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WellNotes®

INFORMATION FOR KEEPING HEALTHY



THE Y AXIS



Double Your Dose of LOL Medicine

Sure, you've got a lot on your plate. Most adults do. Work, relationships, bills to pay, a global pandemic.

Want to know how to deal with it better?



Double your dose of LOL medicine.

Most adults only laugh 15 to 100 times a day. You can do better. Kids laugh 300 times a day. Tell a joke. Watch a funny movie. Do silly stuff with friends.

Research shows that laughing helps reduce stress, improves your mood, and strengthens the immune system.⁴

COMMENTS?

Send comments to the editor:
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America's Got High Cholesterol: 6 Ways to Protect Your Health

High cholesterol linked to heart disease, stroke and diabetes

Celebrity Howie Mandel is headed to Las Vegas later this month. He's a judge for the reality show *America's Got Talent*. And he'll expect to be entertained and surprised by the show's top finalists.

Mandel built his career in the spotlight. But something happened along the way that came as a shocking surprise. More shocking than the Bonebreakers' moves or they guy dodging crossbow arrows...blindfolded.

During a routine visit with his doctor, he got the news. "You have high cholesterol."

He didn't know. He didn't have any symptoms. And he wasn't doing anything about it.

Yet, 40 percent of adults have higher than normal total cholesterol (200 mg/dL or above). Left unchecked, it can lead to plaque build-up that blocks blood flow to the heart and brain. And it's a risk factor for heart disease, stroke, and diabetes.

At first, Mandel didn't do anything about it. When he went back for a check-up, his cholesterol level was even higher. And

that's when he decided to get his act together with medication and healthy lifestyle habits.

6 ways to lower cholesterol levels

If you want to protect your health and keep your cholesterol levels in check, here are some things you can do:

- 1. Maintain a healthy weight**, or lose weight if you need to. Smart food choices and regular exercise can help.
- 2. Eat heart-healthy foods** like whole grains, fruits and vegetables, fish, nuts, and seeds.
- 3. Exercise at least 30 minutes a day.** Try walking, biking, or hiking. Even gardening and vigorous house-cleaning counts as exercise.
- 4. Don't smoke**, or quit if you do.
- 5. Avoid or limit alcohol.** No more than 2 drinks per day for men, 1 for women, zero if pregnant.
- 6. Follow your doctor's advice.** Medication can help, too.

Make the effort to control your cholesterol so you can get a Golden Buzzer for good health. @

MORE

High cholesterol: What you need to know
<https://tinyurl.com/y6ax3lnz>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down

Poor diet, isolation, stress, lack of exercise linked to weight gain

When Chicago resident Mark Konkol noticed his daily commute consisted of just 16 steps to grab some treats and go back to work, he decided to investigate.

The Pulitzer-Prize winning reporter found that weight gain is on the rise during COVID-19 stay-at-home orders. And he isn't the only one indulging in comfort foods.

If you've gained a few pounds since the coronavirus

became a global pandemic, you're not alone.

In fact, researchers recently pointed to four COVID-related reasons obesity is on the rise.

- Emotional stress
- Economic anxiety
- Physical inactivity
- Social isolation

Think about it this way. If you're stressed out, worried about money, stuck at home, or feel lonely, you're a lot more likely to turn to comfort foods. But it doesn't have to be that way.



Adopt these healthy habits to tip the scale in the right direction:

- **Eat healthy foods.** Skip the cookies, chips, fast food and ice cream. Eat more fruits, vegetables, whole grains, legumes, nuts and seeds.



Banana-Kiwi Salad

Forget about serving fruit salad from a can. This mixture of fruit with vinaigrette dressing has just the right amount of tropical-island zing to make you say “yum.”⁵

Ingredients

- 2 T lime juice
- 1 T canola oil
- 1 T minced shallot
- 2 tsp rice vinegar
- 1 tsp honey
- 1/4 tsp salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into half-inch slices
- 1/2 C red bell pepper, diced
- 2 T fresh mint, thinly sliced
- 2 T cashews, toasted and chopped

Directions

1. Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl.
2. Add kiwis, bananas, bell pepper and mint. Toss to coat.
3. Serve sprinkled with cashews.

Munch & Crunch: This Green-Speared Veggie is Worth the Wait

Asparagus rich source of fiber, vitamins, antioxidants

Good things come to those who wait. At least that’s true of asparagus. It takes about two years for an asparagus plant to grow from a seed to food on your plate. Crazy, right?

But it’s worth the wait. The spears of an asparagus plant can grow 7 to 10 inches in 24 hours. And a well-cared for plant will produce asparagus for a decade or more.



Asparagus is a nutrient-dense food that’s low in calories and good for your health. It’s a good source of:³

Try serving it:

- Steamed, grilled, or sautéed in olive oil
- With broiled salmon and brown rice, or
- In a stir fry with tofu, cashews, and mushrooms

Folate that supports cell growth and repair

Potassium, which helps regulate blood pressure

Fiber, which helps control weight, lower cholesterol, and improve digestion

Vitamin K, the body needs for strong bones

Antioxidants that help reduce inflammation and prevent certain types of cancer

Add asparagus to your plate. It’s easy to prepare, contains zero cholesterol and fat, and there’s just 26 calories in a one-cup serving. @

MORE

Try these asparagus recipes <https://tinyurl.com/yy5nxbv9>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down (continued from page 1)

- **Be more active.** Aim for at least 30 minutes of exercise a day or 10,000 steps.
- **Read food labels.** On average, most adults only need to eat 2,000 calories per day. Pay attention to serving size, and calories per serving.

MORE

Quarantine 15? Weight gain during the pandemic <https://tinyurl.com/y4fjv2x9>

- **Drink more water.** It’s calorie free. It’s inexpensive. And it helps control appetite.
- **Relax.** Get a massage. Take a mini vacation. Make time for a hobby.
- **Stay in touch** with family and friends via phone, video, email, text, and safe social distancing. @

References

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Take the September Health Challenge!

Practice Healthy Aging Habits: Make smart lifestyle choices to live longer

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the health benefits of drinking water?

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