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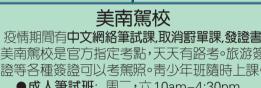












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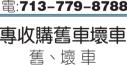


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Inside C2



Tuesday, Febuary 08 2022

# Macron tells Putin he seeks to avoid war and build trust

MOSCOW, Feb 7 (Reuters) - French President Emmanuel Macron, the top Western leader to visit Moscow since Russia began massing troops on the border with Ukraine, told Vladimir Putin at the start of talks in the Kremlin on Monday that he aimed to avoid war and build trust.

Macron, who is expected to seek re-election in April, has positioned himself as a potential mediator on Ukraine, with Paris voicing scepticism about predictions by Washington and other Western capitals that a Russian assault is imminent.

Macron told the Russian president he was seeking a "useful" response "that of course allows us to avoid war and to build bricks of trust, stability, visibility". Putin, for his part, said Russia and France shared "a common concern about what is happening in the security sphere in Europe".

"I see how much efforts the current leadership of France and the president personally is applying in order to solve the crisis related to providing equal security in Europe for a serious historical perspective," Putin said.

On the eve of his trip, Macron, who is also due in Kyiv on Tuesday, told the Journal du Dimanche newspaper: "The geopolitical objective of Russia today is clearly not Ukraine, but to clarify the rules of cohabitation with NATO and the EU."

On his arrival, Macron told reporters: "I'm reasonably optimistic but I don't believe in spontaneous miracles."

Kremlin spokesperson Dmitry Peskov said ahead of the talks: "The situation is too complex to expect decisive breakthroughs in the course of one meeting."

In Washington, U.S. President Joe Biden said as he hosted German Chancellor Olaf Scholz that they were "working in lock-step" to address the crisis.

Russia has deployed more than 100,000 troops near Ukraine's borders. It denies planning an invasion, but says it is ready to take unspecified "military-technical measures" if its demands are not met, including a promise by NATO never to admit Ukraine and to withdraw some troops from Eastern Europe.

Washington has rejected those demands



but says it is willing to talk about arms control and confidence-building steps, which Moscow says are beside the point.

"In recent days there has been nothing new on the topic of security guarantees for Russia. Our Western interlocutors prefer not to mention this topic," Peskov said.

The United States and its allies have ruled out defending Ukraine with military force but say they would respond to any invasion with sanctions, arms shipments and reinforcement of NATO countries nearby.

Germany announced on Monday it would deploy 350 troops to Lithuania to reinforce a NATO battle group there.

Russian-backed separatist leaders in eastern Ukraine warned that a full-scale war could break out there and urged Moscow to send 30,000 soldiers to reinforce rebel forces. Kyiv says 15,000 people have been killed in fighting between government forces and separatists in the break-away Donetsk region since 2014.

#### 'DEFENSIVE ALLIANCE'

In London, a spokesman for British Prime Minister Boris Johnson said Russian concerns about potential NATO aggression were "fundamentally unfounded as NATO is a defensive alliance at its heart". He said Britain wanted to work with Moscow to provide it with reassurance on that point.

Russia sees NATO's addition of 14 new east European members since the Cold War ended three decades ago as an encroachment on its sphere of influence and a threat to its security.

On her second visit to Kyiv in three weeks, German Foreign Minister Annalena Baerbock promised unequivocal support, stressing that Germany was willing to pay a high economic price to contain Moscow. read more

Ukrainian officials have publicly criticised Berlin for refusing to sell defensive weapons to Kyiv and over its perceived reluctance to stop gas flowing through the Nord Stream 2 gas pipeline from Russia if Moscow launches an attack.

European countries are heavily reliant on Russian energy, high prices for which are already fuelling inflation. European Central Bank chief Christine Lagarde warned last week of "geopolitical clouds" over the European economy.

Former Facebook employee and whistleblower Frances Haugen testifies during a Senate Committee on Commerce, Science, and Transportation hearing entitled 'Protecting Kids Online: Testimony from a Facebook Whistleblower' on Capitol Hill, in Washington, U.S., October 5,

Ukrainian Foreign Minister Dmytro Kuleba said "a frank conversation" with Baerbock about weapons had found "both common ground and a draft solution" but did not give details.

Germany has ruled out sending lethal weapons for historical reasons arising from its role in the 20th Century world wars. Kyiv's mayor last month derided an offer of 5,000 military helmets as "a joke".

Biden, a long-time opponent of Nord Stream 2, will make clear in his meeting with Scholz that the pipeline will not move forward if "Russia invades Ukraine in one way or another", a U.S. official said.



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## WEALEE'S GLOBAL NOTES

02/07/2022

# We Are Giving Out Red Envelopes



Last Saturday I led our STV cultural and performance group to visit the Coushatta Casino Resort in Louisiana to celebrate the Chinese Lunar New Year and bring them red envelopes and tell them the year of the Tiger has arrived.

The dancing group

led by Ruolan Han performed a jazz dance that was intoxicating and dangerous. Other performances included Cheng Dequen's solo,

"Horse Race," Han Limei's vocal solo," Beautiful Spanish Girl, "Liu Xin's violin solo, "Morning in the Miao Lin" and wonderful performance on the stage.

The Tiger represents strength and perseverance all over the world. The Chinese consider the Lunar New Year the most important festive festival. We always remember former Secretary of Transportation Elaine Hao who said. "We

are very proud of our Chinese heritage."

Today Southern News
Group is doing our
best to promote our
culture. I am very
proud that we could
send this cultural
group to perform the
show and we hope
everybody will have a
happy and healthy
new year to come.







Wea H. Lee

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Shao Lin Kufung's









## **Editor's Choice**



Residents take part in a military exercise for civilians conducted by veterans of the Ukrainian National Guard Azov battalion, amid threat of Russian invasion, in Kyiv, Ukraine. REUTERS/Gleb Garanich



Veterans of the Ukrainian
National Guard Azov battalion
conduct military exercises for
civilians amid threat of Russian
invasion, in Kyiv, Ukraine.
REUTERS/Gleb Garanich



A Veteran of the Ukrainian National Guard Azov battalion conducts military exercises for civilians amid threat of Russian invasion, in Kyiv, Ukraine. REUTERS/Gleb Garanich



Residents take part in a military exercise for civilians conducted by veterans of the Ukrainian National Guard Azov battalion, amid threat of Russian invasion, in Kyiv, Ukraine. REUTERS/ Gleb Garanich



Residents take part in a military exercise for civilians conducted by veterans of the Ukrainian National Guard Azov battalion, amid threat of Russian invasion, in Kyiv, Ukraine. REUTERS/ Gleb Garanich



A Veteran of the Ukrainian National Guard Azov battalion conducts military exercises for civilians amid threat of Russian invasion, in Kyiv, Ukraine. REU-TERS/Gleb Garanich BUSINESS

#### The Fight Against The Virus Continues

### 900,000 Americans Deaths From COVID After Two Years Of The Global Pandemic

Compiled And Edited By John T. Robbins, Southern Daily Editor



The U.S. has crossed yet another tragic landmark in the battle against COVID-19. On Friday, the country surpassed 900,000 deaths from the disease, two years after the first COVID-19 cluster was reported in Wuhan, China. Public health experts say coming close to the 1 million death mark from the coronavirus is "inevitable."

Nuzzo, an epidemiologist at Johns Hopkins mately 64%. Amid the most recent surge of University, which has tracked the number of the now dominant omicron variant, unvac-COVID-19 deaths during the pandemic. "It's cinated people were 97 times more likely to unreal, frankly. And what makes it an even ... greater heartbreak — as if the loss of 900,000 according to data cited this week by CDC souls weren't enough of a heartbreak — is the Director Rochelle Walensky. fact that it's probably an undercount of the number of people that we've lost."

epidemiologist Lauren Ancel Meyers said the "horrible milestone" didn't have to happen.

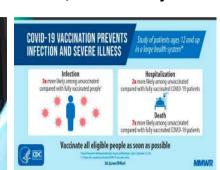
"It was not inevitable. There are things that we could have done and should have done ... to of the Brown University School of Public protect those who were most vulnerable," she Health. "But at least 300,000 Americans said. "It's a very sad day."

President Joe Biden marked the "tragic mile- tragic." stone," recognizing the "emotional, physical According to the latest CDC data, 42% of and psychological weight of this pandemic" and urged Americans to do their part.

"I urge all Americans: get vaccinated, get your kids vaccinated, and get your booster shot if you are eligible," Biden said in a statement. "It's free, easy, and effective - and it can save your life, and the lives of those you love."

#### Daily deaths remain high even as overall case numbers dip

The rolling seven-day average for daily COVID-19 deaths has been above 2,000 since day. This cuts in half the earlier recommen-Jan. 23, according to data from the Centers for dation of 10 days of isolation. Disease Control and Prevention. That's nearly three times higher than in November, when the transmission "occurs early in the course of agency was reporting a seven-day average of illness," the CDC explained — generally in 700 daily deaths.



Vaccines are preventing most severe disease and death

As COVID-19 vaccines have become widely available for Americans, the number of those who have received at least one dose of the Pfizer-BioNTech. Moderna or Johnson & Johnson vaccine continues to increase.

However, the percentage of fully vaccinated "It's absolutely staggering," said Jennifer Americans is still relatively low at approxidie compared with those who were boosted,

Public health experts note that broader vaccination and boosting would have reduced University of Texas at Austin professor and the number of deaths. "We would have at least 300,000 fewer deaths. Probably more

than that," if the early pace of vaccination had been sustained, said Dr. Ashish Jha, dean who have perished would still be with us. It's

eligible Americans have received a booster. (Courtesy npr.org)

#### **CDC Cuts The Recommended Isolation** And Quarantine Periods For Coronavirus Infections

People who test positive for the coronavirus need to isolate themselves for only five days if they don't show symptoms, the Centers for Disease Control and Prevention said Mon-

Data shows that the majority of coronavirus the one or two days before symptoms begin

and two or three days after.

"Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others," the CDC said in



A medical worker administers a coronavirus test at a new testing site at the Times Square subway station in New York City on Monday. (Photo/Scott Heins/Getty Im-

The CDC has also updated its recommended quarantine period for people exposed to the virus. It says unvaccinated people should quarantine for five days, followed by five days of "strict mask use." Exposed people who are more than six months past their second dose of the Pfizer-BioNTech or Moderna vaccines, or two months out from a Johnson & Johnson vaccine, should also quarantine for five days.

People who have gotten their booster shot don't need to quarantine after exposure but should wear a mask for the next 10 days.

"The Omicron variant is spreading quickly and has the potential to impact all facets of our society," said the CDC's director, Dr. Rochelle Walensky, in a statement. "CDC's updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives.'

Dr. Megan Ranney, the associate dean at Brown University's School of Public Health, tweeted Monday that a major reason the federal government altered isolation requirements is due to the economic strain of a full quarantine.

"Our economy is going to shut down if everyone has to isolate for 10 days. Luckily the science backs up the move, at least partially," she tweeted. "On the one hand: I'm all for following the science for the vaccinated & asymptomatic. No reason to keep people home unnecessarily?

Kudos, she said, to the CDC "for recogniz-

ing that our knowledge has changed - and the virus has changed" especially for the vacci-

Ranney said what would make this decision even safer would be to require a rapid test before ending isolation.



Alejandro Brown receives a COVID-19 vaccine from a health care worker at a drive-through site in Miami on Dec. 16. (Photo/Joe Raedle/Getty Images)

The CDC doesn't currently require this step and rapid, at-home COVID tests have been hard to come by during the omicron surge. The Biden administration, which has come under pressure for not increasing widespread availability of at-home tests, last week rolled out a plan to set up federal testing across the country. The government will also buy a half-billion at-home COVID test kits and mail them out. But deliveries won't start until January.

The new guidance comes days after the CDC loosened rules for how long health care workers should isolate after infection with the coronavirus, from 10 days to seven days. If there were staffing shortages, that isolation time could be further reduced.

The next day, New York officials followed suit, reducing to five the number of days for health care workers to isolate after a positive coronavirus test. On NPR's Morning Edition on Monday, Dr. Anthony Fauci praised the

Five days of quarantine should be enough for health care workers, Fauci said, adding:

"That's going to be under consideration of whether or not we want to diminish it" for the general public.

In the U.S. as of Monday, 242 million people have received at least one dose of a COVID-19 vaccine, 205 million are fully vaccinated and 66 million have received a booster, according to the CDC's COVID Data Tracker. (Courtesy np.org)

WHO Says Omicron Won't Be The **Last Covid Variant As Global Cases** Surge Over 20% In One Week



Maria Van Kerkhove, Technical Lead of the World Health Organization (WHO) **Health Emergencies Programme attends** a news conference on the outbreak of the coronavirus disease (COVID-19) in Geneva, Switzerland, March 16, 2020. (Photo/ Christopher Black | WHO | Reuters)

#### **KEY POINTS**

Dr. Bruce Aylward, a senior WHO official, warned high levels of transmission give the virus more opportunity to replicate and mutate, raising the risk that another variant will emerge.

New infections have increased by 20% globally over the past week with nearly 19 million total reported cases. "This pandemic is nowhere near over," WHO Director-General Tedros Adhanom Ghe-

breysus said. The World Health Organization on Tuesday said the pandemic will not end as the omicron variant subsides in some countries warning the high levels of infection around the world will likely lead to new variants as

the virus mutates. "We're hearing a lot of people suggest that omicron is the last variant, that it's over after this. And that is not the case because this virus is circulating at a very intense level around the world." Maria Van Kerkhove, the WHO's Covid-19 technical lead, said during

a coronavirus update in Geneva. New infections have increased by 20% globally over the past week with nearly 19 million total reported cases, according to the WHO. But Van Kerkhove noted that new infections that go unreported would make the real number much higher. Dr. Bruce Aylward, a senior WHO official, warned high levels of transmission give the virus more opportunity to replicate and mutate, raising the risk that a new variant will emerge

"We don't fully understand the consequences of letting this thing run," Aylward said. "Most of what we've seen so far in areas of uncontrolled transmission has been we paid a price for the variants that emerge and new uncertainties we have to manage as we go forward." (Courtesy cnbc.com)

### **Hospitals Are Seeing More Young Adults With Severe Covid Symptoms, CDC Says**



**Key Points** 

CDC Director Dr. Rochelle Walensky said hospitals are seeing more and more younger adults with severe Covid-19.

"Data suggests this is all happening as we are seeing increasing prevalence of variants, with 52 jurisdictions now reporting cases of variants of concern," Walensky said.

The B.1.1.7 variant has since spread and now accounts for more than 16,000 cases across 52 jurisdictions in the country.

Compiled And Edited By John T. Robbins, Southern Daily Editor

Hospitals are seeing more and more younger adults in their 30s and 40s admitted with severe cases of Covid-19, Centers for Disease Control and Prevention Director Dr. Rochelle Walensky said Wednesday.

"Data suggests this is all happening as we are seeing increasing prevalence of variants, with 52 jurisdictions now reporting cases of variants of concern," Walensky said at a press briefing on the pandemic.

Scientists say new variants of the coronavirus are more transmittable and some of them may be more lethal as well, resulting in more severe cases. The highly contagious B.1.1.7 variant from the United Kingdom has become the dominant strain circulating in the United States, Walensky said.



Walensky previously warned that traveling for spring break could lead to another rise in cases, especially in Florida where the variant was rap-

"I'm pleading with you, for the sake of our nation's health," Walensky said at a briefing last month. "Cases climbed last spring, they climbed again in the summer, they will climb now if we

## COMMUNITY

stop taking precautions when we continue to get more and more people vaccinated."

The B.1.1.7 variant has since spread and now accounts for more than 16,000 cases across 52 jurisdictions in the country. The variant is about 50% more transmissible than the original wild strain of the coronavirus. (Courtesy cnbc.com)

States and Cities Look to Schools, Camps, **Even Beaches To Vaccinate Younger Teens** 



Covid shots being administered by a health program in Denver that works with schools to vaccinate older teenagers — and soon, younger ones - at health clinics it runs in six public schools. (Photo/Kevin Mohatt for The New York Times)

#### **Key Point**

The F.D.A.'s authorization of Pfizer's Covid shot for 12- to 15-year-olds is a milestone in battling the coronavirus, but actually getting them vaccinated involves new challenges.

The race is on to vaccinate the nation's nearly 17 million 12- to 15-year-olds against Covid-19. The Food and Drug Administration's decision on Monday to authorize the Pfizer-BioNTech vaccine for younger adolescents presents a new opportunity in the push for broad immunity against the coronavirus in the United States. But the challenges of getting them vaccinated are more complicated than for adults and older teenagers.

"The game changes when you go down as young as 12 years old," said Nathan Quesnel, the superintendent of schools in East Hartford, Conn., adding, "You need to have a different level of sensitivity."

A recent survey by the Kaiser Family Foundation's Vaccine Monitor found that many parents - even some who eagerly got their own Covid shots — are reluctant to vaccinate pubescent children. Yet doing so will be critical for further reducing transmission of the virus, smoothly reopening middle and high schools and regaining some sense of national normalcy. Vaccination for the age group is expected to begin across the country later this week. Sites are anticipating an initial surge in demand before an inevitable



A vial of the Pfizer vaccine at the Denver School of Science and Technology Green Valley Ranch this month. (Photo/Kevin Mohatt for The New York Times)

Sites are anticipating an initial surge in demand before an inevitable softening, much as happened with adults.

States, counties and school districts around the country are trying to figure out the most reassuring and expedient ways to reach younger adolescents as well as their parents, whose consent is usually required by state law. They are making plans to offer vaccines not only in schools, but also at pediatricians' offices, day camps, parks and even beaches.

Children's Minnesota, a Minneapolis-based hospital system where the main Covid vaccination site has offered stress balls, colored lights and images of playful dolphins projected on the ceiling, is planning to provide shots beginning later this week in at least a dozen middle



In Columbus, Ohio, public health nurses will drive a mobile vaccination unit around neighborhoods "just like you would an ice cream truck," said Dr. Mysheika Roberts, the city health commissioner. In Connecticut, Community Health Center, a statewide primary care provider that vaccinated the busloads of high school seniors, is aiming to reach younger adolescents by offering shots at amusement parks, beaches and camps, among other locales.

"You're going to Dollar General?" said Yvette Highsmith-Francis, a vice president of Community Health Center. "Guess what? We're in the

But with the school year ending soon, many health officials are racing against the academic clock to schedule both recommended doses, seeing schools as the best place to reach many

"We have a very finite amount of time," said Dr. Anne Zink, the chief medical officer for Alaska. "In Alaska, kids go to the wind as soon as summer hits, so our opportunity to get them

A number of places are revving up vaccination efforts in schools. In Colorado, Denver Health will expand clinics it operates in six public schools to middle school students. For the last few weeks, it has provided 150 to 400 vaccines every Saturday and Sunday, reaching not just high school juniors and seniors but sometimes their parents and older siblings, too.

"It's been really successful because we are doing it in their communities, where the kids are familiar," said Dr. Sonja O'Leary, the medical director for Denver Health's school-based



Other states believe pediatricians' and family doctors' offices will be the best places to catch teenagers — and children as young as infants as companies plan eventually to seek authorization for the shots to be given to the youngest children. Until recently, few doctors had vaccines on hand for patients. But in recent weeks, the Centers for Disease Control and Prevention has made a major push to enroll pediatricians to give the shots

The thinking is that pediatricians are in the best position to field questions from parents and children. Not only are they experienced in giving routine childhood vaccinations, but they are also often a household's most trusted source of health information.

President Biden announced plans last week to ship doses of the Pfizer vaccine directly to pediatricians' offices, and he said that about 20,000 pharmacy sites were also ready to administer the vaccine to younger adolescents. (Courtesy nytimes.com)

Tuesday, February 8, 2022

## **企** 何節種

(休士頓/秦鴻鈞報導)休士頓光鹽社於上周六舉行健康講 座,由張文慧博士主講「睡眠與健康-調整晝夜節律改善睡眠 |。張博士一開場即指出:睡眠是必需的動態行為,是生存必需 的,生物功能是個奧秘,對大腦功能尤其重要,是意識狀態改變 的一種行爲,人生三分之一的時間在睡覺。

睡眠時進行的生理活動和功能,包括:記憶處理和儲存、維 持身心健康、注意力的恢復、代謝調節、肌肉修復。包含了適應 性功能、節省能量、修復功能、生長和修復、認知功能,學習和

相反的,睡眠不足的後果會造成:注意力不集中、反應遲鈍 、刺激食慾引起增重;情緒不穩定、易怒,及免疫力下降,容易 生病

張博士也對不同年齡段建議睡眠時間:0歲至2個月:12~ 18 小時,3個月至11個月:14-15小時,1歲-3歲:12-14小時 ,3-5 歲:11-13 小時,5-10 歲:10-11 小時,青少年(11-17 歲 ):8.5-9.5 小時,成年人(18歲以上):7-9 小時。

張博士也談到睡眠時間與死亡及疾病風險:其中心血管疾病 風險,以6-7小時睡眠最低,全因死亡率風險以6.5-7小時最低 ,癌症相關死亡風險以6.5-7.5小時最低,而乳腺癌風險以7.5小 時風險低。

而睡眠周期,可分:過渡期、淺睡期、深睡期、快速眼動睡 眠期,由淺入深,再由深入淺,一夜4到6個周期。

其中睡眠周期組成,如「快速眼動睡眠」包括:眼球快速轉 動、大腦非常活躍、腦電波與清醒時相似、呼吸變淺血壓心率上 升、全身肌肉放鬆、很容易做夢。而快速眼動睡眠(REM Sleep )的相對占比隨年齡變化很大:包括中樞神經系統發育,記憶和 創造力。而「慢波深度睡眠」(Stage N3),則有大腦修復、, (陳述性)記憶整合、及生長激素分泌的作用。

張博士以圖示「深睡慢波洗腦|慢波引發腦脊髓液脈頭,清 除澱粉樣蛋白。所謂「睡到自然醒」是指一夜充足睡眠後自然醒 來精力充沛。在淺睡期與REM 之間叫醒可以模擬自然醒。回籠 覺可能越睡越累。因此,要了解自己的睡眠周期:比如每天必須 六點半起床,90分鐘的睡眠周期,夜晚11點睡可以完成5個周期 。張博士也提到,深睡期叫醒:非常難受;淺睡期和REM叫醒 :有點難受; REM 前後叫醒:模擬自然醒

張博士也提到有關「白天小睡」,如以90分鐘算一個睡眠 周期,睡一小時,有點暈,30分鐘暈糊糊,以15到20分鐘小憩爲 宜。至於睡眠、覺醒周期的調節,要看「自我平衡的睡眠驅動 力/穩態需求/生理需求 | , 而清醒時間越長, 睡覺需求越大。而

此書夜節律,則來自人體大腦中的生物鐘

另外,她也提到咖啡因抑制腺苷睡眠信號,使人感 受不到睡眠需求,從而保持清醒。這是「咖啡因干擾 睡眠」。另外,太陽光可調節晝夜節律,大腦用光線 來設定人體生物鐘。人體生物節律時間表,是從清早 起血壓上升最快、高度警覺、協調能力最佳、反應時 間最快、體溫最高。太陽下山入夜後,血壓最高、分泌 褪黑激素、深層睡眠、體溫最低。但這種晝夜節律隨 年齡增長而減弱、生物鐘與神經衰退。而這種晝夜節 律失調與肥胖、糖尿病、阿茨海默症、心血管疾病關 係密切。

而引發晝夜節律失調的主要原因: 夜晚人工照明 過度、白天太陽光照不足。因此,需協調晝夜節律, 促進代謝健康

她也談到「時間治療學」,用強光治療、褪黑素 、運動、進食限制來調整生物鐘。因爲「光-暗周期 | 是最有效的生物鐘驅動器。

談到「一夜安眠爲啥難」?因爲,卧床時間不夠 、外部環境干擾、睡眠障礙(睡不著、睡不醒、睡不 好)及其他身體健康情況。

常見的睡眠障礙有:失眠症、嗜睡症、異態睡眠、睡眠相關 呼吸障礙、睡眠-覺醒晝夜節律障礙、睡眠肢體活動障礙等

談到「失眠症原因」包括:入睡困難(因疼痛、睡眠時相延 遲、焦慮、藥物)、經常醒來(原發性睡眠障礙、阻塞性睡眠呼 吸暫停、夜尿症、睡眠環境差)、醒得太早(睡眠時相提前、憂 慮、藥物、疼痛)。

另外,她也提到生活方式影響大腦覺醒-睡眠的調節。以及 高升糖指教飲食與失眠相關;酒精和咖啡影響睡眠。因為酒精是 大腦神經抑制劑,會經過多種神經遞質系統影響大腦功能。

她也談到促進深度睡眠的方法:如適當的睡眠時間、高強度 長間鍛練、提高體溫、泡熱水澡。人爲提高體溫造成溫差利於睡 眠,體溫升高耗能上升腺苷積累,有利於深睡、刺激生長激素分

另外,她也提到松果體分泌的黑夜激素調節覺醒睡眠周期。 褪黑素的調節和保護功能。人們隨著年齡老化降低褪黑素水平、 松果體鈣化。要服用褪黑素補充劑、使用「褪黑素替代療法」 使用營養補充品、處方藥,造成褪黑素內源合成途徑和有關營養



張文慧博士在上周六下午光鹽社線上會議中主講「睡眠與健康-調整 晝夜節律改善睡眠」。(記者秦鴻鈞攝)

的安眠藥,失眠症的認知行爲治療方案,以及 Stimulus Control 刺激控制建立床與睡眠的關係,遵循規律的作息時間、製造有益 於睡眠的環境等等睡眠習慣,最後,張博士提出改善睡眠的建議

卧室:床只用來睡覺、營造安靜舒適涼爽的卧室、晚上燈光 不要太亮、上床半小時前關掉電子屛幕、完全黑暗、耳塞和眼罩 、鬧鐘放好,睡覺時不要看時間。

生活方式:作息時間有規律、早點上床保證睡眠時間、睡前 常規幫助放鬆、有睡意才上床、如果20分鐘後還沒入睡,起床 、入睡困難者不要午睡。

健康飲食:堅持鍛練身體和健康飲食、睡前不要吃太多,如 果覺得餓,可以少量吃點健康零食、睡前不要喝太多液體、午後 不是攝入含咖啡因飲料、睡前不要喝酒。

主講者張文慧博士,在浙江大學,中國科學院上海生命科學 院,和西弗吉尼亞大學,分別獲得學士、碩士、和博士學位。在 美國國家癌症研究所,達特茅斯大學癌症中心和德州大學營養科 學系完成了她的博士和博士後課題硏究。她在分子癌症治療和細 胞免疫,以及(營養,激素,體重脂肪)和炎症對糖尿病和癌症

風險的影響做了深入的研究





## 年輕、希望、活力、中華文化中心園遊會上支持

隨著競選脚步的接近,僑界周浩恩的支持者更不肯錯過每一個向大家介紹、宣傳周浩恩的機會。 年輕、希望、活力的哈里斯縣第四區區長候選人周浩恩,更成了所有華人的希望。僑界多麼希望這次 選舉有華人的面孔出現。我們失望、孤單、冷漠太久了,僑界太需要改變現狀。上周六在「中華文化 中心」園遊會的攤位中,見到周浩恩的宣傳攤位(223桌),很多人自動上前,熱心向大家拉票,介 紹周浩恩,包括「全美山東同鄉會」的總會長李莉穎(見圖一)及周浩恩的父親周嘉靖(圖二,右 )希望藉由這些點點滴滴的努力,周浩恩在今年三月的初選中獲勝,實現我們的「美國夢」! 哈里斯縣第四區涵蓋了華人密集的中國城、Sharpstown, Alief, Galleria, Memorial park, Energy Corridor,及部分Katy和Cypress地區。

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