



**HEALTHY AGING STUDY**

Dear All,

We are excited to invite you to participate in a groundbreaking study conducted by Dr. Tianying Wu and her team at the SDSU School of Public Health. This study aims to explore the link between **Asian cultural values, medicine, and nutrition** to prevent Asian Americans from developing illnesses that are more prevalent in the United States than in Asian countries.



Asian culture has traditionally emphasized the importance of living in harmony with the natural environment, often expressed as "天人合一" (tiān rén hé yī). This philosophy has led to the development of many adaptive strategies and lifestyle habits. For example, the ancient Chinese saying "日出而作，日落而息"(rì chū ér zuò, rì luò ér xī) advises people to work when the sun rises and rest when it sets. The wisdom of this approach was confirmed with modern research, which has found that night shift workers are at a higher risk of health problems because they cannot adhere to this natural rhythm.

Dr. Tianying Wu has devoted significant effort to using modern scientific evidence and approaches to demonstrate the benefits of Asians' philosophy and cultural practices in preventing aging-related illness. In one of her recent papers, Dr. Wu demonstrated that moderate red meat intake during winter can reduce inflammation in breast cancer survivors. Consuming red meat in winter for warmth is a finding that aligns with the traditional Chinese cultural practice of "冬季进补" (dōng jì jìn bǔ), which is also accepted in Japan and Korea. Additionally, her research found evidence in support of consuming fruits and vegetables during summer, which is a common practice among those in Asian countries, especially India and China. Dr. Wu found that this type of diet reduces inflammation in the summer.

Many Asians have profound cultural ties to their land and the environment. However, the process of westernization and the stress of immigration can undermine this connection. Your participation in this study will help us identify whether Asian dietary and lifestyle cultural practices can contribute toward making guidelines specifically for Asians to prevent or manage aging-related illnesses.

**SCAN TO ENROLL!**



**OR Enroll Using This Link:**

<https://tinyurl.com/HealthyAgingStudy>

