



THE Y AXIS



### 3 Ways to Avoid Brain Drain

Ever heard of brain drain?



It's the unofficial term for what happens to your brain from stress, age, lifestyle and other factors.

Brain drain can have a big impact on your memory, decision making, and your mood. But it doesn't have to be that way.

Want to protect your brain and improve your mental health? Research suggests 3 ways to avoid brain drain:<sup>5</sup>

1. Sleep 8-9 hours per night
2. Get regular exercise
3. Eat fresh fruits and vegetables.

Follow the brain-drain prevention plan. You'll feel better, think better, and be healthier.

#### COMMENTS?

Send comments to the editor:

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## Beat Stress in 2021 with THIS Laugh-Out-Loud Solution

Stressed out? Time for more smiles and laughter

Let's face it. The year 2020 was kind of stressful. COVID-19 took its toll on health, happiness, and the economy. And it's time to laugh it off.

The truth...the global pandemic probably isn't the only thing that stresses you out, impacts your mood or keeps you awake at night. There are other things, too, like work, money, relationships, and unexpected life events. Sometimes just the day-to-day grind is stressful.

But like it or not, stress is a normal part of life. If you don't manage stress in healthy ways, it can lead to things like:

- Heart disease
- Depression and anxiety
- Obesity
- Stomach problems
- Diabetes
- Memory loss
- Headaches

### The laugh-it-off way to beat stress

Ready to take on 2021 with a better outlook and less stress to protect your health?

**Here's what you need to do:** Smile often. Laugh more.

In a recent study, researchers found that people who smile and laugh more often, are better able to manage stress.<sup>1</sup>

Why? When you laugh, your brain releases endorphins that help improve mood, reduce stress, and relieve pain. On average, happier people laugh at least 18 times a day.

When was your last dose of laughter? Maybe it's time for a funny movie, laugh-out-loud book, funny joke, or time with family and friends when you laugh until you cry.

Need a simple way to manage stress and feel better? Smile and laugh it off.

#### MORE

9 ways to laugh more every day  
<https://tinyurl.com/y87mijkln>

## Chop Down Cancer & the Common Cold with Garlic

Chopped garlic provides protective health benefits

Everybody knows garlic repels vampires and keeps evil forces away. But can it do the same for the common cold and cancer?

Season your entree with crushed garlic. Add garlic to soup and simmer. Chop up a fresh clove of garlic, and add it to your favorite dish. Sounds pretty good, right? Research shows eating garlic (fresh is best), can help:<sup>2</sup>

- Lower blood pressure
- Control cholesterol
- Support the immune system

- Reduce inflammation
- Prevent certain types of cancer

But it all depends on how you prepare it. Most people mince, crush, or chop garlic, and cook it. However, heating garlic after chopping destroys most of its cold and cancer-fighting properties.

- **Microwave:** In 30 seconds, garlic loses 60 percent of the compound allicin, that helps prevent colds and cancer. In 60 seconds, it's zero.



- **Boiling.** Only marginal levels of allicin remain after boiling for 6 minutes.
- **Simmering.** Only trace amount of allicin remain after boiling garlic for 15 minutes.



## Roasted Brussels Sprouts with Shallots

Hungry for a cold-weather dish packed with vitamin C, fiber, and antioxidants to improve your health? Give this Brussels sprouts recipe a try.<sup>4</sup>

### Ingredients

- 1 pound Brussels sprouts
- 1 shallot, peeled and chopped
- 2 T olive oil
- 1 tsp walnut oil
- Salt and pepper to taste (optional)

### Directions

1. Preheat oven to 350° F.
2. Remove the outer leaves of Brussels sprouts. Wash, and cut off the ends of stems.
3. Toss sprouts with 1 T olive oil.
4. Bake in dish for 20 to 30 minutes, or until tender.
5. Remove from the oven. Sprinkle with the chopped shallots.
6. Add 1 T olive oil to the pan. Toss using a spoon or spatula. Return to the oven. Roast until shallots are browned.
7. Remove from oven. Drizzle with walnut oil, and season.

Serves 4. 110 calories per serving.

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# Start the New Year Off on the Right Foot

Walk 30 minutes a day for better health



When Maine resident Nate Damm walked across America, he covered more than 3,200 miles on foot. It took almost eight months to go the distance. And he says it was worth it.

“The trip changed my life completely,” says Damm, author of the book *Life on Foot: A Walk Across America*.

You may not be planning a cross country adventure on foot. But even a few minutes of walking a day is good for your health. Research shows walking can help you:<sup>3</sup>

- Maintain a healthy weight, or lose weight if you need to
- Prevent heart disease

- Lower the risk for a stroke
- Prevent or manage type 2 diabetes
- Improve mood
- Reduce stress
- Prevent certain types of cancer
- Strengthen bones and muscles
- Live longer

### HEALTH BENEFITS OF WALKING BY THE MINUTE

Health experts recommend 30 minutes of walking at least 5 days a week for best health. Here’s what happens by the minute when you walk:

**1 minute** of walking can extend your life by 1.5 to 2 minutes.

**10 minutes** of brisk walking burns an average of 50 calories.

**20 minutes** of walking a day will burn an average of 7 to 10 pounds of body fat in a year.

**30 minutes** of walking 5 days a week cuts the risk for heart disease and diabetes in half.

**45 minutes** of daily walking cuts the risk of catching a cold by 50 percent.

If walking is already part of your daily routine, keep it up. If you’ve been thinking about getting more exercise, it doesn’t have to be complicated. Get up and go for a walk. *Now* is always the best time to start.

If walking is already part of your daily routine, keep it up. If you’ve been thinking about getting more exercise, it doesn’t have to be complicated. Get up and go for a walk.

### MORE

Walking: Your steps to health  
<https://tinyurl.com/ybzykkt8>

## Chop Down Cancer & the Common Cold with Garlic (continued from page 1)

- **Stir-fry** Your dish might have a garlic flavor. But after 1 minute of stir-frying garlic, it has zero cold-and-cancer prevention benefits.
- **Raw chopped garlic** provides the maximum benefits to help fight colds and cancer. The next best option...roasting.

### MORE

Health benefits of garlic  
<https://tinyurl.com/y8llq7od>

Want to drive a stake through the common cold and cancer? Eat more garlic...fresh. After cooking your entrée, soup, or favorite dish, add fresh-chopped garlic for the biggest benefit.

### References

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2. Greger, M. (2020). Benefits of garlic for fighting cancer and the common cold. Nutrition Facts. From: <https://tinyurl.com/yagm44nv>
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4. Harvard University. Roasted Brussels sprouts with shallots and walnut oil. From: <https://tinyurl.com/y92nruo5>
5. Zhang, C.Q., et al. (2020). The big three health behaviors and mental health and well-being among young adults. A cross sectional investigation of sleep, exercise, diet. *Frontiers in Psychology*. From: <https://tinyurl.com/y87hvcl0>



Take the January Health Challenge!  
Boost Vitamin D: Get adequate vitamin D

Ask the Wellness Doctor:  
This month Dr. Don Hall answers the question:  
Why is eating fiber good for you?