

Well Being

Stillpoint Rehabilitation & Wellness, LLC

Great Advice for Zen Living

I got this from a blog post from Leo Babauta, author of Focus. Great advice for new grads and also for the rest of us who sometimes forget these things.

1. Always swallow your pride to say you're sorry. Being too proud to apologize is never worth it — your relationship suffers for no good benefit.
2. Possessions are worse than worthless — they're harmful. They add no value to your life, and cost you everything. Not just the money required to buy them, but the time and money spent shopping for them, maintaining them, worrying about them, insuring them, fixing them, etc.
3. The moment is all there is. All our worries and plans about the future, all our replaying of things that happened in the past — it's all in our heads, and it just distracts us from fully living right now. Let go of all that, and just focus on what you're doing, right at this moment. In this way, any activity can be meditation.
4. Mistakes are the best way to learn. Don't be afraid to make them. Try not to repeat the same ones too often.
5. Failures are the stepping stones to success. Without failure, we'll never learn how to succeed. So try to fail, instead of trying to avoid failure through fear.
6. A good walk cures most problems. Want to lose weight and get fit? Walk. Want to enjoy life but spend less? Walk. Want to cure stress and clear your head? Walk. Want to meditate and live in the moment? Walk. Having trouble with a life or work problem? Walk, and your head gets clear.
7. Let go of expectations. When you have expectations of something — a person, an experience, a vacation, a job, a book — you put it in a predetermined box that has little to do with reality. You set up an idealized version of the thing (or person) and then try to fit the reality into this ideal, and are often disappointed. Instead, try to experience reality as it is, appreciate it for what it is, and be happy that it is.
8. Get some perspective. Usually when we're worried or upset, it's because we've lost perspective. In the larger picture, this one problem means almost nothing. This fight we're having with someone else — it's over something that matters naught. Let it go, and move on.
9. Don't sit too much. It kills you. Move, dance, run, play.
10. Use the magic of compound interest. Invest early, and it will grow as if by alchemy. Live on little, don't get into debt, save all you can, and invest it in mutual funds. Watch your money grow.
11. Learn the art of empathy. Too often we judge people on too little information. We must try to understand what they do instead, put ourselves in their shoes, start with the assumption that what others do has a good reason if we understand what they're going through. Life becomes much better if you learn this art.
12. Fear will try to stop you. Doubts will try to stop you. You'll shy away from doing great things, from going on new adventures, from creating something new and putting it out in the world, because of self-doubt and fear. It will happen in the recesses of your mind, where you don't even know it's happening. Become aware of these doubts and fears. Shine some light on them. Beat them with a thousand tiny cuts. Do it anyway, because they are wrong.

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Wellness & Lifestyle

***We don't see
things as
they are, we
see them as
we are.***

Anais Nin

Steer Clear of the Dirty Dozen in the Produce Aisle

Summer is coming soon (hopefully) and we will all be seeking out fresh fruits and vegetables. As much as most of us want organic produce, it is sometimes difficult to find here and can be costly to buy in bulk. Knowing which fruits and vegetables have the highest pesticide/toxin concentrations is important so we can avoid them or specifically look for the organic label.

According to the Environmental Working Group, an organization of scientists, researchers and policymakers), certain types of organic produce can reduce the amount of toxins you consume on a daily basis by as much as 80 percent.

The group put together two lists, “The Dirty Dozen” and “The Clean 15,” to help consumers know when they should buy organic and when it is unnecessary. These lists were compiled using data from the United States Department of Agriculture on the amount of pesticide residue found in non-organic fruits and vegetables after they had been washed.

The fruits and vegetables on “The Dirty Dozen” list, when conventionally grown, tested positive for at least 47 different chemicals, with some testing positive for as many as 67. For produce on the “dirty” list, you should definitely go organic — unless you relish the idea of consuming a chemical cocktail.

“**The Dirty Dozen**” list includes:

- celery
- peaches
- strawberries
- apples
- domestic blueberries
- nectarines
- sweet bell peppers
- spinach, kale and collard greens
- cherries
- potatoes
- imported grapes
- lettuce

All the produce on “**The Clean 15**” bore little to no traces of pesticides, and is safe to consume in non-organic form.

This list includes:

- onions
- avocados
- sweet corn
- pineapples
- mango
- sweet peas
- asparagus
- kiwi fruit
- cabbage
- eggplant
- cantaloupe
- watermelon
- grapefruit
- sweet potatoes
- sweet onions

Why are some types of produce more prone to sucking up pesticides than others? Richard Wiles, senior vice president of policy for the Environmental Working Group says, “If you eat something like a pineapple or sweet corn, they have a protection defense because of the outer layer of skin. Not the same for strawberries and berries.”

The President’s Cancer Panel recommends washing conventionally grown produce to remove residues. Wiles adds, “You should do what you can do, but the idea you are going to wash pesticides off is a fantasy. But you should still wash it because you will reduce pesticide exposure.”

Remember, the lists of dirty *and* clean produce were compiled *after* the USDA washed the produce using high-power pressure water systems that many of us could only dream of having in our kitchens.

The full list contains 49 types of produce, rated on a scale of least to most pesticide residue. You can check out the full list from on the Environmental Working Group’s website at www.foodnews.org.