



900 Water Street, Downtown Mall
Meadville, PA 16335
814-720-4825 (office)
814-601-0930 (fax)
www.vitalityhealthandwellness.com

May 2022 Vitalit-E-News References

For Teens, The Climate Crisis is Personal

Patton, G. C. et al. "Our future: a Lancet commission on adolescent health and wellbeing." *Lancet* (London, England) vol. 387,10036. May, 9 2016. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5832967/>

ScienceNewsforStudents.org. "Climate Change Poses Mental Health Risks to Children and Teens." May 2, 2019
<https://www.sciencenewsforstudents.org/article/climate-change-poses-mental-health-risks-children-and-teens>

WashingtonPost.com. "Teens Frightened by Climate Change." September 16, 2019.
https://www.washingtonpost.com/science/most-american-teens-are-frightened-by-climate-change-poll-finds-and-about-1-in-4-are-taking-action/2019/09/15/1936da1c-d639-11e9-9610-fb56c5522e1c_story.html

Neha P., K. J. Pollard. "Lifestyle medicine prescriptions for personal and planetary health." *Jnl of Climate Change and Health*, vol 4. 2021. <https://doi.org/10.1016/j.joclim.2021.100077>

Marks, E. et al. "Young People's Voices on Climate Anxiety, Government Betrayal and Moral Injury: A Global Phenomenon." September 7, 2021. https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3918955

Surprising Ways to Make Tofu Flavorful and Reap the Health Benefits

Barrett, J. R. "The science of soy: What do we really know? *Environmental Health Perspectives*" 114(6), A352–A358. June 2006.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1480510/>

"Hexane in soy food." May 1, 2012. <http://www.berkeleywellness.com/healthy-eating/food-safety/article/hexane-soy-food>

Isoflavones. <http://www.isoflavones.info/>

Jargin, S. V. "Soy and phytoestrogens: Possible side effects." *German Medical Science*. 12(18). 2014.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4270274/>

Lanou, A. J. "Soy foods: are they useful for optimal bone health? *Therapeutic Advances in Musculoskeletal Disease*." 3(6), 293–300. 2011. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3383497/>

Foodyourself.com "Tofu 101: The Health Benefits of Tofu - and How to Cook It". January 2019.
<https://www.foodyourself.com/blog/2019/1/15/tofu-101-the-health-benefits-of-tofu-and-how-to-cook-it>

Firecracker Tofu Lettuce Wraps—Your Teens Will Love These!

Recipe Source: <https://pinchofyum.com/vegan-lettuce-wraps>



900 Water Street, Downtown Mall
Meadville, PA 16335
814-720-4825 (office)
814-601-0930 (fax)
www.vitalityhealthandwellness.com

Calendula: Herbal Remedy for the Skin and So Much More

VeryWellHealth.com. "What is Calendula?" Accessed February 23, 2022. <https://www.verywellhealth.com/health-benefits-of-calendula-4582641>

MedlinePlus.gov. "Calendula." Accessed on June 3, 2018. <https://medlineplus.gov/druginfo/natural/235.html>

Herbal Resource. "Calendula: Health Benefits and Side Effects." Accessed June 23, 2022. <https://www.herbal-supplement-resource.com/calendula-herbs.html>

Alnuqaydan, A.M., et al. "Extracts from Calendula officinalis Offer in Vitro Protection Against H2O2 Induced Oxidative Stress Cell Killing of Human Skin Cells." *Phytotherapy Res.* 29(1). September 30, 2014. Extracts from Calendula officinalis Offer in Vitro Protection Against H2O2 Induced Oxidative Stress Cell Killing of Human Skin Cells - Alnuqaydan - 2015 - *Phytotherapy Research* - Wiley Online Library

Saffron: A Versatile Medicinal Herb and Culinary Spice

Stanford Healthcare. "Nutrition to Reduce Cancer Risk." <https://stanfordhealthcare.org/medical-clinics/cancer-nutrition-services/reducing-cancer-risk/phytochemicals.html>

NutritionandYou.com. "Saffron." <https://www.nutrition-and-you.com/saffron.html>

Gohari, A. R., et al. "An overview on saffron, phytochemicals, and medicinal properties." *Pharmacognosy reviews* vol. 7,13 (2013): 61-6. doi:10.4103/0973-7847.112850

Teens Can Boost their Mental Health Doing Good Deeds

NationalService.gov. "The Health Benefits of Volunteering: A Review of Recent Research." Corporation of National & Community Service. Accessed February 23, 2022. https://www.nationalservice.gov/pdf/07_0506_hbr.pdf

Thebalancesmb.com. "15 Unexpected Benefits of Volunteering that will Inspire You." <https://www.thebalancesmb.com/unexpected-benefits-of-volunteering-4132453>

FacesAndVoicesofRecover.org. "How to Encourage Teens to Volunteer." Accessed February 24, 2022. <https://facesandvoicesofrecovery.org/blog/2018/11/12/how-to-encourage-teenagers-to-volunteer/>