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Wealth Beyond Wall Street Newsletter!

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Start Living Your ‘Perfect Life’ Today

Some days are tougher than others, it’s true, but if you suffer from a general feeling that your life isn’t quite what you had hoped it would be, you may benefit from sitting down and reflecting for a while.

Get a pen and pad of paper and think about what your perfect day would be like. Let your imagination loose and don’t hold back ideas as they come, even if they seem far-fetched.

After you’ve finished your perfect day, then take it a step further and write what your perfect life would be like. Again, let your imagination run wild and write whatever comes to mind.

After you’ve finished look back at what you’ve written and ask yourself if there is a big gap between how you would like your life to be and how it is.

Then after you have established what seems to be missing from your life, see what you can do, realistically, to take your life just one step closer to your ideals.

Don’t try to, say, jump from your life where you struggle to just pay the bills to traveling the globe, but possibly if traveling the globe is in your “perfect life” vision, you might be able to introduce some adventure into your life by visiting a museum that is nearby and you’ve always meant to take in but haven’t been able to find the time for.

Try to instill the values of what your “perfect” visions tell you are important within the framework of the life you have. You are likely to expand your experience and enjoyment of things that are within reach now—not someday when you finally have enough money (which might take a while to accomplish.)

Eat Your Apples and Onions

Apples and onions topped the list of a cancer prevention study. Here’s why: Apples and onions are sources for quercetin, one of the most beneficial of flavenols, and could play a role reducing the risk of pancreatic cancer, a study has found. All participants in the study experienced reduced risk, however.

Researchers tracked the food intake and health outcomes for 183,518 participants in the Multiethnic Cohort Study for eight years. The study evaluated the food consumption of participants and calculated the flavenol intake. The study determined that flavenol intake does have an impact on the risk for developing pancreatic cancer. Smokers with the lowest intake of flavenols presented with the most pancreatic cancer, researchers say. Flavenols are found in many plants and found in

high concentrations in apples, onions, tea, berries, kale and broccoli. Quercetin is most plentiful in apples and onions.

Monthly Quiz

1. The monarchs of which country sent Christopher Columbus on his journeys?
2. A cat has how many toes on its front paws?
3. Norway banned which music artist from the country?

Did You Know?

- Ostrich meat is the leanest of all red meats
- Banana plants can grow as high as 6 meters (20 feet) tall
- Blueberries are very high in antioxidants
- The grapefruit gets its name from the way it grows in clusters like grapes on a vine
- A pumpkin really is a fruit
- Laughing lowers levels of stress and strengthens your immune system
- Once a woman reaches the age of 30 they lose 1% of their bone mass every year thereafter (by the time a woman is 50 she will have lost 20%)
- The surface area of your lungs is roughly the same size as a tennis court
- England's first great industry was wool
- The average age at which America's presidents have taken office is 54

***Thanks www.did-you-knows.com page 46**

Health in the News

Spouses mirror health behaviors

Husband see, husband do, and vice versa, a study has found. Researchers say that if one spouse adopts a new health behavior, the other is likely to do the same. So, if one spouse exercises, quits smoking or drinking, or gets a flu shot, the other spouse is likely to follow suit.

Yale University researchers, who looked at data from more than 6,000 individuals and their spouses from the Health and Retirement Study, conducted the study. The changes in health habits were most noticeable when it came to smoking and drinking, often spurred by outside cues, and patient-directed preventive behavior, such as a doctor's referral to get a flu shot, researchers say.

Smokers were five times more likely to quit smoking if their spouse quit, when controlling for other relevant factors. Drinkers were also five times more likely to quit drinking alcohol if their partner didn't drink. The good news is that the health of a family can be enhanced by the behavior of a spouse, but the opposite can also be true: A spouse can mirror destructive behaviors as well. These facts should be considered in trying to help families reach optimal levels of health.

Grape juice: The new red wine?

Concord grape juice stimulates an arterial relaxation effect similar to that credited to red wine, laboratory research has found. In fact, the grape juice produced a prolonged relaxation effect that red wine has not been cited as stimulating. Researchers say the grape juice causes a vasorelaxation effect by stimulating the production of nitric oxide, which is known to be important in maintaining healthy, flexible blood vessels and helps support healthy blood pressures. The effect of the grape juice lasted for up to six hours, significantly longer than effects noted from red wine. The research seems to point to the benefit coming from the grapes themselves, rather than the alcohol. Concord grape juice is believed to have a blood-pressure-lowering effect, so if you're looking for an alternative to the red-wine fix, this may be the answer.

Some soap facts

Have you ever picked up a soggy bar of soap and wondered whether there were germs on it from the previous user? Craig Slavtcheff, at Unilever Home and Personal Care, says not to worry, that the moisture in a bar of soap is low and, therefore, nothing can grow on it. However, he does warn that you shouldn't share a bar of soap with someone who has a bacterial or fungal infection because if infected hairs are on the soap, you could catch the infection, too.

As for whether to use antibacterial soaps or not, Wendy Long, a dermatologist at the University of Michigan, says that any soap you choose is inherently antibacterial, so you really should just use normal soap. She says that unless you are exposed to raw sewage on a regular basis, you really don't need antibacterial.

Answers to Quiz

1. Spain
2. Five
3. Snoop Dogg

Thoughts of the Month...

"It takes as much energy to wish as it does to plan."

-- Eleanor Roosevelt

"Conditions are never perfect. 'Someday' is a disease that will take your dreams to the grave with you.... If it's important to you and you want to do it 'eventually,' just do it and correct course along the way."

--Tim Ferriss

Referral Corner

I want to thank you for your referrals over the years. We always ask our clients, "If they can just refer us one client per year, it would help us immensely." We are grateful to everyone who's referred someone our way, and we always love to have new people become part of our inner circle of friends and family.

Best Tomato Soup



This roasted tomato basil soup is easy to make with fresh tomatoes. It is irresistibly creamy & bursting with flavor.

Ingredients

3 pounds tomatoes, fresh, cut into 2" pieces
1/2 onion diced (1 cup)
5 cloves garlic peeled and chopped
2 Tablespoons olive oil
1/2tsp fine sea salt
1/4 freshly ground black pepper
1/4 cup fresh basil
2 Tablespoons salted butter
2 Tablespoons all-purpose flour
1 Tablespoon granulated sugar
1 quart vegetable broth

Instructions

Preheat oven to 450 degrees F. Lightly grease a large baking sheet, set aside.

Combine tomatoes, onion, and garlic in a large bowl. Toss with olive oil, salt and pepper and stir until evenly distributed. Spread tomato mixture onto prepared baking sheet in a single layer and roast for 15 minutes.

Remove from oven, stir, and roast for an additional 15 minutes, broiling during the last 3 minutes so that some of the tomatoes get lightly charred. Add roasted tomato mixture to the container of a high-powered blender. Add fresh basil and blend mixture on high speed until smooth.

In a large pot, melt butter over medium-high heat. Add flour to melted butter and whisk to combine. Cook until butter and flour mixture is golden brown. Add broth and sugar and whisk to combine. Add blended mixture to the pot and whisk to combine. Cook over medium-low heat for 15 minutes, taste and adjust salt and pepper as desired.

Serve with croutons and chopped fresh basil.

Take Time to Pause...

In today's hectic world it can be hard to take time to pause. But pausing is important. The rigid chain of cause and effect are broken by the pause. Response is no longer blindly following stimulus.

Instead, time has been made for human imagining, reflection, consideration and pondering. When we don't pause, we are constantly running from one thing to another—a state in which many people live today—and which is inculcated in our children by overscheduling them. Why is this a bad thing? May says we lose touch with wonder, and we are no longer in communication with our destiny.

May says that John Cage, a composer known for originality, once gave a concert in New York where he came out and sat down at the keyboard for a period of time without playing a note. The audience was not happy, but his aim, he explained, was to give them an opportunity to listen to the silence. Cage's music is filled with long pauses, which sharpens the listener's awareness—making the person's senses keener.

If your life is filled with running from one thing to another, maybe it's time to pause—so you can hear the beat of your own life once again.

Ways to Relieve Stress

These days, who doesn't need a little stress relief? We all seem to be hurrying some place important most of the time. Here are some stress-busting tips from the University of Minnesota's Center for Spirituality & Healing:

- Be completely present for whatever you are doing.
- Include something you consider beautiful in your life on a daily basis, for example, fresh flowers, etc.
- As often as possible, participate in activities you enjoy.
- Keep your pace relaxed—that includes when walking, working and eating.
- Take a break after meals to relax.
- Go outside once a day, if possible, and enjoy the simple things in life—the scenery, the weather, etc.
- Take notice of the tension in your body during the day. Breathe deeply and gently stretch any area that feels tense.
- When you catch your mind racing and worrying, breathe deeply and gently shift your focus to something in the moment.

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