

Issue highlights:

Whole Body Detoxification 5 Chronic Pain Myths
A taboo that's good for you? Skin Cancer Reality

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Preventing or Promoting?

Is there a difference? In the matter of approaching one's health perhaps there is a big difference. Similarly with attitude, perception and choice, what is it that we create while weighing our approach to a "healthstyle".

Consider the prevention route. Often I see this as a fear based sales tactic as well as an approach many use when considering what they do in the actions they take regarding their health. Does one take chosen supplements to prevent disease? Does one eat to not get cancer or heart disease? Isn't this mind set practically putting one in a defensive posture, drawing battle lines and stressing on what one doesn't want? I don't want illness so I will focus on not getting sick. When sitting down to a meal should one eat or exercise because the intention is to not become sick?

At one time I took this approach and know many that have or still do. Focusing on what we don't want, like illness, still puts the energy on the object we think we

by Galen Colton, CMT, CSST are avoiding and possibly acting in fear based decision making.

So what is another option? Release preventing and begin promoting what you actually do want--for instance, abundance in life and health. A shift of attitude and perception may drive higher actions and results that may be measurable. No longer battling defensively against something that you may even be fearing, but promoting yourself to a higher state of being with your positive action. Even in the throes of illness focusing on regaining great energy and health rather than fighting something off could be a benefit.

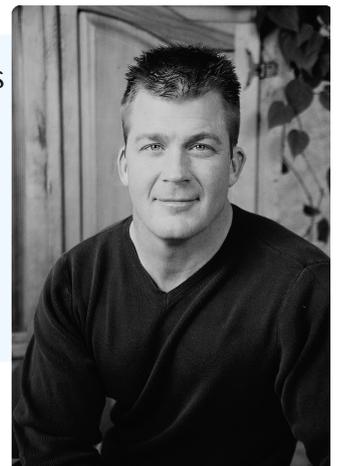
A sports analogy may be a batter going to the plate hoping not to strike out. The focus is the strike out. But thinking differently with the approach of hitting the ball,

the focus is the hit. Have you ever seen or experienced this or something similar? This is a totally different approach and action.

Perhaps a subtle paradigm shift puts a positive focus on health and actions and thoughts to be an advocate for yourself and others.

Is there a difference in choosing a healthstyle that is for creating health and bolstering wellness versus preventing what we don't? A rhetorical statement, true, but many have found empowerment instilling a shift of positive promotion. This can carry over to other areas of life but in your health focus enjoy and have fun. Eat with gusto toward health. Choose exercise to create balance and enjoyment. Promote yourself with energized healthy focus.

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5 Reasons You Need More Water

Water is the Elixir of Life. It comprises 80% of your body and is the most important element to your well-being and health, outdistancing all others. Some may not be familiar with the seminal water cure work of Dr. Batmanghelidj. That alone should tell you why you need to get enough water. Google him.

There is no "magic amount" of water that covers everyone. Some need more than others and most need more than they're getting now. It's estimated that 75% of Americans are chronically dehydrated. Even if you don't drink coffee, soda, or other diuretics and water-robbers, you may still be dehydrated. There is no such thing as too much water - you literally can't easily get sick or die from drinking too much (good) water. You can, however, if you don't drink enough.



Here are 5 reasons you need water:

1. Your body needs water to make new cells of every type: blood, bone, skin, etc.
2. When you have enough water, your lymphatic system operates at peak, removing wastes and toxins from your body at a healthy rate.
3. Water lubricates your joints, helps bring nutrients to your nervous system, and helps keep your vision clearer and your teeth stronger.
4. Water regulates your metabolism and aids digestion and temperature control.
5. Literally every cell, organ, and system in your body requires water to function correctly.

Things to know about your water

Before you start drinking water, however, there are things you should know about it too. If you live in urban or suburban America, it's likely that your water is infused with fluoride. Municipal water sources (including most bottled water you buy in the store) put fluoride into water supplies to (falsely) promote dental health.

There are a lot of reasons that this is not a good idea, however. Even the CDC's own study that gave fluoridation of water a

glowing report admits that fluoride only helps teeth topically and doesn't do anyone any good when ingested. In fact, fluoride is listed by the CDC as a poisonous substance and studies have proven that it is not only toxic, but it binds with many of the body's cells and can stay for a very long time.

Then, even scarier, there are the countless pollutants and trace pharmaceuticals that could also be in your water. Those are definitely not good either.

Getting good, quality drinking water for health and well-being

Luckily, it is possible to clean up your water or access clean water yourself, if your water is not already of good quality. Numerous quality filters and treatment options are available for in-home water cleansing.

However you do it and wherever your choice in water comes from, make sure you drink plenty of it. Water is, after all, the Elixir of Life.



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Whole Body Detoxification, Part 1

Your body is building up toxins as you read this. Everyone's does, it's a normal part of life. Before our modern era of plenty and a lack of general exercise, our bodies would detoxify themselves on their own. Before modern conveniences, we worked harder (physically), ate a less varied diet (for better or worse), and often had to go without for relatively long periods of time (fasting). Added to this was the work our bodies did ridding us of germs and parasites that were everywhere.

Obviously, things weren't necessarily better in those days, but our bodies are built to be living in those times, so we have to adapt to our current (mostly better) times to match. To do this, we should regularly detox ourselves and clean out those nasties that build up over time. So be thankful for our times of relative plenty, but understand that this comes with a price and to pay that price, we must conscientiously keep ourselves clean.

Luckily, it's not that difficult. Cleansing the body comes in three steps and each must be taken before the next for proper detoxification to take place. Cleaning out your liver, for instance, before the colon that it sends its refuse to is clean will mean a backing up

of toxins and that leads to sickness. This is why many detox programs make you nauseous, sickly, or downright ill.



Start With the Finish Line

A proper detoxification begins in the colon, the finish line for most of our intake. This is the body's primary route for ridding itself of things that are harmful to it. Both the liver and gall bladder dump directly into the colon when getting rid of the things they've filtered out of our bodies. So a clean and well-functioning colon is our first priority.

There are literally hundreds of colon cleansers on the market. Some work better than others, but most are barely getting started when it comes to cleaning out what's likely backed up in the average person's large intestine. Probably the most often cited and recommended colon cleanse is the one created by Dr. Richard Schulze, a well-

known herbalist. While it can be purchased commercially, Dr. Schulze actually recommends that people purchase the ingredients and make it themselves to take as either a home-made capsule (gel caps can be purchased at most health food stores) or directly as a powder (1 capsule equals about 1/2 a teaspoon of powder). *Note: for most, the caps are much easier to handle. DO NOT USE IF PREGNANT.*

The recipe is simple and most herbal stores will have the ingredients. If not, they are widely available online:

- 2 parts curacao and cape aloe leaf (or 1 part buckthorn bark and 2 parts turkey rhubarb)
- 1 part senna leaves/pods (newcomers should half this)
- 1 part cascara sagrada aged bark (newcomer should half this)
- 1 part barberry root bark (optional, so omit if not available)
- 1 part ginger root, peppermint leaf, or fennel (to ease indigestion)
- 1 part garlic bulb or goldenseal root
- 1 part African bird pepper (substitute the hottest cayenne you can find if you must)

Crush thoroughly and mix. Take 1 capsule in the evening before bed. The senna, cascara sagrada bark, and cape aloe leaf all contain emodin, which causes contractions in the bowels (very light, you won't feel much at all), strengthening the colon muscles and walls and causing them to push harder to remove wastes. If you do not have a large movement in the morning, then take two capsules the next night. Increase again until you find the right amount for you – most will require 2-3 capsules. When you have a large, fast (it will be loose, but not necessarily diarrhea) movement, you have found your dosage. Continue this for at least three days. Most people will find that a week, starting with 1 capsule, going up to their correct dosage, holding that for 3 days, then lowering the dose by one capsule for the rest of the week will have them eliminating a lot of bowel waste they had no idea had been building up for years.

Be sure to drink plenty of liquids during this week. Many people go on a vegetarian diet and begin their mornings with fruit or vegetable juice and eat no solids until lunch time. It's your choice, as these extras are optional, but beneficial.

When you become regular, you will notice that you have a bowel movement much more often. Most people have 2-3 daily, one for every meal is the norm. They will be

small, but this shows that nothing is building up (and backing up) in there anymore.

Once this cleanse has been done, you can go on to the liver cleanse (we'll talk about this next month), or take a week off and then do another colon cleanse and add a second formula to get even deeper into your bowels.

A Second, Deeper Cleanse

Unless you have had regular colon cleansing that's done a thorough job, you likely have a lot to clean out in there. Old fecal matter has literally caked much of your colon's walls and bowel pockets have formed, where more old nasties have harbored. To clean these out and facilitate healing, you'll need to really get a good scrub on.

This second formula should not be used more than once a month and should be done for about a week, combined with the first formula. For this, you'll mix the following into a powder, which you can add as a heaping teaspoon into fruit juice (4-6 ounces, 5 times daily) with:

- 2 parts flax seed
- 2 parts apple fruit pectin (optional)
- 2 part pharmaceutical-grade bentonite clay
- 7 parts psyllium seeds and husks
- 2 parts slipper elm inner

bark or marshmallow root
- 1 part fennel seed or peppermint
- 1 part activated willow charcoal

Watch dosages of the first formula as this second one can sometimes cause constipation, which the first formula can alleviate. Also, because of this intense cleansing, the body may feel depleted of nutrients, so adding a “superfood” supplement is a good idea. Chlorella or spirulina plus a balanced diet heavy in green vegetables (and/or their juices) will be beneficial.

It's not unusual for those who've never done them before to do both of these cleanses, one after the other, and lose 10 or more pounds in internal buildup. People who've had chronic tummy bulges and water retention will find themselves suddenly slim again. This is not a weight loss cleanse primarily, but that (along with much better well-being) can be a side effect most will experience.

As soon as your colon is completely clean, then it's time to treat the liver. If your colon is clean, your liver detox will go very smoothly and have few side effects other than much, much better health. We'll talk about that in issue #378.

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Taboo or Not, Self-Pleasure Is Beneficial

The subject of masturbation is generally taboo in American society. This is mainly because of our Protestant background and the culture of shame and guilt we've built around the idea of self-pleasure for either men or women. Sadly, this has led to a lot of misconception and lost health benefit for many people in our society.

Masturbation, for both men and women, can be a very healthy activity for a variety of reasons. Here are just a few:

1. Solo orgasm is an excellent stress reliever and can also be a sleep aid.
2. Men who masturbate regularly (2-3 times weekly) in a 2007 study were found to have better immune system function and prostate health.
3. Women who masturbate regularly can build stronger pelvic floor, lower back, and lower abdomen muscles leading to less back pain and

stress.

4. Self-pleasure increases blood flow for women and can decrease menstrual pain as well as reduce some side effects from menopause.
5. Socially, mutual masturbation between couples can be an equalizer to help repair disparity in sex drive frequency and orgasm timing.
6. Both sexes can learn about their own sexual responses and learn what feels good, using this information to communicate to partners for better relations overall. Some studies hint that the masturbation urge during teenage years may be there at least partially for this reason.
7. Men who experience premature ejaculation can use masturbation to learn to control their finish, prolonging sex.
8. Masturbation has been shown to keep genital and urinary tracts healthy into old

age.

Of course, like any other good thing, over-indulgence in masturbation can have negative effects on relationships. Most of the negatives associated with it, however, are social rather than physical. These emotional negatives are often what creates the majority of problems related to the act of self-pleasure.

Despite its proven benefits, masturbation is still extremely taboo in our society. Dr. Jocelyn Elders, the U.S. Surgeon General under President Clinton, was fired after making positive remarks regarding masturbation as a method of birth control.

But as Dr. Sigmund Freud said, "The only thing about masturbation to be ashamed of is doing it badly."



Letters to the Editor

What do you project and what will be your policy regarding online Newsletter while and when the FED Gov takes formidable action to curtail & thwart efforts against publishing to subscribers?

--Paula G (via the website)

Hi, Paula, and thanks for the note. Your question is a valid one, given the state of affairs today and the continued encroachments on all of our liberties, including freedom of speech.

I suspect that when that time arrives, we will be in such a state nationally that services and organizations like *The Health Freedom Network* would be even larger targets for removal from the landscape of discussion. When that happens, I suspect we will be shut down. Our objective is to get as much out there as we can before the hammer of tyranny falls.

-- Aaron Turpen,
Editor

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Peppermint Soothes Gastric Pain: The Science Behind the Remedy

For centuries (or more), using peppermint tinctures or teas has been a common remedy for soothing gastric pain. In more recent years, with the advent of the supplement market, peppermint in many new forms has also been introduced. Until now, however, it's remained a "folk remedy" with little understanding of how it might work.

Researchers at the University of Adelaide in Australia have changed that. A study by Andrea M. Harrington, Stuart Brierley and others will be published in an upcoming issue of the journal *Pain* (see abstract here). In that study, the researchers believe they have found the way that peppermint works to relieve gastrointestinal pain.

An anti-pain channel in the gut called the transient receptor potential ion channel melastatin subtype 8 (TRPM8) is acted upon

from HiddenHealthScience.com

specifically by compounds in peppermint to reduce pain-sensing fibers. Especially those activated by things like mustard or chili.

"This is potentially the first step in determining a new type of mainstream clinical treatment for irritable bowel syndrome. This is a debilitating condition and affects many people on a daily basis," Dr. Brierley says, "particularly women who are twice as likely to experience [IBS]."

Those familiar with alternative medicine or folk remedies will be well-acquainted with peppermint as a solution to gastric problems, particularly IBS.

In this chronic condition in particular, the problem seems to be a heightened state of nerve pain fibers in the gut after a bout of gastroenteritis.

These are tamed with the ingestion of peppermint.

How the peppermint is

ingested is also apparently critical to how it affects the pain. Peppermint teas generally only affect the stomach and upper intestines, for instance, while peppermint oil capsules are most often prescribed for lower intestinal problems such as IBS.

This study from Australia confirms similar findings of peppermint's efficacy in studies done previously in Italy (2007, Cappello, Spezzaferro, et al) and Iran (2010, Merat, Khalili, et al).

What this latest study gives is the scientific explanation as to how peppermint is working to alleviate IBS symptoms.



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Five Chronic Pain Myths Among People Age 50 and Older

by Dr. Reza Ghorbani, MD, ABIPP, FIPP

Pain affects everyone. Not only can it be emotionally and physically debilitating for patients, but their families, and the economy at large, suffers as well. Studies show the annual cost of chronic pain in the United States, including healthcare expenses, lost income, and lost productivity, is estimated to be \$100 billion. Pain management has become a personal and economic priority as 75 million baby boomers approach retirement age.

But diagnosing and treating pain in older adults can be challenging. Those 65 and older often have multiple medical and nutritional problems, take multiple medications and have many potential sources of pain.

Older patients can also harbor certain beliefs about pain that can stand in the way of successful treatment. This article is meant to help dispel some well-worn myths while giving practical examples of pain management techniques that have been very effective for many senior patients.

Myth #1. Expect pain.

It comes with age and you must learn to live with it. Myths about pain, and an individual's predisposition for enduring it, tend to increase with age no matter how fit or

otherwise healthy the patient. Call it inherited attitudes about aging or a lack of facts, some patients begin to exhibit a "pain acceptance" attitude as early as age 50.



While pain is often a symptom that something is askew in the body, that something can often be easily corrected and in many cases prevented by simply staying fit. For example, an increasingly idle patient in his 60s experienced acute lower back pain after playing touch football with his old Army buddies. The retired soldier knew he was going to be active at the reunion, but didn't prepare for it by gradually increasing his cardiovascular activity or participating in a weight training regimen. He didn't adequately stretch his muscles before or after the football game. Instead, after straining his back he waited for two weeks to call his doctor and in the meantime became increasingly more inactive. His inactivity confounded the

problem and slowed his recovery.

Acute pain caused by temporary circumstances can largely be prevented by keeping the body fit and by preparing for activity. Acute pain can also be lessened by taking charge of it immediately instead of hoping it will go away on its own.

Myth #2. Over-the-counter or prescription medications are the only real way to alleviate pain.

Johnson & Johnson (or Bayer, or GlaxoSmithKline, or "fill in the brand") knows best when it comes to safe and effective pain relief. Pain relievers from the most well-known brands have been around since we were kids and in some cases, for more than a century. They must be safe and effective, right?

Not always. While prescription drugs have been used and prescribed with caution because of many known and serious side effects, traditional OTC medications, such as Tylenol, Motrin, and a host of others have become embroiled in controversy because of their side effects, adverse affects on the heart and other vital organs, and for questionable manufacturing practices.

(continued)

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What we once took for granted as “very safe” OTC medications compared to prescription painkillers, has now made us wary. Parents are now encouraged to forego giving OTC medications to children below a certain age. Older people and those with pre-existing chronic conditions are making doubly sure they don’t ingest more of an OTC painkiller than what is recommended.

Before reaching into the medicine cabinet, consider stepping out of the OTC box by experimenting with these alternative methods of pain relief. Information about alternative pain relief therapies can be found at the National Center for Complementary and Alternative Medicine, which is part of the National Institutes of Health (NIH), which include:

- Yoga, Medication and Acupuncture. These mind-body practices focus on the interactions among the brain, mind, body and behavior, with the intent to use the mind to affect physical functioning and promote health. Yoga and medication include focused breathing techniques, specific postures and balance exercises to increase calmness and relaxation.
- Massage. Massage therapy can relieve pain, rehabilitate sports injuries, reduce stress, increase relaxation, address anxiety and depression, and aid in general well-being.
- Natural Pain Relievers. Natural herbal medicines made from centuries-old

ingredients used in Ayurvedic medicine that provide pain relief without side effects are becoming increasingly popular in the West.

Myth #3. Natural pain relievers don’t work and are a waste of money.

With sales of pain management products expected to grow to \$47 billion by 2011 and an aging baby-boomer population that strives to live longer and live better, retailers have recognized the importance of carrying a wide variety of over-the-counter pain management products—particularly effective products without any known adverse side effects.

While natural pain relief products, either in topical form or provided as an oral dietary supplement, are becoming more mainstream in the US, many older Americans doubt their effectiveness, even if they haven’t yet tried them. This may be due to a misunderstanding about the ingredients in natural pain relievers or a low expectation of relief.

Effective natural pain relievers contain ingredients that are proven painkillers, such as turmeric, a powerful healer recognized for its anti-inflammatory properties; ginger, known to alleviate muscle strains, arthritis and rheumatism; rosemary, which can be used for

joint or musculoskeletal pain, and other botanicals that have a well-documented pain reduction effect.

Since topical natural pain relief products don’t contain laboratory-created pharmaceuticals, they won’t generally make the skin feel “icy hot,” smell like medicine, or cause clothes to stain. Effective natural pain relief products alleviate inflammation, muscle aches and nerve pain without side effects, perfumes, or gimmicks.

A 97-year old patient recently became a convert to topical natural pain relief products. She had been suffering from chronic arthritis pain for decades and had tried every OTC and prescription drug suggested to her by her doctors over those many years. She also had surgery to try to correct some issues. Last year she tried a natural pain relief cream that has changed her life tremendously. She was extremely doubtful about the product’s efficacy at first. But after continued use she became a natural pain relief believer and today, for the first time in years, she is nearly pain-free. Natural Pain Relief products may be a viable option for older Americans, no matter their age or previous pain management experience.



Myth #4. Surgery may be the most radical option – but it works.

As an interventional pain specialist, I always advocate surgery as the last resort. As we age, we don't recover as quickly from surgery. Surgery can also produce complications that can hinder pain relief or make matters worse. Importantly, surgery can be an expensive step to take if insurance coverage isn't adequate.

Modern technology has given us viable alternatives to surgery. In my practice I have many patients who suffer from every type of back pain. Many are debilitated by the pain to the point where it has drastically affected their quality of life. Among other surgery alternatives, I have recommended spinal cord stimulator implants to patients who suffer from neuropathic pain and have found no other outlet for relief. The procedure has been quite successful for the vast majority of them.

A spinal cord stimulator (SCS) uses electrical impulses to relieve chronic back pain, arm or leg pain. It is believed that electrical impulses prevent pain signals from being received by the brain.

After a trial implantation process where the patient provides the doctor with feedback to determine pain relief effectiveness, the SCS device is implanted near the base of the spine, using local anesthesia with sedation in an out-patient setting. Then, after implantation of a battery and following programming, the patient can control their level of pain relief using an external control unit according to their needs.

The SCS is but one of many out-patient procedures that can provide a high level of pain relief without surgery. Before resorting to surgery, I encourage you to talk to your doctor about this procedure and others if you have found no relief using any other method.

Myth #5. The doctor always knows best.

Too many older patients try to please their doctors by downplaying their level of pain or the effectiveness of the prescribed treatment. Only you know the severity of the pain you're experiencing, which treatments are actually working for you, and the pain management techniques you're truly comfortable trying.

Be your own best advocate. Be honest with your doctor about how you're feeling and if treatment is really working. He or she wants to find a solution that works for you. Don't be afraid to ask questions, or to voice your opinion about a procedure or a medication if you have any reservations. An open dialogue will bring about the best results – and the most relief for you.

Dr. Reza Ghorbani, MD, ABIPP, FIPP, is an interventional pain management specialist and president of the Advanced Pain Medicine Institute in Chevy Chase, MD, as well as the director of pain management services at the Dimensions Healthcare System. He is also founder of Truceuticals LLC, makers of Noxicare Natural Pain Relief products. Visit Noxicare at www.noxicare.com.



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Scientists Come Out Into the Light on Skin Cancer

For decades, scientists have been blaming sunlight exposure for skin cancer and advising people to stay indoors, wear chemical-laden sunscreens, and “cover up.” All based on what many (who were laughed at and marginalized, of course) called questionable science.

Turns out, the last laugh is on mainstream medicine. A study in 2009 by Leeds University researchers found that higher levels of Vitamin D (“the sunlight vitamin,” remember) were linked to improved skin cancer survival odds. Other preliminary research even says that D may hasten tumor cell death. But that's not all. New research is questioning whether sunlight has anything to do with skin cancer instances at all. In another survey-study being conducted in Norway, preliminary results are showing that those who regularly experience sunlight exposure without protection and those who do not are about equal in skin cancer odds.

In other words, exposure to sunlight doesn't necessarily increase your odds of getting skin cancer.

Of course, every good thing is best in moderation. Hours of sunbathing to get a deep tan is not exactly good for you either. The average person, however, can benefit from 1-3 hours of normal sunshine exposure daily, depending on skin tone and time of year, to maximize their Vitamin D creation.

So.. Got D?

For more information on Vitamin D, see issues 374 and 375.



Houseplants as Air Purifiers

from HiddenHealthScience.com

A lot of energy in today's American society is put into “cleaning” our homes.



In my opinion, we over clean and focus too much on sanitizing everything around us. We have immune systems and body defense systems for a reason, folks. I'm not saying to let new and interesting bio cultures grow in your bathtub and toilet, but I think 90% of what tends to get doused with “germ killing” cleansers would be just as clean if we just used a wet rag to wipe it up.

One of the areas where many people seem to be putting their focus is the air in their homes. Elaborate, expensive air purifiers and filtration systems are being sold to people with more money than sense and for those who can't afford those, there is a thriving market of scented air freshener products to add wonderful chemicals to the air in our houses.

Here's an alternative that is better for you, for your family, and on more levels than just improving your olfactory experience around the house: houseplants.

There are a lot of plants that work very well as air purifiers. These include popular ferns like the Boston Fern, palms like the Areca, the ever-useful Aloe Vera cactus, and the most popular houseplant of all time, the Spider Plant. There are many more houseplants available for air purification and, truth be told, nearly all living plants purify the air in some way.

On top of that, houseplants improve our moods and make us happier.