



Optimal Health

For longevity, happiness, and fullness of life!

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SOURCES & MORE

Coupons to more courses we offer plus free recipes and more health info:
www.BodyMindHealth4u.com

The sources are listed in weblink form so you can easily track them and not the traditional biography. Some links may be broken over time but all work as of 2017.

Lifestyle change and Disease: <http://www.medicalnewstoday.com/releases/217145.php>

Blue Zones: https://en.wikipedia.org/wiki/Blue_Zone
<https://www.bluezones.com/>
<https://publichealth.ltu.edu/adventist-health-studies>
<http://news.nationalgeographic.com/2015/04/150412-longevity-health-blue-zones-obesity-diet-ngbooktalk/>
<http://ngm.nationalgeographic.com/print/2005/11/longevity-secrets/buettner-text>

Exercise – hundreds of articles listed here:

<http://www.medicalnewstoday.com/releases/302937.php>
<http://www.medicalnewstoday.com/articles/259599.php>
<http://www.medicalnewstoday.com/articles/315112.php>
<http://bmcpublihealth.biomedcentral.com/articles/10.1186/1471-2458-13-813>
<http://www.medicalnewstoday.com/articles/311964.php>
<http://www.medicalnewstoday.com/articles/308325.php>

Country living (or bringing the 'country to the city'): <https://journalistsresource.org/studies/government/criminal-justice/us-justice-department-neighborhood-watch-reduce-crime>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2290997/>

Air pollution may affect human health via bacteria changes in respiratory tract

A fifth of dementia cases may be caused by air pollution, study suggests

How sitting in traffic jams can harm your health

Air pollution is now a leading stroke risk factor

Heart disease risk may be increased with air pollution exposure

Air pollution-linked premature births cost US \$4.33 billion annually

Rising pollution levels linked to increased strokes

Green zones - <http://www.medicalnewstoday.com/articles/167566.php>

Social impact on health: <http://www.medicalnewstoday.com/releases/285219.php>

<http://www.medicalnewstoday.com/releases/265163.php>

<http://www.medicalnewstoday.com/releases/267951.php>

<http://www.medicalnewstoday.com/releases/273923.php>

Attitude and health: <http://www.medicalnewstoday.com/articles/210045.php>

<http://www.medicalnewstoday.com/articles/265950.php>

<http://www.medicalnewstoday.com/articles/252022.php>

<http://www.medicalnewstoday.com/releases/305859.php>



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More on CBT: https://en.wikipedia.org/wiki/Cognitive_behavioral_therapy
<https://psychcentral.com/lib/in-depth-cognitive-behavioral-therapy/>
VERY helpful books: SOS Help for Emotions by Lynn Clark, Feeling Good the new mood therapy by David Burns, Telling Yourself the Truth by William Backus.

Socially Active: <http://www.medicalnewstoday.com/releases/136054.php> <http://www.medicalnewstoday.com/articles/154931.php> <http://www.medicalnewstoday.com/articles/307627.php>
<http://www.medicalnewstoday.com/releases/218052.php>
Happiness is infectious - <http://www.medicalnewstoday.com/articles/131880.php>

How & When we eat: <http://www.medicalnewstoday.com/articles/215706.php> <http://www.medicalnewstoday.com/articles/258163.php> <http://www.medicalnewstoday.com/articles/281836.php> <http://www.medicalnewstoday.com/articles/315563.php> <http://www.medicalnewstoday.com/articles/93480.php> <http://www.medicalnewstoday.com/releases/115707.php>

Moderation: <http://www.medicalnewstoday.com/releases/194981.php> <http://www.medicalnewstoday.com/releases/68822.php> <http://www.medicalnewstoday.com/releases/69759.php> <http://www.medicalnewstoday.com/releases/104030.php> <http://www.medicalnewstoday.com/releases/104228.php> <http://www.medicalnewstoday.com/releases/159917.php> <http://www.medicalnewstoday.com/articles/111447.php> <http://www.medicalnewstoday.com/releases/246285.php>

Smoking: <http://www.healthline.com/health/smoking/effects-on-body> https://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/
Alcohol: <http://www.healthline.com/health/alcohol/effects-on-body> <https://www.niaaa.nih.gov/alcohol-health/alphabets-effects-body>
<http://articles.mercola.com/sites/articles/archive/2017/01/21/moderate-alcohol-consumption-may-cause-harm.aspx>

Stress & More:

Zane Kime, M.D., M.S., "Sunlight".
Daniel DeNoon, "Making Music Switches off Stress", www.MedicineNet.com (Source: B. Medical Science Monitor, Feb 2005; vol 11.)
Neil Nedley, M.D., "Depression the Way Out".
J. Stephenson, S SrA 22 TRS/CPFA, Survival Training Specialist, Fairchild Airforce Base.
Bernell Baldwin, Ph.D., "Journal of Health & Healing", Vol. 14, No. 2.
Dan Buettner & David McLain, "The Secrets of Long Life" National Geographic, November 2005.
Neil Nedley, M.D., "Proof Positive".
Vicki Griffin, Ph.D., MACN, Edwin Neblett, M.D., MPH, Evelyn Kissinger, M.S., R.D., IBCLC, "Simple Solutions".
Gillian Bethel, Ph.D., "From Stress to Joy".
Lynn Clark, Ph.D., "SOS: Help for Emotions".



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Water and more: George Sackheim, "Introduction to Chemistry for Biology Students".
F. Batmanghelidj, MD, "Water: for Health, for Healing, for Life".
F. Batmanghelidj, MD, "Your Bodies Many Cries for Water".
D. Robertson, MD, MSc, "How 8 Glasses A Day Keep Fat Away".
Dr. Kleiner, Defence Institute of Physiology & Allied Sciences, India
Neil Nedley, MD, "Proof Positive". Nedley Publishing.
American Journal of Epidemiology, May 1, 2002.
Barbara J. Cohen, BA, MEd, & Dena Lin Wood, RN, MS, "Memmler's The Human Body in Health and Disease".
Aileen Ludington, MD & Hans Diehl, DrHSc, MPH, "Health Power". Review & Herald Publishing.
John Winterdyk, PhD & Karen Jensen, ND, "The Complete Athlete"
Agatha Thrash, MD & Calvin Thrash, MD, "Nutrition for Vegetarians"

Sleep: <http://www.medicalnewstoday.com/articles/316445.php>
<http://www.medicalnewstoday.com/articles/312970.php>
<http://www.medicalnewstoday.com/articles/313727.php>
<http://www.medicalnewstoday.com/articles/309482.php>
<http://www.medicalnewstoday.com/articles/311303.php>
<http://www.medicalnewstoday.com/articles/315664.php>
<http://www.medicalnewstoday.com/articles/314852.php>
<http://www.medicalnewstoday.com/articles/314766.php>
<http://www.medicalnewstoday.com/articles/314318.php>

Spirituality and Health:

How does religion affect the wellbeing of cancer patients? <http://www.medicalnewstoday.com/articles/297803.php>

Spirituality Is Linked To Better Mental Health <http://www.medicalnewstoday.com/articles/249341.php>

The Effects Of Spirituality In Alcoholics Anonymous On Alcohol Dependence <http://www.medicalnewstoday.com/articles/211565.php>

The role of spirituality in treating postpartum depression in mothers of color <http://www.medicalnewstoday.com/releases/314614.php>

Patients' recovery from illness can be affected by spirituality <http://www.medicalnewstoday.com/releases/285257.php>

Spirituality decreases likelihood of experimenting with drugs and alcohol by youths <http://www.medicalnewstoday.com/releases/282270.php>

A child's spirituality likely affected by outdoor play <http://www.medicalnewstoday.com/>



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[releases/276307.php](http://www.medicalnewstoday.com/releases/276307.php)

Health influenced by religion and spirituality in different but complementary ways <http://www.medicalnewstoday.com/releases/274767.php>

Thicker brain sections appear associated with belief of importance of religion <http://www.medicalnewstoday.com/releases/270610.php>

Increased spirituality in teens associated with abstinence, increased positive social behaviors and reduced narcissism <http://www.medicalnewstoday.com/releases/268841.php>

The Mental Health Benefits Of Spiritualism, Regardless Of Religion <http://www.medicalnewstoday.com/releases/249272.php>

Religious, Spiritual Support Benefits Men And Women Facing Chronic Illness <http://www.medicalnewstoday.com/releases/236644.php>

Talking About Faith Increases Hospital Patients' Overall Satisfaction <http://www.medicalnewstoday.com/releases/231040.php>

Spirituality May Soothe Hypertension <http://www.medicalnewstoday.com/releases/230673.php>

Integrative Medicine, Spirituality Improves Outcomes In Urban Adolescents With Asthma <http://www.medicalnewstoday.com/releases/222489.php>

Scientific evidence for creation - <http://www.icr.org/evidence>

The Bible and Health – www.BibleHealth4u.com