

VOLUME 01 • ISSUE NO.02

ENDURING VIBRANCE

THE FATHER OF MEDICINE:

Hippocrates and his enduring legacy of observational wisdom.

NATURE'S GOLDEN ELIXIR:

The remarkable health benefits of colostrum.

SEE IN CRYSTAL VISION:

How carotenoids can benefit eye health.

CAROTENOIDS BEYOND VISION:

Can they be allies of cardiovascular health?



Welcome back my friends to September and issue number two of Soul magazine.

In this issue we kick it off by taking a walk back in time and reviewing the impact Hippocrates, the father of modern medicine, has had on today's landscape of health. He made the significant departure from supernatural explanations and opened the door to a more systematic understanding of the human body. Hippocrates' recognition of the interplay between the body, mind, and environment in maintaining good health is very much how I view the world today.

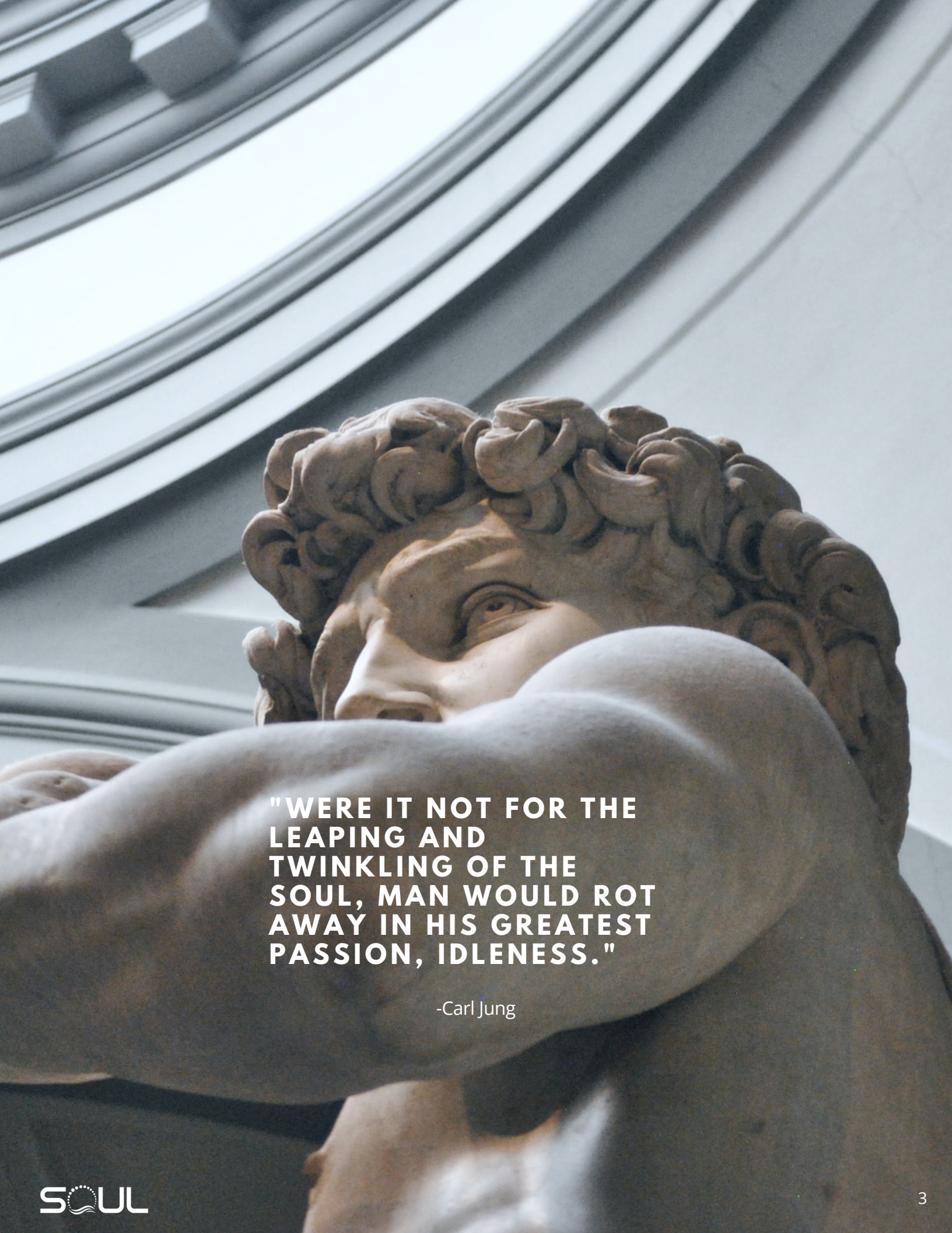
We then jump into one of the latest obsessions: colostrum. I have gone down the rabbit hole, it seems to check all the right boxes and could be the very definition of "nutrient maxing". Enjoy this breakdown of nature's liquid gold.

Then we put into view the vibrant natural pigments of carotenoids, found abundantly in many fruits and vegetables and how they can offer a range of benefits for our health.

A phrase that keeps popping into my mind and fully encompasses Soul's mission is "Reconnect With Real". It's become the new tagline of Soul and something I will be diving deeper into with our current and future content.

Thank you for coming along for the ride.

-Matt



**"WERE IT NOT FOR THE
LEAPING AND
TWINKLING OF THE
SOUL, MAN WOULD ROT
AWAY IN HIS GREATEST
PASSION, IDLENESS."**

-Carl Jung

The Father of Medicine

In all of medical history, few names stand as tall as Hippocrates, the legendary Ancient Greek physician known as the "Father of Medicine."


With his groundbreaking contributions, Hippocrates revolutionized the field, elevating it from a realm of superstition and mysticism to a domain of rationality and observation. Let's dive into the life, teachings, and enduring legacy of Hippocrates, whose ideas continue to shape the practice of medicine even in modern day.

Hippocrates, born around 460 BCE on the Greek island of Kos, hailed from a family dedicated to the art of healing and the worship of the god Asclepius. Raised in an environment steeped in medical traditions, he grew to become one of the most influential figures in the history of medicine. While many details of his life remain uncertain, his contributions to the field are widely recognized.

At the core of Hippocrates' legacy lies the Hippocratic Corpus, a remarkable collection of approximately 60 ancient medical texts attributed to him and his disciples. This extensive body of work encompasses treatises, case studies, and theoretical discussions, shedding light on various medical topics and forming the bedrock of ancient medical knowledge.

The texts within the Hippocratic Corpus cover a diverse range of subjects, including anatomy, physiology, diagnosis, treatment, and ethics. They explore diseases such as epilepsy, tuberculosis, and even psychological disorders. By documenting their observations, the Hippocratic authors sought to establish a systematic approach to medicine based on empirical evidence and rational thinking.

A defining aspect of Hippocrates' approach was his unwavering faith in the power of observation. Rejecting the prevailing supernatural explanations of his time, he championed the idea that understanding diseases required meticulous examination and clinical experience. This emphasis on careful observation, thorough patient histories, and symptom analysis laid the groundwork for modern diagnostic practices.



Hippocrates and his followers recognized the importance of the physician's role as a keen observer. By paying close attention to patients' symptoms, bodily functions, and environmental factors, they aimed to identify patterns and correlations that could inform diagnoses and guide treatment decisions. This observational approach fostered a more accurate understanding of diseases and their progression.

HOLISTIC APPROACH

As a forerunner of holistic medicine, Hippocrates recognized the interplay between the body, mind, and environment in maintaining good health. He advocated for a comprehensive approach that encompassed lifestyle factors, including diet, exercise, and rest, as well as psychological well-being. By emphasizing the interconnectedness of these elements, he established a model of care that addressed the entirety of the patient, rather than merely isolated symptoms.

He recognized the influence of environmental factors, such as air quality and water sources, on well-being. Moreover, he acknowledged the role of the mind in health and believed that emotional well-being and a positive mental state were integral to the healing process.

This holistic approach represented a departure from reductionist approaches that focused solely on specific organs or symptoms. Hippocrates' philosophy recognized the intricate web of influences on health and encouraged physicians to consider the patient as a whole.

MEDICAL ETHICS

Hippocrates' contributions extended beyond medical practice. He recognized the importance of ethics and professionalism, advocating for high standards of conduct in the medical profession. The Hippocratic Oath, a revered testament to medical ethics attributed to him, set forth principles such as patient confidentiality, moral conduct, and the paramountcy of patient welfare. This enduring ethical framework continues to guide physicians to this day.

The visionary healer of ancient Greece, transformed medicine forever. His commitment to rationality, observation, and a holistic understanding of health and disease paved the way for modern medical practice. His teachings on ethical conduct continue to inspire physicians worldwide. As we look back on the legacy of Hippocrates, we find a timeless testament to the power of observational wisdom and the enduring pursuit of healing.

If we can take one message forward from the past it is that the interconnected web of the body, mind and environment lies not only at the heart of medicine but our health.



Tap
INTO NATURE

Saturate
THE SENSES

Disconnect
FROM THE DIGITAL WORLD

NATURE'S GOLDEN ELIXIR

Amid life's great beginnings there exists a hidden gem known as colostrum. Often referred to as "liquid gold," this precious substance is the initial pre-milk fluid produced by mammals, including humans, in the early days following birth.

Colostrum's unparalleled nutritional and immunological properties have captivated the attention of researchers and health enthusiasts alike. Boasting a cornucopia of essential nutrients, including proteins, vitamins, minerals, and enzymes. This treasure trove not only nurtures growth and development in newborns but also supports the continued well-being of adults. Talk about nutrient maxxing.

THE SHIELD

At the heart of colostrum's magic lies its abundance of immunoglobulins (antibodies), lactoferrin, and cytokines. These formidable components collectively bolster the immune system, offering passive immunity to thwart infections. From the potent IgA, IgG, and IgM immunoglobulins to the antimicrobial prowess of lactoferrin and the immune-regulating properties of cytokines, colostrum equips the body with robust natural defense mechanisms that can help shield against bacterial, viral, and fungal infections.

Colostrum's knack for modulating the immune response has sparked interest in managing allergies and autoimmune disorders. Early findings suggest that colostrum might help regulate immune reactions, potentially alleviating some allergic responses. This could be due to its onboard antibodies and bioactive peptides, exhibiting natural antimicrobial properties.

Boasting a cornucopia of essential nutrients

I have become fascinated the deeper I dive into colostrum, especially when viewing through the lens of my favorite subject - supporting gut health. The antibodies mentioned earlier can provide passive immunity to newborns, adults, and help protect the gut from infections by binding to pathogens and preventing them from attaching to the gut lining. Growth factors, such as IGF-1 and IGF-2 also found in colostrum play a role in repairing and regenerating the gut lining. They stimulate the growth and development of gut epithelial cells, helping to maintain the integrity of the intestinal barrier.

Colostrum also contains prebiotic compounds, which serve as food for beneficial gut bacteria. By promoting the growth of beneficial microbes in the gut, colostrum can help support a healthy gut microbiota, support overall digestive health, and enhance nutrient absorption in the gut.

I love the data behind colostrum and it will be featured as part of Soul's lineup soon.

See In Crystal Vision

When it comes to maintaining good vision and overall eye health, nature has provided us with a powerful ally in

the form of carotenoids. These natural pigments, found abundantly in many fruits and vegetables, offer a range of benefits for our vision. Lutein and zeaxanthin, two key members of the carotenoid family.

Lutein and zeaxanthin are often referred to as "macular pigments" because they accumulate in the macula, a small but crucial region at the center of the retina responsible for sharp central vision. These carotenoids have a unique ability to absorb blue light, which is potentially damaging to retinal cells. By acting as a natural filter, lutein and zeaxanthin shield the macula from excess blue light, preserving visual clarity.

Age-related macular degeneration is a leading cause of vision loss among older adults, an issue that has impacted multiple members of my family.

Some research has shown that individuals with higher levels of lutein and zeaxanthin in their eyes have a reduced risk of developing AMD. These carotenoids play a pivotal role in maintaining macular health and may slow down the progression of this sight-threatening condition.

One of the remarkable attributes of carotenoids is their antioxidant capacity. Our eyes are particularly vulnerable to oxidative stress due to their high metabolic activity and constant exposure to light. Lutein and zeaxanthin act as potent antioxidants, neutralizing harmful free radicals that can wreak havoc on eye tissues. This protective role helps maintain the health of our eyes.

VISUAL FUNCTION

Lutein and zeaxanthin, have been associated with enhanced contrast sensitivity. This means our eyes become better at distinguishing between objects of different shades and colors. This benefit can be particularly valuable for activities such as driving at night or reading in low-light conditions.

Carotenoids can also contribute to the structure and function of the retina, supporting optimal visual performance. These carotenoids are particularly abundant in the cone cells, which are responsible for color vision and visual acuity.

Incorporating carotenoid-rich foods into your diet is a simple way to support your eye health. The bright colors of many fruits and vegetables, such as carrots, tomatoes, egg yolks, corn, and oranges are a key indicator of rich nutrients. By embracing a balanced diet abundant in carotenoid-rich foods, you can pave the way for a lifetime of healthy vision.

Marigold flowers are often given to chicken feed to increase the rich color of egg yolks and increase nutrient content as well as used in dietary supplements as extracts to provide a source of lutein and zeaxanthin.

The eyes are not only windows to the soul but also to our world, and taking care of them through proper nutrition is a step toward a brighter future filled with vibrant colors and clear sights.



CAROTENOIDS: POTENTIAL ALLIES OF CARDIOVASCULAR HEALTH?

Carotenoids have long been known for their antioxidant and vision supporting properties. But could they also play a role in promoting cardiovascular health?

Let's dive into the findings of a 2015 study titled "**Carotenoids: potential allies of cardiovascular health?**" (PMC4321000) and explore the potential benefits of these colorful compounds.

The study aimed to investigate the potential cardiovascular health benefits of carotenoids by reviewing existing literature on the topic. The researchers found that carotenoids may have cardiovascular health benefits beyond their antioxidant activity.

BEYOND VISION

While the study suggests that carotenoids may be beneficial for cardiovascular health, it's important to note that more research is needed to fully understand their effects. However, the findings do provide some insight into the potential ways carotenoids could support heart health:

Reducing inflammation: Chronic inflammation has been linked to an increased risk of cardiovascular disease. Carotenoids may help reduce inflammation by modulating the production of inflammatory molecules.

Improving lipid metabolism: Carotenoids may help regulate lipid metabolism, which could lead to a reduction in the levels of harmful cholesterol and triglycerides in the blood.

Enhancing immune function: A strong immune system is essential for overall health, and carotenoids may play a role in supporting immune function by promoting the production of immune cells.

THE TAKEAWAY

While more research is needed to fully understand the potential cardiovascular health benefits of carotenoids, the study's findings suggest that incorporating carotenoid-rich fruits and vegetables into your diet could be a step in the right direction for promoting heart health.

The study's conclusion may summarize it best:

"Numerous evidences confirmed that carotenoids possess antioxidant biological properties due to their chemical structure and interaction with biological membranes. In particular, fucoxanthin, astaxanthin, lycopene, and lutein are strong FRs, quenchers of ROS, and NOS, so that their antioxidant and antiinflammatory activity may help against cardiovascular risk factors such as markers of inflammation, hyperlipidemia, hypertension, insulin resistance, and obesity."

Reference Study

<https://doi.org/10.3402/fnr.v59.26762>



Curation of The Month

Body

The Best Everyday Barefoot Shoes
<https://weartolos.com>

Favorite whole bean coffee
<https://larryscoffee.com>
<https://javakai.com>

Current alternative to soda - great flavors
<https://drinkolipop.com>

Our take on carotenoids for health
<https://www.soulperformancenutrition.com/products/solace-joint-care>

Mind

The Almanack of Naval Ravikant:
By Eric Jorgenson
Available for free at (Navalmanack.com)

Environment

Find local trails for running and maxxing
www.alltrails.com



Until next time...

SOUL