



THE Y AXIS



## The Necklace Diet

Want to make better food choices to lose weight?



Try The Necklace Diet.

No, you don't have to eat your pearl necklace or gold chain.

Researchers in China have developed a necklace that hears what you eat...apples, carrots, potato chips, cookies, peanuts, walnuts...<sup>4</sup>

Chew it up. Gulp it down. And the Bluetooth necklace sends food data to your digital device to help you track daily calories, macronutrients, and more.

It's still in development, but the choker-style necklace might be just the thing to help you tip the scale in the right direction.

### COMMENTS?

Send comments to the editor:

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## Reach Your Health & Fitness Goals with a Wearable Device

Use a smartwatch or fitness tracker to boost your health

Do you have a health-related goal or New Year's resolution you want to achieve? Maybe you want to:

- Lose weight
- Be more active
- Eat healthier
- Walk 10,000+ steps per day
- Improve sleep habits
- Drink more water

**If you want to improve your health and fitness in 2022**, put your smartwatch or fitness tracking device to work.

More people than ever are turning to wearable technology, ever since the rise of COVID-19, gym closures, mask mandates, and social distancing.

And research shows wearable devices can help you be more active and make healthier choices.<sup>1</sup> "Tech devices are now central to our daily lives,"

says American College of Sports Medicine President Dr. Walter Thompson.

"They have changed the way we plan and manage our workouts. They provide immediate feedback. They can make you more aware of your level of activity and motivate you to achieve your goals."

Ready to get started? Set a goal. Then use your smartwatch, fitness device or mobile app to start tracking your daily habits and things like:

- Steps per day
- Calories per day
- Minutes of physical activity per day
- Sleep duration, and more

You'll be able to track your progress, make adjustments along the way, and stay motivated to reach your goal.

### MORE

Fitness trackers + weight loss  
<https://tinyurl.com/yc2t4fmt>

## Be Kind to Yourself to Prevent Heart Disease

Mindfulness and self-care lowers risk for heart disease

Ever feel like you're always "on" and there never seems to be a break?

You know...you wake up early, work all day, stay up late, and do it all over again. But there's never enough time to take care of yourself.

Or maybe you're worried about the uncertainty surrounding COVID-19, vaccines and the spread of the omicron variant. It's a stressful way to live.

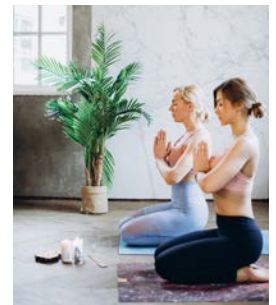
Here's the thing...living with chronic stress is a risk factor for heart disease, a leading cause of death in the United States that claims the lives of 659,000 people a year. But it doesn't have to be that way.

### 6 self-care habits to keep your heart healthy

In a recent study, researchers found a simple and low-cost way to lower the risk for heart disease: Be kind to yourself.<sup>2</sup>

People with regular self-care habits had healthier arteries and less plaque build-up linked to heart disease and stroke, too.

"We are all living through extraordinarily stressful times," says lead researcher Dr. Rebecca Thurston. "Our research suggests that self-compassion is essential for both our mental and physical health."





### Creamy Apricot Oatmeal

You'll look forward to eating a healthy breakfast after you try this sweet and creamy oatmeal made with dried apricots.<sup>5</sup> At just 233 calories per serving, it's a great way to start the day.

#### Ingredients

- 3½ C water
- 1/2 C dried apricots
- 2 C uncooked quick-cooking rolled oats (steel-cut oats optional with longer cooking time)
- 6 oz container fat-free vanilla yogurt

#### Directions

1. In a medium saucepan, bring the water and apricots to a boil, covered, over medium heat for 5 to 6 minutes. If using steel-cut oats, increase water to 5 cups.
2. Reduce heat to low and cook for 5 more minutes.
3. Stir in the oats. Cook uncovered for 1 to 2 minutes, or until thickened, stirring occasionally. If using steel-cut oats, extend cooking time by 20 minutes.
4. Spoon 1-cup serving sizes into bowls and top with a dollop of yogurt.

## Eat THIS to Prevent Age-Related Memory Loss

Plant-based diet lowers risk for Alzheimer's and dementia

When university professor Alice Howland (played by Julianne Moore), starts forgetting things in the movie *Still Alice*, she knows something isn't right.

She stops mid-sentence during a lecture. She gets disoriented on a familiar run. She struggles to remember simple details.

And then she gets the news...Alzheimer's disease.

An estimated 5.8 million people in the U.S. are living with Alzheimer's disease or dementia. It's a brain disease that damages thought, memory and learning. And there is no cure.

### Feast on plant-based foods to protect your brain

But it's not all bad news. A recent study found that eating more plant-based foods may lower the risk for dementia, Alzheimer's disease, and age-related memory loss.<sup>3</sup>

"A higher intake of fruits, vegetables, and plant-based foods...could help reduce the risk of cognitive decline due to aging," says the study's co-author Dr. Cristina Andrés-Lacueva.

Researchers found that chemical properties in certain plant-based foods may help protect the brain from age-related memory loss. This includes:

- Cocoa
- Coffee
- Mushrooms
- Red wine
- Apples
- Green tea
- Blueberries
- Oranges
- Pomegranates



But even other plant-based foods like fruit, leafy greens, and legumes, provide protective benefits to the brain and body.

In contrast, researchers found that artificial sweeteners may increase the risk for age-related memory loss and dementia.

If you want to keep your brain healthy as you get older, now is always the best time to start.

#### MORE

Warning signs of Alzheimer's disease  
<https://tinyurl.com/mu6ce8fz>

## Be Kind to Yourself to Prevent Heart Disease (continued from page 1)

Want to lower your risk for heart disease? Here are 6 simple ways to practice self-care:

1. Practice yoga, meditation or mindfulness
2. Watch a funny movie
3. Keep a journal

4. Read a good book
5. Schedule time to do something you enjoy
6. Practice deep breathing

Regular exercise and a healthy diet will help keep your heart healthy, too.

#### MORE

Self-care in a pandemic  
<https://tinyurl.com/mr4dfbay>

### References

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2. Thurston, R.C., et al. (2021). Self-compassion and subclinical cardiovascular disease among midlife women. *Health Psychology*, 40(11): 747-753. From: <https://tinyurl.com/mr3w3sjZ>
3. Gonzalez, Dominguez, R., et al. (2021). Food and microbiota metabolites associate with cognitive decline in older subjects: A 12-year prospective study. *Molecular Nutrition & Food Research*, 65(23). From: <https://tinyurl.com/4aj6ky48>
4. Bi, Y., et al. (2016). AutoDietary: A wearable acoustic sensor system for food intake recognition in daily life. *IEEE Sensors Journal*, 16(3): 806. From: <https://tinyurl.com/2p9ep6yb>
5. American Heart Association. (2019). Creamy apricot oatmeal. From: <https://tinyurl.com/rrb9vk7v>



## Take the January Health Challenge!

Practice Healthy-Weight Habits: Adopt healthy habits to control your weight

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
Can diet supplements help me lose weight?