



THE Y AXIS



Going Viral

You've got a cold, complete with coughing, sneezing, and a runny nose. Now what?



Option 1

Suffer through it with plenty of rest, fluids, and your favorite TV reruns.

Option 2

Visit the doctor. It's not a bad idea, but getting a prescription may not be the answer.

If your cold is caused by a viral infection, antibiotics won't help.

In fact, about 50 million unnecessary prescriptions for antibiotics to treat the common cold are filled every year, according to the Centers for Disease Control and Prevention.⁵

If it's the common cold, call in sick and go back to bed.

COMMENTS?

Send comments to the editor:

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Try the Treadmill to Walk, Jog or Run

One mom ran 68 treadmill miles in 12 hours

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, even after stumbling across the finish line of her first race. Then she ran a half marathon with her brother, and kept going.

Later, Chan 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. Her next race: a 50-mile trail run in southern England.

Go at your own pace to get healthy

You don't need to run a marathon, but regular exercise will keep you healthy and lower your risk for chronic diseases.

Looking for an easy way to be more active? Try the treadmill. It's easy to use.

- You can go at your own pace.
- And the weather is never an issue.

You may even find the treadmill's digital display of mile pace, distance covered, and calories burned a source of motivation.

If you haven't exercised for a while...

- Start with walking for five to 10 minutes.
- Then step by step, increase your speed, distance, and amount of time you exercise.
- Aim for 150 minutes of exercise a week (about 20-30 minutes a day)¹

Make the effort to walk, jog, or run on the treadmill. You'll strengthen your heart, lungs, and muscles, and burn a lot of calories, too.

MORE

Couch to 5K treadmill plan
<http://tinyurl.com/5h6ja2nd>

Eat THIS to Heat Up Weight-Loss Efforts

Hot peppers may help control hunger, increase metabolism

Are you a pyro-gourmaniac? Maybe you should be. It's the culinary-coined term for people who like hot peppers. New research shows that eating hot peppers may help you lose weight.²

Ever wonder what makes hot peppers hot?

Capsaicin. It's the heat ingredient in hot peppers like:

- Jalapeño peppers (medium)
- Cayenne peppers (hot)
- Ghost peppers (extremely hot)
- Carolina Reaper (2x hotter than a ghost pepper)

Here's what happens when you eat hot peppers...

- Research shows that when the tongue detects capsaicin the brain responds by helping you feel fuller.



- Capsaicin is a thermogenic that can raise your body temperature and increase metabolism.
- Nutrients in hot peppers can also help lower cholesterol, reduce inflammation, and control blood sugar levels.

If you're not part of the Hot-Pepper Club, don't worry.



Raspberry Bran Muffins

Forget about going to the bakery for breakfast. These muffins are healthy, tasty, and packed with whole grains. Only about 80 calories per muffin.⁴

Ingredients

- 1 C whole-grain flour
- 1 C wheat bran
- 1 T baking powder
- 1/2 tsp salt
- 3/4 C soymilk
- 1/3 C honey
- 1/4 C canola oil
- 1-1/2 tsp egg substitute
- 1 C raspberries, fresh or frozen

Directions

1. Combine dry ingredients in a bowl.
2. In another bowl, combine soymilk, honey, oil, and egg substitute.
3. Whisk to dissolve egg substitute.
4. Combine liquid and dry ingredients and stir until just moistened.
5. Gently fold in washed raspberries.
6. Prepare a muffin tin with cooking spray. Fill cups nearly full with batter.
7. Bake at 350° F for 18 to 20 minutes.

Lower Your Cancer Risk with 5 Healthy Habits

Study: Five habits may cut cancer risk by up to 33%

“You have cancer.” Doctors deliver the news about 1.9 million times a year in the United States. It’s news no one wants to hear. Yet...

- 1 in 3 women will develop cancer in their lifetime
- 1 in 2 men will develop cancer in their lifetime.
- Cancer is a leading cause of death in the United States that claims the lives of about 605,000 people a year. But it doesn’t have to be this way.

5 habits to lower your cancer risk

One recent study found that five healthy habits may cut cancer risk by up to 33 percent.³

To reduce your risk for cancer...

- 1. Don’t smoke,** or quit if you do. Smoking cigarettes is the leading cause of lung cancer in the U.S. It also increases the risk for heart disease, diabetes, poor circulation, breathing problems, and other health issues.
- 2. Maintain a healthy weight.** If you’re overweight or obese, take action to improve your diet and exercise habits to achieve a healthy weight.



- 3. Exercise daily.** Aim for 30 to 60 minutes of moderate physical activity a day. If you’re pressed for time, try taking a couple of short walks throughout the day.
- 4. Eat a healthy diet.** Fill half your plate with fruits and vegetables at every meal. Eat more whole grains like steel-cut oats, whole-grain breads and cereals, and brown rice can help reduce cancer risk. And avoid or limit red meat.
- 5. Avoid or limit alcohol.** No more than two drinks per day for men. No more than one drink per day for women. Zero if pregnant.

Want to lower your risk for cancer? Adopt these five healthy habits. You’ll be healthier, feel better, and live longer.

MORE

The 10 commandments of cancer prevention
[http://tinyurl.com/](http://tinyurl.com/http://tinyurl.com/)

Eat THIS to Heat Up Weight-Loss Efforts (continued from page 1)

- In a separate study, just half of a hot pepper added to a full glass of tomato juice was enough to make a difference.
- People ate 16 percent fewer calories during the day and reported a 12 percent increase in satiety.

If you want to control hunger, manage your weight, and improve your health, add a few more hot peppers to your diet.

MORE

Hot-pepper heat scale
[http://tinyurl.com/](http://tinyurl.com/http://tinyurl.com/)
[mryb3689](http://tinyurl.com/mryb3689)

References

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4. McLane, K, et al. Tastefully Vegan: Creative vegetarian cooking. Teach Services. From: <http://tinyurl.com/yr5bjffa>
5. Young, E., et al. (2023). National disparities in antibiotic prescribing by race, ethnicity, age group, and sex in United States Ambulatory Care Visits. *Antibiotics*, 12(1): 51. From: <http://tinyurl.com/y2fpxrj6>



Take the March Health Challenge!

Make Healthy Food Swaps: Choose healthier ingredients & snacks

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
How can I better control food cravings?

