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# Healthy LIVING

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# Healthy Skin from Within

## BY GREEN SHOOT MEDIA

Skincare often focuses on what goes on the outside — cleansers, serums and sunscreens — but the condition of the skin is shaped just as much by what happens within the body.

Nutrition, hydration, hormones and environmental factors all play a role in how skin looks, feels and functions. Taking an inside-out approach can help support a clearer, more resilient complexion over time.

### Fueling Skin With Nutrition

The skin depends on a steady supply of nutrients to maintain its structure and repair itself. Vitamins such as A, C and E, along with minerals like zinc, contribute to collagen production, cell turnover and protection from environmental stress.

Foods rich in antioxidants, such as fruits, vegetables,

nuts and whole grains, help defend against damage caused by free radicals. Healthy fats, including those found in fish, seeds and certain oils, support the skin's natural barrier, helping it retain moisture.

The Columbia Skin Clinic recommends prioritizing a Mediterranean diet if

you're pursuing radiant skin. They also cite studies that suggest excessive dairy intake, especially skim milk, can trigger acne in some people. The best foods, according to the clinic? Fatty fish such as salmon or sardines, berries, dark leafy greens, nuts, seeds and orange and red produce

(carrots, bell peppers).

### The Role of Hydration

Water is essential for maintaining skin elasticity and overall function. When the body is well-hydrated, skin tends to appear more supple and less prone to dryness.

Hydration doesn't come only from drinking water. Foods with high water content, such as cucumbers, melons and leafy greens, contribute. While hydration alone won't eliminate all skin concerns, it supports the body's ability to maintain balance.

### Hormones and Skin Changes

Hormonal shifts can influence oil production, sensitivity and the appearance of conditions like acne or dryness. Changes related to stress,

aging or life stages can all affect the skin's behavior.

Managing stress through regular exercise, sleep and relaxation techniques can help moderate some of these effects. When concerns persist, consult a healthcare provider who can provide guidance tailored to individual needs.

### Environmental Effects

External factors such as sun exposure, pollution and climate conditions can have a significant effect on skin health. Ultraviolet (UV) radiation, in particular, contributes to premature aging and increases the risk of skin damage.

Daily sun protection, including the use of sunscreen and protective clothing, is one of the most effective ways to safeguard the skin. Gentle cleansing routines can help remove pollutants that accumulate throughout the day.

### A Balanced Approach

Healthy skin is the result of multiple factors working together. While topical products can support and enhance the skin's appearance, they are most effective when paired with habits that promote overall health.

By focusing on nutrition, hydration, hormonal balance and environmental awareness, individuals can support their skin from the inside out, creating a foundation that helps it look and function at its best.



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# Laughter's Role in Health

## BY GREEN SHOOT MEDIA

A good laugh can feel like a quick reset — shoulders drop, breathing deepens and the moment softens.

Beyond lifting the mood, laughter has measurable effects on the body and mind. It engages muscles, boosts oxygen intake and triggers the release of feel-good chemicals in the brain, offering benefits that extend well past the punchline.

Researchers have found that laughter can reduce stress by lowering levels of cortisol and adrenaline, the body's primary stress hormones. At the same time, it stimulates endorphins, which promote a sense of well-

being. The result is a combination of physical relaxation and emotional relief.



JACOB AMMENTORP LUND

## A Natural Stress Reliever

When laughter becomes part of a daily routine, it can help buffer the effects of stress. Even brief moments — watching a funny video, sharing a joke or recalling a humorous memory — can interrupt tension and create a more positive outlook.

Laughter has social benefits. Sharing humor with others strengthens connections, making it easier to navigate challenges and maintain supportive relationships.

## Supporting Physical Health

Laughter engages the body in subtle but

meaningful ways. It increases heart rate and circulation during the moment, followed by a period of relaxation that can feel similar to the effects of light exercise.

Some studies suggest it may even support immune function by increasing the activity of certain protective cells. While it's not a replacement for traditional exercise or medical care, laughter can complement other healthy habits.

## Bringing More Joy Into the Day

Incorporating laughter doesn't require major changes. It can be as simple as seeking out content that brings a smile such as comedies, books, podcasts or conversations with people who share a sense of humor.

Building small rituals can help. Starting the day with something lighthearted

or ending it with a favorite show creates space for regular moments of joy. Keeping a mental note of amusing experiences or sharing them with others can reinforce the habit.

For some, group activities like improv classes or social gatherings provide additional opportunities to laugh and connect.

## A Habit Worth Keeping

Life's responsibilities don't always leave room for levity, but making space for laughter can have lasting benefits. It encourages perspective, eases tension and supports both mental and physical well-being. In the end, laughter is more than a reaction — it's a resource. And like any healthy habit, the more it's practiced, the more naturally it becomes part of everyday life.

# The Lymphatic System

## BY GREEN SHOOT MEDIA

Beneath the surface of the body lies a quiet, intricate system that rarely gets attention but plays a vital role in keeping us well.

The lymphatic system is a network of vessels, nodes and organs that helps maintain fluid balance, supports immune function and assists in clearing waste from the body. Though it works behind the scenes, its impact is far-reaching.

Unlike the circulatory system, which is powered by the heart, the lymphatic system relies on movement — muscle contractions, breathing and daily activity — to keep fluid flowing. This fluid, called lymph, carries white blood cells, proteins and waste products through the body, acting as both a transport system and a filter.

## A Key Player in Immunity

One of the lymphatic system's primary roles is

defense. Lymph nodes, found throughout the body, act as checkpoints where harmful substances such as bacteria and viruses are identified and filtered out. These nodes contain immune cells that respond to threats, helping the body mount an effective defense. That's why lymph nodes may swell during illness. They're actively working to fight infection.

## Supporting Fluid Balance

The lymphatic system helps regulate fluid levels. It collects excess fluid that leaks from blood vessels into surrounding tissues and returns it to the bloodstream. Without this process, swelling and fluid buildup could occur. This balancing act is essential for maintaining healthy tissues and overall circulation.

### Clearing Waste

In addition to immune support, the lymphatic system helps remove cellular waste and byproducts. While the

term "detoxification" is often associated with diets or cleanses, the body already has built-in systems — including the lymphatic system, liver and kidneys — that handle this process naturally.

The lymphatic network plays a supporting role by transporting waste materials to areas where they can be processed and eliminated.

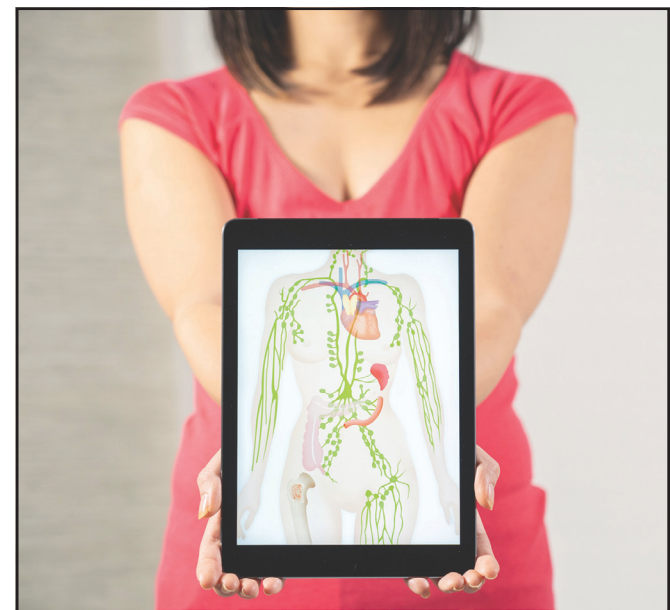
## Keeping Things Moving

Because the lymphatic system doesn't have a central pump, movement is essential. Regular physical activity, such as walking, stretching or gentle exercise, helps stimulate lymph flow. Deep breathing can also assist, as changes in pressure within the body encourage movement of lymph fluid.

Hydration plays a role as well, helping maintain the fluid balance needed for efficient circulation.

## A System Worth Noticing

While it may not get



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the same attention as other body systems, the lymphatic system is an important part of overall health. Supporting it doesn't require complicated routines; just consistent habits like staying active, drinking enough water and maintaining

a balanced lifestyle.

By understanding how this hidden network works, individuals can better appreciate the body's built-in ability to protect, regulate and maintain itself.

# Environmental Toxins at Home

## BY GREEN SHOOT MEDIA

Most people think of pollution as something out there, but many exposures happen much closer to home.

Everyday items — from cleaning products and food packaging to indoor air — can contain substances that affect health over time. The goal isn't to eliminate every risk, which isn't realistic, but to understand common sources and make practical choices that reduce unnecessary exposure.

### What's in the Cupboard

Household cleaners, air fresheners and some personal care products can release volatile organic compounds (VOCs), which may irritate the eyes and lungs or trigger headaches in sensitive individuals. Labels like natural or green aren't always standardized, so it helps to look for clear ingredient lists or third-party certifications.

Simple swaps can make a

difference. Using fragrance-free products, limiting aerosol sprays and opting for basic ingredients, such as diluted vinegar or baking soda for certain tasks, can reduce chemical load without sacrificing effectiveness.

### Plastics and Food Contact

Plastics are widely used for convenience, but some can leach chemicals into food and beverages, especially when heated. Compounds such as BPA and certain phthalates have been studied for their potential effects on hormones, leading many manufacturers to offer alternatives.

Choosing glass, stainless steel or ceramic containers for hot foods and drinks can help limit exposure. Avoid microwaving in plastic and discard worn or scratched containers to further reduce risk. Don't microwave with cling wraps. Instead cover with



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paper towels or wax paper.

### The Air You Breathe

Dust, pet dander, mold and outdoor pollutants that enter the home can all affect respiratory health. Poor ventilation can allow these particles to accumulate.

Regularly opening windows, using exhaust fans and maintaining heating and cooling systems can improve

air circulation.

High-efficiency particulate air (HEPA) filters may also help reduce airborne particles in some settings. WebMD recommends vacuuming twice a week to keep dust under control.

### Other Fixes

WebMD recommends several other things to reduce your exposure to toxins.

An obvious one is to quit smoking. A less obvious one is to eat less canned food to limit your exposure to bisphenol A.

When it comes to food prep, WebMD recommends filtering your water and to either avoid cooking with Teflon-coated dishes or use the lowest-possible temperature when cooking with them.

Likewise, they point out that washing your hands doesn't just prevent the cold and flu. It keeps the toxins found in household dust from getting in your mouth when you eat. But skip the antibacterial soap, WebMD says. They may be contributing to bacteria-resistant super germs and some studies indicate the triclosan in it may interfere with the nervous system and affect sex hormones.

Awareness is the first step. By understanding where environmental toxins may be present, individuals can make choices that align with their comfort level and lifestyle.

# Fingernails and Your Health

## BY GREEN SHOOT MEDIA

Fingernails do more than protect the tips of your fingers; they can offer subtle clues about what's happening inside the body.

Changes in color, texture or strength are often harmless, but sometimes they point to underlying issues worth a closer look. Learning to notice these signs can help you decide when a change is simply cosmetic and when it may be time to check in with

a healthcare provider.

### Reading the Surface

Ridges are one of the most common nail features. Vertical ridges that run from cuticle to tip often appear with age and are usually not a cause for concern. Horizontal ridges, sometimes called Beau's lines, can signal that the body has experienced stress from illness, injury or significant changes in nutrition.

Texture matters, too. Nails

that become unusually brittle or split easily may be reacting to frequent exposure to water, harsh chemicals or dry air. In some cases, they can be linked to nutritional gaps, such as low levels of certain vitamins or minerals.

### Color Changes to Watch

Healthy nails are typically a pale pink with a consistent tone. Changes in color can have a variety of causes.

Yellowing may occur

with aging, nail polish use or fungal infections. White spots are often the result of minor trauma to the nail and usually grow out over time. A bluish tint can suggest reduced oxygen levels in the blood, while very pale nails may be associated with conditions like anemia.

Dark streaks or lines under the nail should be evaluated, especially if they appear suddenly or change over time.

### Shape and Growth

The shape of the nail can also provide information. Nails that become spoon-shaped, curving upward at the edges, may be linked to iron deficiency. Clubbing — where the nails thicken and curve downward around the fingertips — can be associated with certain lung or heart conditions.

Growth rate is another indicator. Nails typically grow at a steady pace, so noticeable

slowing or changes in growth patterns may reflect shifts in overall health.

### When to Take a Closer Look

Not every change signals a problem, and many nail variations are temporary. However, persistent changes, pain or changes accompanied by other symptoms — such as fatigue or shortness of breath — are worth discussing with a medical professional.

Keeping nails clean, moisturized and protected can support their health, but observation is just as important. Paying attention to small changes can provide early insights into the body's needs.

Sometimes, the earliest signals are right at your fingertips, quiet indicators that it may be time to look a little closer.

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# Building Emotional Resilience

## BY GREEN SHOOT MEDIA

Life rarely moves in a straight line. Setbacks, stress and unexpected changes are part of the human experience, and emotional resilience is what helps people navigate them.

Rather than avoiding difficulty, resilience is the ability to adapt, recover and move forward, sometimes stronger than before.

The encouraging news is that resilience isn't something you either have or don't. It can be built over time through everyday habits and intentional practices.

## Reframing the Moment

One of the core skills of resilience is perspective. Challenges can feel overwhelming in the moment, but learning to reframe them — seeing a setback as temporary or as an opportunity to learn —



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can reduce their emotional effect.

This doesn't mean ignoring difficult feelings. Acknowledging emotions while recognizing that they will pass helps create balance. Over time, this approach can make stressful situations feel more manageable.

## Strength in Connection

Relationships play a

major role in resilience. Staying connected with friends, family or community groups provides support during difficult times. Simply talking through a problem can bring clarity and relief. Equally important is knowing when to ask for help. Seeking guidance from trusted individuals or professionals can offer new perspectives and practical solutions.

## Building Healthy Habits

Physical and emotional health are closely linked. Regular exercise, adequate sleep and balanced nutrition all support the body's ability to handle stress. Even small routines such as a daily walk or consistent bedtime can create a sense of stability.

Mindfulness practices, such as deep breathing or meditation, can regulate stress responses. These techniques encourage a pause, allowing individuals to respond thoughtfully rather than react impulsively.

## Developing Coping Tools

Resilient individuals often have a set of coping strategies they can draw on. This might include journaling, engaging in creative activities or spending time in nature. Finding what works best on a personal level is key. Problem-solving skills

are another important component. Breaking challenges into smaller, manageable steps can make them feel less daunting and more actionable.

## Moving Forward with Confidence

Resilience doesn't eliminate hardship, but it changes how people experience it. Each challenge faced and managed becomes part of a growing foundation of confidence and self-awareness.

Over time, this inner steadiness can make it easier to face new obstacles, knowing that setbacks are not endpoints but part of a larger journey. With practice and support, emotional resilience becomes a reliable resource — helping individuals move through life's uncertainties with strength and adaptability.

# Why Blood Sugar Matters

## BY GREEN SHOOT MEDIA

Blood sugar, or glucose, is often discussed in the context of diabetes, but it plays a central role in everyone's health.

Glucose is the body's primary source of energy, fueling the brain, muscles and organs. When levels rise and fall in a balanced way, the body runs smoothly. When they swing too high or drop too low, it can affect energy, mood and long-term well-being.

Understanding how blood sugar works can help people make everyday choices that support steady energy and overall health.

## The Rise and Fall of Glucose

After eating, carbohydrates are broken down into glucose, which enters the bloodstream. The hormone insulin helps move that glucose into cells, where it's used for energy or stored for later use.

Problems can arise when this system becomes imbalanced. Rapid spikes — often caused by highly refined carbohydrates or sugary foods — can lead to a quick burst of energy followed by a crash. Over time,



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frequent spikes may contribute to insulin resistance, a condition in which the body becomes less responsive to insulin.

## Everyday Effects

Fluctuating blood sugar can show up in subtle ways. Midday fatigue, difficulty concentrating, irritability or strong cravings for sweets may all be linked to unstable glucose levels.

Maintaining steadier levels can

support more consistent energy, clearer thinking and better appetite control. It can play a role in weight management, as balanced blood sugar helps regulate hunger and reduces the likelihood of overeating.

## Building Better Balance

Simple habits can help keep blood sugar on a more even track. Pairing carbohydrates with protein, healthy

fats or fiber slows digestion and helps prevent sharp spikes. For example, adding nuts to fruit or choosing whole grains instead of refined ones can make a difference.

Regular meals and snacks, rather than long gaps without food, can help maintain stability. Physical activity plays a role as well, as muscles use glucose for energy, helping lower levels naturally.

## Long-Term Health

Over time, consistently balanced blood sugar supports overall metabolic health. It may reduce the risk of developing conditions such as type 2 diabetes and cardiovascular disease, while also supporting sustained energy levels.

Sleep and stress management are part of the picture, too. Poor sleep and chronic stress can affect how the body regulates glucose, making balance more difficult to maintain.

Blood sugar management isn't about strict rules or eliminating entire food groups. It's about understanding how different choices affect the body and making adjustments that feel sustainable.

# The wide-ranging facets of wellness

**BY METRO CREATIVE CONNECTION**

The term “wellness” comes up frequently during health-related discussions. Wellness is an umbrella term that refers to the many ways individuals can care for their minds and bodies. Recognition of various facets that fall under the wellness umbrella can help people striving to live healthier identify the ways and means to achieving that goal.

**Social wellness**

According to the insurance experts at AmeriHealth®, the term “social wellness” refers to the ability to create and maintain healthy, supportive and mutually respectful relationships. Social wellness aspires to build a strong sense of connection and belonging, which AmeriHealth® notes can help to increase self-esteem; reduce anxiety

and depression; facilitate effective means to handle stress; foster a greater sense of safety and security; and improve physical well-being, among other benefits.

**Emotional wellness**

Emotional wellness is intended to help people develop an awareness of their feelings and how they respond to daily interactions. VeryWell Mind notes that emotional wellness can affect relationships by helping people to identify their own perspectives and express those views with others in a calm and appropriate manner. Recognition of how you feel also can help students and professionals as they confront situations that might affect their success. That same sense of recognition also can foster stronger responses to mental health issues that can arise each day.



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**Occupational wellness**

Work is a big part of many people’s lives, and the University of New Hampshire notes that the term “occupational wellness” refers to the pursuit of a career path that aligns with each person’s goals, professional growth and success. Occupational wellness emphasizes the

importance of finding work that satisfies and enriches a person’s life. The UC Davis Student Health and Counseling Services note that some means to fostering occupational wellness include routine reflections on where you find joy and making a commitment to keeping an open mind, which can help uncover new and unique

career or volunteering opportunities.

**Financial wellness**

Finances are a common source of stress. The discipline of financial wellness emphasizes practices that encourage people to effectively manage their own finances in ways that can lead to long-term financial well-being. Financial wellness strategies may start small, such as identifying ways to save money each day and uncovering resources and understanding how to use them. Financial wellness also encourages people to set long-term financial goals.

Wellness is a wide-ranging term that encourages people to embrace strategies affecting all areas of their lives with a goal toward improving their overall well-being in the short- and long-term.



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# Why swimming is so good for your body

## BY METRO CREATIVE CONNECTION

Engaging in fitness activities that are enjoyable can increase the likelihood that a person will remain committed to routine exercise. In addition to being fun, swimming is an exercise that benefits the entire body. It's also ideal for people of all ages, as the buoyancy of water reduces the strain on muscles and joints.

Healthline reports that an hour of swimming burns almost as many calories as running, without all the impact to the bones and joints. Many people who commit to swimming each week may have no problem getting the recommended 150 minutes of moderate activity or 75 minutes of vigorous activity each week recommended by various

health organizations. Here are some of the ways swimming is good for your body.

- **Engages the entire body:** Swimming works just about all the muscles of the body. Various swimming strokes can enable a person to focus on certain muscle groups, if desired.

- **A thorough cardiovascular workout:** Swimming increases heart rate without stressing the body. The fitness level can be customized and gradually built up so that one can increase strength and endurance.

- **Reduces body fat:** Swimming can help many people slim down. According to Harvard Medical school, a 155-pound person can burn about 432 calories swimming versus about 266 calories walking at a



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moderate pace for the same duration of time. A 2021 study published in BMC Sports Science, Medicine and Rehabilitation revealed that 16 weeks of swimming led to significant reductions in body fat and BMI among those studied.

- **Improves heart**

**health:** Research has linked swimming to a reduction in blood pressure and additional benefits related to improved cardiovascular health.

- **Enhances lung volume:** Swimming involves deeper breathing and can strengthen the muscles involved with

respiration, says Everyday Health.

- **Improves quality of life:** Older adults who swim may experience decreased rates of disability and improved quality of life. Swimming helps to improve or maintain bone health, particularly among post-menopausal women. Water-based exercise also is low-impact and builds strength.

- **Improves mental health:** The Centers for Disease Control and Prevention notes that swimming can improve mood in both men and women. Swimming may decrease anxiety, and exercise therapy in warm water can improve symptoms of depression.

These are just some of the health benefits associated with swimming.

# Foods that promote good vision

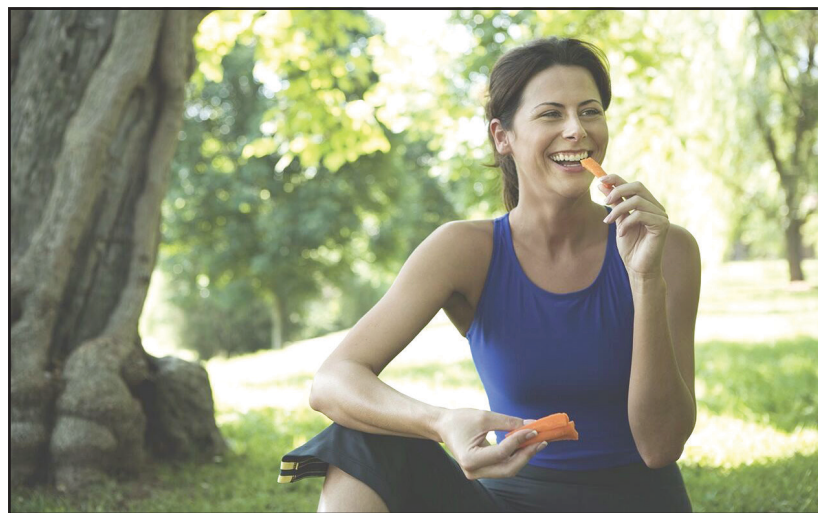
## BY METRO CREATIVE CONNECTION

A healthy diet is perhaps even more beneficial than people realize. Though it's widely known a diet rich in fruits and vegetables and low in saturated fat can help people maintain a healthy weight, various nutritious foods also promote strong vision.

The vision-related benefits of various foods is notable, particularly for adults. While vision loss is often considered a natural part of aging, the National Eye Institute notes it doesn't have to be. Various nutrients help to maintain eye health, and that can make adults less vulnerable to the vision loss many accept as part of the aging process. Individuals who are intrigued by the role nutrients can play in promoting healthy eyes can consider these foods.

- **Carrots:** The American Academy of Ophthalmology notes carrots are rich in vitamin A, which has long been linked to healthy eyes. The retina utilizes vitamin A to turn light rays into images. Vitamin A also helps to keep eyes moist, which can help individuals avoid the uncomfortable condition known as dry eye.

- **Sweet potatoes:** Carrots are



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more accessible than sweet potatoes since the former can be eaten raw whereas the latter must be cooked. However, the AAO notes sweet potatoes are an even better source of vitamin A than carrots. Sweet potatoes may gain extra attention in fall, particularly during Thanksgiving season, but they're available and enjoyable year-round.

- **Cantaloupe:** Cantaloupe is a juicy fruit that many people find particularly refreshing during summer. WebMD notes that

cantaloupe is rich in beta-carotene, which converts into vitamin A, a conversion that promotes healthy eyes.

- **Oranges:** Vitamin A is not the lone vitamin that promotes healthy eyes. The antioxidant vitamin C can protect against environmental factors that can harm the eyes, including the sun's rays. In addition, the AAO notes that the Age-Related Eye Diseases Study found that antioxidants such as vitamin C can prevent or delay the onset of cataracts and

age-related macular degeneration. The AAO reports that additional sources of vitamin C include peaches, red bell peppers, tomatoes, and strawberries.

- **Leafy green vegetables:** Kale, spinach, romaine lettuce, collards, turnip greens, and broccoli all contain useful amounts of lutein and zeaxanthin. That's notable because these antioxidants, according to the AAO, are essential to protecting a part of the eye known as the macula, which provides central, detailed vision.

- **Beans:** Beans such as black-eyed peas, kidney beans and lima beans are legumes, which contain both zinc and copper. The AAO notes zinc is important for eye health because it helps to maintain a healthy retina and may protect the eyes from some damaging effects of light, including cataracts and sunburn. But zinc also can reduce the amount of copper in the body, which is necessary to form red blood cells. That's what makes legumes such as beans so beneficial: they provide eye-healthy zinc and help to maintain copper levels.

A healthy diet benefits the body in various ways, including promoting long-term eye health.



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