



Being Alive

Evolutions in Being P.O. Box 4008 Chelmsford, MA. 01824 Eibeing.com 978-256-0438

Potatoes

Potatoes: Good or Bad?

https://foodrevolution.org/blog/are-potatoes-healthy/?j=202128&sfmc_sub=60681478&l=137_HTML&u=2792727&mid=514008241&jb=104

So why do people argue against eating potatoes?

Here are the three main reasons:

- Potatoes are high in carbohydrates, which some people believe causes weight gain.
- Potatoes digest rapidly and have a high glycemic load, which means that they can cause your blood sugar and insulin levels to spike and then dip.
- Highly processed foods like French fries or potato chips are the most [frequently eaten forms of potatoes](#) – and we all know how [unhealthy](#) those are.

But do potatoes deserve to be viewed as dangerous? And do they also provide some benefits?

First, let's look into the weight concerns...

Do Potatoes Pack on the Pounds?

A 2011 study [conducted](#) by Dr. Dariush Mozaffarian at the Harvard T.H. Chan School of Public Health tracked the diet and lifestyle habits of 120,000 men and women for up to 20 years, looking at how small food choices contribute to weight gain over time.

The researchers concluded that **there's a strong association between potatoes and weight gain**. Potato consumption was also linked to increased risks of heart disease and type 2 diabetes, as well.

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But it's not all bad news for spud lovers. [According](#) to St. Louis-based registered dietitian Alex Caspero, RD, “...potatoes are not the enemy! How we eat them is.”

While many of us eat veggies, like spinach and broccoli, in their natural state, we eat most of our potatoes processed or fried as chips and french fries. Even our baked or boiled potatoes are often peeled (losing the vitamins, minerals, and fiber found in the skin), mashed with sticks of butter or cream, and loaded with fatty toppings like chili and sour cream.

But, in a study [published](#) in the *Journal of the American College of Nutrition* in 2014, researchers found that **when people followed healthy recipes, they lost weight even while eating five to seven servings of potatoes per week.**

So it looks like potatoes are no weight loss panacea. But it also seems that their preparation, what you eat with them, and how they fit into your overall diet is what matters.

Potatoes can be a healthy choice for most people, but **three groups might want to minimize their consumption (particularly of white potatoes): pre-diabetics, diabetics, and people who are overweight.**

[Diabetes](#) is a condition in which the body can't properly produce or respond to insulin. Carbohydrates aren't metabolized as they should be, which leads to a higher concentration of blood glucose.

As Dr. Joel Fuhrman [says](#), “In the case of white potatoes, the literature is still incomplete, but it is clear that a large variety of **more healthful carbohydrate sources exist**, and that these options should be emphasized, especially in those who are obese and/or diabetic.”

For those who are not healthy or at an optimal weight, he advises eating fewer potatoes and more [beans](#), greens, cauliflower, [mushrooms](#), and onions.

- **Potatoes are high in antioxidants.** Some potatoes have more antioxidants than others, but all potatoes contain [carotenoids](#), a class of plant pigments that *protect against chronic disease and inflammation*.
- **Potatoes may help with digestion.** Potatoes contain [resistant starch](#), a particular kind of starch that isn't broken down by the small intestine. Instead, it reaches the large intestine and feeds your body's beneficial bacteria. When resistant starch reaches the large intestine, your body's beneficial bacteria turn it into short-chain fatty acids such as butyrate. A 2011 study [published](#) in the *World Journal of Gastroenterology* found that butyrate can *help protect against colon cancer and reduce inflammation in the colon*.
- **Potatoes may aid bone health.** The minerals iron, phosphorus, calcium, magnesium, and zinc in potatoes help the body build and maintain bone structure and strength. Keep in mind, however, that most of the minerals are in the potato skin and are lost if you peel them.

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The russet is by far the most widely eaten potato in North America, and it's definitely not the most nutritious spud out there. Even so, one medium, baked russet potato with its skin intact contains:

- Calories: 161
- Fat: 0.2 grams
- Protein: 4.3 grams
- Carbohydrates: 36.6 grams
- Fiber: 3.8 grams
- Vitamin C: 28% of RDI (recommended daily intake)
- Vitamin B6: 27% of RDI
- Potassium: 26% of RDI
- Manganese: 19% of RDI
- Magnesium: 12% of RDI
- Phosphorus: 12% of RDI
- Niacin: 12% of RDI
- Folate: 12% of RDI



We Envision a Healthier Ocean, Protected by a more just World

Mission

Ocean Conservancy is working with you to protect the ocean from today's greatest global challenges. Together, we create evidence-based solutions for a healthy ocean and the wildlife and communities that depend on it. **The ocean has played a major role in my life since I was a kid.** I still remember my first beach field trip with Mrs. Terwilliger, our community naturalist. I'll never forget how she would show up in her pale blue VW bus to teach us about local wildlife, everything from bird calls to identifying snakes.

That first field trip will always stand out in my memory, when she taught us about the impacts of plastic on wildlife, and I felt like even though I was young, I could make a meaningful difference. Her favorite message for children was, "This is my country. Wherever I go, I will leave it more beautiful than I found it."

Today, Ocean Conservancy works with millions of volunteers of all ages, from all around the world, on our International Coastal Cleanup—something we've been doing for more than 30 years. I participate every year, and now I'm the one teaching my daughter about the impacts of plastic on the ocean and all the amazing animals in it, and how she can make a difference.

What happens to the ocean impacts all of us.

Janis Searles Jones CEO, Ocean Conservancy

Learn about these beautiful creatures of the sea and their survival risk: <https://oceanconservancy.org/wildlife-library/?ea.tracking.id=23LPDNBAXX>

Clean Swell

Be Part of Cleanup the Oceans

Become part of the community of International Coastal Cleanup® volunteers working for a cleaner ocean by picking up millions of pounds of trash each year. Simply open Clean Swell and "Start a New Cleanup" wherever you are around the world. The data you collect will instantaneously upload to Ocean Conservancy's global ocean trash database. Anytime, anywhere, you can use Clean Swell to see the impact you've had on our ocean and get involved in the fight for trash free seas. Clean Swell® makes it easy for you to become a champion for our ocean with ways to get involved in our Action Center and share your great impact with friends and family.

https://oceanconservancy.org/trash-free-seas/international-coastal-cleanup/cleanswell/?ea.tracking.id=23LPDNBAXX&utm_medium=email&utm_source=engagingnetworks&utm_campaign=202304_EarthDayC&utm_content=20230413-EarthDayRoundup-Prospects-Email1A-23LPDNBAXX

*Covid is Still a
Leading Cause of
Death*

Covid is Still a Leading Cause of Death as the Virus Recedes

But retreat is not the same thing as eradication: Federal health officials say that COVID remains one of the leading causes of death in the United States, tied to about 250 deaths daily, on average, mostly among the old and immunocompromised.

Few Americans are treating it as a leading killer, however, in part because they are not hearing about those numbers, don't trust them, or don't see them as relevant to their own lives.

The virus "is not disrupting our lives in a substantial way," said Ashish Jha, the White House coronavirus coordinator, whose team is set to wind down in May. "[But] is there still more work to do to prevent serious illness and death? The answer to that is yes."

https://www.bostonglobe.com/2023/04/16/nation/covid-is-still-leading-cause-death-virus-recedes/?et rid=1876204030&ts_campaign=todaysheadlines:newsletter



Good News for a Change

https://action.momsrising.org/sign/EO_care/?t=10&akid=18473%2E91739%2ENLZkc5

Need a change from the drip drip of bad news coming out of DC? *Drum roll please...* We are excited to share some fantastic, spectacular, very good news with you! Yesterday, in response to your continuing calls to strengthen the nation's care infrastructure, President Biden announced the most sweeping set of executive actions to improve care that we've ever seen (and in recorded history)! Woot!

Proving the power of your voice, and our movement together, our very own Moms Rising Executive Director was invited by the White House to stand by President Biden's side as he signed the Care Executive Order. [1] Your voice, your persistence is powerful. Thank you!

What's the good news?

Yesterday, the Biden/Harris administration issued a bold, transformative, and badly needed Executive Order to improve our nation's care infrastructure. At a time when millions of families cannot access or afford the childcare, elder care, and/or disability care we need, these measures will support moms, family caregivers, care workers, businesses, communities, and our economy. The Executive Order puts the full weight of our federal government behind solutions to some of the most debilitating problems of our time.

That's not all! It will also help address the childcare crisis that has driven so many moms out of the workforce. It will provide some of the support family caregivers urgently need. And it will take steps toward ensuring that early educators, long-term care and domestic workers - who are mostly women of color and immigrant women doing vitally important work - are paid the fair, family-sustaining wages and benefits they deserve and that allow them to stay in this field.

All told, this Executive Order [2] is a major and significant step forward, and now America's moms, families and businesses call on Congress to follow the Biden Administration's lead by immediately: passing comprehensive paid family and medical leave that covers all working people; making serious investments in comprehensive, high-quality, affordable child and aging/disability care; rooting out wage discrimination of all kinds; ensuring all care workers have a pathway to citizenship; and raising the minimum wage.

MORE GOOD NEWS:

Gov. Inslee Signs Major Gun Responsibility Bills, Including Assault Weapons Ban

FOR IMMEDIATE RELEASE
Tuesday, Apr 25, 2023

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In addition to HB 1240, the Gov. signed HB 1143 to establish a 10-day waiting period and mandated safety training for all firearm purchases and SB 5078 which establishes a pathway for firearm industry members to be held accountable for irresponsible practices.

OLYMPIA, WA - This morning, Governor Jay Inslee signed three major gun violence prevention bills into law: [HB 1240](#), HB 1143, and SB 5078. Of the three, HB 1240 bans the sale of assault weapons in the state of Washington. This signing goes into effect today and makes us the 10th state in the nation to take this historic and lifesaving action.

[HB 1143](#) mandates a 10-day waiting period and safety training for all firearm purchases, crucial and life-saving prevention methods that will reduce firearm-related suicide and accidents while ensuring responsible gun ownership. [SB 5078](#) ensures a pathway for victims and survivors of gun violence to hold industry leaders accountable for wrongful and dangerous business practices.

“Today is a day that I hope no Washingtonian will ever forget,” said **Renée Hopkins, CEO of the Alliance for Gun Responsibility**. “It is a true honor to become the 10th state to ban these weapons of war from all of our neighborhoods. Assault weapons are the weapon of choice for mass shooters. They have been used in all of the deadliest shootings in the past decade and this law will help keep all of us safer by helping to prevent the next mass shooting from happening here in Washington. This law, along with the additional and vital gun responsibility bills passed this session, will keep children safer in their communities and schools and will allow all of us to feel safer in public spaces across our beautiful state. These victories could not have been possible without the 100s of thousands of WA state voters and volunteers who mandated that progress be made and our champions who have responded by passing these laws. I am so grateful to them today and every day.”

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More on HB 1240:

Assault weapons are civilian versions of weapons created by the military and designed to kill humans quickly and efficiently. An assailant with an assault weapon can hurt and kill twice as many people as an assailant with a handgun or non-assault rifle. This is because the features of an assault weapon allow shooters to fire a large number of rounds quickly.

HB 1240 limits the importation, distribution, sale, or offer for sale of any assault weapon in Washington State. This is the same prohibition structure as last year's bill restricting high capacity magazines, which this legislature passed into law.

Data show that mass shootings in the United States have increased over the past 50 years with thirty-three percent occurring after 2010. Mass shootings continue to rise with a record-breaking number of 692 shootings occurring in 2021. In Washington, there have been twelve mass shootings since 2012. Assault weapons make shootings deadlier. An analysis of public mass shootings resulting in four or more deaths found that more than 85% of such fatalities were caused by assault rifles. When assault weapons are used in a mass shooting, six times as many people are shot.

During the 10-year period that the federal assault weapons ban was in effect, mass shooting fatalities were 70% less likely to occur compared to the periods before and after the ban. Currently, Nine states have enacted laws that generally ban the sale, manufacture, and transfer of assault weapons. Three other states have also enacted laws that place some additional safety requirements and regulations on assault weapons.

HAVE A LAUGH!

[Research](#) suggests that laughter affects the body in many positive ways, including:

- **It relieves tension.** I don't know about you, but sometimes when I've been working for several hours, my body feels stiff and uncomfortable. Laughing relieves much of that built-up tension and leaves your muscles relaxed for up to 45 minutes after.
- **Laughter can help your immune system.** Some [studies](#) have shown that laughter boosts the production of immune cells and antibodies. This allows you to get sick less often, giving you even more to laugh about.
- **It releases endorphins.** Endorphins are the feel-good chemicals responsible for the light-hearted feeling you get after a bout of genuine laughter. If you're having a rough day, an endorphin rush is a perfect way to [improve your mood](#).
- **Use Laughter to Strengthen Bonds.** Would you feel awkward laughing alone at work? Invite your coworkers to watch your funny videos with you. Not only will it help put them in a better mood, but laughing with your coworkers is an easy way to [strengthen your relationships](#).

Click and watch

<https://www.youtube.com/watch?v=HIpi-gjkRNM>

<https://www.youtube.com/watch?v=FdZRDHG07Bc&t=427s>

Tuesday, April 15

"Budget your time as to play, as to work, as to recreation, as to pleasure, as to improving body, improving mind, yes in finding your purpose in spirit and in truth."

CCL 3659-1*

*CCL = *Contemporary Cayce Language*

Tuesday, April 18

"Music itself is a means or a manner of expressing the harmonies of the mental self in relationship to spiritual ideals and spiritual concepts."

Edgar Cayce reading 949-13

Monday, April 24

"DO NOT jump at conclusions. Analyze ALL relationships. Hold no grudges, no feelings, because others have not applied or do not apply that as ye feel to be right, or ye feel should be."

Edgar Cayce reading 2074-1

Tuesday, April 25

"Do learn music."

Edgar Cayce reading 3659-1

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