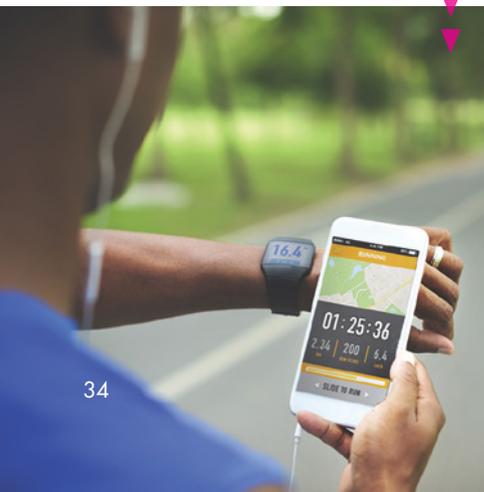


Hot Topics

What's buzzy in the world of natural health

Can Technology Make Us Healthier?

Despite all the news about how blue light, screens, and technology are damaging our health and well-being, it turns out our smartphones and Apple watches may actually be helping in some ways, too. Wearable fitness-trackers and health-focused apps currently make up one of the fastest growing areas of technology. These tools allow us to easily count calorie intake, gauge activity frequency, track blood pressure, measure heart rate, and more. There are even apps to remind us to take our supplements regularly! Healthcare apps are also making life easier, reminding us of our necessary wellness appointments and allowing us to connect with our healthcare practitioners anywhere, anytime. Chalk up a win for technology and our health!



Indoor Air Filters May Make a Killing

Did you know indoor air quality is often much worse than the air you breathe outside? Esteemed scientists and savvy marketers do, which is why you'll be hearing a lot more about air-purification technology in the coming year. While air filters are known for clearing the air of dust, pollen, pollutants, and other airborne particles, they're now in the spotlight for their ability to rid the air in your home of unwanted viruses and bacteria, as well. Researchers at the University of Houston have recently collaborated on an air filter proven to "catch and kill" SARS-CoV-2, or the novel coronavirus. Watch for air filters with this capability to become a hot commodity for airports, schools, office buildings, clinics, and more!



Shorter, Smarter Workouts Are a HIIT

What are fitness enthusiasts across the country telling their other fitness-loving friends about in 2021? High-intensity interval training, or HIIT, which burns calories faster than longer, low-intensity exercise routines. It's no surprise this more efficient and more effective program has a growing fan base. HIIT doesn't require any expensive or specialized equipment and, while gyms everywhere offer HIIT classes, it's easy to sneak in a workout just about anywhere. HIIT features bursts of high-intensity exercises in between intervals of low-intensity cross training to torch calories, burn fat, and build muscle. Look online for in-person classes near you or virtual HIIT workouts you can do from the comfort of your own home.

Fasting Trend Won't Slow Down

Intermittent fasting isn't a diet per se, as much as it is an eating style—a style now backed by science. Intermittent fasting consists of cycling through patterns of eating and fasting for certain amounts of time. For example, some people only allow themselves to eat during one 8-hour period over a day, then fast for the remaining 16 hours. Why do people do it? For a slew of reasons, and research is beginning to show that many of those reasons have merit! First, restricting yourself to certain hours for eating helps curb overall calorie intake, leading to weight loss. It has also been found that your body adjusts to different

hormone levels during a fast, which makes stored body fat more accessible and easier to burn. Intermittent fasting may also increase levels of norepinephrine, a neurotransmitter and hormone that is known to boost metabolism. ■

