

Health encompasses more than just your physical body. That's why the Springboard program's approach is **multidimensional**, incorporating all key aspects of life.

- Springboard incorporates the psycho-social and physical life domains.
- The psycho-social domain includes cognition, emotions, and life direction (purpose and meaning).
- Research shows that these psycho-social and physical domains play an important role in health, well-being, personal effectiveness, and mastery.

Each Springboard module introduces **well-being practices with specific health benefits**.

Springboard module name	Well-being practices	Health benefits include
Nature	Restoring attention and mental energy through nature exposure.	<ul style="list-style-type: none"> • Restores mental attention, energy, and focus. • Increases resilience, creativity, and flexibility. • Improves cognition and overall health.
Meaning Uncovered	Discovering and refining one's sense of purpose and meaning, as well as reflecting on how to practically put meaning into action in one's life.	<ul style="list-style-type: none"> • Enhances health and energy and is a strong predictor of long-term flourishing. • Increases resilience. • Reduces the risk of depression, dementia, and substance abuse.
Mindfulness	Cultivating the capacity to be present, to slow the mind, and to focus on one thing at a time.	<ul style="list-style-type: none"> • Increases creativity, resilience, flexibility, and composure. • Improves performance, physical health, and emotional well-being.
Eight Gateways: Adventures in Quality Movement	Improving core movement patterns in order to move in an energy-efficient, balanced way.	<ul style="list-style-type: none"> • Increases musculoskeletal health and efficiency, reducing pain, discomfort, and arthritis. • Enhances energy and immune function. • Improves cognition and performance in all aspects of life.
Boost	Enhancing regular physical activities with micro-sessions of high intensity to enjoy a wide spectrum of benefits.	<ul style="list-style-type: none"> • Improves cardiovascular conditioning, physical fitness, and heart-rate variability. • Increases psychological well-being, resilience, and positive attitude. Can be effective against depression. • Improves memory and spatial learning. • Increases mitochondrial biogenesis. • Improves cardiovascular capacity and markers of disease.
Nourish	Optimizing the bioavailability of micronutrients; cultivating the health of the digestive tract; and selecting energy-enhancing foods.	<ul style="list-style-type: none"> • Increases and sustains energy. • Enhances the body's ability to digest and assimilate essential nutrients from all food sources. • Improves cognition, mental focus, and overall health.

Personal engagement with these practices, both online and in real-life experiences, positions people to develop mastery, enhance their energy, and **transform their whole being to achieve complete health**.

Springboard HOME EIGHT GATEWAYS MINDFULNESS NATURE MEANING BOOST NOURISH GUIDE Hi, Chris Log Out

PERSONAL MISSION STATEMENT
To use my creative abilities to enrich the world around me.

MPP | MOST POWERFUL PRACTICES Manage MPP | Show History
 Top Practices I'm Cultivating 5/5
 Manage negative thoughts
 Measure VO2 max
 High intensity interval training (HIIT)
 Have a personal mission statement
 Monitor impact of food on energy

SPRINGBOARD LIVE
 Start the day fresh with an energizing, nutrient-rich smoothie
 GET RECIPE

HEALTH & ENERGY LEVEL
 Next available assessment: 3/10/2016
 Our experts recommend assessing your health and energy level every 8 weeks.
 Considerations:
 • The objective is to raise and sustain your general health and energy trends over time.
 • Regular, repeated use of the Springboard program will help you build skill and mastery in well-being practices.
 • To track your progress and identify other ways to use Springboard, visit [Milestone Achievements](#).
 Learn More

MY TIME IN SPRINGBOARD
 SPRINGBOARD STREAK
 008
 CONSECUTIVE MONTHS

QUESTS End on 03/06/2016
 Quest: Mastery Level #1
 Quality Movement Check
 Deep Dive
 Create Your Own Office "Window"
 Butterfly Boost
 Three Meaningful Photos
 Resilience for Life
 Small Steps

MILESTONE ACHIEVEMENTS View Milestones
 A guide for enhancing skills and mastery in Springboard's well-being practices.

Springboard also includes **program-wide elements** designed to support well-being and engagement:

Program Elements	Features	Benefits
Springboard home page	<ul style="list-style-type: none"> Rich informational feedback Quests Health & Energy Level Most Powerful Practices (MPP) Milestone Achievements Personalization options "Springboard Live" videos, news, and updates 	<ul style="list-style-type: none"> Streamlined portal reduces cognitive load, offering easy access to Springboard's modules and features. Helps participants monitor their health and energy levels, assess how well their practices support personal health and well-being, and set goals for future practice adoption. Relevant, personal, and regularly refreshed content entices and engages participants.
Motivational Design	<p>Built into the entire Springboard Program.</p> <p>What is it? A cutting-edge, research-based method for creating programs that support participants' basic human psychological needs (autonomy, competence, and relatedness).</p>	<ul style="list-style-type: none"> Offers personal choice, achievable goals, rewarding experiences, and opportunities to connect with others. Provides rich, relevant personal feedback and a sense of progress, growth, and success. Builds positive emotions. Sustains engagement as the experience becomes its own reward.



Boost offers an easy-to-understand method for cardio conditioning that delivers global health benefits with **minimal time requirements**. You can easily incorporate Boost into activities you already enjoy.

Boost is *not* just another physical activity program; it's a special form of high-intensity training. Improving your conditioning in this way has **beneficial effects that reach far into all aspects of life**. Benefits include:

- greater cardiovascular capacity, energy, and resilience
- enhanced memory, learning, and psychological well-being
- increased heart-rate variability, a strong indicator of better fitness and overall health

Boost conditions you to respond effectively to periods of demand and recovery, and developing this capacity gives you better ability to respond to **any** of life's situations.

WHAT THE EXPERTS SAY

"The quality of conditioning is directly related to the quality of life. This goes beyond general health or weight. Fitness is pervasive and affects all aspects of life, including cognition, mood, neuroefficiency, resilience, and relationships." —*Nick Murray, PhD, East Carolina University*

"One of the main reasons people give for not exercising is that they don't have time. ... Everyone, we think, has time for this kind of exercise three times a week." —*Arnt Erik Tjønnna, PhD, Norwegian University of Science and Technology*

"In addition to the physical health benefits, increased physical activity has been found to be associated with subjective well-being, ... life satisfaction, increased positive affect, and/or decreased negative affect. Physical activity has also been found to be associated with quality of life." —*Amy L. Morgan, PhD, David A. Tobar, PhD, and Lauren Snyder, PhD, Bowling Green State University*

EXPERIMENT

You can try this yourself with a simple experiment:

Transform one of your favorite physical activities into a higher-intensity activity. Walking, running, swimming, or cycling are well suited to Boost. Jumping jacks are easy and can be done virtually anywhere; dancing, skating, or kayaking could work, too.

During your activity, increase your exertion level for 60 seconds, followed by a few minutes at your normal pace. What do you notice?

MEET THE EXPERTS



Nicholas P. Murray, PhD

Associate Professor, Department of Kinesiology, East Carolina University

Dr. Nicholas P. Murray is an Associate Professor in the Department of Kinesiology at East Carolina University and Director of the Visual Motor Laboratory. He has more than 20 years of experience as well as numerous peer-reviewed publications examining antecedents and consequences of environmental factors that affect human physiology. Dr. Murray has expertise in a variety of physiological and behavioral measurements including: heart rate, heart rate variability, electromyography (muscle activity), electroencephalogram (brain activity), eye movement measurement; and electrodermal response. (PhD, Applied Physiology and Kinesiology: University of Florida. MS, Education: Virginia Tech.)

New, real-life experiments in cardio conditioning—i.e., Boost Quests—are available every week. To try them, visit "Quests" on the Springboard home page.

LEARN MORE

If you want to go deeper, you can explore the Boost module.

→ [Here's a sneak preview.](#)

Articles

[For Fitness, Intensity Matters](#)

[Intensive Endurance Training Significantly Improves Maximal Oxygen Uptake](#)

[Walking Toward a New Me](#)

Cognitive / psychological benefits

- Improves spatial learning and memory
- Enhances psychological well-being, positive affect, and mood
- Reduces mental fatigue and depression
- Gives you better capacity to respond to mental or emotional stress
- Improves the ability to make healthier choices without frustration or depletion

Physical benefits

- Improves cardiovascular capacity and energy
- Increases heart-rate variability, a strong indicator of greater fitness and overall health
- Improves insulin sensitivity and markers of disease
- Builds capacity for faster responses to physical stress
- Helps balance the sympathetic and parasympathetic nervous systems
- Stimulates changes at the cellular level, increasing metabolic rate, increasing blood flow to the brain, and improving aerobic metabolism through increased mitochondrial biogenesis

Lifestyle benefits

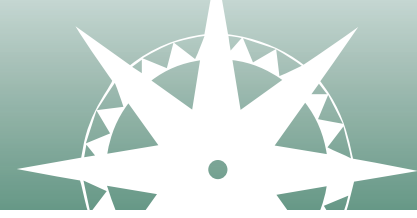
- Short duration high-intensity training is just as or more effective than endurance training.
- You can get just as much benefit in less time.
- Physical activity becomes more interesting, reducing the boredom associated with steady-state routines.

Practical benefits

- Boost is designed for everyone, regardless of current fitness level or body shape.
- It increases the payoff of regular physical activity.
- You don't need a fitness center or special equipment.
- You can choose any physical activity you like, then apply the Boost formula and approach.

MEANING

at a glance



Meaning is the combination of self-awareness and direction in life. Meaning involves having a coherent personal story, understanding the connections between you, others, and the world, and having a vision for how you want to live your life.

Research indicates that people who report greater meaning in their lives display **more attributes of well-being**. They're also more resilient, engaged, and satisfied.

When you experience meaning in life, you also can experience:

- greater resilience
- improved cognitive functioning
- more life satisfaction and overall well-being
- reduced risk for depression and dementia
- a healthy, well-functioning life

Meaning is a **strong predictor of long-term flourishing**.

WHAT THE EXPERTS SAY

Meaning is composed of beliefs, goals, and subjective feelings, and influences health and well-being. Global meaning appears to powerfully influence people's thoughts, actions, and emotional responses.

Indications that you have a strong sense of meaning are that you have a coherent sense of purpose, enjoy increased well-being, and are resilient and flexible in the face of changing circumstances.

"Meaning enables people to interpret and organize their experience, achieve a sense of their own worth and place, identify the things that matter to them, and effectively direct their energies."
—Michael Steger, PhD, Director, *Laboratory for the Study of Meaning and Quality of Life* at Colorado State University

"There is now a critical mass of empirical evidence and a convergence of expert opinions that personal meaning is important not only for survival but also for health and well-being."
—Wong and Fry, 1998, *The Human Quest for Meaning: A Handbook of Psychological Research and Clinical Applications*

MEET THE EXPERTS



Michael F. Steger, PhD

Associate Professor of Counseling Psychology and Applied Social Psychology and past Director of Clinical Training, Colorado State University

Dr. Steger is the Director for the Laboratory for the Study of Meaning and Quality of Life, and has spent nearly 15 years researching the factors that promote human flourishing and ameliorate psychological suffering. His primary line of research focuses on understanding how people find meaning in their lives and in their work. He is the developer of the most widely-used measure of meaning and purpose in the world, the Meaning in Life Questionnaire. He has published more than 100 peer-reviewed journal articles, book chapters, and books, including *Designing Positive Psychology* and *Purpose and Meaning in the Workplace*, as well as the forthcoming *Handbook of Positivity and Strengths-Based Approaches at Work*. He enjoys providing keynote speeches, workshops, trainings, and consulting around the world on the topics of meaning, purpose, meaningful work, calling, and psychological strengths. (PhD, Counseling Psychology and Personality Psychology: University of Minnesota. MS, Counseling: University of Oregon.)

EXPERIMENT

You can try this yourself with a simple experiment:

Think of a movie, book, experience, or song that inspires you. Write down the name or title of this inspiration, and set it aside for a moment.

Now, think back over the past day and identify one moment that felt particularly meaningful to you. Write it down, too, perhaps describing the moment in a sentence or two.

Once you've done this, take a few minutes to reflect on your inspiration source and recent meaningful moment. What similarities, if any, can you find in these two things? Is there a pattern or resonance between them?

Research shows that simply reflecting on meaning for a few minutes has significant health and well-being benefits. Considering questions about meaning in life may appear simple on the surface; however, their power can become more apparent upon further reflection.

New, real-life experiments in meaning—i.e., Meaning Quests—are available every week. To try them, visit "Quests" on the Springboard home page.

LEARN MORE

If you want to go deeper, you can try the Meaning Uncovered module.

➔ [Here's a sneak preview.](#)

Articles

[The Meanings of Life](#)

[Positive Affect and the Experience of Meaning in Life](#)

[On Happiness and Human Potentials](#)

MINDFULNESS

at a glance



Mindfulness is a **specific way of focusing your attention** that gives you greater well-being, health, and a host of other benefits.

When you practice mindfulness, you're actually **forming new neural patterns** that will give you more clarity, choice, and autonomy in any situation you encounter.

When you practice mindfulness, you can experience:

- increased energy, focus, and creativity
- greater resilience and immune function
- less stress and anxiety
- higher levels of performance, physical health, and emotional well-being

WHAT THE EXPERTS SAY

Mindfulness shows you how to focus your mind on what's happening in the present moment, without distraction. By encountering the present moment with openness, you can experience greater authenticity, emotional intelligence, and happiness.

Mindfulness can help you relax, slow down, release tension, and notice sensations as they arise within your physical body. By becoming more familiar with these physical sensations, you can experience true relaxation and cultivate stillness.

Mindfulness can move you into a centered, relaxed flow state where you can engage with the world in productive, powerful ways.

Other benefits of mindfulness include:

- greater focus and attention
- less inner conflict
- more empathy, compassion, and happiness
- general sense of emotional balance
- reduced feelings of stress
- greater clarity
- improved relationships with friends, family, and others
- achieve states of flow

EXPERIMENT

You can get a taste of mindfulness with this simple experiment:

Close your eyes right now and listen to the sounds around you for one minute. If you find your attention wandering, simply bring it back to what you're hearing. Listen for obvious sounds, like someone walking down the hall or talking. See if you can hear subtle sounds, too. Maybe you can even hear a sound inside your body.

When the minute is over, what do you notice about your energy level? Your attention?

New, real-life experiments in mindfulness—i.e., Mindfulness Quests—are available every week. To try them, visit "Quests" on the Springboard home page.

LEARN MORE

If you want to go deeper, you can try the Mindfulness module.

→ [Here's a sneak preview.](#)

Articles

[Mindful Magazine: Research Roundup](#)

[More Evidence that Mindfulness Breeds Resilience](#)

[Washing Dishes is a Really Great Stress Reliever, Science Says](#)

[Does Mindfulness Make for a Better Athlete?](#)

MEET THE EXPERTS



Daniel Rechtschaffen, MA, LMFT

Director, Mindful Education Consulting

Daniel Rechtschaffen, Marriage and Family Therapist, is the author of *The Way of Mindful Education: Cultivating Well-Being in Teachers and Students*. He founded the Mindful Education Institute and the Omega Mindfulness in Education conference. He leads mindfulness in education trainings and conferences at institutions such as the Omega Institute, Esalen Institute, and California Institute of Integral Studies. Daniel leads mindfulness trainings for schools and organizations around the world, such as Google, South Burlington School District, and Phuket International Academy in Thailand. He teaches mindfulness to high-school basketball and baseball teams. Daniel also has a private psychotherapy practice in the San Francisco Bay Area. (MA, Counseling Psychology: California Institute of Integral Studies.)



Nature-based practices support resilience, improved cognition, and overall health. Regular nature exposure leads to **mental restoration**, increasing creativity and focus.

Research shows that simple encounters with nature have **protective, restorative effects on attention and health**.

Other benefits of experiencing nature include:

- increased energy
- greater flexibility
- better ability to focus
- more creativity

WHAT THE EXPERTS SAY

Experiencing nature is a particularly effective method for restoring attention because it's easy, quick, and accessible. The simple presence of greenery has been proven to have a restorative effect on mental energy.

Engaging with nature invokes “soft fascination,” which automatically restores attention. Studies have shown that simply viewing or being in the presence of nature is restorative, even if you don't pay much attention to it.

When you experience nature, your brain automatically shifts into the restorative mode of processing that's essential for health and optimal thinking. It helps you restore your attention easily and quickly so you can bring your whole mind to whatever you like.

EXPERIMENT

You can try this yourself with a simple experiment:

The next time you feel your mental energy fading, such as after you've focused on something for a long period of time, find a window with a view of nature. Position yourself to be able to gaze out the window for several minutes. You don't need to be looking for anything specific; just absorb the scene.

As you look out, notice any changes you feel. Notice whether you feel your mind resting and restoring itself. How long did it take?

New, real-life experiments in nature—i.e., Nature Quests—are available every week. To try them, visit “Quests” on the Springboard home page.

MEET THE EXPERTS



Avik Basu, PhD

Lecturer and Research Area Specialist Senior, School of Natural Resources & Environment, University of Michigan

Dr. Basu is a researcher and lecturer in environmental psychology at the School of Natural Resources and Environment at the University of Michigan. His research includes sustainable development in the developing world, understanding the differences between experts and laypeople in environmental decision-making, designing sustainable developments to be more acceptable to rural residents, promoting the adoption of sustainable transportation, and designing environments that simultaneously enhance individual and communal well-being. Over the last decade, he has been part of a collaborative effort to develop a framework, known as the Reasonable Person Model (RPM), to help practitioners from various disciplines become better at creating conditions that improve human well-being. He co-edited a book on these topics that was published in 2015. (PhD, Environmental Psychology: University of Michigan. MS, Electrical Engineering: University of Michigan.)

LEARN MORE

If you want to go deeper, you can explore the Nature module.

➔ Here's a [sneak preview](#).

Articles

[Easing Brain Fatigue with a Walk in the Park](#)
[In the Green of Health](#)
[Green is Good for You](#)

Signs of mental fatigue

- Increased distractibility
- A tendency to make errors
- Tendency towards risky decisions or behaviors
- Lower capacity to plan or to follow a plan
- Less flexible and getting stuck on ideas
- Tendency towards impulsivity / jumping to conclusions
- Having difficulty focusing
- Losing the “big picture”
- Harder to start new tasks or can't tell when to stop
- Feeling irritable or impatient
- Reduced tolerance for frustrations
- Losing track of things
- Less inclined to help others
- Saying things you wish you hadn't
- Trouble listening
- Interrupting people and finishing their sentences
- Being more likely to seek conflicts, fights
- Being more likely to take offense, feel hurt
- Being more likely to feel hopeless, angry, or silly

Signs of mental restoration

- Capacity to focus
- Attentiveness to detail in what you are doing
- Balanced behavior
- Patience, flexibility, kindness
- Ability to tolerate some frustration
- Social appropriateness
- Greater capacity to plan or to follow a plan
- Easy to start new tasks and can tell when to stop
- Able to keep track of things
- Can withhold responses
- More inclined to help others
- Ability to listen well
- Being more likely to seek resolution in conflicts
- Being more likely to feel hopeful or positive

QUALITY MOVEMENT

at a glance



Incorporating **efficient, optimal movement habits** into daily activities can reduce pain, stimulate neuromuscular learning, and increase musculoskeletal health and efficiency.

Quality movement **supports greater health and energy.**

When you increase the quality of your movement patterns, you can experience:

- More energy
- Less pain, injury, or discomfort
- Greater freedom and ease
- Better performance in all aspects of life

WHAT THE EXPERTS SAY

Quality movement is the ability to move well.

Moving well means being able to bend, squat, kneel, push, pull, lift, carry, walk, run, and move in an energy efficient and balanced manner, without limitation, discomfort or fear.

Benefits of moving well include:

- Being more energy efficient
- Feeling better and enjoying moving more
- Being less distracted by discomfort and more engaged in activities
- Experiencing less pain and discomfort
- Recovering faster
- Feeling strong, invigorated, and light
- Moving without fear

Quality movement represents a well-functioning body whose muscles and joints are working well together, smoothly and in sequence.

EXPERIENCE QUALITY MOVEMENT

You can try a simple technique called diaphragmatic breathing, which helps ease tight or tired shoulders and upper-back muscles.

Start by sitting in a chair, spine upright and elongated, chin tucked in, hands resting on your lap and feet flat on the floor. Are you feeling tension or tightness anywhere in your body? If so, relax those areas.

Slowly take in a deep breath for a count of four, expanding your lower rib cage. Pause a moment and slowly breathe out for a count of four. Keeping your shoulders relaxed and down away from your ears, repeat this sequence for one minute.

Do you feel your upper body looser, relaxed, and refreshed? If so, great. Now you can try a gentle spinal twist to the right, breathing in as you turn and breathing out as you return to your starting position.

Pause for another breath, then turn to the left, breathing in gently and deeply as you twist. Breathe out for a count of four as you return to your starting position. You may repeat this 3-5 times as comfortable.

New, real-life experiments in quality movement—i.e., Eight Gateways Quests—are available every week. To try them, visit “Quests” on the Springboard home page.

LEARN MORE

If you want to go deeper, you can try the Eight Gateways module.

➔ [Here's a sneak preview.](#)

MEET THE EXPERTS



Deborah Douglass, PT
Orthopedic and Sports Medicine Physical Therapist

Debbie Douglass is a physical therapist specializing in orthopedics and sports medicine. During the past thirty years, she has worked primarily in sports medicine with a variety of clients—from mildly active people to professional athletes. In order to more comprehensively assist her clients, Debbie specializes in a “whole body” approach to movement. She looks at an individual’s foundational movement patterns and assesses the need for corrective activities that allow the person to move well in their environment, to prevent injury, and to optimize energy. (BS, Physical Therapy: University of Massachusetts Lowell.)



Foods that are nutrient rich fuel body metabolism at the cellular level. These foods have a high percentage of vitamins, minerals, essential fatty acids, fiber, and other important nutrients. The best, most readily available choices are colorful vegetables and fruits.

There is broad consensus among nutrition research that consuming abundant vegetables and fruit will maximize nutrient richness and provide optimal nutrition.

The Nourish module focuses on this point of essential agreement. Rather than promote a specific diet, Nourish promotes an approach designed to maximize the benefits gained from eating nutrient-rich foods. The module provides tools for optimizing nutrients as well as resources for maintaining balanced energy across multiple life domains.

Focusing on the nutrient richness of foods represents a unique, accessible approach to eating that delivers many benefits, including:

- improved mental and physical health
- protection for DNA against oxidative stress
- increased capacity to handle life demands
- plentiful energy for a vibrant life

WHAT THE EXPERTS SAY

“Nutrient-rich foods influence everything about how we feel. That includes our energy level, hormones, hunger patterns, mood, sleep cycles, and overall health—and not just the long-term, but also our day-to-day health as well as our capacity to handle any situation that arises.”

—Laurel Wentz, PhD, East Carolina University

“It is now widely accepted that a balanced and healthy diet engenders numerous health benefits.”

—Laura McMillan, Lauren Owen, Marni Kras, and Andrew Scholey, NICM Centre for Neurocognition, Brain Sciences Institute, Swinburne University

MEET THE EXPERTS



Laurel M. Wentz, PhD, RD, CSSD, LDN

Assistant Professor, Department of Nutrition Science, East Carolina University

Dr. Wentz is an Assistant Professor in the Department of Nutrition Science at East Carolina University. She is a Registered Dietitian and Board Certified Specialist in Sports Dietetics. She completed a BS in Nutrition Science at the Pennsylvania State University followed by a MS at the University of Florida. She completed her PhD at Florida State University where she also served as the Athletic Department Sports Dietitian, working with all varsity teams to improve student nutrition. Subsequently Dr. Wentz was the Dietitian for 3rd Special Forces Group (Airborne) in Fort Bragg, NC, where she had the opportunity to work with elite service members. Her work at Fort Bragg inspired her research interests in military nutrition and she has continued to collaborate with the medical teams from 3rd Group to study nutrition for health and performance in military personnel. (PhD, Nutrition and Food Science with emphasis on Exercise Science: Florida State University. MS, Food Science and Human Nutrition: University of Florida.)

“Good food is real, it’s healthy, it’s produced sustainably, it’s fair and it’s affordable. Maybe it’s prepared at home, though if communal kitchens or restaurants can deliver those qualities, I’m all for that.”

—Mark Bittman, *New York Times*

EXPERIMENT

You can try this yourself with a simple experiment:

At your next meal, see if you can add at least three colors to your plate. Try this with a variety of vegetables and fruits. What do you notice about how this makes your plate look? What about how you feel after you eat?

New, real-life experiments in nutrient-rich eating—i.e., Nourish Quests—are available every week. To try them, visit “Quests” on the Springboard home page.

LEARN MORE

If you want to go deeper, you can explore the Nourish module.

➔ [Here’s a **sneak preview**.](#)

Articles

Bonaccio, M., Castelnovo, A.D., Bonanni, A., et al. (2013). [Adherence to Mediterranean Diet Is Associated with a Better Health-Related Quality of Life: A Possible Role of High Dietary Antioxidant Content.](#) *BMJ Open*.

Lin, C.-S., Chang, C.-J., Lu, C.-C., Martel, J., Ojcius, D.M., Ko, Y.-F., Young, J.D., Lai, H.-C. (2014). [Impact of the Gut Microbiota, Prebiotics, and Probiotics on Human Health and Disease.](#) *Biomed J.*

Plaisted, C.S., Lin, P.-H., Ard, J.D., McClure, M.L., Svetkey, L.P. (1999). [The Effects of Dietary Patterns on Quality of Life: A Substudy of the Dietary Approaches to Stop Hypertension Trial.](#) *J Am Diet Assoc.*

[“Fruit and Vegetables Aren’t Only Good for a Healthy Body: They Protect Your Mind, Too,”](#) *Science Daily*, (2015).