

Two Monks and a Pretty Lady

Once upon a time a big monk and a little monk were traveling together. They came to the bank of a river and found the bridge was damaged. They had to wade across the river.

There was a pretty lady who was stuck at the damaged bridge and couldn't cross the river.

The big monk offered to carry her across the river on his back to which the lady accepted.

The little monk was shocked by the move of the big monk and was thinking "How can big brother carry a lady when we are supposed to avoid all intimacy with females?" But he kept quiet.

The big monk carried the lady across the river and the small monk followed unhappily. When they crossed the river, the big monk let the lady down and they parted ways with her.

All along the way for several miles, the little monk was very unhappy with the act of the big monk. He was making up all kinds of accusations about big monk in

his head. This got him madder and madder. But he still kept quiet. And the big monk had no inclination to explain his situation.

Finally, at a rest point many hours later, the little monk could not stand it any further; he burst out angrily at the big monk. "How can you claim yourself a devout monk, when you seize the first opportunity to touch a female, especially when she is very pretty?"

All your teachings to me make you a big hypocrite.

The big monk looked surprised and said, "I had put down the pretty lady at the river bank many hours ago, how come you are still carrying her along?"

Moral: This very old Chinese Zen story reflects the thinking of many people today. We encounter many unpleasant things in our life, they irritate us and they make us angry. But like the little monk, we are not willing to let them go away. There is no point in remaining hurt by the unpleasant event after it is over. Learn to move on in life!

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Study: Consuming Strawberries Daily Reduce Dementia Risk in Youth

In a study published in *Nutrients*, researchers from the University of Cincinnati examined the potential of daily strawberry consumption to reduce dementia risk among middle-aged populations.

The study focused on 30 overweight individuals aged 50 to 65 with mild cognitive decline, a group at higher risk for late-life dementia and other common conditions. Over 12 weeks, participants were instructed to refrain from consuming berry fruits except for a daily supplement of strawberry powder. Half of the participants received strawberry powder, while the other half received a placebo.

Results showed that the group that received the strawberry treatment exhibited reduced memory interference, indicating an overall improvement in executive ability. Moreover, they also experienced a notable decrease in depressive symptoms, potentially attributable to enhanced executive function.

While further research is required, the cognitive benefits of strawberry consumption may be linked to reduced brain inflammation. Executive abilities tend to decline in midlife, and excess abdominal fat, associated with insulin resistance and obesity, can contribute to increased inflammation, including in the brain.

The study implies that the positive effects may result from moderate inflammation within the strawberry group, especially as executive abilities tend to decline in midlife, coinciding with an increase in abdominal fat-related inflammation.

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