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Food Stories

I love eating and exploring local cuisines when I'm traveling abroad but Chinese food is my comfort food at home. And who doesn't like Chinese food? It's one of the most celebrated cuisines in the world. But admittedly, I'm clueless to the history, origin, and cultural tradition, behind my favorite food...until I found this book.

I'm currently 'devouring' Fuchsia Dunlop's *Invitation to a Banquet, the Story of Chinese Food* both on hardcover and Audible. British-born Fuchsia Dunlop who speaks, reads, and writes Chinese, was the first Westerner to train as a chef at the Sichuan Higher Institute of Cuisine, and has been travelling around China, researching and cooking Chinese food for some thirty years. In her latest book, she tells the history, philosophy and techniques of China's rich and ancient culinary culture told through a banquet of thirty dishes.

Each chapter examines a classic mouth-watering dish, from mapo tofu to Dongpo pork, steamed dumplings, and hairy crabs. It's a book describing Chinese food history and not a cookbook. Here, let me show you.

"Fittingly, one of China's most famous pork dishes, Dongpo pork, is named after him. Su Dongpo served as governor of Hangzhou in the late eleventh century, and supervised the dredging of the city's scenic West Lake. According to the legend, local people were so grateful for his efforts that they sent him gifts of his beloved pork for the Chinese New Year. Touched by their generosity, he instructed a servant to red-braise the pork and send some back to each of the townspeople with a gift of wine. The servant mistakenly thought he'd been told to cook the pork with wine, which is what he did, thus accidentally creating a dish that was so glorious it has never been forgotten.

For Dongpo pork, lavishly fatty belly meat, skin intact, is cut into generous cubes and slow-cooked with plenty of Shaoxing wine and some soy sauce and sugar until it is so tender that it yields to a chopstick's touch. The pork appears solid but, as they say, *melts away as soon as it enters the mouth.*"

For all Chinese food lovers and gourmands, this book definitely belongs on your bookshelf. It's simply irresistible for mind and tummy. Have a Merry Christmas and wish you all good health and happiness in the New Year. Cheers!



Best of health,
Romy Sia
romy@healthyoptions.com.ph

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Screen time and Teens' Mental Health

By Maida Lynn Chen, Professor of Pediatrics, University of Washington



A growing body of research is finding strong links between sleep, mental health and screen time in teens and tweens – the term for pre-adolescent children around the ages of 10 to 12. Amid an unprecedented mental health crisis in which some 42% of adolescents in the U.S. are suffering from mental health issues, teens are also getting too little sleep.

And it is a vicious cycle: Both a lack of sleep and the heightened activity involved in the consumption of social media and video games before bedtime can exacerbate or even trigger anxiety and depression that warrant intervention.

Relationship between mental health and poor sleep

Research has long shown a clear relationship between mental health and sleep: Poor sleep can lead to poor mental health and vice versa. People with depression and anxiety commonly have insomnia, a condition in which people have trouble falling and/or staying asleep,

or getting refreshing sleep. That ongoing sleep deprivation further worsens the very depression and anxiety that caused the insomnia in the first place.

What's more, insomnia and poor-quality sleep may also blunt the benefits of therapy and medication. At its worst, chronic sleep deprivation increases the risk of suicide. One study found that just one hour less sleep during the week was associated with "significantly greater odds of feeling hopeless, seriously considering suicide, suicide attempts, and substance use."

And what do young people do when lying in bed awake, frustrated and unable to sleep? You guessed it – far too often, they get on their smart devices.

Studies across the world in over 120,000 youth ages 6 to 18 who engage in any sort of social media have repeatedly shown worsened quality and decreased quantity of sleep. This is happening across the globe, not just in the U.S.

The strong pull of screens and social media

Although social media has some benefits, research makes it clear that there are significantly more downsides to social media consumption than upsides.

For one, scrolling social media requires being awake, and hence, displaces sleep.

Second, the light emitted from most hand-held devices, even with a night filter, a blue light filter or both, is enough to decrease levels of melatonin, the primary hormone that signals the onset of sleep.

When melatonin release is inhibited by staring at a lit device near bedtime, falling asleep becomes more challenging. For some people, melatonin supplements can help with inducing sleep. However, supplements cannot overcome the highly stimulating powers of internet content and light.

Third, and perhaps most problematic, is the content that young people are consuming. Taking in fast-paced imagery like that found on TikTok or video games before bedtime is disruptive because the brain and body are highly stimulated by these exposures, and require time to settle back into a state that is conducive to sleep.

But it's not just the speed of the imagery flitting by. Media content can disrupt both nondream and dream sleep. Have you ever fallen asleep watching a disturbing thriller or a horror movie and had scenes from that movie enter your dreams? And it's not just dreams that are affected – the brain also may not sustain deep nondream sleep since it is still processing those fast-paced images. These intrusions in your sleep can be very disruptive to overall quality and quantity of sleep.

Worst of all, social media can contribute to FOMO – short for the fear of missing out. This can occur when a teen becomes enmeshed with an influencer or role model through posts, reels and stories, all of which are cultivated to reflect unrealistic perfection, not reality.

In addition, research has found a clear link between social media consumption and poor body image in kids and teens, as well as overall worse mental health and worsened sleep problems.

These issues are troubling enough that in May 2023, the surgeon general issued a statement warning of the dangers of social media and encouraging caregivers, teachers and policymakers to work together to create a safer online environment.

A state of chronic sleep deprivation

Making sleep a high priority is a cornerstone of overall physical and mental health, and it is also key to staying alert and attentive during the school day.

Multiple professional medical and scientific organizations have recommended that teens sleep 8 to 10 hours per night. But only 1 in 5 high schoolers come close to that. Some of this is due to school start times that don't align with the natural rhythms of most teens, so they don't fall asleep early enough on weekdays.

Teens who don't get enough sleep may suffer from weak academic performance, a lack of organizational skills and mediocre decision-

“Poor sleep can lead to poor mental health and vice versa. People with depression and anxiety commonly have insomnia”

making. Teens don't have fully formed frontal lobes, the part of the brain that controls impulse and judgment. Sleep deprivation further impairs those behaviors.

This, in turn, may lead to poor decisions regarding drug and alcohol use, driving under the influence, sexual promiscuity, fighting or the use of weapons, and more. And these behaviors can start in middle school, if not earlier.

In addition, sleep deprivation is directly linked with high blood pressure, heart attacks, and the development of diabetes in adulthood. Lack of adequate sleep is also linked with childhood and adolescent obesity. Undesired weight gain occurs with sleep deprivation through a series of complex mechanisms, including shifts in metabolism, a more sedentary lifestyle and poor dietary choices.

A way forward

Parents need to prioritize sleep for the entire household and model good screen time habits. Caregivers too often send mixed messages around screen time use, given their own bad habits.

Ultimately, parents need to recognize the warning signs of sleep deprivation and progressive mood and anxiety disorders. Seek professional help for disordered sleep, troubled mental health or both, keeping in mind that finding mental health professionals can take time.

When it comes to digital media, the American Academy of Pediatrics recommends avoiding screens for at least an hour before going to bed and not sleeping with devices in the bedroom.

For older kids who have homework to do online, avoiding screen use right before bedtime can feel next to impossible. What's more, this rule tends to lead to covert use of electronic devices.

So if one hour before bedtime is too stringent, then start by avoiding media for even 15 or 30 minutes prior to going to sleep. Or if some media is needed as a compromise, try watching something passive, like TV, rather than engaging in social media apps like Snapchat.

Remember that not everything has to be done all at once – incremental changes can make a big difference over time. 🌱

8 Breakthroughs Against Cancer

By Victoria Masterson

This article was originally published in May 2022, updated in February 2023 and again in August 2023.



Cancer kills around 10 million people a year and is a leading cause of death globally, according to the World Health Organization. Breast, lung and colon cancer are among the most common. Death rates

from cancer were falling before the pandemic. But COVID-19 caused a big backlog in diagnosis and treatment.

There is some good news, however. Medical advances are accelerating the battle against cancer.

Here are eight recent developments:

1. The seven-minute cancer treatment jab

England's National Health Service (NHS) is to be the first in the world to make use of a cancer treatment injection, which takes just seven minutes to administer, rather than the current time of up to an hour to have the same drug via intravenous infusion.

This will not only speed up the treatment process for patients, but also free up time for medical professionals. The drug, Atezolizumab or Tecentriq, treats cancers including lung and breast, and it's expected most of the 3,600 NHS patients in England currently receiving it intravenously will now switch to the jab.

2. Precision oncology

Precision oncology is the "best new weapon to defeat cancer", the chief executive of Genetron Health, Sizhen Wang, says in a blog for the World Economic Forum. This involves studying the genetic makeup and molecular characteristics of cancer tumours in individual patients.

The precision oncology approach identifies changes in cells that might be causing the cancer to grow and spread. Personalized treatments can then be developed. Because precision oncology treatments are targeted – as opposed to general treatments like chemotherapy – it can mean less harm to healthy cells and fewer side effects as a result.

3. Artificial intelligence fights cancer

In India, World Economic Forum partners are using emerging technologies like artificial intelligence (AI) and machine learning to transform cancer care. For example, AI-based risk profiling can help screen for common cancers like breast cancer, leading to early diagnosis.

AI technology can also be used to analyze X-rays to identify cancers in places where imaging experts might not be available. These are two of 18 cancer interventions that The Centre for the Fourth Industrial Revolution India, a collaboration with the Forum, hopes to accelerate.

4. Greater prediction capabilities

Lung cancer kills more people in the US yearly than the next three deadliest cancers combined. It's notoriously hard to detect the early stages of the disease with X-rays and scans alone. However, MIT scientists have developed an AI learning model to predict a person's likelihood of developing lung cancer up to six years in advance via a low-dose CT scan.

Trained using complex imaging data, 'Sybil' can forecast both short- and long-term lung cancer risk. According to a recent study. "We found that while we as humans couldn't quite see where the cancer was, the model could still have some predictive power as to which lung would eventually develop cancer," said co-author Jeremy Wohlwend.

5. Clues in the DNA of cancer

At Cambridge University Hospitals in England, the DNA of cancer tumours from 12,000 patients is revealing new clues about the causes of cancer, scientists say. By analyzing genomic data, oncologists are identifying different mutations that have contributed to each person's cancer.

For example, exposure to smoking or UV light, or internal malfunctions in cells. These are like "fingerprints in a crime scene", the scientists say – and more of them are being found. "We uncovered 58 new mutational signatures and broadened our knowledge of cancer," says study author Dr Andrea Degasperi, from Cambridge's Department of Oncology.

6. Liquid and synthetic biopsies

Biopsies are the main way doctors diagnose cancer – but the process is invasive and involves removing a section of tissue from the body, sometimes surgically, so it can be examined in a laboratory. Liquid biopsies are an easier and less invasive solution where blood samples can be tested for signs of cancer. Synthetic biopsies are another innovation that can force cancer cells to reveal themselves during the earliest stages of the disease.


7. CAR-T-cell therapy

A treatment that makes immune cells hunt down and kill cancer cells was recently declared a success for leukemia patients. The treatment, called CAR-T-cell therapy, involves removing and genetically altering immune cells, called T cells, from cancer patients. The altered cells then produce proteins called chimeric antigen receptors (CARs). These recognize and can destroy cancer cells.

In the journal *Nature*, scientists at the University of Pennsylvania announced that two of the first people treated with CAR-T-cell therapy were still in remission 12 years on.

8. Fighting pancreatic cancer

Pancreatic cancer is one of the deadliest cancers. It is rarely diagnosed before it starts to spread and has a survival rate of less than 5% over five years. At the University of California San Diego School of Medicine, scientists developed a test that identified 95% of early pancreatic cancers in a study.

The research, published in *Nature Communications Medicine*, explains how biomarkers in extracellular vesicles – particles that regulate communication between cells – were used to detect pancreatic, ovarian and bladder cancer at stages I and II. 

source: weforum.org

Surviving Cancer: The Will to Live

By Ernest H. Rosenbaum, M.D. Isadora R. Rosenbaum, M.A.



As medical professionals, we have always been fascinated by the power of the will to live. Like all creatures in the animal world, human beings have a fierce instinct for survival. The will to live is a force within all of us to fight for survival when our lives are threatened by a disease such as cancer. Yet this force is stronger in some people than in others.

Sometimes the biology of a cancer will dictate the course of events regardless of the patient's attitude and fighting spirit. These events are often beyond our control. But patients with positive attitudes are able to cope better with disease-related problems and may respond better to therapy. Many physicians have seen how two patients of similar ages and with the same diagnosis, degree of illness, and treatment program experience vastly different results. One of the

few apparent differences is that one patient is pessimistic and the other optimistic.

We have known for over 2,000 years— from the writings of Plato and Galen— that there is a direct correlation between the mind, the body, and one's health.

Recently there has been a shift in health care toward recognizing this wisdom, namely that the psychological and the physical elements of a body are not separate, isolated, and unrelated, but are vitally linked elements of a total system. Health is increasingly being recognized as a balance of many inputs, including physical and environmental factors, emotional and psychological states, and nutritional habits and exercise patterns.

Researchers are now experimenting with methods of actively enlisting the mind in the body's combat with cancer, using techniques such as meditation, biofeedback, and visualization (creating in the mind positive images about what is occurring in the body). Some doctors and psychologists now believe that the proper attitude may even have a direct effect on cell function and consequently may be used to arrest, if not cure, cancer. This new field of scientific study, called psychoneuroimmunology, focuses on the effect that mental and emotional activity have on physical well-being, indicating that patients can play a much larger role in their recovery.

The Power of the Mind

The mind's role in causing and curing disease has been debated endlessly. Speculation abounds, particularly in the case of cancer. But no studies have proven in a scientifically valid way that a person can control the course of his or her cancer with the mind, although patients often believe otherwise.

There are many individual cases that attest to the power of positive attitudes and emotions.

One patient with high-risk cancer had a mastectomy at age twenty-nine. At thirty-one, she had advanced Stage IV cancer with widespread massive liver and bone involvement and, subsequently, extensive lung metastases. She also had an amazingly strong will to live.

"I would get out of bed every morning as if nothing was wrong," she once said. "I may have known I was going to have to face things and could feel sick during the day, but I never got out of bed that way. There was a lot I was fighting for. I had a three-year-old child, a wonderful life, and a magical love affair with my husband." Thirty years later, she is still alive, still on chemotherapy, and still living an active life.

We often ask our patients to explain how they are able to transcend their problems. We have found that however diverse they are in ethnic or cultural background, age, educational level, or type of illness, they have all gone through a similar process of psychological recovery. They all consciously made a "decision to live." After an initial period of feeling devastated, they simply decided to assess their new reality and make the most of each day.

Their "will to live" means that they really want to live, whether or not they're afraid to die. They want to enjoy life, they want to get more out of life, they believe that their life is not over, and they're willing to do whatever they can to squeeze more out of it.

The threat of death often renews our appreciation of the importance of life, love, friendship, and all there is to enjoy. We open up to new possibilities and begin taking risks we didn't have the courage to take before. Many patients say that facing the uncertainties of living with an illness makes life more meaningful. The smallest pleasures are intensified and much of the hypocrisy in life is eliminated. When bitterness and anger begin to dissipate, there is still a capacity for joy.

"Many physicians have seen how two patients of similar ages and with the same diagnosis, degree of illness, and treatment program experience vastly different results."

One patient wrote, "I love living, I love nature. Being outdoors, feeling the sun on my skin or the wind blowing against my body, hearing birds sing, breathing in the spray of the ocean. I never lose hope that I may somehow stumble upon or be graced with a victory against this disease."

Strengthening Your Will to Live

Unfortunately, and quite understandably, many patients react to the diagnosis of cancer in the same way that people in primitive cultures react to the imposition of a curse or spell: as a sentence to a ghastly death. This phenomenon, known as "bone pointing," results in a paralytic fear that causes the victim to simply withdraw from the world and await the inevitable end.

In modern medical practice, a similar phenomenon may occur when, out of ignorance or superstition, a patient believes the diagnosis of cancer to be a death sentence. However, the phenomenon of self-willed death is only effective if the person believes in the power of the curse.

In the treatment of cancer, we've seen patients fail on their first course of chemotherapy, fail again on the second and third treatments, then—with more advanced disease—a fourth treatment is highly successful.

In all things, you have to take a risk if you want to win, to get a remission or recover with the best quality of life. Just the willingness to take a risk seems to generate hope and a positive atmosphere in which the components of the will to live are enhanced. There are many other ways of strengthening the will to live.

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Getting Involved

The best thing a patient can do to strengthen the will to live is to get involved as an active participant in combating his or her disease. When patients approach their disease in an aggressive fighting posture, they are no longer helpless victims. Instead, they become active partners with their medical support team in the fight for improvement, remission, or cure. This partnership must be based on honesty, open communication, shared responsibility, and education about the nature of the disease, therapy options, and rehabilitation. The result of this partnership is an increased ability to cope that, in turn, nurtures the will to live.

Helping and Sharing with Others

A way to strengthen this partnership is to extend the relationship to others. The emotional experience of sharing and enjoying your family and partnerships supports your love for life and your will to survive.

As you make the transition from helpless victim to activist, one of the most important realizations is that you have everything to do with how others perceive you and treat you. If you can accept your condition and hold self-pity at bay, others won't feel sorry for you. If you can discuss your disease and medical therapy in a matter-of-fact manner, they'll respond in kind without fear or awkwardness. You are in charge. You can subtly and gently put your family, friends, and coworkers at ease by being frank about what you want to talk about or not talk about and by being explicit about whether and when you want their help.

Sharing your life with others and receiving aid or support from friends and family will improve your ability to cope and help you fight for your life. A person who is lonely or alone often feels like a helpless victim. There is a need to share your own problems, but helping others find solutions to or cope better with the problems of daily living gives strength to both the giver and the receiver.

There are few more satisfying experiences in life than helping a person in need.

Those who must live with cancer can live to the maximum of their capacity by:

- Living in the present, not the past
- Setting realistic goals and being willing to compromise
- Regaining control of their lives and maintaining a sense of independence and self-esteem
- Trying to resolve negative emotions and depression by actively doing things to help themselves and others
- Following an improved diet and exercising regularly

Nurturing Hope

Of all the ingredients in the will to live, hope is the most vital. Hope is the emotional and mental state that motivates you to keep on living, to accomplish things, and to succeed. A person who lacks hope can give up on life and lose the will to live. Without hope, there is little to live for. But with hope, a positive attitude can be maintained, determination strengthened, coping skills sharpened, and love and support more freely given and received.

Even if a diagnosis is such that the future seems limited, hope must be maintained. Hope is what people have to live on. Take away hope, and you take away a chance for the future, which leads to depression. When people fall to that low emotional state, their bodies simply turn off.

Hope has different meanings for each person. It is a component of a positive attitude and acceptance of our fate in life. We use our strengths to gain success to live life to the fullest. Circumstances often limit our hopes of happiness, cure, remission, or increased longevity. We also live with fears of poverty, pain, a bad death, or other unhappy experiences.

You may worry so much that you lose sight of the possibility of recovery and lose your sense of optimism. On the other hand, you may become so hopeful and confident that you lose sight of reality. Your main challenge is balancing your worry and your hope.

Hope is nourished by the way we live our lives. Achieving the best quality of life requires settling old problems, quarrels, and family strife as well as completing current tasks. Problems that have not been resolved need to have completion. New tasks should be undertaken. If the future seems limited, you can achieve the satisfaction of knowing that you have taken care of your affairs and not left the burden to your family or others. By doing so, you can achieve peace of mind, which will also help strengthen your will to live. With each passing day, try to complete what you can and have that satisfaction that you have done your best. 🌱

source: [verywellmind.com](https://www.verywellmind.com)

Toast to the New Year



Foods to Add and Avoid During Cancer Treatment

By Selvi Rajagopal, M.D., M.P.H.



Cancer can affect every aspect of your health, including your appetite and diet. Selvi Rajagopal, M.D., a specialist in internal medicine at Johns Hopkins Medicine, explains why your diet is so important during cancer treatment, and provides tips on foods to add and avoid.

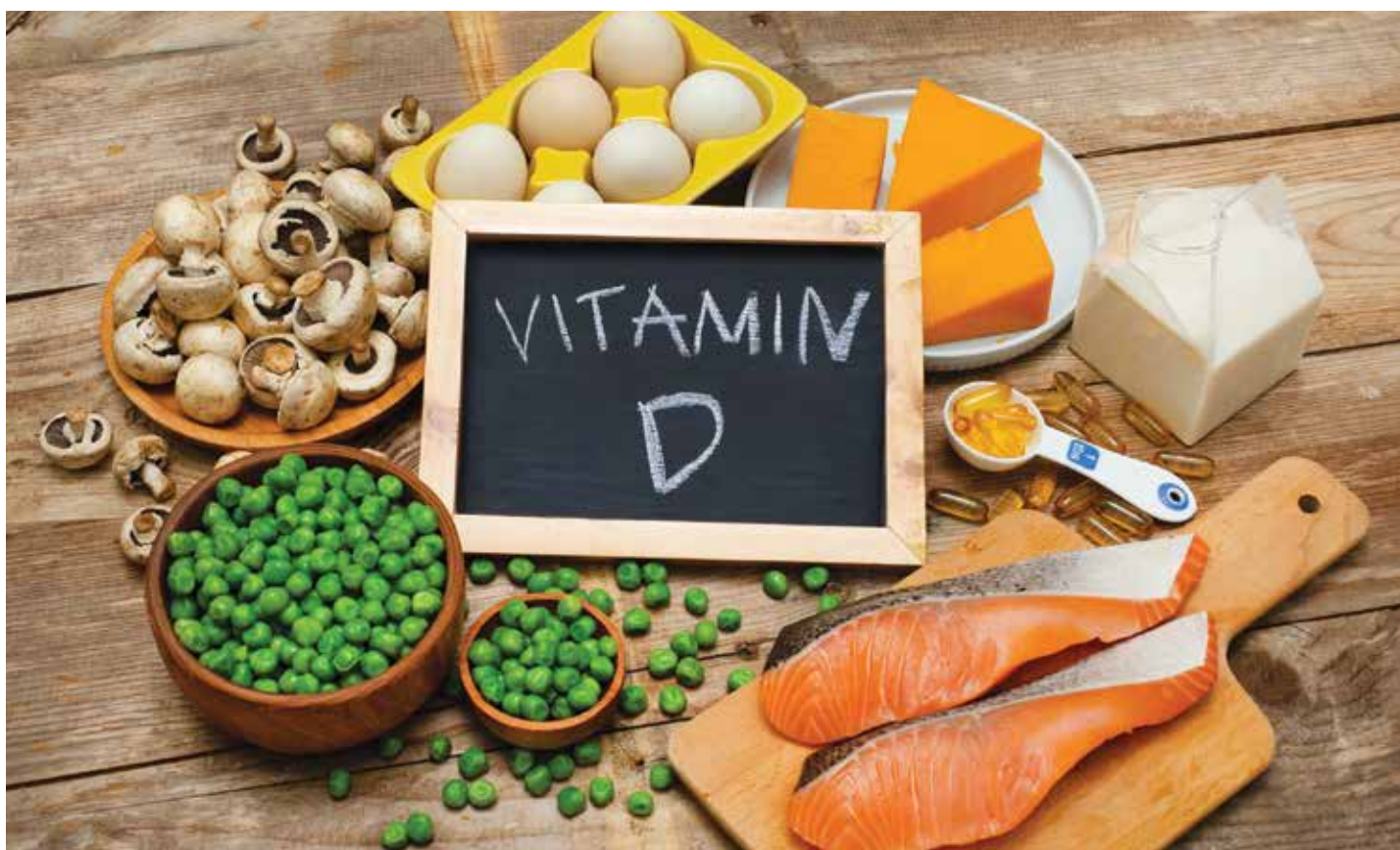
How does cancer treatment affect your diet?

Treatments such as chemotherapy and some forms of radiation therapy can cause a variety of side effects, including:

- **Constipation**, which can cause discomfort and further reduce your desire to eat
- **Diarrhea**, which can drain your body of nutrients

- **Fatigue**, which means you're less active, so you burn fewer calories and don't feel as hungry throughout the day
- **Loss of taste**, which can make food unappealing
- **Nausea and vomiting**, which might reduce your appetite and cause weight loss

"Sometimes it also depends on the specific type of cancer you have," explains Rajagopal. "Treatment for breast cancer and blood cancers often involve steroids. Steroids can actually increase your appetite and increase your blood sugar levels, which might lead to insulin resistance and weight gain. So instead of losing weight, it's possible to gain quite a bit of



weight from the combination of medications and a more sedentary lifestyle during cancer treatment.”

Some people also have hormone therapy after chemotherapy for breast cancer or endometrial cancer. The drugs suppress production of estrogen, a hormone that plays an important role in metabolism. If your metabolism slows down, you may put on weight.

People with pancreatic cancer often find it difficult to maintain their weight. Since the pancreas isn't functioning the way it should, they may not be able to digest food normally. This can lead to weight loss or malnourishment.

Why is your diet important during cancer treatment?

Since cancer treatment can lead to fluctuations in appetite and body weight, it's important to pay close attention to your diet. In addition to helping you maintain a healthy weight, eating a balanced diet during chemotherapy or radiation therapy can:

- Help manage treatment side effects
- Increase energy
- Increase muscle tone
- Preserve immune function
- Reduce inflammation

What foods should you add to your diet during cancer treatment?

“Anyone with a chronic illness, even if it's not cancer, should eat foods high in protein, healthy fats, whole grains, and vitamins and minerals,” Rajagopal emphasizes. “If possible, make these dietary adjustments before cancer treatment begins so you'll be healthier going into treatment.

- **Plant-based proteins** “Some of the best foods to eat during chemotherapy or other cancer treatments are plant-based proteins. They offer the highest levels of vitamins and minerals,” Rajagopal says. This means eating lots of vegetables as well as beans, legumes, nuts, and seeds. If you do eat animal protein, choose lean options like chicken or fish.
- **Healthy fats** Monounsaturated and polyunsaturated fats also have health benefits. Avocados, olive oil, grapeseed oil and walnuts are all high in omega-3 fatty acids, which help combat inflammation and improve cardiovascular health.
- **Healthy carbs** When choosing carbohydrates, opt for foods that are minimally processed, like whole wheat, bran, and oats. These have soluble fiber, which helps maintain good gut bacteria. Soluble fiber also promotes the production of short-chain fatty acids (SCFAs), which lend a hand to everything from metabolism to cellular repair.

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“Anyone with a chronic illness, even if it’s not cancer, should eat foods high in protein, healthy fats, whole grains, and vitamins and minerals”

- **Vitamins and minerals** “Vitamins and minerals help our bodies’ enzymatic processes, which play a big role in boosting immune function and reducing inflammation,” Rajagopal says. When possible, select foods fortified with vitamin D. These may include milk, orange juice, yogurt, and some cereals.

Should you take supplements during cancer treatment?

If you’re not eating as much as usual during treatment, or if you have side effects like vomiting and diarrhea that cause you to lose vitamins and nutrients, you might consider taking a multivitamin.

“Vitamin D tends to be the most common vitamin deficiency,” says Rajagopal. “Vitamin D helps keep your immune system strong, reduces fatigue and supports bone health. Especially if you’re on steroids, you’ll be at risk for bone density loss.”

Talk to a registered dietitian and your oncologist before adding any vitamins or supplements to your diet.

How can your diet help manage cancer treatment side effects?

Some dietary changes can help you manage side effects after your treatment begins. These side effects include:

- **Appetite loss.** Eat small meals or nutritious snacks throughout the day, rather than three large meals.

- **Constipation.** Drink plenty of water, consider a fiber supplement, and add veggies and beans to your meals.
- **Diarrhea.** Choose foods or drinks with sodium (sports drinks or broth) and potassium (bananas and all natural fruit juices).
- **Loss of taste.** Knowing what to eat when you can’t taste can be difficult. Consider trying new foods with different spices or marinades. You can also add strong flavors, such as lemon or lime juice.
- **Nausea.** Anti-nausea foods include citrus, ginger and peppermint oil. You can suck on a slice of lemon, drink ginger tea or eat ginger chews.

What foods should you avoid during cancer treatment?

Be aware of what’s going into your body during cancer treatment. Read nutrition labels and prepare as much of your own food as you can. It’s best to stay away from highly refined, processed food. You should also avoid fried foods that contain a lot of hydrogenated oils, which can increase inflammation.

Since people with cancer often have compromised immune systems, consider skipping foods that carry the risk of foodborne illnesses, including:

- Lightly cooked or raw fish, such as sushi
- Soft-cooked eggs or foods that contain raw eggs, such as homemade mayonnaise
- Unpasteurized cheeses and dairy products
- Unwashed fruits or vegetables

Planning your cancer treatment diet

Registered dietitians have specialized training in the nutritional needs of people with specific diseases. Your dietitian can help you plan meals that give you the right number of calories and nutrients.

“It’s also important to build an eating plan that’s practical for you,” says Rajagopal. If you’re busy in the evenings and don’t have the time or energy to cook, try to select healthy takeout options. If you’re on a budget, adding inexpensive, nutritious foods like beans or frozen fruit or vegetables to simple meals can go a long way. 🍌

source: hopkinsmedicine.org



Healthy Options Exclusives

Loving The Italian Coffee Culture



Coffee is a major presence in Italy, taken seriously by the locals and filled with unwritten rules and customs. Though the coffee beans proper are not native to Italy, when they were first imported into Venice in the 16th century, the Italians learned what wonderful concoctions they could produce. The concept took off and now you are sure to find excellent quality coffee at any neighborhood bar.

Throughout the day Italians get their coffee at a “bar” or coffee shop – what we think of as a “cafe” they call a bar. These venues can run the gamut from basic corner bars to elegant historical coffee houses. Ordering coffee is serious business in Italy and you need to be prepared when the barista asks what you want, usually with a cursory nod, direct eye contact and the customary “Prego?” (in this case...“What can I get you?”)

First things first...coffee in Italian is caffè.

How do you order coffee in Italy?

Order caffè in a bar and you will get a small, dense espresso coffee. Italians won’t use the word espresso to order, but when a tourist orders a caffè or coffee the barista might confirm “espresso?” to make sure that is what you expect. If you ask for an espresso as a tourist that’s fine too, but you’ll get more respect asking for caffè. The barista may also ask you if you want it normale, that is, plain with nothing added to it like milk.

If you prefer the watered down American version, ask for caffè americano. This is usually an espresso that is diluted with hot water; often the hot water is presented to you in a small carafe so you can monitor how much you want. Very few bars will carry the filtered coffee that most Americans are accustomed to; if they have it, it is called *caffè filtro* or *caffè filtrato*.

Caffè lungo is an espresso with an extra tug of water.

Caffè ristretto is an espresso with less water, just a quick sip of dense coffee.

Caffè macchiato is an espresso with a small “stain” of steamed milk atop.

Cappuccino in Italy The always-popular cappuccino is 1/3 espresso, 1/3 steamed milk, and 1/3 wet foamed milk. Those produced in Italy are heavenly, most foreign versions tend to pale in comparison.

If you want coffee with a large proportion of steamed milk order a caffè latte, caffè being the operative word.

Caffè corretto is a “corrected coffee” – corrected with a drop of liquor like grappa, cognac, or Sambuca. This is popular after dinner or, especially in colder northern Italy, any time of day to keep warm!

Caffè doppio is a double shot of espresso, but this is not very customary for Italians to order. It is more common to have several quick cafes during the day! An espresso does have a jolt of caffeine in it, but believe it or not since it passes through the machine in a quick “expressed” press the actual amount of caffeine is limited. We find that filtered American coffee, while perhaps less strong-tasting, actually contains more caffeine due to the longer drip process used to make it which absorbs more caffeine.

Caffè shakerato is a favorite in the hot summer months. Literally a shaken coffee, the barista will put a shot of espresso into a Martini shaker with sugar and ice, shake it up and pour it usually into a Martini or fancy cocktail glass. It is frothy and perfect on a sweltering August day when hot coffee sounds like torture. Sometimes they might add chocolate for added indulgence.

Caffè freddo is another popular choice in summer months, simply cold coffee served over ice in a glass. You can add sugar or milk to taste.

A few unwritten rules

Italians don't drink cappuccino after 11:00 AM (it's a breakfast drink) and never at the end of a hot meal. It makes them ill just to think about it. This doesn't mean you can't do it...they'll just dismiss you as a foreigner with strange habits! They think the hot milk is bad for your digestion after a meal.

They also never take coffee or cappuccino “to go” – it's always drunk at the bar – al banco – or sitting down. Very civilized!

Coffee punctuates the day. Italians may have a cappuccino or caffè latte for breakfast, then a couple of coffees during the day (late morning, after lunch) – some take a caffè after dinner (no milk!) especially when dining out at a restaurant. Except for breakfast, Italians will always save the coffee for the end of the meal, never during it.

If you drink your coffee standing at the bar – al banco – it will cost less, perhaps less than half as much, than if you sit down at a table with service. When ordering at the bar while standing, first



head to the cassa / cash register, tell the cashier what you want, pay and then take the receipt to the bar and order from the barista.

Most people drink their coffee quickly and move on to make room for the next customer – the standing bar is not a place to linger. During coffee rush-hour (all morning), you may have to hustle and take a clear and determined stance at the bar, fighting politely for your space, or you might never be served! Popular bars tend to be crowded much of the morning, a sign of high quality if the customers are Italian.

When you sit at a table, there will be service and in this case you pay the server directly. Again, prices will be higher but often this is well worth the cost – especially if you are at a cafe in a historic piazza with beautiful views and fun people-watching...let's be honest, sometimes you need to get off your feet after hours of sightseeing and a cafe can be the perfect place for a break and recharge.

Some cafes will serve your coffee with a small glass of water. Italians drink this water before they drink the coffee – as a palette cleanser to better enjoy the taste – rather than afterwards.

Prendiamo un caffè!

A popular phrase among Italians is “prendiamo un caffè” – let's get a coffee – which is usually used as a cherished break in the day and chance to socialize with a friend or colleague while perking up with the beloved drink. Taking a coffee is a ritual and routine in Italy, without it the day is not complete. Next time you are in Italy, be sure to visit some of its historical coffee houses for a truly Italian experience. ☺

source: anticosoleitaly.com

Why Italians Love Their Extra Virgin Olive Oil

By Donna Sozio



Italians are fussy. Particular. They demand quality. Especially when it comes to extra virgin olive oil. Delicious, fresh and fragrant extra virgin olive oil is so sacred to Italians that they often travel with their own stash, rather than risk being subjected to inferior oil at the table.

In most Italian homes, silver trays showcase top shelf extra virgin olive oils. Some are home-pressed and gifted by relatives living in the Italian countryside. Other oils were purchased while on vacation in Tuscany, Puglia or Umbria.

Italians use their best extra virgin olive oil *crudo* - meaning drizzled raw - on vegetables, pastas and meat to add rich, peppery or fruity layers of flavor. With the best oil, you only need a few divine drops to make your taste buds sing.

After I tasted the top shelf good stuff, there was no going back. I was completely seduced and wanted to learn more about these mysterious dark glass bottles filled with green and golden liquid displayed on silver trays. So I went to the experts. This is what I learned:

Develop your Palate

The first step to appreciating *crudo* extra virgin olive oil is to become an *assaggiatore* – an expert - in discerning its diverse flavors. First, taste the oil straight up. Put a drop or two on your tongue. Roll it around your mouth like you would a good wine. Close your eyes. Surrender to the experience and you'll notice different layers of notes, flavors and sensations emerge.

Filippo Peppucci, an independent producer of Umbrian olive oil, explains “a tingling sensation is characteristic of oils produced at the beginning of the season. Mainly from olives that are still green.” He adds that “the range of smell and taste depends upon the variety of the olive and whether they are green or mature.”

Like terroir for wine, where the olives are grown in Italy affects their flavor. Head Chef Dario Abbate at Castello di Velona says, “In Sicily, the flavor of the olives changes one kilometer to the next.”

Flavors can range from a rich or peppery finish to fruity and grassy. And don't forget the blends. One of my favorites is Umbria's Roccafiore organic extra virgin olive oil with a fragrant mix of *moraiolo*, *frantoio* and *leccino* olives.

After developing a sense of how different extra virgin olive oils taste, Luca Sessa, a celebrity chef on Italian TV, takes it a step further. He suggests “understanding what will please your palate, tasting simple recipes that allow you to appreciate diverse flavors. Try different extra virgin olive oils drizzled over a simple bruschetta, grilled meat or fish or marinated vegetables.”

Learn to Pair Well

Italians take as much care pairing the perfect extra virgin olive oil with their meals as they do selecting the right wine.

Giuseppe Angelini, head chef at Puglia's famed hotel Masseria San Domenico offers delicious pairing advice: “For salads, boiled or grilled vegetables, or bruschette,” he says, “I use an extra virgin olive oil with an overt flavor, more robust with fruity notes, extracted from *coratina* olives.

For fish, meats, or pasta including raw or cooked vegetables, I use an extra virgin olive oil that is sweeter and more delicate, harvested from *nocellare del belice* or *frantoiane* olives. For cooked dishes, I use an extra virgin olive oil that is a blend of a variety of olives produced here, which is very light and can be adapted to various dishes and flavors.”

Chef Luca Sessa adds that to pair extra virgin olive oil and meals well, you must know how each tastes separately to combine notes for a harmony of flavors. He explains that “intense oils can ruin delicate ingredients and the flavors of delicate oils can be covered by strong spices.”

Head Chef Dario Abbate: “My favorite oils are from Trapani and Syracuse in Sicily. For me, Sicilian extra virgin olive oil expresses the flavors and aromas of a land still untouched and full of history. When I use oils from Sicily, I feel such emotion that it becomes a flavor of its own, which guests can taste in the dishes I prepare for them.”

TV Chef Luca Sessa: “I particularly like the oil of Umbria, with its bitter and spicy notes. And that of Puglia, fruity and enveloping. Often I purchase oil from small producers, who create products of great quality.”

Author of *Eating Rome*, Elizabeth Minchilli: “I usually have a few bottles open at a time. Remember that olive oil doesn't last forever. You may be tempted because of its cost to save your best olive oil for special occasions. The problem is that once opened, you really should use it up within a year at the most.” 🍴

5 Tips for Building Muscle After 40

By Amber Sayer



Although there are tons of strength training advice and fitness articles related to building muscle for younger people in their athletic prime, and a growing number of resources and research about strength training for seniors, it often seems like middle-aged adults are forgotten.

So, can you build muscle in your 40s and beyond? What are the best exercise and nutrition tips for how to build muscle after age 40?

In this guide, we will discuss if you can build muscle in your 40s, how aging affects muscle mass and strength, the benefits of building muscle after 40 years of age, and the best workouts and diet tips for building muscle in your 40s.

Why Am I Losing Muscle In My 40s?

The unfortunate reality is that we naturally begin to lose muscle mass and strength after the age of 30 or so, in a process known as age-related sarcopenia. In fact, most studies suggest that adults start losing about 3 to 8% of their muscle mass per decade after the age of 30, with an increased rate of muscle loss after the age of 60.

Moreover, decreases in muscular strength are thought to be even faster and more significant, which is then thought to indicate that muscle quality declines significantly as we age, particularly after age 50.

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However, according to some research, the rate of muscle loss and muscle strength for middle-aged adults may be even faster than we previously thought, indicating that losing muscle mass and strength after age 40 may be more rapid than just the 1-1.5% per year rate that is often cited.

The study compared the differences in leg muscle strength and muscle mass between two groups of adults, those under age 40 (mean age of 31 years old) and those over age 40 (mean age 54 years old).

The results were shocking: the loss of average isometric leg strength in the group of participants over age 40 was between 16.6% and 27.1% for one angle of knee flexion and a whopping 31.2% to 40.9% in the other angle of knee flexion tested.

This means that over the two-decade age span of the groups, there was a loss of muscle strength in the legs that ranged from 16.6% to 40.9%, which works out to about 9 to 20% per decade.

What this ultimately means is that learning how to build muscle after age 40 is essential for preserving that early and surprisingly rapid rate of muscle and strength loss that occurs between the early 30s and early 50s.

Can You Build Muscle After 40?

The good news is that although the loss of muscle strength and size was once considered an inevitable part of getting older, research has demonstrated that it is indeed possible to build muscle after 40 and increase strength after 40.

In particular, consistent strength training in your 40s and beyond has been shown to not only slow the losses of muscle mass, strength, and bone density and the increase in body fat percentage but also potentially even reverse them.

This means that building muscle in your 40s can be an attainable goal so long as you are committed to implementing the best strategies for how to build muscle after 40 years of age.

Equally exciting is the fact that there is also evidence suggesting that strength training can reduce signs of aging at the cellular level.

How to Build Muscle After 40

The process of building muscle after 40 isn't inherently all that much different from the steps for how to build muscle for younger adults. However, it takes more of a concerted, consistent, and disciplined effort devoted to all of the steps for how to build muscle over 40 because the changing hormonal levels for men and women start to compromise the ease with which your body is naturally inclined to build muscle rather than store body fat.

Here are some tips for how to build muscle after 40:

#1: Think High Volume

The best way to build muscle after 40 is to do enough training volume both in terms of reps, sets, workouts per week, and number of exercises per week, as well as the weights that you are lifting in a workout.

The general guidelines for building muscle, is to perform three sets per exercise, hitting 8 to 12 reps per set using a weight that corresponds to 70 to 85% of your 1RM (1RM means one-repetition-maximum, it's the maximum amount of weight a person can possibly lift for one repetition).

You should hit near fatigue with maybe one or two reps-in-reserve (RIR) by the end of each set.

#2: Train Consistently

When you are working on how to build muscle in your 40s, one of the most important things you can do is be consistent with your strength training workouts.

You should be doing a minimum of three strength training workouts per week. However, make sure that you are taking at least 24 to 48 hours of rest in between workout sessions, where you target the same muscle groups to allow for adequate recovery.

Depending on your availability to do your weightlifting workouts, full-body workouts may be better than body parts splits when building muscle after 40.

Some research indicates that three full-body strength training workouts per week were more effective at building muscle than body part splits. However, the study group did consist of younger men, so it is not clear whether the same principles would necessarily hold true for how to build muscle after 40.

Interestingly, in the study, the full-body workouts included only one exercise per muscle group, meaning you don't necessarily have to spend hours in the gym to see good results.

#3: Get Enough Protein

Getting enough protein in your diet is essential for building muscle after 40.

Your body has to have the building blocks (amino acids from the high-protein foods you eat) for muscle tissue to repair and build muscle mass.

The American College of Sports Medicine recommends that athletes consume at least 1.2–2.0 grams of protein per kilogram of body weight per day, and protein needs to be spread out throughout the day, if possible.

#4: Consider Cutting Back On Cardio

If you are a "hard gainer," meaning that it is hard for you to build muscle and put on mass, you may need to cut back on cardio. While this is a gross generalization, this is probably the only place where there may be a notable difference in how to build muscle after 40 for women vs men.

Women often experience a more rapid or drastic increase in body fat in their 40s as estrogen levels drop. Maintaining or increasing cardio exercise will be important to optimize your body composition and build muscle.

For men and women, the best cardio to support muscle building in your 40s is incorporating high-intensity interval training (HIIT) workouts.

This training style is more effective at burning fat, boosting metabolism, building muscle, and increasing the key hormones supporting building muscle, such as growth hormone and testosterone.

#5: Consider Supplements

If you are struggling to maintain muscle mass in your 40s and really want to start building muscle, you may want to consider various supplements to support muscle growth.

Examples of potentially helpful supplements to support muscle growth over 40 include protein powders, BCAAs, creatine, and collagen protein.

Of course, we only refer to safe, legal, FDA-cleared athletic supplements, not anabolic steroids.

You can speak with your doctor about getting your hormonal levels checked and discuss whether supplements for muscle growth or even beginning hormone replacement therapy would be helpful. 🍌

source: marathonhandbook.com

Vertigo: Symptoms, Causes, and Treatment

By Lydia Krause and Dana Robinson



What is Vertigo?

Vertigo is dizziness that creates the false sense that you or your surroundings are spinning or moving. The condition can feel similar to motion sickness, but it's not the same as lightheadedness.

Types of Vertigo

Peripheral vertigo

Peripheral vertigo is the most common type of vertigo. It occurs as a result of a problem in the inner ear, or the vestibular nerve, which controls balance.

Central vertigo

Central vertigo occurs as a result of a problem in the brain. It can be caused by a variety of different conditions, including:

- brain tumor
- infection
- migraine
- multiple sclerosis
- stroke
- traumatic brain injury

Causes

Common causes for vertigo include:

- **Benign paroxysmal positional vertigo (BPPV).** This is the most common cause of vertigo and creates an intense, brief sense that you're spinning or moving. These episodes are triggered by a rapid change in head movement, such as a blow to the head.
- **Infection.** A viral infection of the vestibular nerve, called vestibular neuritis or Meniere's disease. When excessive fluid builds up in the inner ear, the result can be sudden episodes of vertigo that last for several hours.
- **Migraine.** Migraine-induced vertigo can last minutes to hours.
- **Head or neck injury.** Vertigo is a common symptom after a traumatic injury to the head or neck, especially if there is damage to the vestibular system.
- **Medications.** Certain medications can cause vertigo, along with other symptoms like dizziness, hearing loss, and tinnitus, or a ringing in the ears.

Can stress cause vertigo?

Although stress doesn't cause vertigo directly, it can worsen it. What's more, 2016 research suggests that severe stress could increase your risk of stroke, which could potentially cause vertigo.

Symptoms of Vertigo

One of the most common symptoms of vertigo is dizziness, which usually worsens with head movement. It's typically described by patients as a spinning sensation, with the room or objects around them seeming to move.

Other symptoms of vertigo include:

- headache
- hearing loss
- increased sweating
- involuntary eye movements
- loss of balance
- nausea
- ringing or buzzing in your ears
- vomiting

Treatment

Treatment options for vertigo can depend on the underlying cause. To improve symptoms, vestibular rehabilitation therapy as well as medications, such as meclizine (Antivert), have been found to be effective.

“Common symptoms of vertigo is dizziness, which usually worsens with head movement. Typically described as a spinning sensation, with the room or objects around them seeming to move.

Repositioning Maneuvers

The canalith repositioning maneuver, also known as the Epley maneuver, is used to relieve symptoms of BPPV. These specific head maneuvers can help displace canalith crystals (small particles that can cause vertigo) from the canals of the inner ear.

Each treatment session involves holding four positions for 30 to 60 seconds each and repeating each position several times, as needed. A healthcare professional can guide you through each movement during the session. They may also provide additional guidance on how to perform this procedure at home.

Medication

Meclizine is an antihistamine, which is a class of medication often used to treat allergies. Meclizine is effective in treating motion sickness or vertigo. However, it might lead to confusion or even amnesia in older adults.

Exercises

There are several exercises used to help alleviate symptoms of vertigo. They typically involve marching in place or holding specific positions to improve balance.

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These exercises are similar to the ones used in vestibular rehabilitation therapy (VRT). VRT involves exercises designed according to each person and their symptoms. After a thorough clinical examination, one of three main methods is applied:

- balance training, which improves steadiness
- gaze stabilization, which improves control of eye movements so vision can be clear during head movement
- habituation, which improves dizziness

However, if you have severe vertigo, it's best to reach out to an experienced physical therapist for additional guidance, instead of performing these exercises on your own.

Surgery

Surgery may be necessary for the treatment of certain underlying conditions that can cause vertigo, such as a brain tumor or head injury.

Natural remedies

There are several ways to naturally relieve discomfort caused by vertigo. For example, certain supplements can help improve sleep while dealing with vertigo, including ginkgo biloba and melatonin.

Essential oils such as lavender may help stop dizziness and nausea. However, it's important to keep in mind that there is currently no research available to support the use of essential oils for vertigo.

How long does vertigo last?

The signs and symptoms of BPPV can come and go, with symptoms commonly lasting less than a minute.

In cases of Meniere's disease, an episode of vertigo can last for longer than 20 minutes. Migraine-induced vertigo can last minutes to hours.

Vertigo in pregnancy

According to a 2020 study, vertigo is the most commonly reported vestibular symptom during the first trimester of pregnancy.

BPPV is particularly common during pregnancy. According to 2017 research, which categorized participants as women and men, BPPV affects women more frequently than men with a ratio of 2-to-1.

Factors that can cause vertigo during pregnancy include:

- prolonged bed rest
- fluctuations in hormone levels
- changes in the metabolism of certain nutrients, including vitamin D and calcium

Many people also experience dizziness during pregnancy. This could be caused by several factors, including unstable blood sugar levels. During the third trimester, the baby can put pressure on some of the major abdominal veins when the parent lies on their back, which can also cause dizziness.

Is vertigo hereditary?

In some cases, vertigo can be hereditary. Also known as familial benign recurrent vertigo, hereditary vertigo is a form of migrainous vertigo because it's strongly associated with migraine attacks.

Conclusion

Vertigo can be caused by many factors, including infections, migraines, injuries, and several other health conditions.

Treating the underlying cause of your vertigo is the most effective way to decrease discomfort and provide long-term relief. There are also many home remedies, exercises, and medications that may be beneficial.

If you experience vertigo, it's best to talk with a doctor to determine the cause and find a treatment plan that works for you. 🌿

Mastering The Art of Forgiveness

Holding a grudge? Here are seven tips to make peace with others and move on.

By **Linda Wasmer Andrews**



Some people can easily forgive others, but for most people, forgiveness takes some preparation and effort. The good news is anyone can improve their forgiveness skills. Frederic Luskin, PhD, director of the Stanford Forgiveness Project at Stanford University,

likens the process to mastering a sport: “If you practice forgiveness, you get better at it. And professionals can teach you skills that help you do it even better.”

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Here are some pointers to help you get started:

1. Lay the groundwork.

Robert Enright, PhD, a professor of educational psychology at the University of Wisconsin-Madison and cofounder of the International Forgiveness Institute, recommends first taking some time to explore your anger.

- Have you faced your anger, or have you avoided dealing with it?
- How has the anger affected you, mentally and physically?
- Have you been obsessing over the grievance or the offender?
- Has the situation caused a permanent change in your life or the way you view the world?

Enright suggests writing about these issues in a journal. Set aside time each day (10 or 15 minutes) for that purpose, but don't pressure yourself to write a certain amount. Just keep up the daily writing until you've answered the questions to your satisfaction.

2. Don't rush the process.

"Forgiveness should be a joyous gift, not a grim obligation," Enright says. If you try to force it, you'll just end up feeling pressured – and perhaps guilty if you're unable to follow through. Set your intention to forgive, and then do it at your own pace, knowing it might take days, weeks, or months.

If you find you aren't making any headway after months of focused intention and exercise, you might want to consider working toward acceptance rather than forgiveness. Like forgiveness, "acceptance is a life-affirming, authentic response," says clinical psychologist Janis Abrahms Spring, PhD. Acceptance involves making a thoughtful decision to face what has happened and deal with it in a way that's in your best interest – even if you feel that true forgiveness is not an option. You can still stop obsessing over the hurt and move on with your life.

3. Change your story.

Do you have a longstanding "grievance story" that you constantly repeat to yourself and others? "A grievance story typically describes how somebody else ruined your life," Luskin says. "And it's not true. In reality, somebody else did something painful or difficult. Then you didn't handle it well." Turn your grievance story into a hero story that focuses on what you did to recover from or cope with the situation. "By shifting from 'poor me' to 'here's what I did,' you no longer cast yourself in the role of victim," he says.

4. Focus on here and now.

You may feel upset about something that happened in the past, but what's distressing you at this very moment are the feelings, thoughts, and physical reactions you're having right now, Luskin points out.

Actively calming the body and mind for even 6 to 10 seconds can help short circuit your ongoing stress response, he says. His suggestion: Take a few moments to "breathe deeply, pray, look at something beautiful or remember how much you love someone."

5. Make it about you.

You might have a chance to tell the person who hurt you that you forgive him or her. Or you might not. You might receive heartfelt gratitude and reconciliation in return. Or you might not. Regardless, Luskin says, you can still choose to forgive. The aim is to find peace for yourself, with or without the offender's help. Whatever the outcome, you can still free up the personal energy you're spending on holding a grudge and begin using it for more constructive purposes.

6. Take baby steps.

"You wouldn't walk into a gym for the first time and try to lift 300 pounds of weight. You'd work your way up to that heavier weight gradually," Luskin says. The same principle holds true when learning to forgive. "Don't start with the worst thing that ever happened to you," he advises. "Begin with something smaller, and work up."

7. Have elastic expectations.

Forgiveness won't necessarily erase all your pain. "When somebody has deliberately betrayed you, and something reminds you about what that person has done, it's natural to still feel hurt or resentment or even spasms of hate," Spring says. "Forgiveness doesn't mean you lose all negative feelings forever. But it does mean that the hurt is no longer center stage."

Forgiveness is best regarded as an evolution rather than a one-time event. Especially for egregious offenses, you may need to revisit the process repeatedly, but it should get easier each time. Eventually, you'll realize that your feelings about the other person's choices and behavior have changed in a deep and abiding way. That's when you'll know you've learned to forgive for good.

Conclusion

Genuine forgiveness is a constructive force we can generate to relieve our distress and build up our capacity for peace, confidence, and success in life. Its most apparent benefit is to support healthy attitudes and outlook. It also works at a deeper level to liberate our better self by clearing away the obstructions to our potential for wisdom, compassion, and courage.

While forgiveness is often considered a simple and easily understood act, it is more complex. Forgiveness involves undoing the many ways we have involved anger in our self-image, motives, expectations, and judgments. This process includes examining our extensive rationalizations for disappointments, resentments, and anxiety. 🌱

source: experiencelife.lifetime.life

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