

### 1: In Search of Care :: International Adventures in Public Health by Michael Fox â€” YES! Magazine

*Health and Happinessâ€”these two states are deeply and universally desired by all of humankind, and yet for so many people, they are elusive and transitory. In this book, the author outlines a detailed system for reaching Health and happiness through bodily, mental and spiritual care.*

Its the lifestyle of never looking for the easy way out. It is a freedom, if you have the courage to seize that freedom. And that place will be constantly changing. It is the journey to find that edge which maybe teaches us more about ourselves. Lizzy Hawker Rach told me this quote and I had to add it: Having nothing that ties you makes you so free. The more you know, the less you need, as the aborigines say. I am identified by myself. Browne As usual I wrote this as blog and it turned out to be more of a journal entry. I was about to take a lot out of it but then I got the okay to leave some things in. I believe I left off my last blog on my little adventure in Californiaâ€¦. After leaving Truckee I headed to the small town of Foresthill, Ca for the sole purpose of running some of the WS course. Since I walked most of the course the last time, I felt the need to run it. There are actual road signs telling you where the WS trail is! I even had the trails completely to myselfâ€¦even the whole canyon. I think my running confidence got a little needed boost when I did an out and back in the canyon, completely running the inclines this time around. One downside to camping in Foresthill was that there were no showers. Getting clean consisted of sponge bathing in a sink or jumping in the lake. Shaving my legs consisted of a razor and a glass full of water. I refused to have hairy legs no matter how much I was roughing it lol The other downside to camping alone in Foresthill is that there are bears. Then my nighttime fear comes to life. I hear stepping and heavy breathing all around my tent that could only come from a bear. I pray the bear goes away. A car drives past and I hear the bear run into the forest. Relief, but I can hear it panting. Without thinking I quietly get my phone to text Rachel. She of course texts me back terrified as well. At this point the bear comes back to my tent for what seems an eternity probably minutes. Then, amazingly, my prayers are answered. It was around 12am but randomly a car pulls in the campground, the bear runs away, and a young couple decides to camp right next to me. Unfortunately, the area ate up my cell life in record time. Of course, Rachel being the good sister she is sent me messages asking if I was okay and when there was no reply she got really worried and almost called the forest ranger. This plan somewhat failed because like most ultras updates seem to stop after the first 50k of the race. Over the past couple of years I have let myself realize that Rachel will always be the person who knows me best and there will never be a person I could love more, no matter who comes in and out of my life. After another night of finding a random camping spot I headed toward Lake Tahoe. The first place I ended up at was the south end and I instantly got overwhelmed. This is possibly because it was early Sunday afternoon and many vacationers were leaving. On my way I stopped by the park office and got a map and list of camping places. I love forests and mountains, but I also love being by water. My mornings were spent running and hiking, my afternoons were spent reading at the beach getting a bad sun burn and even paddle boarding, and my nights were spent rollerblading or walking. The water in the lake was so clear and pure, I could see easily see the bottom even when I was far out in the lake paddle boarding. Since much of the water came from the mountains, it was also freezing! Barely any body was swimming. Then I saw some little kids dive right in. I dove in, letting the cold wrap around me, embracing my inner child. I felt like every part of my body was awake and I felt a huge smile come on my face. I felt so alive. I swam a little bit more then climbed out and laid on my towel, letting the sun warm my skin. I did this almost every day I was there and I would feel refreshed every time. It also helped me keep clean along with my sink sponge baths! Little by little I could feel myself becoming a little bit happier this whole trip and it must have showed because I have never got hit on so much in my life. At first I was a little annoyed, but then I was just a little bit flattered. However, the last thing I wanted to do was start something. Lake Tahoe also made me learn something very important about myself: I of course keep trying anyway before I give up and then as usual I get lost. Thankfully however I make it to the mountain road not too far from the trail head. To get in some more miles I just run the dirt road till any sign of a road stops. I turn around and head back towards my car. The bear just runs from one side of the road to the other. It was like

Animal Planet live. During this time my heart just about stops and not a single thought of self defense runs through my head. All I feel is fear with not one thought going through my head. Ah well! I also got a parking ticket in Lake Tahoe. The day before I got it I talked to this really nice-country coach who was telling me about trails I could run that were used for x-county skiing in the ? He told me where I could park too which is how I got the ticket. Helpful advice gone wrong. I was of course on a budget and paying for a parking ticket was not in my plan. Thus, I wrote a nice letter explaining the situation on a Snoopy thank you card. The ticket got dismissed. As soon as I finished the interview I knew I was in trouble. It went well, way too well. Over the summer I have been little surprised by myself. How confident for me anyways I had been in front of the interviewer, whose purpose is to judge whether or not I am good enough to work at the organization. I think one of the many good things that did come from Teach For America is that it gave me a confidence boost. It was rated as the 7th hardest interview in America, and I believe it. While this was part of my new interview confidence, I think the lessons I learned over the summer and the experiences I had have brought out the best in me. Being able to appreciate myself has helped me to finally breathe a little bit better around new people. So I got offered the job. I now had a choice to make. I will always loathe making hard choices and I felt like I made enough this year. Buena Vista is a small town surrounded by the mountains the collegiate peaks. There is one traffic light, the only chain restaurant is Subway, there are dogs everywhere, and the night sky is filled with the most stars I have ever seen. Running is tough here. Auburn, however, is known as the endurance capital and I could run the western states trails whenever my heart desires. The American River is right there and after my runs during my stay I could run right in the river still in my running clothes! I felt like such a little kid. The money I get is called a living allowance and if I complete the year I get money towards loans or graduate school. With this being said, I felt like the logical choice would be Auburn. I still needed simplicity, a place where fresh air is abundant, and my mind could feel calm by just looking at all the open space. I also wanted the experience of being fully content with what little I may have. I camped most of the summer, my life fitting in my car, and the only thing I ever missed was people and sometimes a free shower. So here I am now, writing you from a little local coffee shop in Buena Vista, Co. I should mention that this decision was made in Ohio. After being alone for months and plane tickets suddenly dropping , I was ready to find a little more stability. At least for a year anyway since Americorps is only a year program. I have a new appreciation for knowing local trails by heart. I needed a way to put my journey to rest for now, and I needed to see the people I loved. I mentioned this to my dad and right away he offered to help. I think he learned some things as well.

### 2: In search of health and happiness

*In search of Health & Happiness. 27 likes. Community. Hi!! So I've created this facebook page to be able to share interesting information, resources and tips that I have found helpful on my quest to be a better and more balanced version of myself.*

It feels strange to be back in the country that kicked off our adventure, over two years ago. It was a crazy two years leading up to this point: Traversing Asia, from Phuket to Istanbul, without taking a single flight. But as any long-term traveller will testify it was also stressful, and by the time we got to Istanbul we were exhausted. Through a combination of fatigue, poor diet and stress, our health seriously took a hit. We started to feel sick, put on a lot of weight and began bickering with each other. Not an ideal situation in any circumstance – even less so when you are isolated from friends and family. Alesha and I decided we needed to take a break from the adventure travel that we love, or face the risk of completely burning out, or worst, going our separate ways. Within a matter of days, our story was plastered all over the Internet, and we were even interviewed on Australian breakfast TV. Our inbox flooded with letters of support and well wishes from hundreds of people, and we were truly humbled. After the craziness died down, we talked about our next steps. Would we continue to hit the road and see how far we could push ourselves, or would we step back and try to fix our problems? Before we knew it, we had flights booked to Bangkok. Us at the Bangkok Airport, getting ready for an unexpected journey home to Australia. Before we announced what we were going to be doing, a family emergency meant that we had to return to Australia. Soon our departure date to Thailand was upon us, and it was time to bid farewell to our home country once again. Jumping on another flight from Perth more flights in two months than we had taken in two years, we finally landed back in Bangkok, ready to jump headfirst into our new campaign. To make things clear, we have every intention of eventually flying back to Istanbul and picking up our mission to reach Cape Town by land. Just not straight away. But for now, we have something else planned – flying into Phuket two years ago – Never thought we would be coming back here so soon. Simple – Looking after ourselves. Over the next two months, we will be relaxing, eating well, exercising and meditating around the southern islands of this beautiful nation. Thailand is known for its white-sand beaches, fascinating culture, ancient temples and welcoming locals. Besides these things which originally made us fall in love with the Southeast Asian country in the first place, Thailand also has delicious, healthy food, an abundance of spa and detox retreats and a Buddhist culture that promotes mindfulness. In our minds, it is one of the best places in the world to kick-start a healthy lifestyle, and we are going to try and prove it! There will be detox retreats, yoga sanctuaries, Muay Thai gyms, scuba diving, meditation, massages, hiking, swimming, climbing, and of course a whole bunch of swinging in hammocks by the beach. Sounds like a dream! One of the biggest things for us is that we have quit alcohol, and plan on staying off it during our whole time in Thailand. Is Thailand going to be the ultimate place for a health detox? Will we come out the other side feeling younger, fitter, and ready to tackle the world again?

### 3: How Your Happiness Is Related To Your Health

*Before we announced what we were going to be doing, a family emergency meant that we had to return to Australia. From Bangkok we headed direct to Sydney and started a whirlwind two-month trip where we caught up with as many friends and family as possible, while trying to see a bit of the country.*

Buddhism Tibetan Buddhist monk Happiness forms a central theme of Buddhist teachings. Ultimate happiness is only achieved by overcoming craving in all forms. More mundane forms of happiness, such as acquiring wealth and maintaining good friendships, are also recognized as worthy goals for lay people see sukha. Buddhism also encourages the generation of loving kindness and compassion, the desire for the happiness and welfare of all beings. Patanjali, author of the Yoga Sutras, wrote quite exhaustively on the psychological and ontological roots of bliss. More specifically, he mentions the experience of intoxicating joy if one celebrates the practice of the great virtues, especially through music. Happiness in Judaism Happiness or simcha Hebrew: When a person is happy they are much more capable of serving God and going about their daily activities than when depressed or upset. The meaning in Greek philosophy, however, refers primarily to ethics. These laws, in turn, were according to Aquinas caused by a first cause, or God. But imperfect happiness, such as can be had here, consists first and principally in contemplation, but secondarily, in an operation of the practical intellect directing human actions and passions. In temporal life, the contemplation of God, the infinitely Beautiful, is the supreme delight of the will. Beatitudo, or perfect happiness, as complete well-being, is to be attained not in this life, but the next. Experiential well-being, or "objective happiness", is happiness measured in the moment via questions such as "How good or bad is your experience now? In contrast, evaluative well-being asks questions such as "How good was your vacation? Experiential well-being is less prone to errors in reconstructive memory, but the majority of literature on happiness refers to evaluative well-being. The two measures of happiness can be related by heuristics such as the peak-end rule. When a human being ascends the steps of the pyramid, he reaches self-actualization. Beyond the routine of needs fulfillment, Maslow envisioned moments of extraordinary experience, known as peak experiences, profound moments of love, understanding, happiness, or rapture, during which a person feels more whole, alive, self-sufficient, and yet a part of the world. Modernization and freedom of choice Ronald Inglehart has traced cross-national differences in the level of happiness based on data from the World Values Survey. He finds that the extent to which a society allows free choice has a major impact on happiness. When basic needs are satisfied, the degree of happiness depends on economic and cultural factors that enable free choice in how people live their lives. Happiness also depends on religion in countries where free choice is constrained. The scale requires participants to use absolute ratings to characterize themselves as happy or unhappy individuals, as well as it asks to what extent they identify themselves with descriptions of happy and unhappy individuals. Using these measures, the World Happiness Report identifies the countries with the highest levels of happiness. October Even though no evidence of happiness causing improved physical health has been found, the topic is being researched by Laura Kubzansky, a professor at the Lee Kum Sheung Center for Health and Happiness at the Harvard T. H. Chan School of Public Health. Happiness economics In politics, happiness as a guiding ideal is expressed in the United States Declaration of Independence of 1776, written by Thomas Jefferson, as the universal right to "the pursuit of happiness. In fact, happiness meant "prosperity, thriving, wellbeing" in the 18th century. On average richer nations tend to be happier than poorer nations, but this effect seems to diminish with wealth. Work by Paul Anand and colleagues helps to highlight the fact that there are many different contributors to adult wellbeing, that happiness judgements reflect, in part, the presence of salient constraints, and that fairness, autonomy, community and engagement are key aspects of happiness and wellbeing throughout the life course. Libertarian think tank Cato Institute claims that economic freedom correlates strongly with happiness [94] preferably within the context of a western mixed economy, with free press and a democracy. According to certain standards, East European countries ruled by Communist parties were less happy than Western ones, even less happy than other equally poor countries. Therefore, the government should not decrease the alternatives available for the citizen by patronizing them but let the citizen

keep a maximal freedom of choice.

### 4: Back To Thailand – In Search Of Health And Happiness - NOMADasaurus Adventure Travel Blog

*In Hinduism, Buddhism and Jainism the word yoga means "spiritual discipline". People often associate yoga with the postures and stances that make up the physical activity of the exercise, but after closer inspection it becomes clear that there are many more aspects of yoga.*

Tweet on Twitter Over the past decade, a whole industry has grown around teaching people the secrets of happiness. There are also courses and programs promising the same. All these may make you wonder how happiness and health are really connected. If people were to take a survey, they would probably rank improving productivity and success higher than boosting their happiness. However, a growing body of research is making a very convincing case about the importance of happiness in our lives, especially when it comes to our health. It turns out that happiness and health are closely associated. To help you want to re-prioritize happiness, below are four ways happiness is good for your health. Happiness makes your heart healthier Research shows that happiness plays a role in improving heart health by lowering the heart rate and blood pressure. One study done in had participants rate their happiness several times over the course of a day. After 3 years, participants who reported being happier had better blood pressure and lower heart rates than their companions. These effects add up over time and have a significant influence on heart health. For instance, a study with over Canadian participants asked them to rank how happy, angry or stressed they were at work using positive indicators like happiness, contentment, and enthusiasm. They were checked on a decade later, and researchers were surprised to find that those who had reported being happier were less likely to have developed coronary heart disease. Boost your immune system with happiness We all know that one grumpy person who always seems sick. According to some studies, your level of happiness can affect your immune system, determining how susceptible you are to illnesses. Take this experiment carried out in In it, volunteers were exposed to the common cold. After exposure and quarantine, participants who had the most positive emotions prior to the experiment were less likely to have caught a cold. Apparently, negativity really can make you sick. It causes several physiological and psychological changes that ruin our well-being, including increasing blood pressure and interfering with our sleep patterns. It, therefore, makes sense that happiness would have the opposite effect on us. After all, we do feel better once we let off steam and spend time doing things that make us happy. The secret of reducing our stress levels lies in our hormones. Stress triggers the release of cortisol, which long-term effects include increased blood pressure, elevated blood sugar, and tension. Positive emotions like happiness, on the other hand, trigger the release of endorphins, dopamine, and serotonin. They are great in boosting your mood and helping you recover from the effects of stress. Happiness is linked to longevity Positive emotion has even been linked to longevity. Exercise can boost mood by releasing hormones that lift the spirit while suppressing those that cause stress. Even something as simple as walking triggers the release of endorphins. They work as natural painkillers that also boost mood and help you relax.

### 5: Running Wild: In Search of Happiness, Health and Helping Others:

*Comment: Connecting readers with great books since Used books may not include companion materials, some shelf wear, may contain highlighting/notes, may not include cdrom or access codes.*

Thus, they want attention anyway they can get it, good or bad. At first I thought this just applied to kids, but then I realized this is still true for many adults. Can you see the problem in choosing a phone over a big grass field filled with opportunity? Say sorry, shake hands, and then go play. They want to work things out so they can get to playing again. Adults, how many times have we held onto a grudge over something silly? Is it really that hard to say sorry or forgive and then shake on it? There was no need to persuade them to tell me. They were more than happy to share. Even as adults, we normally feel better as soon as we tell someone our problems. Kids always asked me to go on unplanned hikes, give them extra time for an activity, give them extra food, etc. Even if they got turned down sometimes, they would have never gotten what they wanted if they had never asked. Far better to ask 10 people for what you want and have 1 person give it to you than to ask no one and get nothing. The kids wanted to lift me up, they asked for it, they got it! Now go and act like a kid! When we are no longer able to change a situation - just think of an incurable disease such as inoperable cancer - we are challenged to change ourselves. Maybe we just feel like our lives have no purpose or we just lost a loved one. He is a Holocaust survivor who lost his wife and most of his family in the camps. He is also a neurologist, psychiatrist, and an amazing human being. The basic principles of logotherapy: If you have experienced despair or a tragedy, it might be hard to take in any of the above principles right away. However, if you are open to them, I do believe that after some time you can find meaning to life again. For instance, the beautiful inside and out Rachel Scott was killed in the mass shooting at Columbine High School. Despair means to lose all hope. For moments, I did. It helps me to understand where other people are coming from, and sometimes even allows me to help them. I now find meaning in my life for those reasons. Even when dealing with the worst of cancer, they were two of the most loving, caring, and seriously funny people I knew. They made me believe that the people subjected to tragedies or unfortunate events are the people strong enough to find meaning in the situation. Hopefully, I have not upset anyone by my words. My only intentions are to help. As I was writing this I kept thinking about the women being tortured in other countries and almost stopped writing. Then I remembered women like Mukhtar Mai who get raped and then start things like this: Even in your darkest of days, your life has meaning. Here is a brief summary of the main character mainly because I like the quote: She danced when there was no music. She had no friends, yet she was the friendliest person in school. In her answers in class, she often spoke of sea horses and stars, but she did not know what a football was She was the faintest scent of a cactus flower, the flitting shadow of an elf owl. We did not know what to make of her. In our minds we tried to pin her to a corkboard like a butterfly, but the pin merely went through and away she flew. I loved that she did this and I found myself admiring this character and wanting to be more like her for this and many other reasons. You get emails every day. How much do you or would you enjoy a little surprise letter in the mail from someone you care about? Ever since I moved from Ohio I have been sending postcards and letters back home. However, I know I can expect something in my mail box at least a couple times a month from Rachel or my dad. I love getting their letters. I appreciate every single one. From Rachel, I have a collection of awesome postcards from my home trails in Cuyahoga Valley National Park that remind me of where my love for trail running began. I am saving all of them to eventually make a collage out of. I know everyone is stretched for time, but most people would be thrilled to open up an envelope with a little piece of paper inside saying they are loved and being thought about. If you have a little more extra time, add a little more to it. I have a great little book of tear-out Dr. Who in your life could you send a little love to? It could even be to someone who lives a few minutes away from you or someone who lives in the same house like a spouse or child. Smiling Makes Us Attractive We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good. Frowns, scowls and grimaces all push people away -- but a smile draws them in. Little by little I could feel myself becoming a little bit happier this whole trip and it must have showed because I have never got hit on so much

in my life. At first I was a little annoyed, but then I was just a little bit flattered. Smiling Changes Our Mood Next time you are feeling down, try putting on a smile. Smiling can trick the body into helping you change your mood. Smiling Is Contagious When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to you. Smiling Relieves Stress Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. When you smile, immune function improves possibly because you are more relaxed. Prevent the flu and colds by smiling. Smiling Lowers Your Blood Pressure When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference? Smiling Releases Endorphins, Natural Pain Killers and Serotonin Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug. Smiling Makes You Seem Successful Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently. Now try to think of something negative without losing the smile. When we smile our body is sending the rest of us a message that "Life is Good!"

### 6: "Get to" vs. "Have to": How to Add Meaning to What You Do " Health & Happiness Sp

*This site is coordinated by the Office of Disease Prevention and Health Promotion, Office of the Assistant Secretary for Health, Office of the Secretary, U.S. Department of Health and Human Services. Office of Disease Prevention and Health Promotion odphpinfo@www.enganchecubano.com*

Who do you believe? Which way to go? A few weeks ago completely different advice was a proved by another study! Why am I still unhealthy? I followed government guidelines??? I jest of course but only just. The mind will, if you allow it, justify your bad decisions so when you have conflicting information and piss poor advice from the government you basically have a free reign of excuses to ignore or justify all the crap. Is it the governments job to make sure I am healthy? There is no such thing as a one size fits all diet or portion size, it takes work, constant adjusting and the most important factor, Self-Awareness. You can find studies that will prove anything you want to hear, that is the reason for so many conflicting results. Massive food companies from around the world commission a vast amount of these studies and cherry pick pieces of the results that have a nice sound-bite to add to their marketing. Plus they are paying these labs for the results they want to hear? The reason for this being that unless EVERY person in the study has been raised in the lab where every environmental, genetic, food and drink has been tightly controlled for their whole life then the study is not scientifically accurate. You will soon find that these people who are amazingly astute and have the ability to decipher these studies for you " OK, why trust and believe them and not others? The biggest, probably most important single thing I had to learn was Self-Awareness. As a species humans are very adept at illusion and masters of delusion!! Same when I would tell her or anyone else that I have hardly eaten at all today only to be reminded I had a cake or sandwiches earlier on. These are all general examples of illusion and delusion and until you start taking responsibility for your own health and becoming self-aware not much will change. How about how a meal makes you feel or even a specific ingredient? Eat a meal, get so bloated you have to put on comfy trousers or undo a button " note it! Have a bottle of wine " get a bad headache or stomach " Note it!!!! These simple things start building up a bigger picture, stop you deluding yourself " come on if you read back in your journal that s in your own handwriting just how crappy you felt after pizza and this happens time after time it seriously starts changing your mindset.. Yep Exactly the same results!!! Instead of taking 10 pills a day because the adverts tell you they will make you healthy, start by identifying your problem areas and targeting them with food choices then supplements to aid with that specific problem. As mentioned before I started this by keeping a candid food diary, be honest no one is going to read it except you. Give mood and food a ratings between 1 to 10 for the day as well as listing all foods and noting any negative effects " This really builds up the bigger picture over time and you become hyper aware. Learning to listen to YOUR body is imperative!

### 7: Happiness - Wikipedia

*In search of health, happiness & a few giggles. You can find studies that will prove anything you want to hear, that is the reason for so many conflicting results.*

For Day 2 of the Thanksgiving countdown the "thing" I am so very thankful for is actually many things that fall under one header - freedom. When I think of the word "freedom" my first thought is how proud I am to be an American. No matter what happens in the political climate of the country, or how disappointed I get when I learn about corruption in our government, I am still so incredibly thankful to have been born here. As much as we complain about what things cost and the troubled economy, we still have an incredible number of affordable options in housing, food and clothing. In short, the majority of Americans are free to have our needs met. And, in terms of personal safety, I know I am blessed every day. I am thankful just to know that others have made a commitment to looking out for my well being and that of all those I love. Those freedoms cover my basic physical needs, but freedom is really so much more. True freedom is a state of mind. I feel especially blessed to have recently learned that I can break free from others criticisms, judgments, or demands. I can set boundaries as to what I will and will not accept from others. And, I can just choose to be happy and confident with my choices regardless of the outcomes. Now that is freeing! How do I do that? Practice, lots and lots of practice. This is a bit more complicated than I make it sound and I am only just beginning to experience freedom from my once perfectionist ways, but just knowing that I truly have the power to get there makes me happy to be alive. I am actually reading a book right now to this end called *Aware, Awake, Alive*. The author, Elliott Dacher, M. I am lucky enough to get to meet him at TGI next week. In line with all this freedom I have discovered within myself, I also am very grateful for the freedoms that my life has afforded me. My parents generously put me through college which enabled me to always have ample career options. For that, along with the experience of college itself which really helped me spread my wings, I am eternally grateful. I think so many kids expect that their parents are just going to pay for school, and that seems to be the case frequently these days. Which brings me to my husband who is helping to support me through graduate school TGI. And, he also realizes that getting this degree will not necessarily help to increase my income. But, with this, and in most other areas, he lets me "do my own thing" which makes me very happy. Boy, this is getting long, if you are still with me, I have one more freedom that I have become especially thankful for in the past year and that is my freelance writing and web career. In short, I have been ultimately forced to convene with really unethical, unkind and sociopathic individuals just to make a living! But, once you become a freelancer you get to choose who you work with. Yet in general, the decisions are all my own. It is amazing how much better your day is when you are no longer surrounded by people you despise. And, the ability to work on writing and web projects from the comfort of my own home, when I have the energy, is the ultimate freedom and blessing too. I know I said that was the last one - but I thought of just one more. I am thankful for the freedom to express myself on the Internet and for people who actually read what I write. Facebook and my blogs really help me get my feelings out to the world. Since I am quite shy, having a vehicle for my voice is something I am grateful for every day.

### 8: iliveyoga | In search of health and happinessâ€¦

*We first talked about how we felt in our "Behind The Scenes" article and were completely shocked when it went viral. Within a matter of days, our story was plastered all over the Internet, and we were even interviewed on Australian breakfast TV.*

Info In Search of Care:: International Adventures in Public Health Freelance journalist and veteran traveler Michael Fox has sought medical care in more than a dozen countries. One of them stands out as the most difficult place to get treatment: Army Michael Fox posted Sep 29, Five years ago, I broke my arm in a tractor-trailer accident while traveling in Honduras. Just a few miles outside the city, the Pan-American Highway winds steeply down the hillsides into thick forest. On our first major descent, the driver and I both knew something was wrong. The aging wheeler was speeding up. The brakes were gone. The driver flipped the wheel hard to stay on the road. Grinding metal screeched through the air and the whole rig came crashing down on my side of the truck. We skidded to a halt, halfway on the gravel shoulder. Passersby quickly helped us out through the shattered windshield. We were covered in glass. My right arm was limp, and pulsed with pain. A passing family offered to take me to the hospital in Tegucigalpa. There was a long line ahead of me, but the nurses walked me right in to a bed in the emergency room, without question of insurance or payment. Within a few hours I was X-rayed and a nurse came to pick the pieces of glass out of my bloody hands. There was no charge for the X-rays, the consultation, or the pain medication. My friends would pick me the following day, but with few funds for a taxi or hotel, and with no extra beds available at the hospital, I spent the night on the hospital floor. He repeated the phrase again to himself and then walked down the hall to tell his coworkers the news that someone from the United States of America had spent the night on his floor. The uninsured and underinsured in the United States have a harder and more expensive time receiving adequate medical care than in any other country I know. As protests rocked town halls in the U. Lobbyists and industry groups have led many people to fear any change to the system, broken though it so obviously is. What does universal coverage really mean, they wonder? Does it take away my choice of doctor? Will it provide adequate care? The answers they hear are mostly in the form of fear-mongering industry spin. But as a U. Europe Six years before my accident in Honduras, I was traveling with a pair of friends on the tiny Greek island of Santorini. This time, rather than the brakes going out, the accelerator got stuck, and the scooter I was driving spun out, landing on my foot. My foot still looked bad, and I decided to have it checked out again. A hospital in Pirna, Germany Photo by Norbert Kaiser German health care has no deductibles, and all Germans get the same high quality of coverage. While high-income people can opt out and buy private insurance, few do. Within a few days of arriving to Munich, I was sitting in the operating room of one of the best orthopedic doctors in the city, his nurses quickly shuffling around me, preparing the fiberglass walking cast which they would put on my foot moments later. They held my leg up to a cylindrical 3-D X-ray machine, which immediately showed the image of my foot on a nearby television screenâ€”technology I have not seen before or since in the United States. There was no charge for the diagnosis or for the cast. By then, I was in London. England is considered to have one of the most socialized health care systems in the Western world. After a new X-ray, the doctors said that the bone had healed enough that I would be fine to continue without a cast. The service was top-notch andâ€”like everywhere elseâ€”free. British residents receive such NHS care free-of-charge or free-of-intent-to-charge. Over the following years, close friends and I would also use the public health systems in neighboring France and Spain. Each system differs slightly. Everyone is covered under the French health care system, funded mainly by payroll and income taxes. The rest of the population receives their care through additional public or private insurance companies. Despite their lack of resources, Cubans have developed an extensive and world-renowned system of universal health care based on prevention, rather than on expensive emergency and intensive care. When I was in Cuba in , I came down with degree fever and a wicked case of food poisoning. I was quickly rushed to a local clinic and then to a larger hospital. While the resources were low, the care I received was as good, if not better, than anything in Europe. Cuba has begun to charge foreigners for health treatment; however the price was far cheaper than anything I

would have received in the United States. Had I been a citizen, all my care would have been free. Despite their lack of funds, the Cubans have also opened their doors to many sick individuals who would never find adequate treatment in their home countries. Since , thousands of Venezuelans have been treated in the island nation through the Cuba-Venezuelan Agreement. In , I spent a day at a beach near the La Pradera International Health Center just outside of Havana, bathing in the turquoise-blue waters alongside dozens of bald Ukrainian children and their families who were being treated in Cuba for the cancerous effects of the fallout of the Chernobyl disaster. The Cubans are also quick to send their health professionals abroad. Venezuelans are now being trained to take over the positions from the Cuban doctors. According to government statistics, the Barrio Adentro Mission has carried out million consultations and is estimated to have saved , lives. In and , I lived and worked in Venezuela as a journalist. Everyone I knew used the Barrio Adentro public health care system for everything from broken bones to bladder infections, yearly checkups to dental care. It was, and still is, utterly accessible and completely free to all. With one of the largest petroleum reserves on the planet, and an average production of just over three million barrels of oil per day, largely in the hands of the state, Venezuela has the oil income to bankroll its social and educational missions. According to Venezuelan government statistics, as of , spending in public health had roughly doubled over the last decade, to 4. But that number sounds cheap, when you compare it with the 16 percent of GDP that the United States spends yearly on health care. The United States was way down at number For the country whose total per capita health expenditure is by far the largest on the planet, that is dismal. The problem is not one of production, but of distribution. The same WHO report rated the U. That is to say, if you have the money, anything is possible. The service is there. Health is not an item to be privatized. It is not a pair of shoes or a new car. It is not something you can do without. The health care crisis in the United States is not an accident. It is a by-product of a system built to maximize profit for large health insurance and pharmaceutical companies. If left only to the private companies, the system will remain broken, no matter how many reforms or vouchers you hand out to the growing poor. The health care plan President Obama laid out in his speech on September 9th is a step in the right direction. There should be regulation of the private insurance companies. A public component is vitally important as a competitor to keep private plans in check, and as a safety net all Americans can rely on. But reform cannot stop there. Public health systems across the developed world rely on government-run programs not for five percent of the population the number that Obama said in his speech would probably benefit from his public option but for everyone. If citizens want to look for coverage elsewhere, they can, as in all the aforementioned European countries, pay for private insurance, or keep their existing private plan. It is sad to think that millions of uninsured and underinsured U. That is what has to change. Polls consistently show that 60 percent of U. Politicians say our current system is too entrenched, but they are just delaying the inevitable. But it will only come with the grassroots mobilization of U. So, to answer the questions: Would a single-payer program take away my choice of doctor? Would it lower the quality of care? In response, I say simply this: Just Readers Like You. You can help fund powerful stories to light the way forward. Michael Fox wrote this article for YES! Michael is a journalist, a reporter, and a documentary filmmaker based in South America. He is co-director of the documentary Beyond Elections: Redefining Democracy in the Americas , and co-author of the upcoming book Venezuela Speaks!: Voices From The Grassroots.

### 9: Chunkymans Ramble | In search of health, happiness & a few giggles

*Is Optimism Associated with Healthier Cardiovascular-Related Behaviors? Researchers analyze the relationship between optimism and healthy behaviors, such as exercising, eating fruits and vegetables and avoiding cigarette smoking.*

*Charities and charitable giving Viscous fluid flow frank white Arms control and defense postures in the 1980s Disorders of somatic function Biology, epidemiology, and management of Pyrodinium red tides American Constitution in context Application of porcine in medicine filetype Ontario property tax assessment handbook The book buddies tutoring framework Jesus firm foundation lead sheet The fourth ingredient Appendix : Natural supplements to help you unleash the power of your female brain Australian minerals and energy policy Epigraphical Hybrid Sanskrit The advertising concept book 3rd edition Numbers and Sense of Time Streptomyces in Nature and Medicine Hotel reservation system project umentation How long to wait before sex Rule of Saint Benedict Money, capital, and fluctuations The TurnKey Investors Essential Lease-Option Lessons Introduction to philosophy a christian perspective To execute buffer overflow Basics of induction motor Deathwatch falling star Churchill Proceedings 2001-2003 Minimum specification (No.III for drainage work in connection with buildings. William hogarth analysis of beauty 50 shades of grey kickass Captain Canot, or, Twenty years of an African slaver Living food for real people Food and nutrition anita tull How road racers train Best Hikes With Dogs Colorado Anger, Sex, Doubt, and Death Home, school, community interaction Costumes by Karinska Blood on His Hands Dialectic, or, The art of doing philosophy*