



## How Outdoor Workouts Can Cure Insomnia

A 2020 National Health Interview [survey](#) found that adults struggling with sleep often faced decreased family income and moved to rural areas, highlighting the impact of socioeconomic and environmental factors on insomnia. Stress is a major contributor to insomnia and managing it through exercise is highly effective. While gym access may be limited and costly, outdoor workouts offer a free and beneficial alternative, especially in rural settings.

Outdoor workouts not only provide cost-effective stress relief but also offer numerous benefits such as increased serotonin and endorphins from sunlight, mental relief, improved vitamin D levels, fresh air, and better circadian rhythm regulation. Aerobic and resistance exercises, like running, swimming, walking, push-ups, and squats, are recommended to improve sleep quality. Regular exercise can be as effective as hypnotic drugs in treating insomnia. If you suffer from insomnia, consult your doctor to find the best exercise routine for you.

**Being deficient in vitamin D increases sleep disorders, and the sun is a free, efficient supplement.**

## Sauerkraut or Kimchi? The Benefits of Fermented Foods in Your Diet

While many long-shelf-life foods contain harmful additives, fermented foods like yogurt and kombucha offer significant [health benefits](#) due to their natural preservation process. Fermentation converts carbohydrates into alcohol or acids, which act as preservatives and enhance flavor. This process also promotes the growth of beneficial bacteria, known as probiotics.

Fermented foods can improve digestion, boost immunity, enhance [mental](#) and heart health, and aid in weight management. Probiotics restore gut bacteria, reducing issues like irritable bowel syndrome and bloating. They also strengthen the immune system by protecting the gastrointestinal tract from pathogens. The gut-brain connection means probiotics can improve mood and cognitive performance. Additionally, a healthy gut microbiome aids in weight loss and lowers the risk of heart disease by improving cholesterol levels.

Popular fermented foods include sauerkraut, which is easy to make at home, but proper handling and storage are crucial to prevent spoilage and ensure health benefits. Researching specific fermented foods can help you find the best options for your needs.

**About 15% of consumers in the United States eat fermented foods to improve their digestive or gut health.**



## BENEFIT SPOTLIGHT: Menopausal Support Is Here

**Over 73% of women in 2021 reported not receiving treatments necessary to deal with menopausal symptoms.**

Menopause, which typically occurs in a woman's 40s or 50s, signifies the end of menstrual cycles as estrogen and progesterone production stops. This natural process can bring various symptoms and health challenges, making it crucial for women to seek support. Historically, menopause education and treatment were limited, with over **80%** of women reporting no formal education on the topic. Despite growing awareness, many still lack necessary treatments.

Women in the menopausal age range, or those who have had a hysterectomy or chemotherapy, should monitor symptoms like irregular periods, hot flashes, and mood swings. Employers are increasingly recognizing menopause's impact on productivity and are partnering with healthcare providers to offer support through health benefits. Resources such as [Ovia Health](#), [Evernow](#), [Gennev](#), [Midi Health](#), and [Maven Clinic](#) provide education, symptom management, and comprehensive care. Utilizing these resources can greatly enhance well-being during menopause.

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