

OCTOBER 2022

1spry. Living



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OF SLEEP
AFFECTS YOU
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IT'S SLOW
COOKER
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EXCLUSIVE

**MAYIM
BIALIK**

BREAKS
DOWN
MENTAL
HEALTH
STIGMAS

THE SCIENCE OF
**LIVING
WELL**

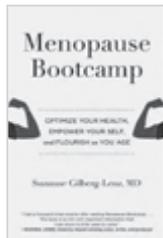


live better now

SHelf HELP

World Menopause Month

Women should flourish, no matter where they are on the reproductive spectrum, says OB-GYN Suzanne Gilberg-Lenz, M.D., author of the new **Menopause Bootcamp** (Oct. 11, Harper Wave), an actionable and empowering guide for women entering menopause. Gilberg-Lenz answers women's most pressing questions and combines her own medical wisdom with lifestyle solutions for quality of life issues, including hormone imbalances and sleep disturbances.



QUICK TIP

SLEEP NOW, DONATE LATER



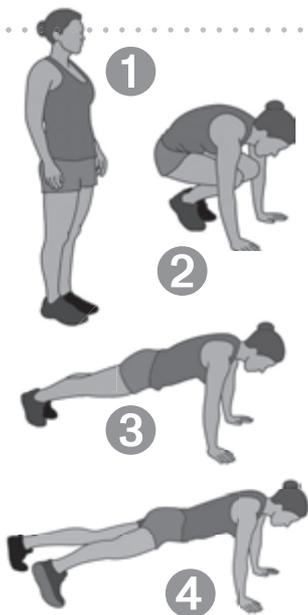
Can sleep deprivation make you more selfish? We know that a lack of rest can lead to depression, high blood pressure, heart failure and more, according to the Centers for Disease Control and Prevention. But now, researchers are discovering that sleep deprivation may also make us less generous. A new University of California, Berkeley, study looked at MRI scans of sleep-deprived participants and found less activation in the area of the brain where empathy originates. They also found a decreased desire to help others and noted that charitable giving even drops 10 percent after the beginning of daylight saving time. So, get some sleep. It'll be good for you—and others.

SMART MOVES

Experts regularly tout the power of exercise for longevity. But to have a major impact on your long-term health, you'll want to add a bit of strength training. A study published in *The British Journal of Sports Medicine* has found that just 30 to 60 minutes a week of strength training may be enough to significantly reduce your chance of early death.

Try this beginner move for full-body muscle strength. Set a timer for 30 seconds and do as many reps as you safely can in that time. (It's OK if you can only do one or two.) Rest for at least 10 seconds—longer if you're a beginner—and repeat three times.

Beginner Burpees ① From a standing position, ② bend your knees and place your hands on the floor in front of you. ③ Walk your feet back into a high plank. ④ Step your right leg out to the right and bring it back. Repeat on the left side. Walk hands back toward your feet and stand up.

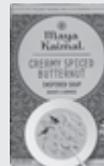


SMART CART FLAVORS OF FALL

Savor autumn's festive flavors with these grocery store staples

Soup Season Maya Kaimal Creamy Spiced Butternut Inspired Soup

(330 cal, 20g fat per serving) is a vegan, gluten-free blend of butternut squash, coconut cream, pumpkin and warm spices.



Dreamy Dip Serve La Terra Fina Pumpkin Spice Dessert Dip

(60 cal, 2.5g fat per serving) with apple slices or graham crackers at your next fall gathering.



Pumpkin Power Add Clean Simple Eats Pumpkin Pie Protein Powder

(100 cal, 0g fat per serving) to smoothies, stir it into oatmeal or mix it into muffin batter for 20g protein per serving.



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MAYIM TALKS MENTAL HEALTH

THE BIG BANG THEORY'S MAYIM BIALIK
USES SCIENCE TO BREAK DOWN THE
STIGMAS SURROUNDING
MENTAL HEALTH.

By Nicole Pajer



If you've watched Mayim Bialik over the years—as the spunky and intellectual teenage character in the '90s sitcom *Blossom* or as Amy Farrah Fowler, a Harvard-trained neurobiologist with her eye on Dr. Sheldon Cooper (Jim Parsons) on *The Big Bang Theory*—you've probably thought, *Wow, she's so smart*. And you'd be right. The co-host of *Jeopardy!* (alongside Ken Jennings) isn't just a brainy character on TV. Bialik, 46, took a break from acting to enroll at UCLA and became a real-life neuroscientist. The degree, which she completed in 2007, has given her a greater insight into the human mind. "Having a Ph.D. in neuroscience has added to my understanding of mental wellness," she says.

During the pandemic, Bialik found her emotional wellbeing tested. Thinking that others might also be struggling, she and her partner, Jonathan Cohen, launched a podcast, *Mayim Bialik's Breakdown*, aimed at challenging the stigmas attached to depression and anxiety. Episodes pull from her academic background and feature insights and stories from celebrity guests and experts along the way. "We wanted to make this for people who may not have resources or education or a place to start understanding mental health challenges," Bialik says. "Taking a scientific approach is helpful. We're learning so much more about the science of mental wellness."

Spry Living caught up with Bialik (who returned to television to portray a university professor who opens a cat cafe in FOX's *Call Me Kat*) to discuss social anxiety in Hollywood, dealing with chronic illness and the biggest misconceptions she's faced surrounding mental health.

I'm an introvert who is employed as an extrovert. And I'm a true introvert in that time spent out really makes me feel depleted and exhausted. So, I need time to refuel. And that's a true thing. That's not just hippie science. That's real science. My neurological system does not like all of that out-time and it needs to reboot.

I'm a huge proponent of therapy. I believe everyone can benefit from some form of being honest and open with another human being who is trained to understand things about human development, and in some cases human neurochemistry.

I've been on a news break. I read things when I need to, obviously. But that has been a huge lifesaver for me. I get very invested in things going on in the news to the point that it really was interfering with my normal functioning. That comes out as anxiety, in sleep problems and, honestly, with a compulsion to keep checking. I had to stop it. So, I took this summer to wean myself from that. And the same for social media. I've been on a real break, and it has helped me tremendously.

Working out is very important to me. I do taekwondo. I'm a poom belt, which is a black belt candidate. And that expenditure of energy is very important. I can really tell when I don't do it. I've also taken on a more rigorous practice of yoga and meditation, all of which is related to mindfulness and being in touch with my body. I also need alone time—that's something I didn't learn until later in life. I need quiet time, just me and my cats in my house.

(Continued on page 8)

How a Safe Step Walk-In Tub can change your life

Remember when...

Think about the things you loved to do that are difficult today — going for a walk or just sitting comfortably while reading a book. And remember the last time you got a great night's sleep? As we get older, health issues or even everyday aches, pains and stress can prevent us from enjoying life.

So what's keeping you from having a better quality of life? Check all the conditions that apply to you.

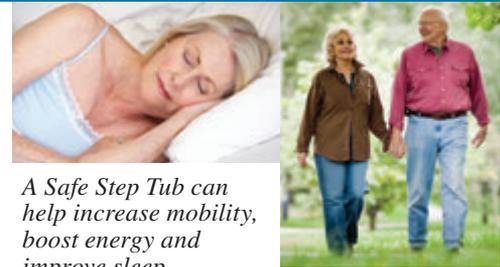
Then read on to learn how a Safe Step Walk-In Tub can help.

Personal Checklist:

- | | |
|------------------------------------|---|
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| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Anxiety |
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| <input type="checkbox"/> Dry Skin | <input type="checkbox"/> Poor circulation |

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SLOW COOKER SOUP

Celebrate the fall season with this nourishing, dump-and-go meal from *Hungry Girl Simply Comfort* by Lisa Lillien. It's packed with protein and veggies to boost your energy, and using riced cauliflower makes it a low-carb lunch or dinner.

CHICKEN & CAULI RICE SOUP

1 lb boneless skinless chicken breasts
1/4 tsp salt
1/4 tsp pepper
6 cups chicken broth
2 cups chopped carrots
1 cup chopped celery
1 cup chopped onion
2 tsp chopped garlic
2 bay leaves
1/2 tsp onion powder
1/4 tsp ground thyme
2 cups frozen riced cauliflower

1. Season chicken well with salt and pepper and place in the slow cooker. Add all remaining ingredients except cauliflower. Mix well.

2. Cover and cook on high for 3–4 hours or on low for 7–8 hours, until veggies are tender and chicken is fully cooked.

3. Turn off the slow cooker. Remove and discard bay leaves. Transfer chicken to a large bowl and shred with two forks.

4. Return chicken to the slow cooker. Add cauliflower. Mix well. Cover and let sit for 5–10 minutes, until hot. **Serves 10**

Per Serving (1 cup): 87 cal, 1.5g fat, 587mg sodium, 6.5g carbs, 1.5g fiber, 3g sugar, 11.5g protein

Excerpted from *Hungry Girl Simply Comfort* by Lisa Lillien. Copyright (c) 2022 by the author and reprinted with permission of St. Martin's Publishing Group

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2022 Australia Wedge Tailed Eagle: Introduced in 2014, the Wedge-Tailed Eagle is the first-ever collaboration between U.S. Mint designer John

Mercanti and a foreign mint. With a new design for 2022, it's struck in 99.9% fine silver at the Perth Mint.

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(Continued from page 4)

I have asthma and a thyroid condition. I'm a highly allergic person and so asthma has gotten worse as I get older. There are foods that activate asthmatic stuff for me, so I don't do spicy food. And obviously no smoking—those are the main things. I have Graves' disease and Hashimoto's disease [immune system disorders that affect the thyroid]. When appropriate, I take medication. I happen to be in remission right now for my thyroid condition, and hopefully that will continue.

Opening up about my mental health journey on the podcast is definitely intimidating and not really cathartic. It's an awkward place to be so honest. I grew up in a home with mental illness, and I suffered and had a lot of challenges that put a strain on my young brain and my young heart. It's still hard to talk openly about that.

I've talked about being in recovery from an eating disorder. I do identify as an anorexic and compulsive overeater. And I am a restrictor. I use a program of spiritual recovery to handle those things. In terms of looking at food differently, [I know that] food is not a weapon. We need to have sustenance, and that's very important. Really trying to have a more positive image of my body as



Bialik filming alongside *Big Bang* co-stars Melissa Rauch and Jim Parsons

I look at my food is something that I've learned to do.

I think part of the problem with mental health is that we don't really talk about it. We haven't really spoken about it openly for much of human history. There's a tremendous amount of stigma still. People are seen as weak, even surrounding medication, which works for some people but might not work for others. A lot of people judge both sides of it—I'm even guilty of that, and I'm a person who currently is on medication. I think a lot of people believe that if you fill up your life with enough things or purchases—a lot of people turned to drinking or drugs during COVID—it will distract you. But the fact is, your mental health will follow you wherever you go, and you can't numb it away. You can try and hide it, but it will be something that you deal with at some point in your life. It cannot be hidden. At least, not for long.

The Big Bang Theory writers would occasionally tap into my background. But our writers were incredibly intelligent. They seemed a lot more like a room of academics. Also, there's this thing called the Internet, so they could use that to find out what neuroscientists do!

It's a dream come true to host Jeopardy! I learn a lot from our writers, and I love meeting people with incredible wisdom and knowledge about such a vast variety of topics. These contestants are absolutely incredible. They know just about everything about everything, and that's just so much fun. I'm doing *Celebrity Jeopardy!* as my main focus this fall, and then I start my syndicated duties in the new year. •

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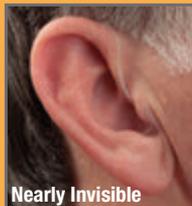
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Q&A

How can I combat brain fog?

Brain fog doesn't have an official definition or medical diagnosis. It's often a cluster of symptoms, such as trouble focusing, difficulty paying attention, losing your train of thought, having slow reaction times or feeling general fatigue.

When you feel this, you may think you're having memory problems, but brain fog is often a response to chronic stress, which can have an impact on your sleep, nutrition and physical ability—all of which may affect your brain. It may also be the result of inflammation.

Focus on improving your sleep, eating well and exercising 30 minutes every day, five days a week. Over time, these small changes can have a dramatic impact on your immune system response and may reduce inflammation.

The idea is to decrease any stressors as much as possible. Most of us tend to go, go, go until we've hit a point of no return. Then we're fatigued or unable to do things for a day or two. Take 20-minute breaks before you reach that point—try walking, listening to music or closing your eyes and resting.

If you've tried these methods, or you've experienced brain fog for some time, call your healthcare provider.

—Kamini Krishnan, Ph.D.,
NEUROPSYCHOLOGIST

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Large Fonts, 200% Zoom – Easy to see, easy to read.

Secure System – No one has ever downloaded a virus on Telikin.

Voice Recognition – No one likes to type. Telikin has Speech to Text. You talk, it types.

Preloaded Software – All programs are pre-loaded and set up. Nothing to download. Just turn it on, plug it in and connect to the internet.

100% US based support – Talk to a real person who wants to help you. Telikin has great ratings on BBB and Google!



This computer is not designed for business. It is designed for **you!**

"This was a great investment."

Ryan M, Copper Canyon, TX

"Thank you again for making a computer for seniors"

Megan M., Hilliard, OH

"Telikin support is truly amazing."

Nick V. Central Point, OR

Call toll free to find out more!
 Mention Code **1142** for introductory pricing.
 60 Day money back guarantee.



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