

THE Y AXIS



### THIS May Cause Brain Drain

Dial a phone number from memory.



Recall the date of a historical event. Ask someone for directions. Sounds old-school, right?

If you've gone digital, you may depend on Internet access for this stuff.

However, new research suggests that Internet search activity may cause brain drain and interfere with memory and recall.<sup>5</sup>

How many of the 8.5 billion Google searches per day are yours?

If you want to build a better memory, plan a regular digital fast. Read, don't skim. And quit multi-tasking. Your brain will do a better job storing information.

### COMMENTS?

Send comments to the editor:

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## The Happy Diet: 10 Raw Foods to Boost Your Mood

Fresh fruits and vegetables support mental health

Eat it raw. No, we're not talking about oysters or runny eggs. Those are foods you should avoid, especially raw, for a lot of reasons.

But there are some foods where raw is the right choice.

In a recent study, researchers found that people who eat more raw fruits and vegetables are less likely to develop depression and mental health problems.<sup>1</sup>

What's the connection? Fruits and vegetables have the most nutrients when they're raw. In a few cases, nutrient density increases by cooking (e.g., tomatoes, broccoli, and asparagus). But most are healthiest when they're raw.

### Top 10 raw fruits & vegetables

Researchers rated fruits and vegetables highest in nutrients for mental health. The top 10 include:

- Apples
- Bananas
- Cucumber
- Grapefruit
- Kiwifruit
- Lettuce

- Oranges, lemons, and other citrus fruit
- Spinach, and dark, leafy greens

### Are you eating enough fruits and vegetables?

Probably not. Only 10 percent of adults eat enough vegetables. And only about 12 percent of adults eat enough fruit. Your goal, eat:

- 2 to 3 cups of vegetables a day
- 1.5 to 2 cups of fruit a day

If you're not getting enough fruits and vegetables, a few simple changes to your diet can make a difference.

Try this: Eat a banana or berries with breakfast. Have a leafy-green salad for lunch. Grab an apple for a snack. Include a vegetable with dinner.

Stick with it. In just a week or two, you'll notice a difference, feel better and be healthier.

### MORE

How to eat more fruits and vegetables  
<https://tinyurl.com/ybrkkzgf>

## Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies

Reduce exposure to allergens to prevent symptoms

It's that time of year when your days and nights can be filled with sneezing, watery eyes, congestion, and an itchy throat.

A-a-a-choo!

Seasonal allergies affect about 20 million adults in the U.S.<sup>2</sup> And the most common offenders include pollen from:

- Trees
- Grass
- Weeds
- Flowers
- Plants
- Mold spores

### How do you handle seasonal allergies?

Over-the-counter and prescription medications can help. But you can also reduce your exposure to pollen and allergens to prevent symptoms.

Here's how:

1. **Stay inside** when it's windy or when the pollen count or humidity is high in your area.



2. **Avoid rubbing your eyes**, and wash your hands frequently to remove any pollen that might be on your hands from being outdoors.
3. **Wear sunglasses** outdoors to reduce the amount of pollen that gets in your eyes.
4. **Change your clothes** after being outside and shower to remove pollen from your skin and hair.



## Pasta Primavera

Try this dish with vegetables and whole-grain pasta, brown rice, quinoa, spelt, or kamut.<sup>4</sup>

### Ingredients

- 8 oz whole-grain pasta
- 1 T olive oil
- 1 tsp garlic, minced
- 4 C assorted cooked vegetables (e.g., broccoli, carrots, peppers)
- 15 oz can diced tomatoes, low sodium
- 15 oz can tomato juice, low sodium
- 1/4 tsp black pepper, ground
- 1/4 C parmesan cheese, grated

### Directions

1. In a 4-quart pan, bring 3 quarts of water to a boil.
2. Add pasta. Cook until tender. Drain.
3. Combine olive oil and garlic in a pan. Cook on medium heat until garlic is soft.
4. Add vegetables. Cook 3 to 5 minutes until soft.
5. Add diced tomatoes, tomato juice, and pepper. Bring to a boil. Reduce heat. Simmer for 5 minutes.
6. Add pasta and parmesan cheese. Toss until well mixed.

Serves 4. 319 calories per serving.

## Use THIS to Get the Jump on Better Health

Jump rope to lose weight, improve heart health & get fit

California resident Michael Rogers tipped the scales at 300 pounds. His diet was far from healthy. He didn't exercise. And he knew something had to change if he wanted to see his daughter grow up.

But instead of popping weight-loss pills or spending a fortune on fad diets and gimmicky exercise equipment, he changed his eating habits and picked up a jump rope.

### Start with a jump rope to improve your health

At first, 15 minutes of sporadic jump roping was all he could do. But he was determined to lose weight, and keep it off.

"I lost 100 pounds," says Michael. "It took me eight months with plenty of motivation. It wasn't easy at all. I just kept jumping rope. Eating a healthy diet helped too."

Eventually, he developed a jump rope workout that included regular jumping, crossovers, high-knees jumping, and even double unders (the rope spins fast enough to go around twice in a single jump).

### Discover the health benefits of jumping rope

Move more, sit less. You've heard the advice before. You could go for a walk, swim, hit the gym, or pick up a jump rope and go.



Research shows jumping rope may help:<sup>3</sup>

- Improve cardiovascular fitness
- Lower Body Mass Index
- Boost muscle strength and endurance
- Improve coordination, agility, speed and balance
- Support weight loss and weight management

Looking for a simple and low-cost way to get in shape without going to the gym?

Get a jump rope.

"Try jump roping or walk up a hill to burn more calories," says Michael.

"Just pick something you enjoy. Live an active life."

#### MORE

Jump rope workouts for beginners  
<https://tinyurl.com/mry3ccpy>

## Sniffles and Sneezes? 6 Tips to Manage Seasonal Allergies (continued from page

5. **Keep your windows closed**, and use an air conditioner in your house and in your car. This keeps pollen from circulating in the air you're breathing.
6. **Hire someone to mow your lawn** and do yard work to limit exposure to pollen.

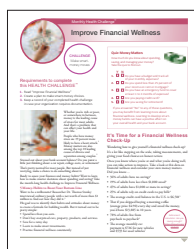
Still stuffy and congested after trying to control seasonal allergies on your own? Check with your doctor for other treatment options that can provide relief.

#### MORE

Check the pollen count in your area  
<http://www.pollen.com>

### References

1. Tseng, P., et al. (2018). Functional RF-trilayer sensor for tooth-mounted, wireless monitoring of the oral cavity and food consumption. *Advanced Materials*, 30(18): 1703257. From: <https://tinyurl.com/c9dkee98>
2. National Center for Health Statistics. (2023). Allergies and hay fever. Centers for Disease Control and Prevention. From: <https://tinyurl.com/y7gz3t9b>
3. McCall, P. (2017). 7 health benefits of jumping rope. American Council on Exercise. From: <https://tinyurl.com/bd3v5exy>
4. National Heart, Lung and Blood Institute. (2024). Pasta Primavera. From: <https://tinyurl.com/mr3xf26d>
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## Take the May Health Challenge!

Improve Financial Wellness: Make smart-money moves

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
How can I tell if I'm depressed?

