

IN THE NEWS



MEDITATION/MINDFULNESS BEING ADOPTED BY SUCCESSFUL COMPANIES

There's a lot of talk about companies adopting Eastern traditions such as meditation, mindfulness even breathing techniques. Google has its own program, called Search Inside Yourself, which is the most successful course they have ever offered. Twitter and Facebook also promote these ideas within their work environment. Steve Jobs was known to be a big meditator, as are an increasing number of CEO's and entrepreneurs. In Silicon Valley, more and more companies are creating silent rooms where staff can go sit, breathe and think, while others are literally teaching the techniques to help employees deal with balance and avoiding burnout.

Training the brain in this way has shown to help overall well being and emotional intelligence; it also has been shown to increase productivity, creativity, and memory function and has a huge impact on decreasing stress. With work-life balance programs on the decline following failed benefits, it looks like more and more companies are turning to ancient timeless traditions now to help and inspire their people. The result- happy and calmer work environments and employees that love coming to work.

[Read about how Meditation could make your career in Wired](#)

INTERESTING RESEARCH

YOUR PHONE AND ITS IMPACT ON YOUR HEALTH!

Most of us check our phones before going to bed, just in case something important or fun comes in! And yet, we are blissfully unaware of how bad this is for us and what it does to our brain and body. As we get ready for sleep, the brain goes through cycles where it informs the body through melatonin that it is dark. It also starts our body's natural night time clock and ever-important functions such as detoxing. Our phones however stop that from happening! Every time you look at a screen, the light basically tells your brain "Don't go to sleep". And when you finally get to sleep, your neurons can finally rest, but the glial cells, known to detox the toxins that these neurons produce, need 7-9hrs to properly do their job. This explains why you are tired, your memory is challenged, your insulin is off balance and you might even put on weight, your problem solving ability is low as there is a toxic environment now in your brain. Easy thing to do: Shut Down your screen at least an hour before going to bed.

[Watch this short video from Business Insider to understand the science behind](#)



HOW SLEEP CLEANS YOUR BRAIN OF DAILY TOXINS

The BBC released some interesting research on how critical it is for you to get your sleep if you want your brain to be functioning optimally. There are so many toxins that build up and only get cleared during natural sleep times as we discussed above. Here are some more facts just to encourage you to get your optimal hours of sleep!

[Learn more at bbc.com](#)

HEALTH

WHY IS SUGAR SO BAD FOR YOU?

Sugar is 8x more addictive than cocaine! Think about that. And most of us judge drug addicts! We all crave sugar and its very short-term impact, but the detrimental effect is just starting to be known. Eating sugar hurts your mood, your productivity, your super important hormonal balance, your brain and affects every single organ and every single blood cell! It has an impact on fertility and pregnancy, on sex drive, on children's ability to function and on healing and recovery times after a health diagnosis. Anyone who wants to do a sugar-detox often has no idea how much sugar they actually consume- that's always the first surprise. The second is how terrible you may feel for a few days as your whole body comes off the addictive haze it has been under for so long. You may feel tired, moody, depressed for a few short days, but what everyone agrees on, is what happens after that: sustained energy and positivity, radical clarity of thinking and a feeling of health and well being in the body.

[Read and learn from one person's experience going off refined sugar for a few days and what he noticed.](#)

HEALTH *cont.*

THAT SUGAR FILM

If you enjoyed the article above, you may also want to see this recently released and appropriately called movie. It follows a soon to be Dad, trying to understand the hiding places of most sugars we consume today and trying to create a healthy family environment to welcome a new child into the world. One of his main findings is how much sugar is in foods we would usually consider healthy, like bread or tomato sauce or fruit smoothies. This movie will show you the impact of 30 days of sugar consumption on one person's body, together with experts monitoring all his important physical and mental vital signs! What you will discover will literally astound you! And leave you feeling way more educated. thatsugarfilm.com

VEGETABLE PRESCRIPTIONS FINALLY TAKE THE PLACE OF PILLS!

More and more doctors are prescribing vegetables and healthy foods instead of medicine.



This is really good news. Whether its weight issues, blood pressure, depression, cholesterol or ADD in kids, doctors are seeing the incredible quick turnaround by changing what we eat, drink and snack on and how the body heals itself without drugs.

Too many doctors were not seeing long term results from traditional medication and started exploring a different attempt at helping people heal. The results that kids experienced were the most notable, with very fast turnarounds when kids are taken off certain processed foods and replaced with real, live, fresh food such as fresh fruit and raw vegetables. After 4 months on the program, more than 40% of kids had lowered their weight and BMI and had better emotional control. Parents benefitted hugely. As did local farmers.

[Read this fascinating article from the New York Times](#)



10 SUPERFOODS HEALTHIER THAN KALE

In the food world, the biggest celebrity of all might be kale—the Shakira of salads, the Lady Gaga of leafy greens! And yet, surprise, surprise, kale is not the best green food you could be consuming. In a recent report published by the Centers for Disease Control that ranked 47 “powerhouse fruits and vegetables,” kale only placed 15th.

The top 3 are Watercress, Chinese cabbage, Chard!

Packed with all the nutrients and vitamins we need, most of the ones that made the list are indeed ‘green’! If you’re trying for a baby, both men and women would do well to increase their Romaine lettuce consumption for example! To see all their vegetable friends, and where spinach and parsley come in, [read the link](#).

EXERCISE



IMAGINE IF YOU FELL IN LOVE WITH EXERCISE...

So many of us view exercise as a ‘should do’; we should fit in the time, we should lose some more weight, or should do a yoga class, not something we ever get excited about. Well, fitness doesn’t have to suck. First, throw out the numbers, the comparisons to your old body or your friends ideal weight and lets focus on how to associate fitness with pleasure! Hmm. [Find out how](#)

No time for the gym? Or no money? Here’s a fab alternative! [image: passion for profession youtube picture]

Ever wanted to take a class but couldn’t get to it on time or it was far away, or these classes are just damm expensive. Well, we found the 7 Best YouTube Workout Channels To Exercise at Home. Go for it. Any time of day or night. You will always have a water bottle, clean towel and can jump into your own clean shower right after.

makeuseof.com

PSYCHOLOGY AND YOUR MIND.

NEW RESEARCH REVEALS 4 RITUALS THAT WILL MAKE YOU HAPPY

The Internet is full of advice on how to get happy. Lets trust the guys that actually know how your brain works for a minute- the hardcore, big brain neuroscientists. Looking at how the brain actually works and reacts, here are 3 of the ways the brain gets you truly happy!

1. Making good decisions
2. Touching people (tell me more...)
3. Answering a very specific question when you feel down

The answer to that and the last ritual is described in [this fascinating UCLA research](#).

The most rapidly growing addiction has a name: IUD- Internet Use Disorder! Forbes correctly named this a few years ago and called it the new mental health challenge for the next decade. Most of us use our phones and computers as healthy distractions, where we can learn, be productive, work, you name it. Well, another name for it is actually a technology addiction that penetrates every area of your life. Before your mind tells you this isn’t you, just maybe give this a read. Whether it applies to you, your kids, your spouse or your employees, get up to speed with the signs of unhealthy usage and what can help. Read more in this seminal [Forbes article](#)

PRODUCTIVITY

THE SURPRISING ADVANTAGE OF TIMING YOUR TASKS

Sometimes the best tips really are very simple and involve a very simple item- a timer! Otherwise known as a pomodoro, for work that doesn't involve much of your creativity but is necessary and important, try giving yourself mini deadlines. No, don't start thinking of pasta...just give it a try and see if it works for you. It has helped people become aware of how much time they spend on simple tasks and also not waste valuable time. Many now swear by it. Lifehacker.com

FAMILY CORNER

THE ONE THING THAT HELPS CHILDREN SUCCEED

As parents, we really try our very best to help our kids in every area. We want to prepare them for school, for life, for relationships, even for the tough times. Which skill is most important for a child to be ready for the world today? The winner, by far, according to The Pew Research Center in the US, is communication. Way ahead of what you might expect of reading, writing or social skills. So, instead of reading a second book to your child today, try having a longer chat. How do you build effective communication with your kids? Lets start with the 10 most powerful things you can say to them. One of them is, 'I am sorry'. Another one is 'Tell me more'. [Read the others at Parenting.com](http://Parenting.com)

RELATIONSHIPS

WHAT ARE THE 3 TOP UNMET NEEDS FOR MEN?

Women are always trying to figure out why some men cheat on beautiful, smart, loving partners! Well, if you look at why 30 million men joined the affair website, Ashley Madison, their research shows that one of the things men crave is 'creativity'. What do they mean by this and what are the other needs they hope to fill? Read the Huffington post article below. It will spark some interesting conversations and will also help you look at your own relationship or way of being, a little closer we hope. Huffingtonpost

BOOKS / VIDEOS PODCASTS / APPS

FIND OUT WHAT FUN EXERCISE CLASSES ARE HAPPENING THE EASY WAY!

There's a new app in town, that tells you about all the fun classes happening in your area, whether you're into boot camp, yoga, dance, boxing or laughing! This removes all the hassles of checking gym schedules, calling up studios, even paying per class! [Here it is.](#)

IMAGINE GETTING FREE SUMMARIES OF THE BEST PERSONAL DEVELOPMENT BOOKS.

There's no trick to this. No need to buy anything either. Our friend, Brian at Philosophers Notes does just that. He realized most people would love to have time to read, but what they really could use, is a quick summary to be read in a few minutes. We love this. Or better for some, a 10mins video summarizing the 5 big ideas from each book that he presents. He makes things super simple and is just an awesome teacher. [Listen to one that appeals to you; you wont regret it.](#)

WEBSITE TO KNOW ABOUT WISDOM FROM ABOVE!

Ever wished you could start your day with a message from Life, God, the Universe?! Our friend Mike Dooley, originally an accountant, turned into a writer and amassed nearly a million people to follow his amazing, happy, powerful messages. What's wonderful about them, is you'd think he knew exactly what was going on with your life, as they seem to address specifically what you are facing with humor and optimism! Its often the first email people open in the morning! www.tut.com

EXPERTS TO KNOW ABOUT SIMON SINEK

Simon has become a leading voice on leadership through his all-important question:

Why do you do what you do? Why do you want to loose weight? Start a business? Make more money? Quit smoking? When the why is clear, the 'how' to do it is easier and you will always have the fuel to keep you going. Companies that are clear on 'why' they sell computers, or food, or whatever, show much greater success than those who focus on 'what' they do.

Watch his fun and informal TED talk that is now in the top 10 most viewed of all times. [\(23million people have already seen it, so you're in good company\)](#)

INSPIRATIONAL STORY

THE REPURPOSE SCHOOL BAG

A regular young South African girl had an idea to take recycled plastic bags and turn them into school backpacks. But she didn't stop there. She saw that many kids in the townships sometimes have no electricity to do their homework at night. Her beautiful brain saw an opportunity to add in a solar light that could charge during the day, and then provide up to 12hrs of light at night! Genius. This even got the attention of Bill Gates who tweeted how exciting her product is! Well done. You can choose to donate some backpacks to no-fee schools and [read more about the founder here.](#)

QUESTION OF THE MONTH

WHAT ARE YOUR NON-NEGOTIABLES?

These are actions you do daily, no matter what. Even amidst work deadlines, screaming kids, bad weather, and a full to-do list? For example; Take care of your health. Journal, Go for a walk. Meditate. Connect with your spouse or a friend.

What do you do to stay happy and grounded regardless of what is going on? Get at least two if you don't already have some.

GLOBAL INTENTION THE REFUGEE CRISIS

We are all connected at a deeper level. Lets keep our focus on helping others in some way. At any time during your day, find a moment to hold the following intention in your heart: We set the intention for the refugees and all those displaced from their homes to have courage, patience and faith that all will work out for them.