlated with a 30 percent decreased risk of Type 2 diabetes, according to a meta-analysis of 30 studies.

The potential benefit from coffee might be from the polyphenols, which are plant compounds that have antioxidant properties, according to Dr. Giuseppe Grosso, an assistant professor in human nutrition at University of Catania in Italy and the lead author of an umbrella review in the Annual Review of Nutrition.

However, coffee isn't for everyone. There are concerns about overconsumption. This is especially true for expecting mothers because the safety of caffeine during pregnancy is unclear. While the research into coffee's impact on health is ongoing, most of the work in this field is observational.

DOES THE WAY COFFEE IS PREPARED MATTER?

YES. DO YOU PREFER A DARK OR LIGHT ROAST? COARSE GRINDING OR FINE? ARABICA OR ROBUSTA?

Roasting, for example, reduces the amount of chlorogenic acids, but other antioxidant compounds are formed. Espresso has the highest concentration of many compounds because it has less water than drip coffee.

A study in JAMA Internal Medicine examined the coffee habits of nearly 500,000 people in the U.K. and found that it didn't matter if they drank one cup or chain-drank eight — regular or decaf — or whether they were fast metabolizers of coffee or slow. They were linked to a lower risk of death from all causes, except with instant coffee, the evidence was weaker.

The way you prepare your cup of joe may influence your cholesterol levels, too.

Examples of this include the plunge-happy French press, Scandinavian coffee, or Greek and Turkish coffee — the kind commonly consumed in the Middle East.

However, the oil in boiled coffee has cafestol and kahweol, compounds called diterpenes. They are shown to raise LDL, the bad cholesterol, and slightly lower HDL, what's known as the good kind.

Many consumers have also swapped loose grounds for coffee pods. While there are environmental concerns with single use pods, researchers believe them to hold the same benefits as, say, drip coffee. The latter applies to cold brew, too, but more research is needed.

















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