



Fourth Quarter 2020

Air and Water Are the Center of Better Health

The impact of coronavirus goes far beyond the potential of getting sick from Covid-19. Jokes abound about the Covid 15-pound lockdown weight gain. More serious, a tracking poll by the Kaiser Family Foundation found that 45% of adults said the pandemic had affected their mental health.

How do we re-center ourselves and get back on track to better health? Health consultant Yegene Chun recommends that you start with your breathing.

The first sign of stress is found in your breathing pattern. If you are taking shallow breaths or holding your breath, your body is in stress mode. The longer you stay at a heightened stress level with fight or flight reactions at full mode, the greater the damage you are doing to your physical health. "Bad stress isn't when you reach the heart attack stage," Ms. Chun explains. "It begins much earlier when you forget to slow down and breath properly."

When you notice you are breathing shallowly, pause and focus on taking deep, even breaths. Keep your exhalations long and slow. As you slow your breathing, try to relax your muscles.

The second simple step toward reclaiming your health is to make certain you are taking in sufficient water. Our bodies are 60% water; our blood is 90% water, explains Ms. Chun. When we become dehydrated, inadequate water can have wide-reaching health impacts. In addition to assisting with the supply of oxygen, water conveys water-soluble minerals and nutrients to different parts of the body, removes waste products from the body and regulates temperature. Water lubricates joints, improves skin health, and cushions the brain and spinal cord. It can also help prevent muscle fatigue and improve athletic performance.

Dehydration causes the blood to become thicker increasing blood pressure. A natural defense of the body to preserve water is to restrict airways, worsening allergies and asthma. Digestive problems can also result from inadequate water, including constipation and an overly acidic stomach, increasing the risk of heartburn and stomach ulcers.

Ms. Chen recommends not just drinking more water but increasing water from sources such as fruit and vegetables with important minerals and nutrients. "You cannot rebuild your health if you are allowing stress to tear you down and undermine your efforts to be healthy or if you are not getting sufficient water. Those really are the two essential elements of feeling better, having more energy and enjoying your life," she explained. "If you do nothing more than take these two steps, you will find yourself feeling better and gaining the ability to make life-long changes in your wellbeing."

Brian R. Carruthers, CFP, CMT

BCA

BRIAN CARRUTHERS & ASSOCIATES

Your Conservative Advisory Firm
Since 1990 301 Forest Avenue
Laguna Beach, California
92651-2115 USA Telephone:
1-949-464-1900
www.gobcafunds.com
brian@gobcafunds.com