



THE Y AXIS



Beans, Beans... The Magical Fruit



What if you could get your hands on some magic beans to lose weight and control your appetite?

You'd whip out your credit card. Right?

Keep the card in your wallet. Just eat more beans.

Take your pick. Garbanzos, kidney beans, lentils, black beans, snow peas, soybeans, and many others.

A recent study showed that people who eat beans at meal time eat fewer calories.

And they feel fuller longer.⁴

Plus beans are a healthy source of fiber and protein that provide protective health benefits.

Pass the beans to control weight and hunger. Music will follow.

COMMENTS?

Send comments to the editor:

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5 Signs COVID is Taking a Toll...Even If You're Virus-Free

Health risks rise as pandemic continues

You've followed all the COVID-19 guidelines. Social distancing, limited in-person contact, masks, and sanitizing are now a regular part of life.

Maybe you've even tested negative for COVID-19, or received the vaccine. But you still feel like something's not right. Sound familiar?

A new report published by the American Psychological Association shows that COVID culture may be taking a toll on your health in more ways than one, such as:¹

- 1. Weight gain.** 61% of adults tipped the scale in the wrong direction over the past year. If you've gained 15 to 29 pounds during the pandemic, you're not alone.
- 2. Poor sleep.** 67% of adults have experienced trouble sleeping during COVID-19. This includes sleeping too much (more than 9 hours) or not enough (less than 7 hours).
- 3. Lack of healthcare.** If you've been avoiding the doctor, worried about exposure to

COVID-19, you're not alone. An estimated 47% of adults have delayed or canceled needed healthcare.

4. Increased stress. If you're a parent with kids who made the switch to online learning, you know it hasn't been easy. About 67 percent of adults with school-age kids said their stress levels have increased during the pandemic.

5. Alcohol increase. When some people get stressed out, alcohol can become an unhealthy way to cope. Researchers found that alcohol use has increased 23 percent during COVID-19.

If COVID culture has taken a toll on your health, NOW is always a good time to make a change.

Keep it simple. Eat more fruits and vegetables. Be active. Manage stress in healthy ways. Improve your sleep habits. And ask for help if you need it.

MORE

How to prevent COVID fatigue
<https://tinyurl.com/5artyh8w>

Munch & Crunch Whole Grains for Heart Health

Aim for 3 to 5 servings of whole grains per day

What's for breakfast? It's easy to grab a donut, pastry or fast food. But that kind of daily habit puts your heart health at risk.

An estimated 18.2 million people in the U.S. are living with heart disease. It's the leading cause of death in the U.S., claiming the lives of about 655,000 people a year.

But you can do something about it like country music star Jessie James Decker.

With two young kids, she's always on the go. And she's busy with recording, along with running several businesses. But she doesn't miss a morning breakfast without whole-wheat toast.

New research shows that eating whole grains help lower the risk for:²



- Heart disease
- Stroke
- Certain types of cancer
- Early death



Walnut Energy Snacks

Need a healthy snack to keep you going? Try this easy, no-bake recipe made with walnuts.⁵

Ingredients

- 1/2 C walnuts
- 3/4 C dates, freshly pitted
- 1/2 C almond meal
- 1 C rolled oats
- 1/2 C sunflower seeds
- 1/4 C cocoa powder
- 3 T maple syrup
- 1/4 C sesame seeds

Directions

1. Use a food processor to lightly pulse walnuts into smaller pieces. Set aside.
2. Place remaining ingredients in food processor. Blend until mixed well.
3. Pour mixture into bowl. Stir in walnuts.
4. Roll mixture into walnut-sized balls.
5. With sesame seeds in a small bowl, roll balls in seeds to coat.
6. Serve right away. Or store in the fridge for a few days or freezer for a week.

Makes 10 servings.
239 calories per serving.



The Hamster-Wheel Hack to Boost Your Immune System

20 minutes of treadmill running prevents inflammation

Susie Chan took up running a few years ago to stay in shape. As a busy mom, it wasn't always easy to make time to exercise. But she stuck with it, often running on a treadmill at home.

Then she ran a half marathon with her brother, and kept going. Chan recently set a new world record for running 68.54 miles in 12 hours on a treadmill. But it was close. She beat the old record by just 1.75 miles.

You don't need to crush treadmill miles like Chan. But a little exercise IS good for your health.

New research shows that just 20 minutes of moderate exercise (like walking fast on a treadmill), helps prevent inflammation and strengthens the immune system.³

Researchers also found that moderate exercise helps:



Speed recovery after an injury



Protect the body against viruses and bacteria



Repair tissue damage



Control blood sugar levels



Support weight management



Prevent chronic diseases

Want to boost your immune system and protect your health? Hop on a treadmill and go. Or get outside for a walk. You'll feel better, be healthier, and live longer.

Munch & Crunch Whole Grains for Heart Health (continued from page 1)

Researchers found that eating at least three servings of whole grains per day (like two slices of bread and a bowl of oatmeal) can make a difference.

Add more whole-grains to your diet

The U.S. Department of Agriculture recommends eating 3 to 5 servings of whole grains per day.

Here are some easy ways to add more whole grains to your diet:

- Use whole-grain bread for toast or sandwiches
- Serve whole-grain pasta with lunch or dinner
- Use brown rice instead of white rice
- Try whole-cereal or oatmeal for breakfast

- Choose whole-grain tortillas instead of ones made with white flour

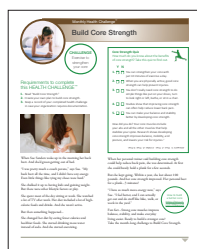
Crunch & munch more whole grains to protect your heart and your health.

MORE

Try these whole-grain recipes <https://tinyurl.com/4k68yru5>

References

1. American Psychological Association. (2021). Stress in America 2021: One year later, a new wave of pandemic health concerns. From: <https://tinyurl.com/8wtvc6c9>
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3. Stoyan, D., et al. (2016). Inflammation and exercise: Inhibition of monocytic intracellular TNF production by acute exercise via β 2-adrenergic activation. *Brain, Behavior, and Immunity*, 61:60-68. From: <https://tinyurl.com/kh9mhy3d>
4. Kristensen, M., et al. (2016). Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) – A randomized cross-over meal test study. *Food & Nutrition Research*, 60(0). From: <https://tinyurl.com/4cbp9hvf>
5. Radd, S. (2016). High energy balls. *Food as medicine: Cooking for your best health* (p. 265). Warburton, Australia: Signs Publishing Company.



Take the April Health Challenge!

Build Core Strength: Exercise to strengthen your core

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I exercise if I'm always busy?