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*What you think becomes what you do which
becomes who you are.*

Tips For Shaving Your Face

So Yay! You decided to try shaving your face. Proud of you I am!

To make your first go at it a huge success, I've written some tips that should help you to enhance and enjoy your experience.



Shaving Tips:

1. First, pluck those few, coarse, stubbly hairs on your chin. I have 6 of the little darlings
2. Use a brand new, never used before, manual blade razor each time you shave your face. (You'll shave about once a week — maybe twice/week)

3. Use razors with 3 or more blades — whatever your preference
4. Razors for sensitive or women's razors seem to work best
5. Use warm water and rinse your razor after 2-3 strokes
6. Shaving creme can be used but I prefer just water because the creme clogs up the razor so quickly
7. Use light pressure... just like for your legs
8. If you have a magnifying mirror, use it so you can see that hard to see fuzz
9. If you have any significant bumps or open blemishes, don't shave them
10. Be careful to not accidentally shave your eyebrows or hairline
11. Rinse and dry your face
12. Use your favorite moisturizer and enjoy the smooth feel of your glowing skin!

Enjoy!

Why Drink Warm Lemon Water? -12 Surprising Benefits

I'm pretty consistent about drinking lots of good, clean filtered water. I know that's healthy for me to do.

I also drink hot green tea and coffee, but it hadn't occurred to me until I started studying the benefits of drinking other beverages in the morning that I learned that I really needed to add warm lemon water to my regular beverage list as well.



Why lemon water? There are many far-reaching health benefits of adding lemon to warm water, ranging from clearer skin to possibly preventing

cancer. Who would have thought that something as simple as squeezing lemon into warm water could do so much good!

This is what to do: Start with a full glass (at least 8 ounces) of warm, filtered or artesian alkaline water and squeeze the juice of a lemon into it. Please use organic lemons, to do your body the most good. With any lemon, wash the skin thoroughly before squeezing the juice. Lots of people have handled that lemon before you did!

Drink it (and relish it) the first thing in the morning before you put anything else in your body. You'll notice immediately that your mouth will feel and taste fresh. It will feel so fresh that you'll want to refrain from brushing your teeth until after you have breakfast.

This brushing delay is important, because whenever you eat or drink anything that has a high acidity content like lemons or oranges (orange juice) etc., you should give your teeth at least a half hour to re-alkaline and firm up your tooth enamel before brushing them.

So why should you take the extra step to add warm lemon water to your morning? The health benefits of drinking warm lemon water first thing in the morning are plentiful---Here are just 12 of them:

1. **Boosts Your Immune System** -- Helps your system gain a more alkaline state which is optimal to fight infection. [\(1\)](#)

2. **Clears the Skin** -- Lemons add Vitamin C and anti-oxidants to your system which are wonderful for your complexion.

3. **Aids Digestion** -- Relieves indigestion and bloating. [\(2\)](#)

4. **Aids in Weight Loss** -- Pectin, found in lemons helps curb hunger. [\(2\)](#)

5. **Great Source of Potassium** -- Excellent for heart health, the brain and nervous system. [\(1\)](#)

6. **Helps with Respiratory Problems** and breathing problems such as asthma. [\(2\)](#)

7. **Balances pH:** While lemons may seem quite acidic, they're a surprisingly good source of an [alkaline food](#) that can help balance your body's pH. [\(3\)](#)

8. **Energizes and Enhances Your Mood** -- Lemon juice gives your body an energy boost and provides help with anxiety and depression. [\(1\)](#)

9. **Anti-Cancer Properties** -- Studies have supported the [anti-cancer activity of citrus liminoids](#), compounds that protect your cells from damage. Cell damage can lead to the formation of cancer cells. [\(3\)](#)

10. **Freshens Breath** -- Dry mouth contributes to bad breath. Lemons increase saliva production which promotes fresh breath.

11. **Brings Down a Fever** -- Forget the days of starving a fever! When your temperature goes up, drinking a [lemon juice mixture](#) can help bring your fever down faster. [\(3\)](#)

12. **Cleanses Your System and Acts as a Diuretic** -- The enzymes found in lemons act as a stimulant to your liver to help detox your body. [\(1\)](#)

Wow! I'd say those are 12 great reasons for drinking warm lemon water first thing in the morning. If you're also a coffee and tea drinker like me, you'll find

that warm lemon water first thing is a great addition to the other beverages we enjoy.

I hope that after reading about the benefits of this simple drink, you will start consuming it too, and make your body healthier and your mornings brighter.

To Your Great Health!

Why You Must STOP Wearing Shoes in Your House



We live in a culture where it's totally acceptable to go from spending time outside and then walking into our homes with our shoes still on our feet.

Consider this... every surface, everything that you stepped on when you were outside is now going onto your hard floors and carpets.

The problem isn't only that you'll track dirt into your house... it's the bacteria that you need to be concerned about. Our shoes carry it all and create an environment in our homes, teeming with whatever bacteria we've encountered on the outside.

We wash our hands, but not our shoes. Our shoes spread all that they have on their soles onto our floors. We sit on our floors, we play on our floors, children and grandchildren spend more time on floors than they do in chairs.

Would you put your shoes on the kitchen counter? Would you roll around on the floor of a public bathroom and then sit on your furniture? Of course not, but that's what our shoes bring into our homes.

There are bacteria that are very resistant to antibiotics. "A recent study out of the University of Houston found that 39 percent of shoe soles sampled were contaminated with the bacteria C. diff (Clostridium difficile), a public health threat that is now resistant to a number of antibiotics. C. diff infections can cause severe diarrhea that may progress to colon inflammation and more serious health issues, especially if it does not respond to antibiotic treatment."

This information is important to consider. Things you can do:

Keep a basket or a washable mat by the front door or mud room where shoes can be placed after they're removed. Have another basket or hooks where the family keeps their slippers or "inside shoes."

Besides keeping down the amount of bacteria you track through your house, you'll be keeping your floors cleaner, longer which will save you lots of time

and money trying to keep ahead of all that stuff that normally gets tracked into your house by shoes.

Men Are Most Attracted to Women Who Do These 7 Things

What do you think men first notice about women?

What makes a woman most attractive to a man? This is a timeless subject, and yet surprisingly many women ignore some really easy things that they can do to put themselves in the best light.



Think about it...what do you first notice when you see someone, man or woman?...Either someone you know or even someone you don't? Their smile of course! If they have a pleasant look on their face, they appear open and

welcoming and you feel more comfortable and safe to approach them. It's #1 on the list!

Wow! If this article ended here, and you decided just from this that you were going to pay more attention to having a pleasant look on your face at all times, that alone would transform you into someone more approachable and yes, more noticeable.

But there is more. I promised a list of 7 things men first notice about women, so here they are:

1. **Your Smile** —Got that covered!

What to do: Think pleasant thoughts, relax your face, and smile.

2. **Your Eyes** —The their color, size, and shape are all part of your genetics...so what can you do to enhance them? Light mascara, nicely shaped plucked eyebrows are easy cosmetic improvements, but the most important enhancement is a smile in your eyes. Your eyes light up when you're genuinely happy and there is nothing more attractive to a man than that. A happy light in your eyes shows that you can be really present to him. A smile with your mouth without it showing in your eyes can be a subtle warning that either your greeting is not genuine and/or you're carrying some baggage that can make him wary.

What to do: Make a habit of projecting your smile through your eyes.

3. **Your Body** —You may say "of course...that's what men are really interested in." Yes, but consider the importance of your individuality as

well...the particular shape and size of your body and all its individual glorious features will appeal to a particular man who finds you and them attractive. Some men like tall women, some prefer petite. Some men like what some describe as luscious, curvy women, and other men tend to be attracted to a more slender, trimmer look.

What to do: Whatever body type you are, be proud of yourself, and that confidence will be noticed!

4. **Your Posture** —Really? Yes, really. What does your posture say about you to others? Posture is your bearing...it reflects the way you feel about yourself. Round slouchy shoulders, indicate a lack of confidence and pride in your appearance.

What to do: Whether you're 4'11" or 6'4", stand tall and proud. Sit that way too. You can lean back and be comfortable without giving the impression that you're folding into yourself. Don't cross your arms, do cross your legs or keep your feet and knees together, and above all, smile!

5. **Your Hygiene** —Yup. This is a biggie. It may seem basic to you and a no brainer, but men notice if you look clean overall. (We're not talking about being in a gym or participating in a sport). They notice if your teeth are freshly brushed, and your hair is trimmed and freshly washed. They notice if your nails are neat and clean, and if your face looks well tended too...clean, clear skin with only light make-up. They also notice how you smell. Later in a relationship, your own unique smell becomes really important in the chemistry department, but that's down the road. In the meantime for this early encounter, if you choose

to wear perfume, give it a really light spritz and be wary of using any fragrant body lotion. It permeates the skin to the point that even using just a little can fill up a room and all a man will notice is that he has to stay upwind to avoid being enveloped in a cloud of fragrance. All of these grooming things are easy to do and really noticeable when you don't.

What to do: In a social setting look clean and groomed and take it really easy with fragrances.

6. **Your Attitude** —There is no bigger reflection of your attitude than what you say. Once you speak, no matter how fabulous you look, you can be sure that a guy will notice and decide quickly whether or not he wants to stick around to notice even more. It's not your tone, or your accent that will attract or repel. It's what you choose to say. Are your words encouraging or critical? Do you sound sincere or phony? Do your words say you're interesting without being snobbish? Do your words say you're curious without being an inquisitor? Do you gossip or complain? Are you sounding like an upbeat optimistic person, or a pessimistic downer? Men are primarily visual in the way they take in information, but they also are very, very good at hearing.

What to do: Be honest, even direct, but be kind and thoughtful when you speak. Consider the impact of your word choices on other people. Never underestimate the power of your words.

7. **The Company You Keep —Your Friends.** What does the choice of your friends say about you? Tons. If your friends are overbearing, gossipy or rude, no matter how you try to present yourself guys will

notice and wonder why you'd be keeping company with friends like that. You pick your friends for many reasons.

What to do: Make good choices in your friendships so you can be proud to introduce your current friends to anyone new in your life.

OK, there's the list. It's my list... there are lots and lots of other opinions on the same subject all over the Web. If this is a topic that further interests you, you can begin by reading some other articles on this subject and add to my list or cull the items on mine you don't agree with.

So, smile with your mouth and your eyes... stand tall, be proud of yourself... look clean and groomed... be sincere, honest and kind with your words... and be proud of the friends you keep.

Popular Cookware Causes Thyroid Disorders

Everyone has some type of cookware in their homes. Some of it can actually harm you. Yikes!

I remember my Mom using her cast iron skillet that cooked absolutely everything that wasn't baked in the oven. When I grew up and started my own home and stocked my kitchen, imagine my delight at discovering the latest in non-stick, lightweight cookware coated with some stuff called Teflon.



No more needing two hands and all the strength I could muster to lift that cast iron skillet!

Was I wrong about my choice!

Years passed and sporadic reports started coming out about how birds were dying in homes that cooked with Teflon. Something about the fumes. And as time went by the Teflon coating got old and started discoloring and flaking.

Buying new pots and pans was really expensive, so we cleaned the old ones as best as we could to get the loose flakes off and continued to use them... for awhile.

Then more news came out saying that pans coated with Teflon were for sure emitting fumes, flaking, killing pet birds and causing illness in humans as well.

Goodbye Teflon.

Cookware manufacturers, not to be derailed from this lucrative market, came out with new non-stick surfaces that were touted as being safe and harmless to pets and humans.

Not so.

Over the years, I personally went through several sets of non-stick cookware... trying to find the safest, yet most convenient to use. I was wrong again. All of it according to the [Environmental Working Group \(EWG\)](#) contains polytetrafluoroethylene (PTFE, which is made from perfluorooctanoic acid, PFOA) and has been found to be toxic. It is one of the main sources of endocrine disrupters (thyroid issues).

The best description of this new travesty came in an article from a terrific website naturallysaavy.com that features all things good and healthy for us. To quote an excerpt from the article:

"...similar coatings such as Anolon, Caphalon, Circulon, Silverstone, and Tefal, among others, came to market. Non-stick surfaces coated with polytetrafluoroethylene (PTFE, which is made from perfluorooctanoic acid, PFOA) release toxic fumes at high temperatures that can kill pet birds and cause flu-like symptoms in people. PFOA has been associated with high cholesterol, thyroid problems, male infertility, and pregnancy difficulties. Non-stick cookware is the number one item to eliminate from your kitchen!"

So goodbye all coated pots and pans. My mother using her cast iron skillet was right all along.

The story doesn't end here. The use of Aluminum for cookware is also a huge health risk. The website I mentioned above, naturallysaavy.com gave an insightful description of the dangers of using Aluminum in cookware.

"Aluminum has the advantages of being lightweight and relatively inexpensive. That's where it ends, however. Aluminum can leach into your food and this mineral has been associated with Alzheimer's disease as well as Parkinson's disease, autism, and asthma. Although you'll see claims that anodized aluminum will not leach as much aluminum if the surface is not damaged, there is still a

risk. (Anodization is a chemical process that increases the oxide layer, making it more durable and less likely to corrode.)"

Ok... That pretty much eliminates both coated and aluminum cookware. So what should we use? Go hunting for uncoated stainless steel, and start seasoning a cast iron skillet if you don't already have one.

As difficult as this news is to take in, it's clearly worth it to heed the danger. Why spend big dollars on buying healthy, organic natural products and then damage our bodies anyway by preparing the foods in dangerous cookware?

I've sadly given up on my coated pans and am now moving to heavy stainless cookware. I'm buying just one at a time because of the high cost, but I now know it's the right choice to make.

This is information to take really seriously

Cell Phone Brain Tumor Connections

Global Concerns & Personal Risks

An [International EMF Scientist Appeal](#) was signed by more than 200 scientists from 39 nations. This group of scientists have published more than 2,000 peer-reviewed articles on the health effects of non-ionizing radiation which includes Extremely Low Frequency fields (ELF) used for electricity, or Radio Frequency radiation (RFR) used for wireless communications that our mobile phones emit.



The video above is by Dr. Martin Blank who has more than 30 years of experience with EMF research at Columbia University. He is also a past president of the International Bioelectromagnetics Society. Dr. Blank shares a

concerned explanation of the looming health crisis we are all facing due to increasing levels and frequency of mobile device use.

"When you have physicists and engineers and politicians and industrial people who are sitting and making these decisions as to what is safe, we're getting into a situation where it's more and more of this radiation in our environment with no apparent control," Blank says. He warns that the EMF levels are so high, they are causing more and more medical problems.

Studies of EMF

A [recent study appearing in the International Journal of Oncology](#) reported an increased risk of glioma (a type of tumor in the brain or spine) associated with cell phone use. Research also has uncovered a risk of meningioma from mobile phone use. As a result, the authors of the report recommended that mobile phone radiation be classified as a probable human carcinogen.

Manufacturer Warnings

Apple has taken the lead to some degree by explicitly stating in the little manual that comes with iPhones that the device should not touch your body and Apple says users should carry their iPhones about a 1/2 inch or more from their bodies at all times. So if your mobile device is in your jean pockets or on your lap, it's possibly too close for comfort. In an interview with Jack Manza the Editor of UnitedVoice, iPhone users were questioned if they were aware of this warning. Unfortunately, most were not.

Local Action Heating Up

The Berkeley City Council voted unanimously to require retailers to warn customers of possible radiation exposure when purchasing cell phones. The so-called "[right to know ordinance](#)" is expected to be challenged by a lawsuit from the cell phone industry.

Organization leaders are advocating that manufacturers and sellers tell people that phones should not be held close to the body--and if they do hold them up to their body they claim that the EMF radiation levels are exceeding federal exposure limits. Harvard Law Professor Lawrence Lessig has agreed to defend the City of Berkeley free of charge if the mobile phone industry files a claim.

What You Can Do

- Store and carry electronic devices as far away from your body as possible
- Use wired headsets whenever possible
- If you must take a call without a headset, keep it short and use the speakerphone
- Limit your children's use of electronic devices
- Turn your electronic devices off at night or put it as far away from your bed as possible

Our Take on EMF Concerns

We are concerned; however, not enough to immediately run for the hills and ditch our devices. Research and resulting findings suggest that we should

change our habits to minimize the risks of harmful EMF radiation from these devices. A slight change in our habits can potentially make a positive difference. [United Voice](#) staff is reviewing EMF protection shields and other devices that claim to reduce or eliminate EMF concerns. We have our doubts, but we will definitely keep you posted.

Why Women Are Shaving Their Faces... Should You?

Ever since I had a facial years ago, I've been shaving my face

About once a week.

I had just assumed it was common practice for women until my husband pointed out a story that talked about a woman shaving her face as if this is a new thing. Apparently it's not as common as I thought, but it sure should be, and it's about time women are willing to talk about it.



I'm a brunette, but somehow my facial hair is blond fuzz... hardly noticeable to the untrained eye.

So why do I shave?... because afterward, my face is extraordinarily smooth and soft.

Shaving removes the dead top layers of skin as well as the fuzz and acts as a gentle but thorough exfoliant. I find my moisturizing creams go right in and give a more dewy look than when they're competing with a layer of fine hair.

Also, I do have a few dark hairs on the 'mustache' line, and years ago I found that waxing there really hurts and leaves me with redness and irritation for a couple of days. I just couldn't continue doing that.

Shaving is easy, inexpensive, and painless, and it leaves nothing but beautiful smooth skin. Since I'm telling you about this, quite personal stuff, I will also admit to a few (okay, 4 to be exact) coarse, black individual hairs on my chin. Those I pluck.

When I was growing up, I bought into the myth that if you shave your legs the hair will grow in dark and more bristly. I shaved my legs anyway, but I worried about it being true for my face until the aesthetician who got me started on face shaving assured me that it was a myth and just wasn't true. I believed her, and sure enough, here I am decades later, still with fine, blond, facial peach fuzz that I shave.

I use the same brand of razor on my face that I use on my legs, etc., and it works great. When you shave your face, make sure you use a new razor each

time, so it will be sharp with no drag and will not irritate your skin. I don't use shaving cream because it clogs up my razor... preferring just some warm water... but you may find you prefer shaving gel or cream.

Caution... just like shaving your legs, etc. be careful! Use a light stroke and don't press hard.

So, why else do I shave my face? Quite simply, I just love the way it looks and feels.

With all the positive reasons for shaving your face in mind, I hope you'll give shaving your face a try and I'd love for you to let me know what you think...

The Anti-Aging Power of Vitamin D

Vitamin D can play an important role in keeping you youthful by boosting the immune system, reducing inflammation and protecting against some forms of cancer.

Vitamin D also helps keep bones healthy and assists in the absorption of calcium. Are you getting enough Vitamin D?

What Makes Vitamin D Different?

Vitamin D is different from other vitamins in that your body actually manufactures it with the assistance of sunlight. Other vitamins are ingested through the foods we eat or with dietary supplements. Once the body gets Vitamin D, chemical processes in the liver turn it into a steroid hormone that boosts many facets of our health and well-being, including playing an important role in slowing the aging process.

Officially named 25(OH)D, this is the substance measured during blood tests to check Vitamin D levels. The hormone then becomes activated Vitamin D, or calcitriol, and goes on to help the cells throughout your body

communicate and function.



How Can Vitamin D Help Keep Me Young?

There are two types of age. Your chronological age is how old you actually are in years, while biological age is how old your body is. Optimum Vitamin D levels have been shown to delay the shortening of biological age indicators called telomeres.

Telomeres are caps at the end of your chromosomes that protect your body's DNA from damage. Along with sufficient omega-3 and folic acid and healthy nourishing habits like exercise and meditation, Vitamin D has been found to extend telomere length, in effect slowing biological aging.

What Happens in Vitamin D Deficiency

A lack of enough Vitamin D has been linked to a number of diseases and conditions, including cancer, asthma, high blood pressure, diabetes and multiple sclerosis. A severe lack of this vitamin can result in rickets or osteomalacia, conditions causing bones to become weak, brittle and thin.

What Can Cause a Deficiency of Vitamin D?

There are several reasons associated with the body's decreased production of Vitamin D. Though most of us are now aware of the protection sunscreen provides against skin cancer – and premature aging of the skin – the SPF in sunscreen also blocks UVB radiation, hindering the ability of the skin to synthesize Vitamin D from the sun.

People also spend increasing amounts of time indoors sitting in front of computers and televisions rather than outside getting their Vitamin D – not to mention exercise! Additionally, our body's ability to produce Vitamin D declines with age, making it all the more important that we either try to eat foods rich in this nutrient or take a daily supplement.

How Can I Get Enough Vitamin D?

Sunlight can be the best source for adults to trigger the manufacture of sufficient Vitamin D, but too much sunlight can increase our risk of melanoma which is caused by dangerous (and non-Vitamin D producing) UVA rays. If you do choose sunlight to get your Vitamin D, the best time to expose your skin to the sun is around noon when the ratio of beneficial UVB rays to UVA rays is highest.

You can also get the vitamin from fatty fish like salmon, sardines and mackerel, as well as from cod liver oil. Also consider Vitamin D supplements. There are two types of Vitamin D... D3 is made by our skin when exposed to sunlight, and D2 is Vitamin D made by plants. Many consider D3 to be the most active form for us to take in supplement form.

How much is enough?

According to the National Institutes of Health (NIH), the daily Adequate Intake (AI) for adults is 5 mcg (200 IU) daily for males, female, and pregnant/lactating women under the age of 50. People 50 to 70 years old should get 10 mcg daily (400 IU) daily, and those over 70 should get 15 mcg daily (600 IU).

This is a minimum guideline. There are many factors including age and health conditions that may inhibit your ability to properly absorb Vitamin D, regardless of the source. You may need up to several thousand IU's per day to supplement for your particular health condition. Most supplements come in 1000- 4000 IU's and are generally considered safe.

The good news is that Vitamin D toxicity is rare and it most likely would require taking 10's of thousands more Vitamin D supplements than recommended to achieve it. According to the Mayo Clinic, "taking 50,000 international units (IU) a day of vitamin D for several months has been shown to cause toxicity."

It's always a good idea to talk to your doctor about which source and how much Vitamin D would be right for you.

Sources:

<http://www.ncbi.nlm.nih.gov/pubmed/18348449>

<https://www.vitamindcouncil.org/about-vitamin-d/am-i-deficient-in-vitamin-d>

<http://www.mayoclinic.org/drugs-supplements/vitamin-d/background/hrb-20060400>

8 Things Happy People Avoid

Happiness is not something that just magically happens for some people but not for others.

The way you view yourself, others, and the world around you is the key your own happiness.



If you genuinely want to be happy more often than you are, you CAN make changes necessary to bring about that peace. Everyone has bad periods in their lives that can last from hours to even months at a time.

Those who are chronically unhappy cling to these 8 bad habits that prevent happiness:

1. Focusing on the Negative

People who see mostly what's negative all around them tend to be mostly miserable. If you put most of your attention expecting negative outcomes, you are likely to keep yourself unhappy.

The Fix: While it is true that bad things do happen, in order to be happy you need to accept that both bad and good are the way of the world. Good and bad happen to everyone. You don't have a monopoly on one or the other. So, when something bad happens, feel it, fix it if you can, and then, instead of rehashing the negative circumstance, turn your focus to something good around you. When you learn to turn your attention to the good things, you will experience happiness.

2. Having Expectations

Ah the rub! Most people think that unhappiness is caused by having unrealistic expectations. Not so. It's having expectations at all that sets us up for bitter disappointment. Dreams, hopes, and an optimistic attitude are the stuff that leads to happiness. Think about it. The words... dreams and hopes and optimistic... feel open and are filled with a sense of present and future movement. The word expectation is hard and static and unmovable. When you falsely expect others or events to be a certain, specific way, you are more than likely to be disappointed on a regular basis.

The Fix: Look at life optimistically. Hope for the best. Hope is not a demand. Leave room for outcomes you may not have even thought of that may turn out to be even better than the ones you 'hoped' would occur.

3. Focusing on Lack

Unhappy people are not grateful for what they already have. If you constantly focus on what you do not have, you will continuously live with dissatisfaction and unhappiness. With an ungrateful attitude, when you do get something you want, the joy, the buzz, will be fast and fleeting and within a short time, you'll feel just as unhappy as you were before.

Likewise, if you're jealous of what someone else has and you believe that their bounty takes away from your own happiness, you will find yourself filled with resentment and negative feelings.

The Fix: Be grateful for what you do have. Even if it seems small to you, appreciate the blessings that you enjoy every day. Also, find joy in the success of others. Improve your knowledge by learning what they did to gain their success and apply what you choose to your own actions. You can achieve what you go after. Try, try again. Success is not in a limited supply.

4. Living in the Future or in the Past

Unhappy people do not live in the here and now. When you keep thinking that things will get better once this task is done or that goal is reached, you are likely to be disappointed when your situation does not improve quickly enough. Likewise, if you continually focus on the past, whether good or bad, you miss out on current opportunities to be happy.

The Fix: The past is gone and the future is not here yet. Live in the present moments of your life, and actively make changes that affect your happiness and well-being right now.

5. Complaining or Gossiping

Unhappy people make their misery the topic of conversations. When they run out of ways to express their own unhappiness, they talk negatively about others. When you judge others as a way to make yourself look or feel better, it only leads to more misery. Negative talk makes others around you miserable and can lead to the loss of social contact, further increasing your unhappiness.

The Fix: Think before you speak. Say something positive about yourself, your day, or others. If all else fails, turn to the old saying, "If you do not have anything nice to say, then say nothing at all."

6. Blaming Others

Unhappy people believe it is the fault of others that they are not happy. When you blame your unhappy circumstances on others, you are turning over your unique self and your abundant power to the very people you think are causing your misery. It becomes a vicious circle of despair.

The Fix: Bad things do happen, and people do not always treat each other fairly or justly. Unfortunately, this is a part of life. You can't control how others behave. You can control what YOU say and do. When you accept that you are in control of your own thoughts and feelings, everything will change for you. A dust up with someone becomes a speed bump and not a block wall. When you perceive that someone did something wrong to you, fix it if you can, and if you can't, then do something that you love -- that you're good at -- and get back on solid, positive ground.

7. Mind Reading

People who often attribute bad intentions to the thoughts or actions of others may be thought of as mind reading. This is a formula for unhappiness. Although you may imagine it to be so, people are not always out to get you. If someone asks your opinion or does something nice for you, that does not mean that they have ulterior motives to set you up for humiliation or some other negative intent.

The Fix: Avoid jumping to conclusions about the words or actions of others. Take a person's words or actions at face value. Taking things as face value will help you avoid the assumption there are hidden meanings in what people do or say and this will avoid your own feelings of despair that comes from thinking that other people want and intend for you to be unhappy.

8. Giving Up

Unhappy people do not make sufficient effort to help themselves, or they give up too easily when some amount of effort does not bring the desired results. Life is a series of handling encounters. It's constant. It takes awareness and it takes effort. If you hide yourself away doing easy things like putting too much focus on online social networks, or wishing things were different but not doing enough to change it, you have a formula for loneliness, lack of results, and unhappiness. If you keep doing things the same way as you have, you will get the same results.

The Fix: Make goals that you think will increase your happiness. Now goals. Year from now goals. 5 year goals. And goals for "someday." Dream and hope and create a pathway to get you there. Make 'to do' lists with 'to be done' dates. Check off completed stuff. When you're busy living your life

there's not much time or room to worry about outside influences. Don't forget to have fun. Plan outings and activities to give your brain a chance to relax and let yourself play.

Change your way of thinking and you'll change your life. Your life, your choice. You're worth it.

~ Article By Janet Valenty

The Pros and Cons of Colonoscopies

By Dr. Mercola

Colon cancer is the second leading cause of cancer-related deaths in the United States. According to the Centers for Disease Control and Prevention (CDC), nearly 135,000 people were diagnosed with the disease in 2012, and more than 51,500 died from it.



Men and women over the age of 50 at average risk of colorectal cancer are typically recommended to get tested either by:

- Fecal occult blood testing (FOBT) on an annual basis, to check for signs of blood in your stool
- Flexible sigmoidoscopy every five years

- Colonoscopy every 10 years

Despite the fact that there are three acceptable screening methods, most doctors simply recommend colonoscopy, and researchers have found that in most instances, doctors completely fail to review all the options and the benefits and drawbacks of each with their patients.

In essence, most doctors simply choose for their patients, without going through the steps of informed consent, and most often they choose colonoscopy.

When Given Options, More People Go Through with Testing

Interestingly, recent research shows that when patients are allowed to choose the screening method, more people end up going through with the test. As reported by Reuters:

“About 1,000 patients were divided into three groups and randomly assigned to get either FOBT or colonoscopy, or given a choice between the two options.

Over three years, 42 percent of participants given a choice between the tests followed through with screening and 38 percent of people assigned to get colonoscopies did so. Just 14 percent of the patients assigned to FOBT got the test done each year.”

Side Effects and Drawbacks of Colonoscopies You Need to Be Aware Of

As noted in the video above, narrated by Dr. Michael Greger, about 1 in every 350 colonoscopies end up doing serious harm. Death from colonoscopy, while rare, also does occur.

The death rate is about 1 for every 1,000 procedures, and with 15 million colonoscopies being done each year in the U.S., that means about 15,000 Americans die as a result of this routine procedure.

Sigmoidoscopies tend to have 10 times fewer complications, yet most doctors still recommend colonoscopy nearly 95 percent of the time.

Interestingly, other developed countries favor the FOBT stool test. Part of the reason for this is that in other countries doctors do not get paid for procedure referrals.

In the U.S. however, doctors typically do get financial kickbacks when referring patients for various procedures, and as noted by Dr. Greger, *"it's estimated that doctors make nearly a million more referrals every year than they would have if they there were not personally profiting."*

Unfortunately, most doctors also fail to inform their patients of the risks of colonoscopy, which include:

- Perforation of the colon (people at higher risk include those with diverticulitis, diseases of the colon, and adhesions from pelvic surgery)
- Dysbiosis and other gut imbalances, caused by the process of flushing out your intestinal tract before the procedure with harsh laxatives
- Complications from the anesthesia. Many experts agree you should opt for the lightest level of sedation possible, or none at all, as full anesthesia increases risk.
- False positives. According to the Prostate Cancer Foundation,⁹ an estimated 30 to 40 percent of men treated for prostate cancer have harmless tumors that would never have caused problems in their lifetime.

As noted by Jessica Herzstein, a preventive-medicine consultant and member of the U.S. Preventive Services Task Force, *“you’re going to die with them, not of them.”*

False positives lead to unnecessary treatments that are nearly always harmful, in addition to the anxiety a cancer diagnosis brings.

For example, incontinence and erectile dysfunction are two common side effects of radiation therapy, and hormone therapy has been linked to osteoporosis and depression.

Infections caused by improperly disinfected scopes

If You Still Decide to Get Tested, BE CAREFUL, As 80 Percent of Instruments Are NOT Properly Sterilized!

The primary tools used to screen for colon cancer are sigmoidoscopes and colonoscopes. These devices are not disposable, so they must be sterilized between each use. This, it turns out, poses a very significant problem that most patients are not aware of.

According to Lewis, a retired whistleblower microbiologist with the Environmental Protection Agency (EPA), about 80 percent of endoscopes are cleaned using Cidex (glutaraldehyde), which does NOT properly sterilize these tools, potentially allowing for the transfer of infectious material from one patient into another.

As Lewis explains in this recent interview (included above), flexible endoscopes have several basic components. One is a long, flexible tube with a tiny camera at the end, which allows the doctor to view the inside of your colon. There are also two internal channels in this tube, a biopsy channel and an air/water channel.

When the physician sees evidence of a tumor, he or she can insert a little claw through the endoscope, into the patient, and grab a piece of tissue and pull it back out through the biopsy channel. The air/water channel allows the doctor to clean the lens of the camera, which frequently gets covered with blood and other patient material.

The air/water channel is much smaller in diameter than the biopsy channel, and this is where the greatest risk of contamination originates, because while the biopsy channel is large enough to be scrubbed clean with a long brush, the air/water channel is too small to accommodate a brush.

About 80 percent of the time, flexible endoscopes are simply submerged in a 2 percent glutaraldehyde solution (Cidex) for 10 to 15 minutes to disinfect them between patients, and this simply isn't sufficient to clean out the air/water channel that's been contaminated with tissue, blood, and feces.

As a result, this material can get flushed out into subsequent patients. So, the problem, in a nutshell, is that doctors are re-using devices that are impossible to properly clean. So if, for whatever reason, you are compelled to get a colonoscopy or flexible sigmoidoscopy, then it is IMPERATIVE that you contact the office before the procedure to make sure they are decontaminating the scope properly with peracetic acid.

When Getting a Colonoscopy, Make Sure Peracetic Acid Was Used to Clean the Scope

Lewis launched a study with a university in which he looked at the internal channels, the air/water channel, and the biopsy channel, and collected samples of patient material from those channels. He then tested various ways of treating that layer of patient material to determine what was required to remove it from the inner channels.

As mentioned, submerging a flexible endoscope in a 2 percent glutaraldehyde solution (Cidex) for 10 to 15 minutes did not clean out the internal channels. In fact, Lewis demonstrated that you can submerge those devices for two hours and there's still infectious material, such as HIV, trapped inside those internal channels.

What's worse, not only does Cidex not sterilize the devices, it actually complicates the problem, because glutaraldehyde works like formaldehyde (it's just a smaller molecule) — it preserves and embalms tissue, allowing the trapped material to build up over time.

There is a safer cleaning alternative however, and knowing this could very well save your life. About 20 percent of flexible endoscopes in the U.S. are cleaned with peracetic acid between patients rather than Cidex. Peracetic acid (which is similar to vinegar) is used in organic chemistry labs to dissolve proteins, and it does a FAR better job than glutaraldehyde.

The reason nearly 80 percent of clinics still use glutaraldehyde is because it's cheaper. Even pennies per procedure add up when you're doing them by the thousands each year, and hospitals are under pressure to save money wherever they can.

However, when your health and life is at stake, saving pennies becomes inconsequential, and you'd be wise to forgo any hospital that still uses Cidex

to clean their endoscopes. How will you know how any given facility cleans their scopes?

These are the 3 questions you have to ask. If you're having a colonoscopy or any other procedure using a flexible endoscope done, be sure to ask:

- How is the endoscope cleaned between patients?
- Specifically, which cleaning agent is used?
- How many of your colonoscopy patients have had to be hospitalized due to infections?

If the hospital or clinic uses peracetic acid, your likelihood of contracting an infection from a previous patient is very slim. If the answer is glutaraldehyde, or the brand name Cidex (which is what 80 percent of clinics use), cancel your appointment and go elsewhere. As for the third and last question, the answer you want is zero.

Prepping for Your Colonoscopy

Getting a colonoscopy requires preparation to clean out your colon. Typically, this includes skipping dinner and breakfast before the procedure, and drinking 2 to 4 liters of a foul-tasting liquid containing laxatives and electrolytes. However, recent research suggests you may not have to go through the rigors of fasting — a step that dissuades many from getting a colonoscopy in the first place.

As reported by The Washington Post:

"[T]he first glimmer of an alternative way of preparing for the procedure emerged ... at the Digestive Disease Week conference, where Levy presented the results of a study on 10 people that involved the same generally-used laxative and a carefully prepared diet of solid foods and liquids.

The patients, aged 46 to 73, were given measured portions of cereal, pasta salad, pudding, juices, chicken consomme, a vanilla smoothie, and a pina colada type drink spread across a normal lunch-dinner-breakfast eating schedule. Eight of the first 10 patients ate it all, and the other two consumed 95 percent of it. None reported bloating, nausea, vomiting, or cramping. When they examined the patients, doctors rated 9 of the 10 cleansings 'good' and 1 'excellent.'"

Peppermint Oil May Make a Colonoscopy Less Painful

Dr. Greger at NutritionFacts.org¹² presents yet another alternative: peppermint, which helps relax the muscles and reduce spasms in your colon. The use of peppermint during colonoscopy was suggested over three decades ago, but was never implemented. As noted by Dr. Greger:

"[C]olon spasm can hinder the progress of the scope and cause the patient discomfort. So, they tried spraying some peppermint oil at the tip, and in every case, the spasm was relieved within 30 seconds. Thirty seconds is a long time though when you have this snaking inside of you; so, the next innovation would be to just use a hand pump to flood the whole colon with a peppermint oil solution before the colonoscopy.

[It's a] simple, safe, and convenient alternative to injecting an anti-spasm drug, which can have an array of side effects ..."

Mixing peppermint oil into barium enemas has also been shown to be effective. Even taking a few peppermint oil capsules orally, four hours before the procedure, helped speed up the procedure by reducing spasms and pain.

Should You Have Routine Colonoscopies

Starting at 50?

I'm 61 and I've never had a colonoscopy and have no plans of ever getting one. While I believe they can be valuable as a diagnostic tool, I feel confident that with my diet (which includes daily amounts of raw turmeric) and lifestyle it's highly unlikely I would develop colon cancer. But for many people who are at higher risk, colonoscopies may be an effective strategy. Colon cancer grows very slowly, and it's one of the top leading cancers that kill people, so early detection is important.

Certainly, you could opt for an annual guaiac stool detection test — which checks for hidden blood in your stool — but this test also produces many false positives, and the latest evidence suggests this test doesn't work very well. Another alternative is to get tested by flexible sigmoidoscopy¹³ every five years. It's similar to a colonoscopy, but uses a shorter and smaller scope, so it cannot see as far up into your colon.

On the upside, it's associated with fewer complications, although you still need to check with the hospital or clinic to make sure they're using peracetic acid to clean the device. Ultrasounds have also proven to be of value.

Overall, visual inspection is the most reliable way to check for colon cancer, and this is what the colonoscopy allows your doctor to do. If polyps are found in their early stages, your doctor can simply snip them off right then and there. So a colonoscopy is not only a diagnostic tool, it can also serve as a surgical intervention. They take a picture of the polyp, clip it, capture it, and send it to biopsy. So it could save your life, and it's definitely something to consider.

However, you don't want to risk complications or infections by having the procedure done with a contaminated piece of equipment! So please remember, asking what they use to clean the scope could save your life. Only agree to the procedure in a facility that uses peracetic acid as a cleaning solution.

This is a very simple strategy that will not only protect your health, but as more people get wise to this and start demanding the use of peracetic acid, we can improve the safety for all patients undergoing these procedures.