



THE Y AXIS



Nutty Way to Tip the Scale

No, it's not a pill, powder, or gimmicky weight-loss supplement.



But there is a nutty way to lose weight, according to a recent study.⁵

Eat more almonds.

In the study, researchers found that overweight people who ate almonds as part of a healthy diet lost up to 15 pounds and kept it off over a nine-month period.

"Nuts have the added benefit of making you feel fuller for longer, which is always a pro when you're trying to manage your weight," says lead researcher Dr. Sharayah Carter.

COMMENTS?

Send comments to the editor:

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The Middle-Aged Secret to Keep Your Brain Healthy

Being overweight in middle age linked to Alzheimer's and dementia

Take a trip to Tibet. Make your way to the Himalayan mountains. And you're bound to meet some seasoned locals who look a lot younger than they really are. Strike up a conversation. And you'll find they're also mentally sharp, regardless of their age.

They have one of the lowest rates of Alzheimer's in the world. Yet 7 percent of Canadians have the disease. And in the United States, someone is diagnosed with it every 67 seconds.

The weighty-matter of middle age

There's more than one reason for developing this disease. However, a new study suggests that weighing more than you should during middle age may be a factor.¹

- In the study, middle-aged adults who were overweight were more likely to develop Alzheimer's or dementia at some point.
- Having excess weight in middle age may lead to memory problems later on.

You want to protect your memory and lower your risk for Alzheimer's. But a pilgrimage to Tibet may be out of the question.

Fortunately, losing weight or keeping a healthy weight is something you can do now to protect your brain as you get older.

Here are some ways to manage your weight:

- Eat more fruits, vegetables, and fiber-rich whole grains.
- Drink plenty of water.
- Get at least 30 minutes of exercise a day.
- Aim to sleep 7 to 8 hours a night.
- Keep a food journal. Track your calories. And pay attention to portion size.
- Avoid or limit fast food, desserts, candy, and sugar-sweetened drinks.
- Ask for help from your doctor, health coach, or personal trainer.

Maintaining a healthy weight in middle age will protect your health and your memory for years to come.

MORE

Healthy ways to manage your weight
<http://tinyurl.com/ged8c96>

Easy on the Fries If You Want to Live Longer

Eating fried potatoes may increase the risk for early death

Do you want fries with that? It's a typical question you'll get if you hit the drive-thru or step up to the counter at a fast food restaurant. And most people say, "Yes."

- **Pounds of potatoes.** In fact, the National Potato Council says the average person in the United States eats about 112 pounds of potatoes a year.
- **Healthy potatoes.** Less than one-third of those potatoes are baked.
- **Fried not baked.** The rest are in fried form like French fries, hash browns, and potato chips.

And that's a problem. A new study found that people who eat fried potatoes two times a week or more are twice as likely to die early as those who don't.²



- **WHY?** Eating foods made with trans fats, like French fries cooked in oil, raises LDL "bad" cholesterol levels and the risk for heart disease.



Pumpkin Parfait

Looking for a fun fall recipe that's healthier than a bag of Halloween candy? Give this Pumpkin Parfait recipe a try.⁴

Ingredients

- 1 can (15 oz) low-sodium pumpkin
- 3 C low-fat vanilla yogurt
- 1/4 tsp ground cinnamon
- 1/4 tsp ground nutmeg

Granola:

- 1/4 C raisins
- 1/2 C quick oats
- 1/2 C rice crisps
- 1 T vegetable oil
- 1/4 C brown sugar

Directions

- Preheat oven to 325 degrees.
- In blender, mix pumpkin until smooth.
- Mix pumpkin, yogurt, and spices in a bowl.
- In another bowl, mix raisins, quick oats, rice crisps, oil, sugar.
- Spread granola on baking pan. Bake 10 minutes.
- Let granola cool to harden. Then, crush into small pieces.
- In 6 medium-size glasses or bowls, spoon layers of pumpkin and granola.
- Serve immediately or refrigerate.

Serves 6. 226 calories per serving.

Do THIS 4 Minutes a Day to Lower Cancer Risk

Short bursts of exercise may lower risk for certain types of cancer

What if there was a simple way to lower your risk for certain types of cancer by up to 32 percent? Would you do it?

Chances are pretty good, you or someone you know has been affected by cancer.

- An estimated 1.9 million cancer cases are diagnosed each year in the United States.
- About 609,000 deaths per year are linked to cancer.

The 4-minute hustle to lower cancer risk

While there is no cure for cancer, new research suggests that just 4 to 5 minutes of vigorous activity may lower the risk for certain types of cancer by 18 to 32 percent.³

And it doesn't even have to be a gym or track workout. Anything that revs up your heart rate for just a few minutes counts, too. This can include:

- Vigorous housework
- Carrying heavy shopping bags
- Bursts of power walking
- Playing high-energy games with the kids



“It's quite remarkable to see that upping the intensity of daily tasks for as little as four to five minutes a day, done in short bursts of around one minute each, is linked to an overall reduction in cancer risk,” says lead researcher Dr. Emmanuel Stamatakis.

Want to lower your risk for cancer? Hustle for just 4 to 5 minutes a day.

MORE

10 tips to lower cancer risk
<https://tinyurl.com/uvfi2wp6>

Easy on the Fries If You Want to Live Longer (continued from page 1)

Potatoes aren't all bad. Researchers believe there are more reasons for the link between fries and early death. Those who eat a lot of fries:

- Are more likely to be overweight or obese
- Aren't very active
- Eat other unhealthy foods.

Want to live longer? Limit the French fries and other fried foods. Instead, eat more fruits and vegetables, whole grains, legumes, and nuts and seeds. And drink plenty of water.

MORE

How to choose healthier fast food options
<https://tinyurl.com/y7emd3vl>

References

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Take the October Health Challenge!

Practice Healthy-Brain Habits: Keep your brain actively daily

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
Can chocolate be part of a healthy diet?