



Being Alive

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

Watermelon

Watermelon

Watermelon is one of the most beloved fruits pretty much everywhere in the world. They have the greatest world production of any tropical gourd, exceeding [63 million tonnes](#), according to the FAO, with China being the largest producer of watermelons, harvesting over 38 million tonnes annually.

1. Can watermelons help you lose weight?

Watermelon is rich in water and fiber, which help fill you up when you eat it. These nutrients can reduce appetite and potentially [prevent overeating](#) that would otherwise contribute to unwanted weight gain.

In [one study](#) among 33 overweight or obese adults, researchers found that **eating two cups of watermelon daily for four weeks led to a significant reduction in body weight, body mass index, and waist-to-hip ratio.** This was compared to the effects of another group who consumed isocaloric, (meaning, the same number of calories as the watermelon) low-fat cookies daily for four weeks instead – which led to an increase in body fat.

2. Are watermelons good for your heart?

Watermelon is high in [compounds](#) that may reduce inflammation, offer antioxidant effects, and help improve lipid profiles. It contains the amino acid [L-citrulline](#), which is the precursor of L-arginine, another essential amino acid used for protein synthesis. Watermelon is also a rich source of the antioxidant-rich carotenoid [lycopene](#). Both of these compounds may play roles in [protecting your cardiovascular system](#).

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Additionally, eating watermelon has been observed to help increase the synthesis of [nitric oxide](#), a colorless gas that dilates your blood vessels and helps prevent blockages.

3. Watermelon and cancer

Eating plenty of naturally antioxidant-rich foods is one way that you can help your body better defend itself against cancer.

The L-citrulline content and nitric oxide boosting effects of watermelon may be the reason that watermelon decreases cancer cell proliferation in some [animal studies](#). Watermelon may also regulate the expression of [DNA repair enzymes](#) to combat cancer in mice.

4. Watermelon and ulcerative colitis

Ulcerative colitis (UC) is an inflammatory bowel disease characterized by widespread inflammation throughout the digestive tract. It's a risk factor for colorectal cancer, rheumatoid arthritis, ankylosing spondylitis, and psoriasis.

Some research has found that [watermelon can help with UC](#) by increasing antioxidant activity and alleviating inflammation.

5. Is watermelon good for your skin?

The antioxidants in watermelon help [protect your skin](#) from sun damage and fight oxidative stress. [Antioxidants](#), like the lycopene in watermelon, may help minimize wrinkles and slow other aging effects related to UV damage.

6. Is watermelon good for athletes?

Watermelon is a natural source of L-citrulline, which may increase L-arginine bioavailability and nitric oxide production that can aid in exercise performance for athletes. There are several studies that have found success in [L-citrulline supplementation](#) for improving exercise performance and recovery.

[One study](#) among 22 athletically trained males found that oral L-citrulline supplementation for seven days significantly increased plasma L-arginine levels. It also reduced completion time of a four-kilometer bicycle race by 1.5%, compared to the placebo group. The athletes also reported significantly reduced muscle fatigue following exercise. Of course, cyclists will not race faster if they have to carry the watermelon with them while they ride.

The watermelon seeds are also edible, though the immature white seeds may be easier to chew than the mature black ones. Still, watermelon seeds are high in minerals like [magnesium](#), [iron](#), and [zinc](#). Enjoy watermelon seeds roasted or sprouted at home. You can throw them on your salads for extra crunch, and some people even enjoy them on their oatmeal.

Wonderful Watermelon Recipes

https://foodrevolution.org/blog/is-watermelon-healthy/?j=224475&sfmc_sub=60681478&l=137_HTML&u=3211121&mid=514008241&jb=873

Hiker's Parents are Retracing her Final Steps to Raise Money for Safety Education Programs

By HOLLY RAMER Associated Press

BRETTON WOODS, N.H. (AP) — A young girl chatters to her mother as they descend Mount Pierce, her voice as bright and bouncing as her footsteps.

“You’re amazing!” she calls out to a slower couple she passes on the trail.

Until then, the couple has been focused on the physical effort of hiking, the precision required to step just so onto the rocks and around the roots. Motion, yes. Emotion, no.

But just for a moment, watching the girl disappear from view reminds them of their daughter.

How could it not?

No one would blame Jorge Sotelo and Olivera Bogunovic if they stayed as far away as possible from New Hampshire’s White Mountains. Less than a year has passed since their oldest daughter [Emily died](#) cold and alone on Mount Lafayette in her quest to hike all 48 of the state’s mountains taller than 4,000 feet (1,220 meters).

Though she had only a handful of peaks left, Emily had almost no experience with winter hiking, and officials say she was woefully unprepared for the brutal conditions that killed her. After an intensive three-day search, her body was found Nov. 23 on what would have been her 20th birthday.

Within weeks, her family decided to create the [Emily M. Sotelo Safety and Persistence Charitable Foundation](#). On July 29, hundreds of hikers plan to participate in “Emily’s Hike to Save a Life,” a fundraiser organized by the foundation and [Hiking Buddies](#), a nonprofit that educates, prepares, and connects hikers. Dozens of teams will hike in the White Mountains and elsewhere, with some aiming to summit the remaining 4,000-footers on Emily’s list.

Her parents will be on Mount Lafayette, retracing her last steps.

In life, Emily pushed her mother out of her comfort zone and inspired her to become more giving, Bogunovic said. The hike is a continuation of that.

“It’s going to be a very emotional experience, but also a sense of accomplishment, that we accomplished what she wanted to accomplish, and in some ways, she does live on,” she said. “To build on what she had plans for ... I think makes it a little bit easier to handle the tragedy.”

Until they started preparing for the fundraiser, Bogunovic imagined hiking was “just a walk in the woods.” She had no idea how strenuous it would be.

“I thought, ‘Oh, it’s nothing, I’ll just run up that mountain and down,’” she said. “It was really an awakening for me.”

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The couple started with flat terrain close to their home in Westford, Massachusetts, before working their way up, literally, to more challenging hikes. After tackling Mounts Monadnock, Pemigewasset and Kearsarge, they attempted their first 4,000-footer, Mount Pierce, in late June. They didn't reach the summit that day but succeeded on their second try a few weeks later. While experienced hikers typically finish the 6-mile (10-kilometer) trek in about four hours, Sotelo, 57, and Bugonovic, 56, spent close to 10 hot, humid hours on the mountain that day.

"At the beginning, I was thinking that you can take the mountain with the proper determination but then after attempting hiking a couple of times, I realized that determination is not going to make it," said Sotelo, a gastroenterologist who practiced by climbing stairs at work. "You have to train for that."

Accompanying them was Andrew Barlow, the moderator of the Hiking Buddies NH 48 Facebook page. Unfailingly patient, he talked the couple through trickier sections of the trail, answered Bogunovic's frequent questions about how much elevation they had gained and told jokes along the way. "You haven't stopped complaining since you got here" was one punchline, but the novice hikers had no complaints.

"They've never shown signs of exhaustion or anything like that. I'm sure they feel it, but they're good at hiding it," Barlow said. "It's been a long process, but they've been great troopers."

The fundraiser was announced in April with a goal of collecting \$50,000, but by early July, more than \$75,000 had been raised. Hikers have committed to raising at least \$250 each, and non-hikers who donate at least \$150 can attend a post-hike celebration at the Bretton Woods ski area. Hiking Buddies plans to use some of the money raised to offer free "buddy certification" training and safety courses for new hikers ages 17 to 25. Emily had joined the Hiking Buddies Facebook group a few months before she died, but had not participated in any of the group's organized hikes, Barlow said.

"It just touched us that much more deeply, the fact that one of our own had died," he said.

Among those participating in the fundraiser is Donna Lannan, 66, of Concord, who plans to hike Mount Eisenhower. A retired physical therapist who has been hiking in New Hampshire for 40 years, she said she signed up for the fundraiser to honor Emily and to support the volunteer search and rescue crews who risk their lives to save others. She was hiking in the White Mountains the day after Emily disappeared.

"It was very moving and upsetting to know that someone that young, by themselves, had experienced that kind of ending," she said. "It was very emotional for me, just feeling badly for this young woman and her family."

Emily's parents will head up Mount Lafayette on July 28 and spend the night at an Appalachian Mountain Club hut. The next day, they'll continue to the summit, where they will meet up with their younger daughter, Michelle, who plans to hike the two other peaks Emily had on her itinerary the day she died.

The months without Emily have been difficult, her parents said, and they've become hyper aware of other hiking accidents.

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“Every time something happens, we think of her,” Jorge Sotelo said.

But he also thinks about Emily when he sees families and children having fun, like the cheerful young girl who passed them on Pierce. Bogunovic, meanwhile, said the encounter made her think about an older woman who reached out to her after Emily’s death to say Emily once encouraged her to keep going during a difficult hike.

“She did have that spirit,” she said. “It did remind me.”

What are you Holding Onto?

Releasing attachment is a prerequisite for ascension

Good morning

Hope the week has been flowing well for you.

Do we really know just how much we hold onto things in our lives?

We might be more inclined to notice others attachments, before even noticing our own.

And even when we notice our attachments, do we acknowledge just how much we are ‘attached’ to them?

Take something simple for instance... How many of us enjoy a morning coffee?

Let us consider hypothetically that such an enjoyable thing has become an addiction for a person...

In noticing such an addiction, the ‘enjoyable thing’ shifts to become a detriment.

In other words, the ‘want’ becomes a ‘need’, and we become fixed in the pattern of consuming it.

How difficult creating change becomes then, if we are so set in our ways that we cannot make adjustments when the soul calls.

This isn’t to demonize coffee, for the record, this principle or pattern could apply to literally anything.

Yet, this is a fundamental requirement if we want to receive more of the divine intelligence within us...

We absolutely must let go of the things we are so tightly holding onto, in order to let more of a higher awareness in.

To be clear - to be in a material world comes with material requirements, it comes with demands on our bodies and minds.

We must embrace the workings of the practical and material existence as we learn to navigate it.

But as we do so, let us be mindful to also acknowledge where our patterns may be interfering with our soul growth.

If we are truly vigilant, we can find the Way to unify and harmonize both the spiritual calling, and the material calling.

Wishing you an amazing day, noticing patterns and breaking the chains!

With love,
Patch

https://spiritverse.app/?goal=0_1bf2af0584-67292691b6-253831406&mc_cid=67292691b6&mc_eid=0a9265e43c

Let Things Settle and Breathe

It doesn't have to happen 'all at once'

Why do humans rush so much, Jean?

There's always so many things to do, so much going on...

But we so seldom take that necessary time to integrate what has happened.

When we are constantly filling our schedule, our minds become like a glass of muddy water that is constantly stirred.

But it's only when we allow stillness (*stop stirring the water*), does the dirt settle at the bottom, and the water becomes clear.

This is something we might all find value in and as we roll into the weekend.

May we each allow space for our energy to breathe, let our minds and our activities settle.

When we do this we all tend to do a bit better moment by moment.

Such is the value of a clear mind.

So as we pass through this Friday and into the weekend...

Be sure to take that extra time for non-action.

What the Tao calls "Wu Wei".

You'll be happy you did.

Much love!
Patchman

<https://www.spiritmysteries.com/four-elements>

CUPKIN CHILDREN'S CUP RECALL

WASHINGTON — More than 340,000 stainless steel children's cups are being recalled for containing high levels of lead.

[The Consumer Product Safety Commission](#) and manufacturing company Soojimus issued a recall on the 8 oz. and 12 oz. models of the CUPKIN Double-Walled Stainless Steel Children's Cups for posing a lead hazard to children.

"The stainless-steel cups contain levels of lead that exceed the federal lead content ban," [the recall said](#). "Lead is toxic if ingested by young children and can cause adverse health effects."

According to the [recall](#), the affected items were sold on Amazon and [Cupkin.com](#) from January 2018 until March 2023. The cups, which were sold in 12 different color combinations and came with a matching straw, retailed for about \$20.

<https://www.newscentermaine.com/article/news/nation-world/recall-cupkin-stainless-steel-childrens-cup-high-levels-of-lead/507-23096121-c8c1-4c03-8d0c-97f3cade6ccb>

Europe Agrees Landmark Nature and Climate Deal after Tense Negotiations

By Caolán Magee, CNN

Updated 12:47 PM EDT, Wed July 12, 2023

The [European Parliament](#) on Wednesday voted in favor of legally binding targets to protect and restore nature in the European Union, despite strong opposition from some policymakers.

The flagship EU nature law will also require countries to introduce measures to restore nature [on a fifth of their land and sea](#) by 2030.

The law [passed narrowly](#) with 336 votes for, 300 against, and 13 abstentions.

It is the first major piece of legislation to protect biodiversity in the EU in the last 30 years, according to Greenpeace. The aim of the law is to improve or reestablish [biodiverse habitats](#), reverse the decline of pollinating insects and restore marine habitats such as sea grass.

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The world is facing a biodiversity crisis, due to land clearing, pollution and climate change, with some scientists saying we are entering [a sixth mass extinction](#). Almost half the planet's species are experiencing rapid population declines, according to a [May study](#).

“This vote shows that there is still hope to restore and grow what's left,” Špela Bandelj, Greenpeace's Central and Eastern Europe biodiversity project manager, said in a statement.

“As another [unprecedented heatwave](#) grips Europe, it's clear that to survive climate breakdown and ensure food supplies we'll need nature on our side,” she added.

The vote comes after months of protracted negotiations that exposed long-standing divisions in the European Parliament after the European People's Party (EPP), the EU Parliament's biggest lawmaker group, spearheaded a campaign to reject the plan.

The EPP group chairman, Manfred Weber - who was among the most vocal opponents of the bill - called into question the financial implications of the legislation in a [press briefing](#) after the vote, saying it would hurt farming.

“The law is not giving us a real answer about the food production question creating legal uncertainty for local and regional authorities and will potentially hurt our renewable energy transition - rather than support it,” he said.

However, before the vote several EPP members including Ireland's Frances Fitzgerald broke ranks to support the bill.

“I cannot in good conscience and good faith vote against this law,” Fitzgerald said in [video](#) on Twitter. “We need to protect biodiversity. We need this law to protect our citizens, our businesses and, above all, the future generations,” she added.

Other supporters of the bill included the Parliament's center-left Socialists & Democrats, the Greens, the Left and part of Renew Europe. Swedish climate campaigner Greta Thunberg also attended the voting session to show support for the new climate legislation.

EU lawmakers and member countries will now negotiate the final text, aiming for a deal before EU Parliament elections in 2024.

The nature restoration law is one of two key pillars of the EU's 2030 Biodiversity Strategy, a package of proposals aimed at rehabilitating Europe's already damaged ecosystems.

In 2021, the European Environment Agency found that 81% of the EU's ecosystems are in either a “poor” or “bad” condition, according to Greenpeace.

PEAS

Peas contain loads of [nutrition](#). They're high in protein and fiber, providing [eight grams](#) of each in a one-cup serving. They also offer a well-balanced amino acid profile. **While there are fewer sources of the amino acid lysine on a plant-based diet, peas are an excellent source of it.**

They're also high in an array of micronutrients. For example, peas are rich in copper, manganese, and phosphorus, as well as in B vitamins and in vitamins A, K1, and C. In fact, a single one-cup serving of peas [provides 97%](#) of your daily value for vitamin C.

Plus, you'll find some potent [phytochemicals](#) in peas, each of which offers important health benefits. These include:

- Carotenoids, including alpha-carotene, beta-carotene, and lutein, which are especially good for your eyes.
- Phenolic compounds and flavonoids that offer anti-inflammatory, anticancer, and immune-boosting properties.
- Plus, other phytochemicals found in green peas that support healthy blood sugar and a healthy inflammatory response. These include pisumsaponins I and II and pisomosides A and B, which also make excellent tongue twisters.

1. May offer anticancer properties

Peas are high in [fiber](#) and [plant-based protein](#), both of which may contribute to a reduced risk of cancer. They also contain a variety of micronutrients and phytochemicals with [anticancer activity](#). Some of the most potent compounds found in peas include [lectins](#) (a so-called “anti-nutrient” that has anticancer properties), antioxidants, tumor-inhibiting isoflavones, and saponins, which may help trigger cancer cell death.

2. May have heart-protective benefits

Research shows that just one serving of legumes, [like peas](#), per day, can [significantly reduce](#) LDL cholesterol levels. One study found that just a 5% reduction in LDL cholesterol can result in a 5% reduction in overall heart disease risk.

3. May support a healthy gut

Peas are especially rich in [soluble fiber](#), which breaks down bacteria in your gut. This not only aids your digestion, but promotes a rich microbiome full of healthy gut bacteria, which can reduce your risk for a number of chronic diseases. Peas also contain pea proteins that can become [glycated](#) (for all you aspiring chemists out there, this involves the “non-enzymatic glycosylation reaction of proteins”). And glycated pea proteins have been found to help increase lactobacilli and bifidobacteria bacteria in the intestinal tract, which help [improve gut health](#).

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4. May provide muscle-building benefits

Pea protein is a high-quality plant-based protein, which may help to build muscle mass. [One study](#) assessed 161 men aged 18-35 years old who engaged in 12 weeks of upper body resistance training and either took 25 grams of pea protein, whey protein, or a placebo twice per day. The researchers found that along with the strength training, pea protein resulted in a greater increase in muscle thickness compared to the placebo group. There were no observed differences in the results of taking pea protein versus whey protein. Maybe Popeye should have been popping peas as well as cans of spinach!

5. May help support healthy blood sugar control

Regularly eating legumes like peas can be helpful for keeping blood sugar levels steady, largely because of their fiber content. In a [2020 meta-analysis](#) including 18 randomized controlled trials, researchers found that studies involving people with type 2 diabetes reported significant benefits from eating legumes for fasting blood sugar and insulin, hemoglobin A1c (an indicator of long-term blood sugar management), and blood sugar levels two hours following a meal.

https://foodrevolution.org/blog/are-peas-good-for-you/?j=231471&sfmc_sub=60681478&l=137_HTML&u=3344750&mid=514008241&jb=30

RECIPES;

<https://foodrevolution.org/recipes/ginger-stir-fry-snow-peas-and-carrots/>

<https://foodrevolution.org/recipes/creamy-split-pea-soup/>

Why Does Organic Produce Have Pesticides?

Many shoppers choose organic foods because they believe they are grown and produced without the use of pesticides. And because many pesticides are banned from organic agriculture, it is indeed a big step in the right direction. But nearly all farmers – even organic farmers – use some pesticides. They just use different ones.

Why would organic farmers use pesticides? Like conventional farmers or anyone who has a backyard garden, organic farmers are faced with weeds, insects, and diseases.

But most of the pesticides on the USDA Organic [list of allowed substances](#) are natural in origin. **While conventional farmers are allowed to use 900 different synthetic pesticides, organic farmers are allowed to use only 25 synthetic pesticides** – and then only in carefully regulated ways.

Why Choosing Organic Produce Is the Best and Safest Choice – Especially for Children and Pregnant Women

Eating organically grown foods not only reduces your exposure to harmful pesticide residue but also to [antibiotic-resistant bacteria](#).

This is backed by [research](#) from Stanford University that analyzed 17 different studies comparing the health effects of organic and conventional foods.

While choosing organic is probably the safest option for everyone, it's especially important for pregnant women and children to avoid exposure to pesticides. One study on [prenatal exposure to pesticides](#) found an association between nonoccupational exposure to pesticides during pregnancy and the risk of preeclampsia (a pregnancy complication involving high blood pressure).

Children are at higher risk for [pesticide toxicity](#) than adults because the developing brain is more susceptible to neurotoxins, and the dose of pesticides per body weight is likely to be higher in children.

Children whose mothers were exposed to high levels of pesticides have also been [found](#) to have lower IQs compared to children with the lowest levels of pesticide exposure.

And, children exposed to pesticides are at an increased risk for a variety of chronic conditions, including learning and behavioral problems.

According to a [study](#) in *Pediatrics*, higher than median levels of pesticide residue in the urine were associated with double the odds of ADHD compared to those with undetectable levels.

How to Wash Produce

https://foodrevolution.org/blog/how-to-wash-vegetables-fruits/?j=232775&sfmc_sub=60681478&l=137_HTML&u=3370255&mid=514008241&jb=108

The Most Important Foods to Buy Organically Grown

For whatever reason, maybe you can't always choose organic produce. And that's OK. Don't let perfect be the enemy of good. Fruits and vegetables have enormous [health benefits](#), whether conventional or organic. But you can make informed decisions about what fruits and vegetables are best to buy organic – when possible.

Here's a helpful tool: The [Environmental Working Group](#) compiles a list every year of the [most and least contaminated produce](#) and updates it every year.

Here is EWG's list of the most contaminated produce – The Dirty Dozen (and most important to buy organic):

1. Strawberries
2. Spinach
3. Kale, Collard, & Mustard Greens
4. Nectarines
5. Apples
6. Grapes
7. Bell & Hot Peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

And here is their list of the least contaminated produce – The Clean Fifteen:

1. Avocados
2. Sweet Corn*
3. Pineapples
4. Onions
5. Papayas*
6. Sweet Peas, frozen
7. Asparagus
8. Honeydew Melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelons
15. Sweet Potatoes

* A small amount of sweet corn and papaya sold in the United States is produced from bioengineered seeds. Buy organic varieties of these crops if you want to avoid [genetically modified produce](#).

Thursday, August 31

"Keep the face then toward the light and the shadows fall behind."

Edgar Cayce reading 1188-3

Tuesday, August 22

"Remember, the body does gradually renew itself constantly."

Edgar Cayce reading 1548-3

Tuesday August 15

"Flowers - no matter whether they are in or out of season - are well to be often around the body. The beauty, the aroma, the aliveness of same will make for vibrations that are most helpful, most beneficial."

CLICK HERE FOR MORE INFO ABOUT FLOWER GRAMS: <https://www.eibeing.com/BEING%20SERVICES%20Flower%20Gram.pdf>

CCL 1877-1

*CCL = *Contemporary Cayce Language*

Monday, August 14

"There is progress whether ye are going forward or backward!
The thing is to move!"

Edgar Cayce reading 3027-2

Evolutions in Being

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