

Chapter 1 : Hedonism is good for your health - CNN

When you're in the mood, it's a sure bet that the last thing on your mind is boosting your immune system or maintaining a healthy weight. Yet good sex offers those health benefits and more.

Story highlights Seeking and maximizing the enjoyment of simple pleasures can boost health and well-being It can be difficult to pin down the point at which a pleasurable behavior becomes problematic A state of pleasure is linked with reducing stress I think I might be a hedonist. Before you judge me harshly, I know hedonism has a bad reputation, but it might be time to reconsider. What if, instead of a guaranteed one-way road to ruin, hedonism is good for your health? If we think of hedonism as the intentional savouring of simple pleasures -- like playing in fallen leaves, moments of connection with friends, or cuddling the dog -- then it probably is. Seeking and maximising these kinds of pleasures can boost our health and well-being. So where do our ideas of hedonism come from and how can we harness hedonism to improve our health and quality of life? The popular view of hedonism In broad terms, a hedonist is someone who tries to maximise pleasure and minimise pain. Jordan Belfort played by Leonardo DiCaprio in The Wolf of Wall Street is probably the popular idea of the quintessential hedonist, where his extreme wealth allows him to indulge his insatiable hunger for all things pleasurable. Read More Hedonism Bot from Futurama is another character exquisitely in touch with things that provide pleasure. We find these characters so compelling because they seem to reject the sensible, responsible way to live. We wait for their liver to rebel or their life to come crashing down around them, as of course it must. But this kind of behaviour is better termed debauchery -- extreme indulgence in bodily pleasures and especially sexual pleasures -- rather than hedonism. Today there are multiple views on what hedonism is. This is largely due to some highly nuanced philosophical arguments about how we should conceptualise pleasure. It might help to think of pleasure simply as a subjective state of enjoyment. This is a broad perspective, but one easily applied to our everyday lives. Why adult coloring books are good for you Just as different experiences can bring a similar shiver of pleasure, the same experience can conjure a range of responses -- from extreme pleasure to definite displeasure -- in different people. There is no single stimulus that elicits exactly the same response in everyone all the time: Perhaps the memory is of a very good glass of wine, or those last 50 metres of a long, satisfying run. Sexual pleasure is linked with health and well-being. For example, women who say they are satisfied with their sex life score higher on measures of psychological well-being and vitality. A regular glass of wine is said to have a protective effect against dementia and heart disease , perhaps due to its antioxidant flavonoids. And everyone knows the advantages of physical fitness. Well, these activities are good Many of the things that commonly give us pleasure can also be used in risky or harmful ways. When pleasure becomes a problem Dependence, addiction , bingeing and compulsive consumption can be thought of as risky or harmful uses of otherwise pleasurable experiences, like using alcohol and other drugs , doing exercise and having sex. It can be difficult to pin down the point at which a previously pleasurable behaviour becomes problematic. Partner yoga doubles the pleasure and halves the stress At this stage though, pleasure is no longer the motivation, nor the result, of the behaviour. The uncontrollable " hunger " has wiped the pleasure away and the best we can hope for is relief. Without pleasure, the behaviour is no longer a hedonic one. The single-minded pursuit of one intense pleasure at the expense of other aspects of life that bring meaning and pleasure is also counterproductive to living a rich and enjoyable life. A practical definition might be someone who tries to maximise the everyday pleasures while still balancing other concerns. In fact, Epicurus emphasised a simple, harmonious life without the pursuit of riches or glory. Maximising pleasure, unlike with debauchery or addiction, need not take the form of more, bigger, better. Instead, we savour everyday pleasures. I should fully attend to the warmth of it in my hands, to the feeling of it in my mouth, and to the cascade of sensations and flavours it delivers. Not only that, in the morning, before my coffee, I can anticipate it. I can think how lovely it will be. And later, as I go about my day, I can pause and think about that coffee, about just how warm and good it was, how it smelled and tasted. In other words, I can immerse myself in these moments, in the anticipation, in the drinking itself, and in the remembering, and bring all my attention to them. This kind of savouring results in a totally different, and

richer, experience than if I absent-mindedly gulp down the coffee while dodging traffic and talking on the phone.

Chapter 2 : Red wine and resveratrol: Good for your heart? - Mayo Clinic

We created HealthGoods Market to share products, recipes, life stories, and tips to help you achieve your health goals, wherever you are in your health journey. We aim to make shopping for the highest quality products simple, affordable and convenient.

Some people study medicine. The history of forest bathing Japan is a country that is both urbanized and heavily forested. Forest bathing involves slowly walking through a forest, taking in the atmosphere through all your senses, and enjoying the benefits that come from such an excursion. In , Japan launched a national program to encourage forest bathing, and in , a formal study of the link between forests and human health began in Iiyama, Japan—a place particularly known for its lush, green forests. Now, each year upwards of 2. He went away for a week of forest camping, and found it restored his physical and emotional health. That inspired him to begin researching the benefits of forests on human health and well-being. In , he helped found the Forest Therapy Study Group, aimed at finding out why being among trees makes us feel so much better. The healing power of the forest After years of careful study, Li has found that spending time in a forest can reduce stress, anxiety, depression, and anger; strengthen the immune system; improve cardiovascular and metabolic health; and boost overall well-being. Why would this be? Some 20 years ago, American biologist E. For example, one of his studies looked at whether forest bathing could improve sleep patterns among middle-aged Tokyo office workers who tended to suffer sleep deficiency due to high levels of stress. During the study, participants walked the same amount of time in a forest that they usually did in a non-forest setting on a normal working day. After a walk in the forest, participants were significantly less anxious, slept better, and slept longer. In addition, researchers found that afternoon walks were even more beneficial than morning walks. Exposure to these substances, says Li, can have measurable health benefits for humans. Physiological stress is reduced , for example, and both blood pressure and heart rate are lowered. Evergreens—pine, cedar, spruce, and conifers—are the largest producers of phytoncides, so walking in an evergreen forest seems to have the greatest health benefits. How to do forest bathing So, is there a specific art to forest bathing? Or is it just as easy as a walk in the woods? Connecting with nature is simple, writes Li. Mother Nature does the rest. Depending where you are, find a good source of nature. Just look for any green area. It could be an urban park, a nature preserve, or a trail through suburban woods. Forests with conifers are thought to be particularly beneficial. Some people will respond to sunny glades, others to shadier places. Listen to your own wisdom. Engage all your senses. Actively listen, smell, touch, and look. Slow walking is recommended for beginners. Try doing yoga in the woods, or Tai chi, or meditation. You can venture alone, or with a companion. In Japan, forest walking therapists are even available. One of the downsides of urban living is the constant noise. Silence is restorative, and a forest can have its own healing sound—rustling leaves, a trickle of water, birdsong. Spend a few quiet moments with a favorite tree. If nothing else, when we connect with nature we are reminded that we are part of a larger whole. And that, Li notes, can lead us to be less selfish and to think more of others. Greater Good wants to know: Do you think this article will influence your opinions or behavior?

Chapter 3 : Why having a pet is good for your health - Harvard Health

Research suggests that hugs can deliver some real health benefits, from easing stress to lowering blood pressure. Here are four ways hugs can be good.

Sign up now Red wine and resveratrol: Good for your heart? Red wine and something in red wine called resveratrol might be heart healthy. Find out the facts, and hype, regarding red wine and its impact on your heart. By Mayo Clinic Staff Red wine, in moderation, has long been thought of as heart healthy. The alcohol and certain substances in red wine called antioxidants may help prevent coronary artery disease, the condition that leads to heart attacks. But part of the benefit might be that antioxidants may increase levels of high-density lipoprotein HDL cholesterol the "good" cholesterol and protect against cholesterol buildup. While the news about red wine might sound great if you enjoy a glass of red wine with your evening meal, doctors are wary of encouraging anyone to start drinking alcohol, especially if you have a family history of alcohol abuse. Too much alcohol can have many harmful effects on your body. Still, many doctors agree that something in red wine appears to help your heart. How is red wine heart healthy? Red wine seems to have heart-healthy benefits. Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. Resveratrol in red wine Resveratrol might be a key ingredient in red wine that helps prevent damage to blood vessels, reduces low-density lipoprotein LDL cholesterol the "bad" cholesterol and prevents blood clots. Some research shows that resveratrol could be linked to a lower risk of inflammation and blood clotting, which can lead to heart disease. But other studies found no benefits from resveratrol in preventing heart disease. More research is needed to determine if resveratrol lowers the risk of inflammation and blood clotting. Resveratrol in grapes, supplements and other foods The resveratrol in red wine comes from the skin of grapes used to make wine. Because red wine is fermented with grape skins longer than is white wine, red wine contains more resveratrol. Simply eating grapes, or drinking grape juice, might be one way to get resveratrol without drinking alcohol. Red and purple grape juices may have some of the same heart-healthy benefits of red wine. Other foods that contain some resveratrol include peanuts, blueberries and cranberries. The amount of resveratrol in food and red wine can vary widely. Resveratrol supplements also are available. How does alcohol help the heart? Various studies have shown that moderate amounts of all types of alcohol benefit your heart, not just alcohol found in red wine. Those who drink moderate amounts of alcohol, including red wine, seem to have a lower risk of heart disease. More research is needed before we know whether red wine is better for your heart than are other forms of alcohol, such as beer or spirits. Neither the American Heart Association nor the National Heart, Lung, and Blood Institute recommends that you start drinking alcohol just to prevent heart disease. Alcohol can be addictive and can cause or worsen other health problems. Drinking too much alcohol increases your risk of: Liver and pancreas diseases.

Chapter 4 : 8 Ways Beer Is Good for You | Everyday Health

Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step.

A three-course professional certificate series that teaches you the what, why, and how of increasing happiness at work. In one study, more grateful participants reported fewer health problems such as headaches, gastrointestinal problems, respiratory infections, and sleep disturbances ; in another, they reported fewer physical symptoms including headaches, dizziness, stomachaches, and runny noses. Seems pretty clear-cut, right? One big question is whether gratitude causes good health or whether good health causes gratitude—or perhaps something else makes us both grateful and healthy. Indeed, while these studies suggest that grateful people are healthier, they could also suggest that people in poorer health are less likely to feel grateful. To tease apart this relationship, researchers have begun to explore whether people who engage in gratitude activities benefit from improved health. In that study, college students who wrote about things they were grateful for just once a week for ten weeks reported fewer physical symptoms such as headaches, shortness of breath, sore muscles, and nausea than students who wrote about daily events or hassles. Other studies, however, have found no health benefits from gratitude. Emmons and McCullough also found that people with neuromuscular disease who kept a daily gratitude journal for three weeks reported the same amount of physical pain as people who just filled out basic daily surveys. In the studies that failed to find health benefits, participants tried their gratitude activities for relatively short periods of time two to three weeks. It could be that people who keep a gratitude journal for longer—say, multiple months—see stronger effects. Future studies will need to test this possibility. Do grateful people sleep better? Sleep is vital for good health. Inadequate sleep puts strain on the body and increases your risk of developing obesity, diabetes, cardiovascular disease, and other conditions. Perhaps surprisingly, studies suggest that boosting your gratitude might be a relatively easy way to improve your slumber. People with heart failure and chronic pain who are more grateful report sleeping better, despite their condition, than less grateful patients. In a study of people, 40 percent of whom had clinically impaired sleep, more grateful people reported falling asleep more quickly, sleeping longer, having better sleep quality, and staying awake more easily during the day. This study also found evidence that more grateful people sleep better because they have fewer negative thoughts and more positive ones at bedtime. Evidence suggests that just performing gratitude exercises can help. In one study , people with neuromuscular disease who kept a daily gratitude journal for three weeks reported sleeping significantly longer at night and feeling significantly more refreshed than people in the control group. And in a study , women who kept a gratitude journal for two weeks reported slightly better daily sleep quality compared to women who performed other tasks. Is gratitude good for your heart? Gratitude feels heartwarming, and a growing body of work suggests that gratitude might help keep our actual hearts healthy, too. This line of research began in , when a study found that people feeling appreciation an emotion related to gratitude have improved heart rate variability, an indicator of good heart health. Together, these and other results suggest that feeling gratitude can be good for healthy hearts. What about people who already have heart problems? Recent studies by Paul Mills, Laura Redwine, and colleagues have probed the relationship between gratitude and health in people with Stage B, asymptomatic heart failure—people whose hearts have suffered structural damage but who show no clear outward symptoms. In their study of patients, more grateful people reported better sleep, less fatigue, less depression, more confidence in their ability to care for themselves, and lower levels of systemic inflammation an immune response that can have negative effects on the body, including the cardiovascular system. Patients who did daily gratitude journaling for eight weeks also showed decreased markers of inflammation at the end of the experiment. These results are especially important given that both depression and sleep problems can worsen heart failure, and they suggest that a gratitude journal might indeed be a good addition to the care provided to heart patients. Gratitude may even help patients recover from a heart attack. In the Gratitude Research in Acute Coronary Events GRACE study by Jeff Huffman and colleagues, more optimistic and more grateful people showed signs of improved blood vessel

function two weeksâ€”though not six monthsâ€”after being hospitalized for heart attacks, compared to less grateful patients. A study by Neal Krause and colleagues may point to yet another way that gratitude supports heart health. This study found that more grateful people had significantly lower levels of a protein found in red blood cells called hemoglobin A1c HbA1c. HbA1C has also been implicated in poor blood sugar control in diabetes, as well as chronic kidney disease, a number of cancers, and overall risk of death. Studies focused on identifying biomarkers like this are likely to be an important part of the future of research on gratitude and health. How might gratitude improve health? Research on the relationship between gratitude and physical health is still developing, but studies so far suggest that there may be a connection. At the very least, it appears that more grateful people report feeling healthier and sleeping better, and they may even have some physiological markers of better health.

Chapter 5 : NPR Choice page

20 Foods That Are Bad For Your Health (Avoid Them!) There is a lot of confusion out there about which foods are healthy, and which are not. Here is a list of 20 foods that are generally very.

Why having a pet is good for your health Photo: Thinkstock Owing a dog can help you get more active, if you take your pet out for a daily walk. According to a study from Japan, older dog owners reported more hours per week of physical activity than non-dog owners. January, Could owning a pet help you live longer? Possiblyâ€”if you get the right type of pet. But could your furry friend also protect you against heart disease and help you live longer? Research suggests it mightâ€”although the protective effects depend on which type of animal you have and how you interact with your pet. In May , the American Heart Association AHA released a scientific statement associating pet ownership with reduced heart disease risk factors and greater longevity. Yet the research leans toward one type of pet in particular. Thomas Lee, a cardiologist and professor of medicine at Harvard Medical School. There are a few possible explanations for the connection. For one thing, healthy people are more likely to get a dog. Glenn Levine, professor at Baylor College of Medicine and member of the committee that wrote the AHA statement, said in a news release. Also, having a dog keeps you more active. Walking your dog can help you meet the daily exercise requirements the government recommends. That extra exercise may be why pet owners tend to have lower blood pressure and cholesterol levels. Dogs also reduce stress and prevent loneliness. A pet can be a good companionâ€”especially if you live alone. Having a friendly face and wagging tail to come home to is an antidote for loneliness. But if you already have a pet, you can take advantage of the health benefits. Dogs need to be walked, fed, groomed, and taken to the vet. Anything that gets you out and keeps you physically active is good for your health, Dr. If you do get a dog, make the most of your time together. Get outside and walk, or play a game of fetch with a stick or Frisbee as often as you can. Your dogâ€”and your heartâ€”will be better for it. Organizations that can help you adopt a pet A few nonprofit groups can make it easier for you to adopt and care for a pet. Contact your local community elder services center, or try one of these organizations:

Chapter 6 : Laughter is the Best Medicine: The Health Benefits of Humor and Laughter

What if, instead of a guaranteed one-way road to ruin, hedonism is good for your health? Seeking and maximizing simple pleasures can boost our health and well-being.

The fact that we maintained a small garden adjacent the field probably had something to do with my attraction to the lavender. After all, it smelled wonderful and there were always hummingbirds flitting about, contributing to the peacefulness. Yet, the scent of lavender was reportedly still in the air. Could be only myth, but the fact remains that lavender has been prized by many cultures for uses in perfumes, ointments, Eastern medicines and incense. Lavender Is Relaxing Research published in *Frontiers in Behavioral Neuroscience* reveals the science behind a key health benefit of lavender: Researchers at Kagoshima University in Kagoshima, Japan looked at linalool, a terpene alcohol in lavender extract, specifically to unlock its anxiety-reducing properties. Rates of anxiety disorders in Japan estimated at 5. While researchers note that aromatic compounds derived from plant extracts have been used to treat anxiety in traditional medicine, and lavender, as an example, has been used in anxiety treatment, plus the fact that compounds such as linalool extracted from lavender have anxiety-reducing effects, no studies yet looked at the effects of the smell of lavender to reduce anxiety. What the researchers found in their studies with adult male mice is that the calming ability of lavender occurs through smelling vaporized lavender compound from linalool, not absorbing it in the lungs. Linalool creates calming effects by activating GABAA receptors via olfactory neurons in the nose, unlike benzodiazepines that are currently used in treating anxiety. The researchers said linalool odor may have clinical applications in treating anxiety in the human population. They further suggested that linalool odor-induced anxiolytic effects may be effective for preoperative patients to reduce stress and help better transition them to general anesthesia. Another potential benefit for linalool odor utilization may be with infants and those who have difficulty with other forms of anxiolytic administration such as oral route, or suppositories. Lavender May Combat Fungal Infections As reported by *Science Daily*, a study published in the *Journal of Medical Microbiology* found that the essential oil of lavender provides a potent antifungal effect for common strains of fungus responsible for skin and nail infections. Researchers noted the dearth of current antifungal drugs to treat infections of the skin, hair and nails as well as the fact that undesirable side effects also may occur with use. As such, the search for effective treatment with novel fungicides has gained importance. Lavender May Be Effective in Treating Insomnia Several studies examined the effects of aromatherapy with lavender in combatting insomnia, a sleep disorder affecting millions of people worldwide. A study published in the *American Journal of Critical Care* found that hospitalized patients inhaling percent lavender oil available bedside nightly had improved vital signs and better sleep quality than control group not receiving lavender oil aromatherapy. Researchers concluded that using lavender oil may be an effective sleep intervention in the intermediate care unit. Earlier research published in the *Iranian Journal of Nursing and Midwifery Research* highlighted the beneficial effects of lavender oil aromatherapy with respect to sleep quality in ischemic heart disease patients. The clinical trial included three nights of 9-hours lavender oil aromatherapy for the experimental group, compared with no therapy for control groups. Researchers concluded that lavender oil aromatherapy can improve sleep quality and health in patients hospitalized with ischemic heart disease. Another study whose results were published in *Evidenced-Based Complementary and Alternative Medicine* found that lavender oil aromatherapy reduced stress and improved sleep quality of patients in the hospital intensive care unit after only two days of using the treatment. Aromatherapy is safe, noninvasive treatment that directly affects the brain, does not accumulate in the body it is discharged through the respiratory system, liver and kidneys, and can be self-administered regardless of location or time. Lavender May Have Potential Use to Decrease Agitation in Dementia Patients Research in the *Journal of Drug Assessment* noted that using twice-daily lavender aromatherapy treatment with elderly dementia patients in a private adult day-care for patients diagnosed with dementia resulted in a reduction in their frequency of agitation. This was particularly true with dementia patients in the 70 to 85 age range. Researchers noted that while the experimental study using lavender aromatherapy did not show significant reductions in other

dementia-related behaviors anger , anxiety, restlessness and wandering , that may have been due to the small study size. The Cochrane Database for Systematic Reviews , meanwhile, noted equivocal results from seven trials included in the review of aromatherapy for dementia, although several methodological difficulties were present in the studies. The reviewers called for more well-designed, large-scale randomized controlled trials regarding the effectiveness of aromatherapy for dementia patients, as well as suggesting that other issues may also need to be addressed, such comparability of different aromatherapies and whether there may be different outcomes for different types of dementia. Personally, I enjoy a lavender-scented bath, lavender soap, body lotion and, yes, essential lavender oil in a diffuser. I can attest to its calming properties. I even keep a bouquet of dried lavender in a vase on my desk. Yes, it does remind me of traversing the fields of lavender when I was a kid. Passionate about helping others live a vibrant and purposeful life, she writes daily for her website, www.why-lavender-is-good-for-your-health.com. She is a regular contributor to Psych Central. Why Lavender is Good for Your Health. Retrieved on November 9, , from <https://www.psychcentral.com/health/why-lavender-is-good-for-your-health/>:

Chapter 7 : Is Gratitude Good for Your Health? | GGM

Home» Library» Why Lavender is Good for Your Health. Why Lavender is Good for Your Health. By Suzanne Kane ~ 4 min read "I put a drop of lavender essential oil on my pillow before I go to.

Promotes group bonding Laughter helps you stay mentally healthy Laughter makes you feel good. And the good feeling that you get when you laugh remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss. More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun. The link between laughter and mental health Laughter stops distressing emotions. Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more. Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict. Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health. And the more laughter you bring into your own life, the happier you and those around you will feel. How laughing together can strengthen relationships Shared laughter is one of the most effective tools for keeping relationships fresh and exciting. All emotional sharing builds strong and lasting relationship bonds, but sharing laughter also adds joy, vitality, and resilience. And humor is a powerful and effective way to heal resentments, disagreements, and hurts. Laughter unites people during difficult times. Humor and playful communication strengthen our relationships by triggering positive feelings and fostering emotional connection. When we laugh with one another, a positive bond is created. This bond acts as a strong buffer against stress, disagreements, and disappointment. Using humor and laughter in relationships allows you to: Humor gets you out of your head and away from your troubles. Let go of defensiveness. Laughter helps you forget resentments, judgments, criticisms, and doubts. Your fear of holding back and holding on are set aside. Express your true feelings. Deeply felt emotions are allowed to rise to the surface. Use humor to resolve disagreements and tension in your relationship Managing Conflicts with Humor: Using Laughter to Resolve Disagreements Laughter is an especially powerful tool for managing conflict and reducing tension when emotions are running high. How to bring more laughter into your life Laughter is your birthright, a natural part of life that is innate and inborn. Infants begin smiling during the first weeks of life and laugh out loud within months of being born. Even if you did not grow up in a household where laughter was a common sound, you can learn to laugh at any stage of life. Begin by setting aside special times to seek out humor and laughter, as you might with working out, and build from there. Here are some ways to start: When you look at someone or see something even mildly pleasing, practice smiling. Instead of looking down at your phone, look up and smile at people you pass in the street, the person serving you a morning coffee, or the co-workers you share an elevator with. Notice the effect this has on others. Literally make a list. The simple act of considering the good things in your life will distance you from negative thoughts that are a barrier to humor and laughter. When you hear laughter, move toward it. Sometimes humor and laughter are private, a shared joke among a small group, but usually not. More often, people are very happy to share something funny because it gives them an opportunity to laugh again and feed off the humor you find in it. Their playful point of view and laughter are contagious. Every comedian appreciates an audience. Bring humor into conversations. It can even make exercise more fun and more productive. Plus, hearing others laugh, even for no apparent reason, can often trigger genuine laughter. To add simulated laughter into your own life, search for laugh yoga or laugh therapy groups. It will make both you and the other person feel good, draw you closer together, and who knows, may even lead to some spontaneous laughter. Instead of feeling embarrassed or defensive, embrace your imperfections. They fall into the gray zone of ordinary life—giving you the choice to laugh or not. So choose to laugh whenever you can. How to develop your sense of humor Laugh at yourself. Share your embarrassing moments. The best way to take yourself less

seriously is to talk about times when you took yourself too seriously. Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. When something negative happens, try to find a way to make it a humorous anecdote that will make others laugh. Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun. Remember funny things that happen. If something amusing happens or you hear a joke or funny story you really like, write it down or tell it to someone else to help you remember it. Many things in life are beyond your control—particularly the behavior of other people. Find your inner child. Pay attention to children and try to emulate them—after all, they are the experts on playing, taking life lightly, and laughing at ordinary things. One great technique to relieve stress in the moment is to draw upon a favorite memory that always makes you smile—something your kids did, for example, or something funny a friend told you. Think of it like exercise or breakfast and make a conscious effort to find something each day that makes you laugh. Set aside 10 to 15 minutes and do something that amuses you. Using humor to overcome challenges and enhance your life The ability to laugh, play, and have fun with others not only makes life more enjoyable but also helps you solve problems, connect with others, and be more creative. People who incorporate humor and play into their daily lives find that it renews them and all of their relationships. Life brings challenges that can either get the best of you or become playthings for your imagination. But when you play with the problem, you can often transform it into an opportunity for creative learning. Playing with problems seems to come naturally to children. When they are confused or afraid, they make their problems into a game, giving them a sense of control and an opportunity to experiment with new solutions. Interacting with others in playful ways helps you retain this creative ability. Here are two examples of people who took everyday problems and turned them around through laughter and play: Roy, a semi-retired businessman, was excited to finally have time to devote to golf, his favorite sport. But the more he played, the less he enjoyed himself. Although his game had improved dramatically, he got angry with himself over every mistake. Roy wisely realized that his golfing buddies affected his attitude, so he stopped playing with people who took the game too seriously. When he played with friends who focused more on having fun than on their scores, he was less critical of himself. Now golfing was as enjoyable as Roy hoped it would be. He scored better without working harder. And the brighter outlook he was getting from his companions and the game spread to other parts of his life. Jane worked at home designing greeting cards, a job she used to love but now felt had become routine. Two little girls who loved to draw and paint lived next door. Eventually, Jane invited the girls in to play with all the art supplies she had. At first, she just watched, but in time she joined in. Not only did playing with them end her loneliness and boredom, it sparked her imagination and helped her artwork flourish. As laughter, humor, and play become an integrated part of your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective. Recommended reading *Laughter Therapy* — Guide to the healing power of laughter, including the research supporting laughter therapy. Georgia State University *No joke: Study finds laughing can burn calories* — Outlines a small study that found laughing raises energy expenditure and increases heart rate enough to burn a small amount of calories. *Psychology Today* *Humor in the Workplace* — Series of articles on using humor in the workplace to reduce job stress, improve morale, boost productivity and creativity, and improve communication. Lawrence Robinson, Melinda Smith, M.

Chapter 8 : 6 Ways Playing Golf is Good For Your Health

Scroll To Top Is Gratitude Good for Your Health? The jury's still out, but preliminary research suggests that grateful people may have better sleep, healthier hearts, and fewer aches and pains.

In April , Japanese brewing company Suntory launched a new light beer called Precious that contains two grams of collagen in each can. Suntory claims that drinking collagen “ a naturally occurring protein that gives skin its elasticity ” will make you look younger. But there is no scientific evidence that drinking collagen will make you look prettier; in fact, because collagen is a protein, your digestive system will just break it down before it even has a chance to reach your skin. So collagen-infused beer may not be the fountain of youth, but regular beer does come with many surprising health benefits, from brightening your smile to heading off dementia. Here are eight healthy reasons to enjoy a brewsky once in a while: Getty Images Beer Fights Inflammation Hops, the female flowers of the hop plant, give beer its tangy, bitter taste. These bright green buds are also chock-full of chemicals known as bitter acids, which have an array of health-promoting effects. Bitter acids are powerful inflammation fighters, according to a laboratory study published in Molecular Nutrition and Food Research. The more bitter acids a brew contained, the greater the response. Gastric acid is key for both digesting food in the stomach and controlling the growth of dangerous gut bacteria. Getty Images Beer May Prevent Some Cancers Lots of chemicals found in beer have shown promise in preventing or even treating cancer “ although studies so far have been in Petri dishes and rodents. One type of bitter acid, lupulone, wiped out tumors in rats with colon cancer who consumed it in their drinking water, according to a study published in Carcinogenesis. Xanthohumol, another beer ingredient, also looks promising. A study by an Austrian research team found that xanthohumol shut down abnormal cell growth and prevented DNA damage in rats exposed to cancer-causing chemicals. The researchers say xanthohumol is likely to be good for humans too, since its cancer-fighting effects were seen at relatively low doses “ equivalent to what people would get with moderate beer consumption. Getty Images Beer Builds Bones Beer is a great source of silicon, which is important for building and maintaining healthy bones. Shutterstock Beer Is Heart-Healthy Huge studies have found a 25 percent lower risk of heart disease in people who drink from one-half to two drinks daily, compared to abstainers. And alcoholic beverages that are rich in polyphenols “ think beer! Beer has benefits for people who already have heart disease, as well as for healthy folks. Men who had survived a heart attack were nearly half as likely to die over the next 20 years if they drank a couple of beers a day, Harvard researchers reported in UK researchers tested the effects of several plant-derived extracts on bacteria that form biofilm and promote tooth decay and gum disease. Even the weakest extract of beer tested blocked the activity of bacteria associated with gum disease and tooth decay in the study, published in in the Journal of Biomedicine and Biotechnology. In fact, for wiping out biofilm, beer beat out black-tea, raspberry, and all other extracts tested. It was also among the best for blocking communication among dental-disease-causing bacteria. Austrian researchers reported in that xanthohumol and other beer ingredients promoted the growth and development of neurons “ in the lab.

Chapter 9 : Morning Sex Is Good For Your Health. Here's How To Make It Happen - mindbodygreen

Healthy for Good is a revolutionary movement to inspire you to create lasting change in your health and your life, one small step at a time. The approach is simple: Eat smart. Add color.

There is a massive amount of foods out there that are both healthy and tasty. Here are 50 incredibly healthy foods. Most of them are surprisingly delicious. This is not surprising, given that they taste incredible. Fruits are also very easy to incorporate into the diet, because they require little to no preparation.

Apples The apple is high in fiber, vitamin C and numerous antioxidants. Apples are very fulfilling, and perfect as snacks if you find yourself hungry between meals.

Avocados Avocados are different than most fruits, because they are loaded with healthy fats instead of carbs. They are creamy, tasty and high in fiber, potassium and vitamin C. They are also high in vitamin B6 and fiber.

Bananas are ridiculously convenient and portable.

Blueberries Blueberries are not only delicious, but also among the most powerful sources of antioxidants in the world.

Oranges Oranges are well known for their vitamin C content. They are also high in fiber, antioxidants and taste incredible.

Strawberries Strawberries are highly nutritious, and are low in both carbs and calories. They are loaded with vitamin C, fiber and manganese, and are arguably among the most delicious foods in existence.

Cherries, grapes, grapefruit, kiwi, lemons , mango, melons, olives, peaches, pears, pineapples, plums and raspberries.

Eggs Eggs are among the most nutritious foods on the planet. They were previously demonized for being high in cholesterol , but new studies have shown that they are perfectly safe and healthy 1 , 2. It is a myth that all meat is harmful. Unprocessed, gently cooked meat is one of the healthiest and most nutritious foods you can eat.

Lean Beef Lean beef is among the best sources of protein in existence, and loaded with highly bioavailable iron.

Chicken Breasts Chicken breast is low in fat and calories, but extremely high in protein. It is a great source of many nutrients.

Nuts, Seeds and Peanuts Despite being high in fat and calories, studies suggest that nuts and seeds can help you lose weight 3 , 4. They also require zero preparation, which is important because it makes it easier to incorporate them into the diet.

Almonds The almond is a popular type of nut. It is loaded with vitamin E, antioxidants, magnesium and fiber. Studies show that almonds can help you lose weight, and provide impressive benefits for metabolic health 5.

Chia Seeds Chia seeds are among the most nutrient dense foods on the planet. A single ounce 28 grams contains 11 grams of fiber, and a large part of the recommended intake for magnesium, manganese, calcium and various other nutrients.

Coconuts Coconuts are loaded with fiber and powerful fatty acids called medium-chain triglycerides.

Macadamia Nuts Macadamia nuts are very tasty. They are much higher in monounsaturated fats, and lower in Omega-6 fatty acids, than most other nuts.

Walnuts Walnuts are highly nutritious and loaded with fiber and all sorts of vitamins and minerals.

Peanuts Peanuts technically legumes, not nuts are incredibly tasty and high in nutrients and antioxidants. Several studies show that peanuts can help you lose weight 6 , 7. However, take it easy on the peanut butter. It is very high in calories and incredibly easy to eat excessive amounts of it. There is a wide variety available, and it is best to eat many different types of vegetables every day.

Asparagus Asparagus is a popular vegetable. It is low in both carbs and calories, but loaded with vitamin K.

Bell Peppers Bell peppers come in several colors, including red, yellow and green. They are crunchy and taste very sweet, and are a great source of antioxidants and vitamin C.

Broccoli Broccoli is a cruciferous vegetable that tastes great both raw and cooked. It is an excellent source of fiber, vitamin K and vitamin C, and contains a decent amount of protein compared to other vegetables.

Carrots The carrot is a popular root vegetable. It is extremely tasty and crunchy, and loaded with nutrients like fiber and vitamin K. Carrots are also very high in carotene antioxidants, which have numerous benefits.

Cauliflower Cauliflower is a very versatile cruciferous vegetable. It can be used to make all sorts of healthy recipes, and also tastes pretty good on its own. It is very low in both carbs and calories, and consists mostly of water. However, it does contain a number of nutrients in small amounts, including vitamin K.

Garlic Garlic is incredibly healthy. It contains allicin, a bioactive compound with powerful biological effects, including improved immune function 8.

Kale Kale has been very popular in recent years, for good reason. It is incredibly high in vitamin K, vitamin C, fiber and a number of other nutrients. It is perfect to add a satisfying crunch to salads and recipes.

Onions Onions have a very strong

flavor, and are very popular for use in recipes. They contain a number of bioactive compounds believed to have health benefits. Tomatoes are usually categorized as a vegetable, although they are technically a fruit. They are tasty and loaded with nutrients like potassium and vitamin C. Artichokes, Brussels sprouts, cabbage, celery, eggplant, leeks, lettuce, mushrooms, radishes, squash, swiss chard, turnips, zucchini. Fish and other seafoods tend to be very healthy and nutritious. Studies show that people who eat the most foods from the sea especially fish tend to live longer and have a lower risk of many diseases, including heart disease, dementia and depression 9 , 10 , Salmon Salmon is a type of oily fish that is incredibly popular due to its excellent taste and high amount of nutrients, including protein and Omega-3 fatty acids. It also contains some vitamin D. Sardines Sardines are small, oily fish that are among the most nutritious foods you can eat. They contain hefty amounts of the majority of nutrients required by the human body. It ranks similar to organ meats when it comes to nutrient density. Edible shellfish includes clams, mollusks and oysters. Shrimp Shrimp is a type of animal found in the sea. It tends to be low in fat and calories, but high in protein. It is also loaded with various other nutrients, including selenium and vitamin B Trout Trout is another type of delicious oily fish, similar to salmon. Tuna Tuna is very popular in Western countries, and tends to be low in fat and calories, but high in protein. It is perfect people who need to add more protein to their diets, while keeping calories low. Grains Grains have gotten a bad rap in recent years, mainly due to them being a forbidden food on the wildly popular paleo diet. However, it is a mistake to lump all grains together. There are many different types of grains, and some of them are very healthy. Just keep in mind that they are still pretty high in carbs, so they are not recommended on a low carb diet. Brown Rice Rice is one of the oldest cereal grains, and is currently a staple food for more than half of people in the world. Brown whole grain rice is fairly nutritious, with a decent amount of fiber, vitamin B1 and magnesium. Oats Oats are incredibly healthy. They are loaded with nutrients, and also contain powerful fibers called beta-glucans, shown to have numerous benefits. Quinoa Quinoa has become incredibly popular among health conscious individuals in recent years. It is a tasty grain that is high in nutrients like fiber and magnesium. It is also an excellent source of plant-based protein. Breads Most people eat a lot of bread. For those who are trying to adopt a healthier diet for the first time, it can be extremely challenging to find something to eat instead of bread. Fortunately, there are several healthy or at least "less bad" options available. Ezekiel Bread Ezekiel bread may be the healthiest bread you can buy at the store. It is made from organic, sprouted whole grains, and also contains several types of legumes. Homemade Low-Carb Breads The safest choice for healthy bread is something that you make yourself. Here is a list of 15 recipes for healthy breads that are gluten-free and low in carbs. Legumes are another food group that has been unfairly demonized in recent years. It is true that legumes contain anti-nutrients, substances that can interfere with digestion and absorption of nutrients. However, these anti-nutrients can be eliminated by soaking and properly preparing the legumes before eating them Green Beans Green beans, also called string beans, are unripe varieties of the common bean.