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Spread kindness

Kindness is a powerful tool that benefits both the giver and receiver. Acts of kindness can boost happiness, reduce stress, and even strengthen your physical health. Here are four simple ways to incorporate kindness into your daily life:

1. **Surprise someone with a small gesture.** Leave a kind note for a coworker, hold the door for a stranger, or donate to a worthy cause.
2. **Volunteer your time at a local organization or help someone who is struggling.** This could be anything from helping an elderly neighbor with groceries to mentoring a young person.
3. **Offer a sincere compliment.** Share a smile, or actively listen to someone who needs an ear. A little empathy goes a long way.
4. **Self-care is an act of kindness too!** Prioritize activities that promote your well-being, whether it's taking a relaxing bath, reading a good book, or spending time in nature.

Phyto power

Phytochemicals are natural compounds found in plants that help protect them from pests, diseases, and environmental damage. There are thousands of different types, each with its own unique properties.



HEALTH BENEFITS

- Phytochemicals may play a role in preventing certain cancers, heart disease, and type 2 diabetes.
- Some phytochemicals may help strengthen your body's immune system to fight against illness.
- Certain phytochemicals may have anti-inflammatory properties, potentially aiding in conditions like arthritis and inflammatory bowel disease.
- The best way to get a variety of phytochemicals is to eat a rainbow! Aim for a mix of colorful fruits and vegetables every day.
- Don't forget about whole grains, legumes, nuts, and seeds! These plant-based powerhouses also contain beneficial phytochemicals.
- While supplements with isolated phytochemicals are available, it is suggested that consuming them in their natural state within whole foods is most beneficial.



EAT YOUR RAINBOW

Here's a breakdown of some colorful and delicious options, categorized by the types of phytochemicals they're rich in.

Carotenoids

- Found in: Orange and dark green vegetables (carrots, sweet potatoes, spinach, kale)
- Benefits: May help protect against certain cancers and promote eye health

Flavonoids

- Found in: Fruits (berries, citrus fruits, apples), vegetables (onions, broccoli, peppers), tea, and dark chocolate
- Benefits: May reduce inflammation, improve heart health, and support cognitive function

Anthocyanins

- Found in: Deeply colored fruits and vegetables like berries, red grapes, and red cabbage
- Benefits: May offer antioxidant properties and contribute to brain health

Cruciferous Vegetables

- Found in: Broccoli, cauliflower, Brussels sprouts, and kale
- Benefits: Contain glucosinolates, which may help reduce inflammation and help in cancer prevention

Resveratrol

- Found in: Red grapes, cranberries, and peanuts.
- Benefits: May offer heart-protective benefits and potential anti-aging effects (research ongoing).

Sleep better, feel better

Insomnia, the inability to fall asleep or stay asleep, is a common sleep disorder. While it can be frustrating, the good news is there are ways to manage it and reclaim those hours of rest. While occasional sleep disruption is normal, if you experience these issues for three or more nights a week for at least a month, it's recommended to talk to your doctor.



SIGNS & SYMPTOMS

- Taking a long time to drift off after going to bed
- Waking up frequently during the night and having trouble falling back asleep
- Waking up too early and not getting back to sleep
- Feeling unrested even after a full night's sleep

CAUSES

- Worrying about work, finances, or relationships can keep your mind racing at night.
- Pain, chronic illnesses, and medications can disrupt sleep.
- Poor sleep habits, irregular sleep schedules, caffeine and alcohol use close to bedtime, and screen time before bed can all contribute to insomnia.

TREATMENT

- Go to bed and wake up at the same time each day, even on weekends.
- Wind down before bed with calming activities like taking a warm bath, reading a book, or practicing relaxation techniques.
- Make sure your bedroom is dark, quiet, cool, and clutter-free.
- Physical activity can improve sleep quality, but avoid strenuous workouts close to bedtime.
- Limit caffeine and alcohol. These substances can disrupt sleep patterns.
- Avoid screens as the blue light emitted from electronic devices can suppress melatonin, a hormone that regulates sleep.



COGNITIVE BEHAVIORAL THERAPY FOR INSOMNIA (CBT-I)

For some people, lifestyle changes alone may not be enough. In such cases, Cognitive Behavioral Therapy for Insomnia (CBT-I) can be a very effective treatment. CBT-I is a collaborative process between you and a therapist. This type of therapy helps identify and change negative thoughts and behaviors that contribute to sleep problems. Techniques may include:

- Creating a sleep schedule and associating your bed only with sleep and sex
- Learning techniques like deep breathing and progressive muscle relaxation to manage stress and anxiety before bed
- Gradually limiting the amount of time you spend in bed if you're lying awake for long periods
- Challenging negative thoughts and beliefs that keep you awake at night

A glittering investment

Precious metals like gold, silver, and platinum have captivated investors for centuries. But are they right for you? Do your research and consult a financial advisor before making any investment decisions.



PROS

- **Hedge against inflation:** Precious metals tend to hold their value when the cost of living rises.
- **Tangible asset:** Unlike stocks or bonds, you can physically hold precious metals.
- **Diversification:** Adding precious metals to your portfolio can spread risk and potentially improve returns.

CONS

- **Volatile market:** Prices of precious metals can fluctuate significantly.
- **Storage costs:** Securely storing precious metals can incur additional fees.
- **Limited income:** Unlike stocks, precious metals don't typically pay dividends or interest.

HOW TO BUY

- **Individual Retirement Accounts (IRAs):** Certain IRA custodians allow you to invest in physical precious metals.
- **Exchange-Traded Funds (ETFs):** These track the price of precious metals without requiring physical storage.
- **Bullion dealers:** Purchase physical precious metals from reputable dealers.