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We’ve been independently researching and testing products for over 120 years. If you buy through our links, we may earn a commission. Learn more about our review process. Jun 2, 2014 If you saddle up to a tapas bar in Spain in July, you'll notice Spaniards slaking their thirst with tinto de verano (translation: summer red wine) not sugary, boozy sangria. Make sure to use a good-quality lemon soda that's not too sweet. Advertisement - Continue Reading Below 1 bottle dry red wine, such as Rioja, Syrah, or Malbec 3/4 c. Aperol or other orange aperitivo 1/4 tsp. ground cinnamon Lemon soda, such as San Pellegrino, Limonata, or Lemon Seltzer This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site. In pitcher, whisk together wine, Aperol, and cinnamon.Serve over ice topped off with lemon soda. Advertisement - Continue Reading Below Hemakanthi G. De Alwis, Philip J. Kijak, Cristina Nochetto, An LC-MS/MS Method for the Determination of Antibiotic Residues in Distillers Grains: Collaborative Study, Journal of AOAC international, Volume 104, Issue 5, 2021, Pages 1213–1222, Hemakanthi G. De Alwis, Kaleb J. Duelje, Cristina Nochetto, Upul Nishshanka, Philip J. Kijak, An LC-MS/MS Method for the Determination of Antibiotic Residues in Distillers Grains, FDA Foods Program Compendium of Analytical Laboratory Methods: Chemical Analytical Manual, September 2020, Method number C-012.01 Duelje, Kaleb J., Upul Nishshanka, Hemakanthi G. De Alwis. “An LC-MS/MS method for the determination of antibiotic residues in distillers grains at levels of concern for antimicrobial resistance development.” J. Chrom. B, vol 1053, 81–86, 2017 Nishshanka, Upul, Hiranthi Jayasuriya, Chaitali Chattopadhyaya, Philip J. Kijak, Pak-Sin Chu, Renate Reimschuessel, Andriy Tkachenko, Olgica Ceric, and Hemakanthi G. De Alwis. “Screening for toxic phorbol esters in jerky pet treat products using LC-MS.” J. Chrom. B, vol 1020, 90–95, 2016 De Alwis, H. G., Kijak, P.J., Rummel, N., Girard, L. “Determination of erythromycin in medicated salmonid fish feed by liquid chromatography and UV spectroscopy.” J. AOAC Int., vol 96, 1233–1238, 2013 De Alwis, H., Heller, D.N. “Multiclass, multiresidue method for the determination of antibiotic residues in distillers grains by liquid chromatography and ion trap tandem mass spectrometry.” J. Chrom. A, vol 1217, 3076–3084, 2010 Next time you're so frustrated you feel like gritting your teeth, you might try grinning instead. Studies suggest smiling is not only good for you psychologically, but physiologically, too. Surprisingly, a smile can bring you health benefits even if you don't start out feeling happy. A team of psychologists from the University of Kansas set out to discover whether having your face in a smiling position could reduce stress. In their study, published in the journal Psychological Science, researchers Sarah Pressman and Tara Kraft wanted to test the old adage "grin and bear it" to determine not what makes a person smile, but what a smile can do once it's in place. Subjects were given a couple of different tasks known to be stressful, including tracing the outline of a star using the non-dominant hand while looking in a mirror (phew!) and plunging a hand into a bowl of ice water for one minute. Study participants performed the tasks three different ways: without smiling, with the teeth held in a moderate smile and with a broad smile, all while holding a chopstick between their teeth as instructed by researchers. The chopstick provided a way of standardizing the facial expressions, in order to compare them and to create a smile artificially. A broad, or so-called Duchenne smile - named after the French neurologist who documented facial expressions back in the 1860s - engages not just muscles around the mouth, but around the eyes as well. Subjects with Duchenne smiles were coached to engage those muscles, too, though not asked explicitly to smile. Stress levels were gauged two ways: by taking heart rate measurements and by asking the subjects how stressed they felt while performing the difficult tasks. All of the participants, regardless of facial expression, reported feeling about the same degree of stress during the tasks. What differed, however, was how quickly the different groups' heart rates returned to normal: the heart rates of the subjects with a neutral expression (no smile) took the longest to recover. Subjects' heart rates in the broad-smiling group recovered the most quickly, and those with a moderate or so-called standard smile were in-between, still experiencing better heart rate recovery than those with a neutral face. The results support prior studies in which research subjects who used pencils to manipulate their facial expressions found certain cartoons funnier when their faces were held in a smiling position than when their expressions were neutral. Pressman and Kraft also cite past research that found similar areas of the brain appear to be activated, whether a smile is spontaneous (a result of good feelings), or displayed intentionally, without those emotions. Should you fake a happy demeanor? Would you feel less stressed? It depends. Research published in 2007 in the Journal of Occupational Health Psychology reveals that subjects in a customer service call center simulation who were told to be enthusiastic and hide their frustration were more exhausted and made more mistakes on the job. The authors cite the energy cost felt by workers trying to act happy on the surface when they are not. Despite this, researchers write that focusing on positive thoughts or reappraising a difficult situation can help improve feelings over time. "Deeply acted" faking of feeling happy is tiring but focusing on the positive can eventually result in a more positive outlook. The key may lie in how long the stressful situation lasts, according to Pressman. "Smiling is not a cure-all for every type of stress, especially for long-term stressors," she says, like dealing repeatedly with hostile customers or other difficult people, but it may offer relief "for brief, acute stressors, and only for short periods of time or as an antidote to a passing negative mood." So next time you're stuck in traffic or the person ahead of you in the grocery line is taking too long, consider smiling. It may make you feel better and bring your heart rate down, too. Media Platforms Design TeamDe Grisogono ring, degrisogono.comStellene VolandesEditor In ChiefEditor-in-Chief Stellene Volandes is a jewelry expert, and the author of Jeweler: Masters and Mavericks of Modern Design (Rizzoli).Watch Next Bourgeois locals crowd the terrace tables at lunch, eating club sandwiches with knives and forks as anxious waiters frown at couples with pushchairs or single diners occupying tables for four. This historic café, former HQ of the Lost Generation intelligentsia, attracts tourists and, yes, celebrities from time to time. But a café crème is €4.60, and the omelettes and croque-monsieurs are best eschewed in favour of the better dishes on the menu (€15-€25). There are play readings on Mondays and philosophy debates on the first Wednesday of the month, at 8pm, in English. Erin de Cespedes is an attorney and freelance writer specializing in estate planning and probate law. She has written for Memento Mori Minute, a project focused on the importance of positive thinking during end of life planning. Erin graduated from Florida International University College of Law and is a member of the Florida Bar. Take time to consider who to name as your emergency contact, and consider whether that person should have power of attorney over your medical care. Using a will is a simple and inexpensive way to name beneficiaries for your cryptocurrency and NFTs. Learn about the advantages of using a living trust to pass on your Bitcoin or non-fungible tokens. A guide to terms you may run into when dealing in cryptocurrency. How to pick the best digital wallet for your Bitcoin or other cryptocurrency. Before you buy Bitcoin or another cryptocurrency, understand how it works.

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