



THE Y AXIS



THIS Holds the Secret to a Good Night's Sleep

Can't sleep? Forget about counting sheep, tossing and turning, or staring at the ceiling.



If you're not getting 7 to 8 hours of sleep a night, do THIS 90 minutes before bed:

- Take a hot bath or shower.

For best results, the water temperature should be 104 to 109 degrees. Your pores will open. Lightly towel off. Your body will cool down and you will get sleepy.

In a recent study, people who took a hot bath or shower 90 minutes before bed fell asleep 10 minutes faster and slept longer.⁶

COMMENTS?

Send comments to the editor:

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Fit for a King: Eat This Healthy Herb

Cilantro promotes health, prevents disease

Howard Carter dug at the corner of a stone buried in sand. It seemed unlikely to be anything important. The site had been cleared after finding nothing a few years earlier. Then it happened. He uncovered a step.

More digging, more steps, and two sealed doors led to an historic find. Carter lit a candle to peer inside a tiny hole and got his first glimpse of King Tut's tomb. Four rooms held chariots, model boats, chairs, paintings, and items made out of gold and ebony. **He even found cilantro carefully preserved.**

Discover the health benefits of cilantro

The cilantro plant is full of antioxidants and nutrients that promote health and prevent disease. Its leaves and seeds (coriander) have been used for thousands of years. Research shows cilantro may help:¹

- Control cholesterol
- Improve gut health and digestion

- Reduce inflammation linked to many chronic diseases, including heart disease
- Control blood sugar levels
- Prevent certain types of cancers

Want to add a little flavor to your food?

Use cilantro or coriander. It's available at most grocery stores and farmer's markets. And it's easy to grow your own. Try adding some to:

- Quinoa or brown rice
- Salsa or bean dip
- Watermelon or strawberries
- Greek yogurt
- Water (with a little lemon)

Cilantro or coriander: Go ahead and try it. Both add great flavor to foods, and they're good for your health.

MORE

Try this fresh salsa recipe <https://tinyurl.com/yxwmmf7n>

Craving Sugar? This Night-Time Habit May Be the Reason

Blue light from digital devices may raise diabetes risk

You've had a long day at work. You survived rush-hour traffic. After dinner and clean up, you kick back and decide to binge-watch the latest season of your favorite show, funny cat videos on YouTube, or your favorite movie.

That might seem like a good way to relax before going to bed. But it may be the reason for sugar cravings, weight gain, and high blood sugar.

That's a big deal. Three out of four adults are overweight or obese. More than 135 million people in the U.S. are living with diabetes or pre-diabetes.

One simple habit could make a difference:

Looking at blue light up to one hour before bed can make you crave sugary foods. It also makes it harder for your body to manage blood sugar levels.²



The blood-sugar bedtime routine

- An hour before bed, avoid blue light. That includes mobile phones, tablets, computer screens, TV, and other digital devices with LED lights or screens.
- Even a dim light from a cell phone can trigger health problems. It's best to limit screen time at night.
- If you do look at your phone or TV, shut it off well before bedtime.



Spicy Black Bean Cilantro Dip

Here's a tasty way to enjoy fresh veggies like carrots, celery, bell peppers, and broccoli. Or maybe even low-calorie crackers or chips. It only takes about 10 minutes to prepare.⁵

Ingredients

- 15-ounce can black beans, drained & rinsed
- 1 garlic clove
- 1 tsp lemon juice
- 1/4 C cilantro
- 2 T olive oil
- 1/4 C water
- 1/2 small jalapeño pepper (optional), ribs and seeds removed

Directions

1. Place beans, garlic, lemon juice, cilantro, olive oil, water, and jalapeño (if desired) into a food processor or blender.
2. Process or blend. Stop to scrape down the sides. Continue until smooth, about 5 minutes.
3. No processor or blender? Mash beans and cilantro with a potato masher. Stir in the rest of the ingredients.

Serves 2-4. 140 calories per 2 T serving.

The Fast-Track Trick to Keep Your Brain Healthy

Short bouts of exercise improve memory and learning

Run 100 meters. It's just a quarter-of the way around a track. And it's where Texas resident Robert Whilden likes to start his day.

"I like running fast," he said in a recent interview. "I just always had the gift of speed."

Here's the thing. Whilden is 87 years old. And he recently set a record for the 100-meter dash at the National Senior Games, crossing the finish line in 15.83 seconds.

That's just six seconds shy of retired track star Usain Bolt's world record. You may not be as fast as Whilden or Bolt. But you can learn a little something from short bursts of exercise:

- New research shows it excites an area of the brain that helps improve memory and learning.³

That's an important finding in Alzheimer's disease research. It's estimated that 14 million adults will have the disease in 30 years. Today, it's the seventh leading cause of death in the U.S.

How much exercise do you need to keep your brain healthy?

For best health, aim for 30 to 60 minutes of physical activity a day. It's a smart way to strengthen your heart, lungs, and muscles, and manage your weight.



And you don't have to do it all at once. Even small bursts of exercise are good for your health and your brain. For example:

- Go for a two-mile walk.
- Play pickleball, basketball or tennis.
- Ride a bike or take a fitness class.

Another study found that getting about 4,000 steps in a single exercise session was the sweet spot to activating memory and learning areas of the brain.⁴ Ready to be more active in short bursts? Get set. Go!

MORE

5 of the best exercises you can ever do
<https://tinyurl.com/y9g3fnlgbdxd64d>

Craving Sugar? This Night-Time Habit May Be the Reason (continued from page 1)

7 healthy ways to unplug before bed

Believe it or not, you can get to bed without binge-watching a show or checking your phone. Here are seven easy ways to unplug before bed:

1. Turn off all digital devices an hour before bed
2. Take a hot shower or bath
3. Read a book
4. Go for an easy walk

5. Create a cool, dark room for sleeping
6. Go to sleep at the same time every night, including weekends
7. Use apps, settings, and filters on digital devices to reduce blue light

For best health, aim for 7 to 8 hours of sleep a night, and unplug before going to bed.

MORE

The dark side of blue light before bed
<https://tinyurl.com/y3uv6g9q>

References

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5. The Nemours Foundation. (2019). Spicy Black Bean Cilantro Dip. From: <https://tinyurl.com/ptdahuwt>
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Take the April Health Challenge!

Refresh Your Fitness Routine

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:
What kind of shoes should I wear for exercise?