



MAR 2018



THE Y AXIS



Meaty Matters

Where's the beef?
That was the slogan for an old fast-food restaurant commercial.

And it probably needs to be updated to something like: *Where's the beef, lamb, pork, and processed meats?*

Why? If you want to live longer and avoid cancer, heart disease, stroke, diabetes, and other health problems, these are the meats you should avoid.

In a recent study, researchers found that people who eat the most red meat are 26 percent more likely to die from preventable diseases.¹

Instead of red meat, eat more fruits, vegetables, whole grains, legumes, nuts and seeds. And drink plenty of water.



COMMENTS?

Send comments to the editor:
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MARCH MADNESS:

Shoot Some Hoops for Better Health

Net the health benefits of basketball with a little hustle

Are you combing through all the stats to pick your March Madness NCAA basketball winners? You're not alone. About 40 million people bet on bracket winners, according to the National Gaming Association. And millions more play for fun.

Even if you don't follow college basketball, how about shooting some hoops? It doesn't really matter if you can't dunk a ball, hit every free throw, block heavy hitters, or nail outside shots.

Basketball is a great form of exercise. A recent study measured the health benefits of basketball in a group of people who were out of shape.

The people in the study played basketball for about an hour three times a week for three months.

Each session included warm-up exercises, shooting, dribbling, passing, and playing the game. Think you could handle that?

Researchers found that playing basketball helped:²

- ✓ Improve cardiovascular endurance
- ✓ Burn calories
- ✓ Build lean body mass
- ✓ Lower blood pressure
- ✓ Strengthen bones
- ✓ Reduce body fat
- ✓ Improve resting heart rate

MORE

Team sports like basketball boost mental health
<https://tinyurl.com/y7zxdygw>

Tip off March Madness with this piece of advice. You'll have better luck improving your health by playing basketball than you will picking the team to win the championship. @

7 Ways to Cut Your Risk for Colorectal Cancer

March is National Colorectal Cancer Awareness Month

MAKE AN APPOINTMENT



You can lower your risk for colorectal cancer with healthy habits such as:

- 1. Get preventive exams.** If you're over age 50, you should be screened for colorectal cancer every 5 to 10 years. If you have a family history of this type of cancer, you may want to schedule a screening sooner.
- 2. Maintain a healthy weight,** or lose weight if you need to. About 40 percent of all cancers have one thing in common: being overweight or obese.⁴
- 3. Don't smoke.** Quit if you do.
- 4. Be more active.** Aim for 30 minutes of physical activity a day.

Before Sharon Osbourne got the news about colon cancer, she had already made up her mind. "Don't be afraid," she said. "It's essential to keep a strong, positive state of mind." That's how the reality-TV star and wife of legendary rocker Ozzy Osbourne faced stage III colon cancer.

She had two years of treatment. And she beat it. Then she went on to host shows like *The Osbournes*, *America's Got Talent*, and *The Celebrity Apprentice*.

Every year in the U.S, about 135,430 people are diagnosed with colorectal cancer.³ But it's not all bad news. When detected and treated early, 64.9 percent of people recover.



RECIPE

Easy and Healthy Black Bean Soup

Beans, beans, the magical art...Ahem, you know the rest of that rhyme. But seriously, beans are good for you. They're actually low in calories and a great source of fiber. Give this black bean recipe a try:⁶

Ingredients

- 2-15 oz cans black beans, drained and rinsed
- 2 C low-sodium broth
- 1 cup salsa (mild, medium, or hot)
- 1 tsp cumin, ground
- 4 T sour cream, fat-free
- 2 T fresh cilantro, chopped

Directions

1. In a blender, lightly puree one can of black beans with broth, salsa, and cumin.
2. In a medium saucepan, combine pureed bean mixture with remaining beans and heat through.
3. Makes about 4 bowls.
4. Top each bowl with 1 T of sour cream. Garnish with the cilantro.

Munch & Crunch Carrots to Prevent Disease

Add this root vegetable to your list of healthy snacks

Ready for a road trip? Perhaps you could plan to visit the Carrot Capital of the World. Every year the rural town of Holtville, Calif. hosts a 10-day event. It's complete with carrot chomping, cooking contests, and a country carnival.

But it's also a chance to help others bite down on the health benefits of carrots.

If you're looking for ways to eat more vegetables, try the carrot. Enjoy the orange-colored vegetable as a snack. Add purple carrots to a soup or salad. Or steam and serve red, orange, or yellow carrots as a side dish. You can even sneak pureed carrots into sauces and fruit smoothies.

One carrot only has 25 calories. And it's a good source of vitamin A, fiber, potassium, phytochemicals, and antioxidants.⁵ Munch and crunch your way through a carrot, and you're getting vitamins and nutrients your body can use to:

- Support eye health and vision
- Reduce inflammation
- Strengthen the immune system
- Lower cholesterol
- Help prevent diabetes
- Reduce the risk for certain types of cancer
- Support organ function
- Control blood pressure
- Improve heart health 📌



MORE

Try these carrot recipes <http://www.carrotrecipes.net>

Munch, crunch, repeat for better health!

7 Ways to Cut Your Risk for Colorectal Cancer (continued from page 1)

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.

MORE

Learn more about Colorectal Cancer Awareness Month tinyurl.com/yco8mb55

6. Avoid red meat.

7. Eat more plant-based foods.

When you make the effort to adopt healthy habits, you can lower your risk for colorectal cancer, and many other types of cancer. 📌

References

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Take the March Health Challenge!

Prevent Diabetes: Adopt lifestyle habits to prevent or control diabetes

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:

Can exercise help treat depression?