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## How to join the centenarian club

2 messages

the long game by mbg &lt;hello@hello.mindbodygreen.com&gt;

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# mindbodygreen

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Presented by 

Good morning! Today I'm thinking about the cycle of life. As babies, we had struggles eating, sleeping, and communicating—and then, in the end, many folks experience similar struggles.

But it doesn't have to be that way: there is scientific evidence that we can live longer without losing our resiliency—the thing is, we just have to work for it. Read on to find out how to live and thrive past 100.

By the way, **what do you want life to look like for you at 100?** I'd love to hear about your end-of-life manifestation.

— Michelle Vartan, Writer & Editor

## This therapy can reduce chronic pain, but it's not easy work

Past trauma can manifest itself in many ways, from emotional to physical pain. And as time goes on, that pain can become constant.

New research shows that a new type of psychotherapy can reduce chronic pain: Emotional awareness and expression therapy (EAET) was specifically developed to **help patients with trauma or stress-related emotions that exacerbate pain.**<sup>1</sup>

**How does EAET work?** EAET emphasizes emotional processing:

- During therapy, patients are challenged to become aware of their avoided emotions (think deep anger or sadness) by recalling and expressing those feelings toward past traumas.
- It differs from cognitive behavioral therapy (CBT) which treats trauma by teaching patients skills to change the way they think and behave.

Alright, now back to the study breakdown:

- Researchers evaluated older veterans suffering from chronic pain or mental health symptoms, including depression, anxiety, and post-traumatic stress disorders. They compared the effectiveness of the new therapy, EAET, to traditional CBT.
- The results showed that 63% of veterans who underwent **EAET reported 30% reduction in pain** compared to only 17% of veterans who underwent cognitive behavioral therapy.
- Additionally, **pain reduction was sustained among 41% of EAET participants six months after treatment** compared to 14% of CBT patients.
- EAET patients also reported greater benefits for anxiety, depression, PTSD, and life satisfaction.

**The Gist:** If you're experiencing chronic pain, consider if unresolved past trauma or stress may be playing a role because there may be a new treatment for you.

+ Addressing chronic pain

- [How we think ourselves sick](#), according to psychiatrists
- 6 ways to [improve posture](#)
- The best [diet for chronic pain](#)

Presented by **gaia**  
HERBS

## What are the best herbs for menopause support?\*



The conversation surrounding menopause is (finally) changing. Collectively we're realizing that this can be a season of empowerment—especially when it involves natural solutions like high-quality herbs. But what does the science say?

- In a study of 52 menopausal women, **undesirable menopause-related challenges were significantly lower in the group that took vitex** (or chasteberry, a Western Asia and Mediterranean herb) compared to the placebo group.<sup>\*2</sup>
- A meta-analysis including 2,310 menopausal women found **black cohosh extracts were associated with improvements in hot flashes** and other common experiences.<sup>\*3</sup>

- Research shows that **St. John's wort can improve the psychological and psychosomatic experiences of menopause** (AKA, mood changes).<sup>\*4</sup>

Herbs can help you feel more connected to nature *and* your changing body. But if you want to get the most out of what Mother Nature has to offer as far as potency and purity, set your quality standards high.

We'll make it easy for you. This Menopause Support Daytime formula by Gaia Herbs blends vitex, black cohosh, St. John's wort, and oats to target hot flashes and mood.\* From the brand that's famous for quality and transparent sourcing, you know you're getting nature's best.

Help balance your hormones the natural way.\*

## Want to live past 100? The most important thing to do

In the game of longevity, we know that following a healthy lifestyle is our MVP. And now we've got a good reason to practice those behaviors all the way until the end.

Research has shown that lifestyle factors are associated with life expectancy, but often the groups studied were middle-aged. Now a new study examines people 80 and older, and we're learning that adhering to a healthy lifestyle is just as important late in life.<sup>5</sup>

- The case-control study looked at the lifestyle habits of folks aged 60 and older but with a focus on those past 80. Factors included examining smoking, exercise, diet, alcohol use, and body mass index (BMI).
- They found that the individuals with the healthiest lifestyle habits had a greater chance of becoming centenarians.
- The results suggest that improving lifestyle behaviors among super seniors may play a key role in living longer.

**The Gist:** If you want to live past 100, healthy living should be a lifelong commitment.

+ Live long and strong

- Find [what's inside the brains of super-agers](#)
- A [gut-healthy recipe](#) from some of the world's longest-living people
- [How to eat for longevity](#), based on the diets of centenarians

## Just Desserts



*Credit: Ina Peters / Stocksy*

- Your skin will thank you for [this no-bake dessert](#)
- A [healthy chocolate banana ice cream recipe](#)
- This [chocolate tart recipe](#) is both easy and low in sugar
- A [5-ingredient caramel](#) with a hidden superfood

## Herbal support for hot flashes\*

Gaia Herbs Menopause Support Daytime blends the highest-quality herbs to help maintain a healthy female hormone balance.\*

It helps boost your mood, too.



## Game On with Ilona Maher



Credit: Michael Lee / mbg creative

We love celebrating women on top of their game. In our new series, Game On, we're interviewing top athletes about their well-being routines—covering everything from nutrition that makes them feel strong to the moments that bring them joy. **For today's Q&A, we're interviewing Team USA Rugby center & TikTok star Ilona Maher.**

### **How do you approach nutrition to help you feel strong?**

I don't feel bad about eating. Being a professional athlete—but I think all women experience this—we deal with eating and our bodies. For me, it's been really freeing

to learn what foods it takes to be at my top performance.

I'm more about function versus form. Because right now, I'm supposed to be big. I'm supposed to be powerful. And I'm using these meals to do it.

### **What's the most intense thing you've done in order to optimize performance?**

Heat training. We play in such hot environments—like Singapore; Hong Kong; Perth, Australia, during heat waves, and as high as 114 degrees—so we get into heat acclimation. Preparing yourself to be able to perform in that environment starts back home.

So even now I do heat acclimation just to prepare myself for summer in Paris.

For example, we'll sit in the sauna after we did a bike session in a heated room with sweatshirts and sweatpants on. Or we get into a hot tub with our sweatpants on.

### **What's a misconception about your sport that you want to correct?**

To play rugby as a woman, there's this idea that you have to almost reject your femininity and go out there and be a masculine version of yourself.

Those misconceptions stop people from playing sports.

They stop people from really understanding what their body's capable of. Sports give your body a purpose that's not just to be looked at and objectified. I think sports give you an appreciation for your body.

**Read more about [Maher's routine here](#).**

That's it for *the long game*—thanks for playing. Have a great weekend!

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*Credential check:*

- *Written by mindbodygreen writer Michelle Vartan*
- *Expert reviewed by mindbodygreen's nutrition research scientist, [Emma Engler, M.S.](#)*

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

- 1 [JAMA Network Open](#)
- 2 [Korean Journal of Family Medicine](#)
- 3 [Menopause](#)
- 4 [Advances in Therapy](#)
- 5 [JAMA Open Network](#)

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