

Ten Talks to Have about Health

Easy to Understand Healthy
Guides for Happy Living

Lana Wynn Scroggins

 Giving Jesus

Table of Contents

Anxiety and Depression

Blood Sugar Levels

Cholesterol Test

Eating Bread Causes Bloating and Other Digestive Problems

Hair Loss

Herbs and Vitamins for Healthy Teeth

Juice Fasting for Weight Loss

Macrobiotic Diet

Multi-Tasking and Your Mental Health

Natural Remedies for CFS
(Chronic Fatigue Syndrome)

Anxiety and Depression

Anxiety and Depression

It's perfectly normal to feel anxious or depressed occasionally, especially in response to life's stressors. However, when these feelings become prolonged, disproportionate or apparent for no significant reason, they need to be addressed.

Thankfully diagnosis and treatment methods have come a long way, with many public health campaigns working towards bringing mental illness 'out of the shadows'.

The co-occurrence of anxiety and depression is a noted feature of these disorders. While behavioral and emotional symptoms may differ within the two, the fact remains they are both an unnatural and unwelcome state of mental health.

Characterized by a constant overwhelming state of fear or worry, anxiety can be debilitating in its physical manifestations too. The symptoms of depression may be similar with unrelenting feelings of sadness or despair.

The exact cause is still unclear; however, changes in brain chemistry, genetic factors, and hormone function are all believed to play a role. Irrespective of the cause, mental illness requires and generally responds to professional treatment.

Anxiety and Depression

Best Methods of Treating Anxiety and Depression

Our understanding of mental illness has evolved over time, yet it still presents certain difficulties. Diagnostically speaking, depression and anxiety primarily affects the way an individual thinks and feels, and in most cases subsequently behaves; therefore we generally rely upon patients to identify these changes themselves and seek help.

In some case family members or close friends may be able to identify vulnerable individuals and assist in requesting attention. Once diagnosed however, treatment can be quite successful using a variety of approaches; the most common of which are psychological therapies or 'talking therapies'.

Such therapies are generally administered by a qualified psychologist and involve either behavior modification (Cognitive Behavior Therapy or CBT) or examination of intrapersonal and interpersonal patterns and behaviors.

Generally, work will be done to identify and address key triggers and ways of managing future events. Such therapies are often combined with a focus on improving nutrition and encouraging regular exercise, which itself can actively promote a healthy mental state.

Indeed, a safe and effective first step towards self-empowerment is taking control over one's diet. The benefits are both psychological and physiological. Reducing or eliminating spikes caused by sugar-laden foods and stimulants, such as excess coffee, cigarettes, etc., will help in reducing the debilitating feelings associated with general anxiety.

Anxiety and Depression

Children and Adults Can be Affected

Young people and children unfortunately are just as vulnerable to mental illnesses such as anxiety and depression. While often harder to detect, once diagnosed, applied therapies specifically designed for children can usually assist the child in living a happier and more fulfilling childhood.

A happier childhood better prepares the child for dealing with the stresses of teen years and young adulthood. The healthy and safe transition of young adulthood enables the individual to prepare for and live a life feeling in control, empowered and able to deal with everyday challenges.

Finally, and hopefully after exploring other options, the use of antidepressant medication may be required. This depends on the severity of the illness and is most often used in conjunction with psychotherapies. Antidepressants can be very effective in some situations. As in any medical case, treatment is ideally specifically tailored to suit the individual, based on a thorough study of personal history of symptoms, responses and environment.

Blood Sugar Levels

Many people do not understand the difference between hyperglycemia and hypoglycemia. Hyper means high and hypo means low. So therefore, hyperglycemia is too high a blood sugar level and hypoglycemia is too low a blood sugar level.

Our blood sugar levels can fluctuate depending on our actions, state of health, thoughts or even our environment. A healthy body releases hormones in response to changing blood sugar levels to most effectively utilize the sugar and to maintain a healthy blood glucose balance.

For various reasons some individuals' systems lack the ability to either produce and release the correct hormones or to respond effectively to them. These inabilities result in either hyperglycemia or hypoglycemia.

Keeping Balanced Blood Glucose Levels

If you have reason for concern, regular monitoring of your blood glucose levels can assist a pattern of healthy lifestyle choices. Inexpensive testers are available at pharmacies or online. Exercising on a regular basis can help improve your body's ability to respond to insulin.

Eating healthy meals at appropriate and regular times will greatly assist in maintaining a correct blood sugar balance. If any medications you are taking affects your levels, bring it to your doctor's attention.

Your body is designed to regulate your blood sugar levels. Actions you take will either assist or impede your body in achieving this. For type 1 diabetics, medication, generally insulin, is essential.

For others, although medication can assist, the major factor is your actions regarding diet and lifestyle. If you are pro-active in your pursuit of maintaining healthy blood sugar levels, you have a good chance at managing your hyperglycemia or hypoglycemia without the need of medications.

Blood Sugar Levels

Hyperglycemia

Having high levels of blood glucose is an indication that your body is not producing enough insulin or is insulin-resistant. There can be different causes of hyperglycemia including stress, and lack of exercise. Hyperglycemia can also occur if you have Type 1 diabetes and miss taking any of your diabetes medications.

However, the most common cause is eating more carbohydrate-rich foods than the body can handle. If this situation becomes chronic or constant, pre-diabetes or type 2 diabetes can result.

When, or as, this happens the body will become increasingly less able to control blood sugar levels. This has huge adverse health implications for the individual.

There are also cases when a person experiences hyperglycemia as one of the side effects to current medication. This is why it is very important to consult your doctor first before taking any other drugs, which may exacerbate the condition.

If you notice yourself feeling abnormally tired and thirsty, feeling sick to your stomach, urinating more often and having blurry vision then it is possible that your blood glucose has exceeded safe levels.

You must consult your health care provider and describe the symptoms. Simple tests can be done and necessary changes to your meal plans, exercise patterns and if necessary, diabetes medicines can be made.

Blood Sugar Levels

Hypoglycemia

If your blood glucose falls below 70 mg/dl, you are considered hypoglycemic and your blood glucose levels are too low. In extreme cases hypoglycemia can pose very serious health consequences, immediately and in the longer term. If your blood sugar levels drop too quickly, immediate medical attention may be required as it can result in convulsions and unconsciousness.

Some causes of hypoglycemia can include skipping or delaying meals, not eating enough carbohydrate-rich foods, prolonged physical exertion and excessive alcohol drinking. Medications for other health problems may also provide side effects that lead to lowered levels of blood glucose.

Usually a hypoglycemic episode is the result of a combination of circumstances rather than a single factor.

Type 1 diabetics are at risk of experiencing hypoglycemia if their insulin dosage exceeds their immediate requirements. This can occur if unplanned fasting and physical exertion follows medication, which results in a depletion of available blood glucose.

Symptoms of low blood glucose levels are feelings of anxiousness, irritability, tiredness, numbness around the mouth, slurred speech, feeling shaky, weak and hungry. You may also experience profuse sweating and headaches.

If you experience any, or especially a combination of these symptoms, take action to increase available blood sugar and have someone monitor your response. Seek immediate medical attention if your condition deteriorates. If episodes re-occur, it would be wise to have your health care professional do an assessment.

Cholesterol Test

Doctors often remind their patients to come in once a year to undergo a cholesterol test. Many of us just smile and nod, while some do intend to have the test done yearly. But most people either forget or purposely don't go because they don't see what the big deal is about having their cholesterol levels checked.

So why is this test so important? The simple answer is because it can help you prevent heart attacks, strokes and other cardiovascular problems. It can let you know whether or not you need to make changes to your current lifestyle so that you can be healthier in YOUR future.

Home Testing Kits Available

One of the reasons people give for not undergoing a cholesterol screening test is because of the inconvenience of having to go to the doctor or hospital to have it done. Today however, you can actually perform the test right in your own home, thanks to the handy cholesterol testing kits that are now available in pharmacies everywhere.

These home cholesterol test kits are not expensive either, so it won't be a huge financial burden to get each member of your family checked once a year. They are also very easy to use, and you don't need to have any medical background at all in order to perform the test. These test kits have been thoroughly tested and are quite reliable, providing highly accurate results.

Another way of doing the cholesterol test at home is to visit websites of pathology laboratories that take samples and send the results back to you. Basically, what you have to do is take some of your blood and put it in a sealed container that they provide and then mail the sample to them along with a stamped self-addressed envelope.

They will run the tests in their laboratory and send the detailed results back to you in a day or two. This method is convenient and not as time-consuming as a visit to the doctor.

Cholesterol Test

Consequences of Inaction

Now that these handy testing methods are available, there is no longer any reason for you to put off cholesterol screening indefinitely. As you keep postponing your testing, your cholesterol levels may be rising beyond the healthy range and you may already be in serious trouble without even realizing it.

Ignoring a potential health problem will not make it go away and will probably lead to bigger problems in the future. Unfortunate consequences of our modern lifestyle for many people are the resultant lifestyle diseases such as type 2 diabetes and heart disease.

Advancements in medical technology are making options such as these home test kits available to the greater community. So, if modern living is putting our health at risk, the least we can do is take advantage of this technology when it benefits us!

Home testing kits for cholesterol have actually been available since the early 1990s but it is only now that people are really starting to take advantage of this device to improve their health. Don't be the last to try it — get tested now.

Once you have the results you can make informed decisions regarding your health and future. Don't ignore possible problems. Accept responsibility for your own health and do what is necessary to maintain and hopefully improve it.

Eating Bread Causes Bloating and Other Digestive Problems

Do you or a member of your family experience bloating after eating bread? If you answered yes, then it is possible that you are sensitive to foods made from wheat. It is also quite probable that bread is such a regular part of your diet that you can't imagine doing without it.

The simple sandwich is a staple for most families. However, if you want the symptoms to stop you have to eliminate the cause. You can either reduce your bread intake or look for other (gluten-free) types of bread.

If symptoms persist you may need to further limit or cease your intake of other wheat-based food also. As most bread is cooked from wheat flour a sensitivity to wheat will result in discomfort. An allergy may produce even harsher symptoms..

Wheat Allergy

If you are allergic to wheat you may experience itching, rashes, wheezing and your tongue and lips swelling within minutes of eating wheat bread. You must consult your doctor right away if you experience symptoms this severe.

Wheat Sensitivity

If you are sensitive to wheat you may experience bloating, stomach cramps, or diarrhea hours after eating wheat food products. In milder cases you may experience abdominal discomfort, especially after consuming a large serving.

Celiac Disease

Celiac disease occurs is an extreme form of gluten intolerance. This is a condition in which an individual's intestine becomes damaged by a protein in the gluten. While affected, the intestines are unable to perform their proper function of nutrient absorption and excretion. If you suspect yourself to be gluten intolerant, consult a doctor and expect to undergo blood testing for an accurate diagnosis.

Eating Bread Causes Bloating and Other Digestive Problems

Avoiding wheat-based foods

Many people who are either sensitive or allergic to wheat products have made the choice to abstain from wheat-based foods and have found relief from their symptoms. Cases of wheat sensitivity are increasingly common especially as bread has now become part of a staple diet of many people and cultures.

What should you do if you are suffering from bloating and other stomach problems after eating food products that contain wheat? If your symptoms of wheat allergy persist for a longer period of time, or if blood is observed in your stool then you should seek medical help right away.

Any other serious symptoms such as vomiting and severe stomach cramps should also be referred to a doctor. If your symptoms are mild or if you are suffering from a bloated stomach, you can try an elimination diet. You can do this by avoiding foods made from wheat for at least a month.

If your symptoms cease, then wheat is almost certainly the culprit. Resume eating wheat products in small quantities to check if your symptoms recur. Do not start on bread immediately. Try pasta first for a couple of days before you choose to eat wheat bread again.

Monitor the after-effects of any food containing wheat. Do not overload your system. If you have a wheat sensitivity rather than an allergy you may be able to continue to eat wheat products in moderation. If this is the case, overloading your digestive system with wheat foods will cause any discomforting symptoms to return.

Aside from bread, other foods that can contain wheat include cereals, doughnuts, beer, soy sauce, biscuits, pastries and cakes. Make a point of reading food labels. If you choose to go on a wheat-free diet, alternatives are quinoa, buckwheat pasta, porridge, cornflakes and rice cereals. Some people who are sensitive to wheat may find the FODMAP diet helpful. This diet allows people to cut out fermentable foods that may lead to bloating and diarrhea.

Hair Loss

Preventing hair loss may seem to be an overwhelming and impossible task. Many people perceive this problem to be one of the natural consequences of aging, but for those who suffer hair loss early in life this doesn't ring true. They naturally ask, "why me?" Thinning and receding hair can be a natural part of growing older, but 'aging', as defined by our living years, is not the only cause.

Although we cannot (so far) stop the aging process, there are many other contributing factors over which we do have some degree of control. Human aging is not linear, and no 2 people physically age at the same rate. We all know someone who is physically much older or younger than their calendar years.

Factors affecting this 'rate of aging' are many, and include genetics, environment, diet, exercise, disease, stress and more. Some of these are beyond our control or are difficult to modify, however, there are some we can greatly influence by our personal actions.

Making positive changes can greatly delay the onset and rate of change to many aspects often associated with aging. Knowing this, it is possible to prevent or delay hair loss in many instances.

Determine the Reason

There are different reasons apart from the simply blaming the aging process as to why a person may be losing their hair. Some of the most common causative factors include poor diet, excessive stress, medical problems, fluctuating hormones and hereditary factors. In order to prevent and control hair loss, the first step is to figure out which of these causes applies to your particular condition.

If baldness runs in your family, you may think that you are doomed to suffer from the same fate. However, there are still ways of overcoming hair loss even if there is a genetic predisposition. Hair-transplant surgery, or the use of hair growth medications are possible treatment choices. To find out which particular plan might be best for you, it is recommended that you visit a hair specialist to discuss your options.

Hair Loss

Manageable Factors

Stress and poor diet are among the most common, and controllable reasons, that many people experience hair loss. In coping with the stresses of modern living many people do not take the time to prepare proper meals or to make the time for adequate rest and relaxation.

If these factors are those contributing to your hair loss, it is your body's way of signaling that some much needed lifestyle changes are necessary. Hair loss may be the obvious symptom, but it is very likely your body is suffering other less visible but potentially more damaging problems. Hair loss is possibly the visible tip of the iceberg.

Re-evaluate what is important to you, make an effort to avoid stressful people and situations, eat a nutritious and balanced healthy diet and ensure at least 7 hours of sleep every single night.

Topical Solutions

There are a host of shampoos and conditioners today that claim to be able to prevent hair loss, but many of these are unsubstantiated or unproven. If you are looking for a topical solution it will be worth your while to have a professional consultation in order to find the treatment that will work best for your specific problem. These hair experts should conduct an examination in order to prescribe a remedy that will be truly effective.

Once you start using any remedy for preventing hair loss, be aware that it will take a while before any results become apparent. Most cases of hair loss do not happen overnight so reversing or slowing the process will be no different.

If you are still shedding hair a week into the treatment, don't despair. Give it time. Some individuals respond within the first month or two while others take up to six months to see results. This is a gradual process. Results vary depending on your cause and particular treatment.

Herbs and Vitamins for Healthy Teeth

Our modern diet has caused many of us to become deficient in certain minerals and our dental health can become adversely affected. Cavities in children and people of all ages are being linked to nutritional deficiencies.

Most of us take for granted that we are getting enough of the needed minerals in our diet. That assumes that everyone knows the importance of minerals for our health and wellbeing.

Much of our farmed soil has become depleted and the majority of people cannot afford a completely organic diet. Combined with dietary choices based on taste rather than health, it is easy to see how these nutritional deficiencies can occur.

Phytic Acid Locks Up Essential Minerals

Phytic acid is a substance commonly found in most grains, nuts and beans. It has the ability to bind to minerals in your body, just like a magnet. This process removes the minerals before they get a chance to be absorbed and deposited where we need them most.

If your family's diet consists largely of grains (crackers, cereals, breads, pastas, rice, bagels, cookies, cakes) or bean salad or raw nuts and nut butters, chances are you are getting copious amounts of phytic acid in your diet and not enough minerals for your teeth and bones to grow and remain strong.

In addition to reducing intake of these food types, there are food preparation methods, such as soaking your beans and nuts overnight that can help remove some of the phytic acid before it is consumed.

Herbs and Vitamins for Healthy Teeth

Supplementation

Keeping the immune system strong with antimicrobials can help fight off decay and prevent infection or abscesses from setting in. Popular antimicrobials include licorice, myrrh, goldenseal and echinacea. Including garlic in your diet wherever possible is beneficial for boosting your immune system and preventing infections.

Calcium

Our dental enamel is approximately 90 percent calcium phosphate.

Calcium Rich Herb Sources

- Shepard's Purse, Clivers, Coltsfoot, Horsetail, Toadflax, Mistletoe, Dandelion, Plantain, Pimpernel and Chamomile.
- Include these in your diet via teas, capsules, tablets or powders.

Calcium Deficiency

The body is always communicating feedback to us. The trick is learning how to listen to the signals. Signs of calcium deficiency include:

- Rickets, unexplained nervousness, muscle spasms and cramps, joint pains, osteomalacia, cataracts, insomnia and tremors.

Getting enough calcium is important, but the issue of effective uptake of calcium may have more to do with the lack of Magnesium, Vitamin D and K2. This can be obtained from the foods we eat or by supplementation to ensure that the calcium we are digesting is actually getting absorbed correctly. If any of these are lacking the body will pass much of the available calcium from the body before it can be used.

Herbs and Vitamins for Healthy Teeth

Vitamins A, C and D

If not enough of these vitamins are being absorbed by the body, the teeth will break down and loosen.

Vitamin K2

Naturally found in the fermented Japanese dish of Natto Beans, this supplement has gained much attention recently. It is reported that anyone who is taking Vitamin D or Calcium supplementation should also be taking K2.

It is naturally found in egg yolks and some hard cheeses; however, the amount claimed to be needed in our diet is basically unattainable unless you are frequently consuming the fermented Natto Bean mixture.

K2 helps to deposit minerals such as calcium into the correct places in our bodies, such as the bones and the teeth and remove excess calcium from where we don't want it deposited, such as between the joints, where it can cause painful inflammation.

Silica

Ever important for bone, teeth, skin and hair care, you can add this mineral to your diet with horsetail tea.

Juice Fasting for Weight Loss

Traditionally juice diets have been used for detoxification purposes. The principles behind this are straightforward and do make sense, but are only designed for a short period of 2-3 days maximum (often called a juice fast).

By only consuming fresh juices for a period of time you naturally abstain from fats, processed carbohydrates and refined sugars as well as substances like coffee and alcohol.

As a result, this is extremely beneficial for cleansing the liver and kidneys and their related systems, including the whole digestive tract. It is believed too that by giving the digestive system a 'rest' from fiber; digestion is easier, and nutrients are able to be absorbed more efficiently.

Recently many bold claims have been made about prolonged juice fasting, such as disease fighting, free radical destroying, fat burning and pain alleviating results. However, many of these claims are as yet to be supported by any reliable research.

Juice Fasting is Not a Long-term Solution to Weight Loss

Juice fasting exclusively as a weight loss measure is a short-term solution for a long term problem that can in some situations result in unwanted complications.

The term 'juicing' pretty much means drinking your food, primarily fruits, vegetables and herbs. Incorporated into a healthy diet juicing is a great way to boost energy levels and consume extra nutrients – a popular favorite is beetroot, celery, carrot, apple, ginger and mint; perfect for a morning 'pick me up'.

Weight will certainly be lost when 'juicing' however it is not guaranteed that any actual fat will be burnt. Instead you even risk losing muscle mass due to the absence of protein in the diet. You also run the risk of slowing your metabolism, meaning when you resume a normal diet, less energy will be burnt and potentially more fat will be stored immediately following the 'juice fasting' period.

These problems may be combatted by consuming juice more frequently (every 2-3 hours) and balancing your juices by adding protein, either in the form of powder supplements or natural sources such as almond milk or Greek yogurt.

Juice Fasting for Weight Loss

High-carb and High-calorie

Juices can also be surprisingly calorie dense, especially when predominantly fruit. This is due to their high carbohydrate content. The actual process of juicing fruit and vegetables can also remove some of their natural benefits; of particular concern is the absence of fiber. Once the physical bulk, largely fiber, is removed, the remaining sugars form a much larger percentage of what remains.

If viewed as a short-term revitalizing and cleansing fast, juicing can be an extremely positive part of a healthy lifestyle, especially when combined with a balanced diet and regular physical exercise. As a long-term weight loss solution, however, it is a fad diet that cannot and should not be sustained for long periods.

Initial dramatic weight loss may indeed occur, however little will be done for long-term weight maintenance.

If you do decide to try a juice fast you should consult your healthcare professional first and discuss any individual potential risks. Juicing is not recommended for people suffering diabetes and heart disease nor is it suitable for pregnant or breastfeeding women.

Always include a wide selection of fruits and vegetables, washed thoroughly before use and where possible choose organic produce to eliminate concentrated consumption of pesticides, herbicides and fertilizers (particularly in leafy greens).

Macrobiotic Diet

Macrobiotics refers to the science of longevity and health. It is based on the view that each person is largely influenced by their environment and social interactions as well as the geography and climate of the place they live in.

Macrobiotics views illnesses as the body's attempt to return to a more dynamic and harmonious state with nature. It highly stresses the importance of a healthy diet as one of the major factors that affect a person's health and well-being.

A macrobiotic diet not only refers to a daily diet, but it also embraces the importance of living with healthy lifestyle habits for the long term.

What Foods Are Included in a Macrobiotic Diet?

A macrobiotic diet prioritizes locally grown foods which are prepared in a natural manner. Undertaking a macrobiotic diet also means taking extra care in the way the foods are being prepared and cooked. There is a strong emphasis on eating foods that are baked, boiled and steamed and using little fried and processed foods.

Whole grains, vegetables, fermented soy, fish, nuts, soups, seeds and fruits are the main composition of a macrobiotic diet. Other natural food products can also be incorporated in the diet.

The composition of a macrobiotic diet can be altered in order to suit an individual's needs, with consideration of their particular health status.

This allows those with specific conditions, or even dietary requirements or preferences, to fine-tune their diet, whilst still adhering to macrobiotic principles and recommendations.

People who are utilizing a macrobiotic diet are encouraged to condition themselves to eat slowly and chew their food thoroughly.

Macrobiotic Diet

What Foods Are NOT Included in a Macrobiotic Diet?

Since a macrobiotic diet strongly recommends that foods must be eaten in their most natural state, processed foods should be avoided. Fatty meats, dairy products, sugar, caffeine, refined flour, alcohol, poultry, zucchini and potatoes are some examples of foods that should not be included in the macrobiotic diet.

Macrobiotics aims to achieve balance in every aspect of your life. Therefore, foods which are highly-concentrated and over stimulating should also be eliminated from the daily diet.

Macrobiotic Diet Studies

Some studies reveal that following a macrobiotic diet has helped many people lower their levels of blood pressure and serum lipids (cholesterol and triglycerides). This is why some experts suggest that this kind of diet can also be used as an effective means of preventing the emergence of many cardiovascular diseases.

Many experts also believe that a macrobiotic diet can also serve as a valuable inclusion in a cancer prevention plan. However, the macrobiotic diet remains the subject of controversy as many experts doubt its benefits when practiced by people who have diagnosed malignancies.

On the other hand, many anecdotal reports claim that its therapeutic effects are remarkable to patients who are suffering from advanced cancer diseases. However, to date very few studies have been conducted that would prove or disprove the benefits of a macrobiotic diet.

Further studies are warranted in order to prove the effectiveness of a macrobiotic diet in cancer prevention. Other concerns expressed by some experts include claimed risks of nutritional deficiencies.

However, it is difficult to dismiss the long term health benefits of any diet which is based on the consumption of organic and locally grown foods and the exclusion of highly processed ingredients.

Multi-Tasking and Your Mental Health

Does multi-tasking affect your health? It may seem like it is increasing productivity and saving you time and energy, and many women are proud of their multi-tasking abilities. However, ongoing research has confirmed that multi-tasking can have negative effects on levels of productivity and overall brain health in some cases.

Multi-tasking Is Safe Only If Different Stimuli Are Used

Experts agree that multi-tasking is safer if the tasks involved do not use the same stimuli, such as reading a message from the laptop while listening to music. Our brain is not designed to deal with the same stimulus challenge at the exact same time.

That is why driving a vehicle and texting on a phone at the same time is considered extremely dangerous. You are using the same visual stimulus. They are both competing for the same limited focus. Although it appears you are multi-tasking, you can only be actively engaged with one or the other.

So instead of doing two things at once, you are actually rapidly switching from one to the other, and back again. If your attention is attracted to the phone for a second too long, the job of consciously controlling the vehicle ceases, and catastrophe can follow.

Another example is when you are attempting to listen to multiple conversations around you. It is impossible to listen to two people who are talking to you simultaneously, because your auditory stimulus becomes overwhelmed.

Multi-Tasking and Your Mental Health

Multi-tasking Can Harm Your Memory Ability

If you find yourself multi-tasking, each task that your mind is engaged in will drain a part of your mental energy. As your mental energy drains, you become more absent-minded. This is because your mind begins to drift.

Even if you could complete the two tasks successfully, you will quite probably not recall how you completed the tasks. This is because our brain does not have the ability to fully focus on two or several tasks at the same time.

Each time you multi-task, your mind becomes a juggling act. When you multitask, you are diluting your mind's investment towards each task.

When Multi-taskers Think They Perform Better

A study headed by Zheng Wang of Ohio State University showed that people who were text messaging while being asked to focus on the images displayed on a computer monitor had decreased levels of performance.

What makes this finding even more troubling is that those subjects who were asked to multi-task using the same visual stimulus, believed they performed better, although the results showed the opposite.

Their ability to focus on images displayed on their computer monitor plummeted up to 50% even though they thought they were performing perfectly. The same study participants were asked to multi-task using different stimuli, such as visual and auditory, and were found to have reduced levels of performance as much as 30%.

Professor Wang stated that performance level perception when multi-tasking is not the same, as the results proved. Researchers have also found that media multi-tasking increases your risks of developing impaired cognitive control.

Natural Remedies for CFS (Chronic Fatigue Syndrome)

It is perfectly normal to feel tired after strenuous physical activity, and usually, after a short period of rest, you should feel well recovered.

However, if you find yourself feeling tired for seemingly no reason at all and the feeling of exhaustion persists, you may want to visit your doctor in case you are exhibiting signs of chronic fatigue syndrome or CFS.

It is still unclear as to what causes chronic fatigue syndrome. Some theories suggest that it is due to a viral infection, mainly because the symptoms associated with CFS are very similar to those of common viral infections.

For instance, headache, sore throat, muscle aches and joint pain are some common symptoms. Other symptoms include brain fog, impaired concentration or memory, irritable bowel issues and feeling unrested after adequate periods of sleep.

So far, no medication has yet been developed that can 'cure' CFS. Similar to viral infections that do not have a known cure either, current best practice to conquer chronic fatigue syndrome is to strengthen your immune system by regularly taking vitamins, exercising and resting as needed.

The following are some helpful tips and home remedies that may help you boost your energy and feel more invigorated.

Natural Remedies for CFS (Chronic Fatigue Syndrome)

Choose Natural Dietary Sources

- Eat raw fruits and vegetables. The vitamins and minerals found in these foods are excellent for strengthening the immune system.
- Drink at least 8 glasses of pure water a day to help flush out toxins.
- Supplement with Acidophilus or consume raw yogurt to keep your digestive system functioning properly.

Get Regular Exercise

Ideally, 20-30 minutes of moderate exercise each day is recommended. It is vital to keep your joints and muscles supple and your body strong to help protect against chronic fatigue syndrome. If you don't have the time for this you may have to settle for a 15-20 minute workout 3 times a week.

Many people think they need to drive to a gym in order to get adequate exercise. This is not the case. There are many ways you can add exercise into your day.

- How about incorporating a brisk walk into your day?
- Taking the stairs whenever possible?
- Jogging with the dog or mowing your lawn with more enthusiasm?
- Try doing lunges while you are brushing your teeth.
- Doing triceps dips and abdominal crunches during commercials when watching TV.
- Get creative. Turn the music up and dance your way through your house cleaning routine!

Natural Remedies for CFS (Chronic Fatigue Syndrome)

Try Natural Supplements

Herbal medicines which have been found to contain immune system boosting qualities include Echinacea, Goldenseal and Ginseng root. Taking these supplements on a regular basis is a great way to help support your immune system and protect yourself from CFS.

Herbal therapies are safe, natural and effective if you allow them time to work and follow directions. Some herbs such as Echinacea are not recommended to be taken more for more than 6 weeks to 8 weeks at a time, so be sure and check with your health practitioner.

Glucosamine, Chondroitin and Devil's Claw are successfully used by many individuals who suffer from joint pain as well.

Taking extra Vitamin C and zinc can help boost your immune system. Taking essential fatty acids, such as Omega 3, 6, and 9 oils, is not only great for your brain and cognitive function but also lubricates your joints from the inside out, making these supplements even more useful if you are experiencing muscle pain and soreness.

© Copyright 2018 • Lana Scroggins

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Requests," at the address below.

Distributed by: Lana Wynn Enterprises, LLC

www.givingjesus.com

Email: givingjesus@gmail.com

www.givingjesus.com

Unless otherwise indicated, Scripture taken from the New King James Version. Copyright © 1982 by Thomas Nelson, Inc. Used by permission. All rights reserved. Bible text from the New King James Version is not to be reproduced in copies or otherwise by any means except as permitted in writing by Thomas Nelson, Inc., Attn: Bible Rights and Permissions, P.O. Box 141000, Nashville, TN 37214-1000

Printed in the United States of America

© Copyright 2019 • Lana Scroggins

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed "Attention: Permissions Requests," at the address below.

Distributed by: Lana Wynn Enterprises, LLC

www.givingjesus.com

Email: givingjesus@gmail.com

www.givingjesus.com

Printed in the United States of America