



JUNE 2025



WellNotes

INFORMATION FOR KEEPING HEALTHY



THE Y-AXIS



Why You Can't Outrun a Frozen Pizza

How often do you reach for chips, fast food, frozen meals or pizza, or sugary drinks to fill the hole?



If ultra processed foods are a regular part of your diet, there's something you should know.

A new study found that the more of this stuff you eat, the higher your risk for obesity, high blood pressure, and type 2 diabetes.⁴

But here's a mindset shift that can make a difference:



Every fresh choice counts. Even one real food meal a day can boost health, energy, longevity, and strength.

Follow this diet: Fewer bar codes. More whole foods.

COMMENTS?

Send comments to the editor:

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Spice It Up: A Surprisingly Simple Way to Eat Less

Study: Eating spicy foods may help curb appetite

Ever notice how a spicy meal makes you slow down and reach for water more often?

Turns out, that extra heat may do more than wake up your taste buds. It could help you eat less without even trying.

In a recent study, researchers wanted to find out what happens to appetite when you eat spicy food.¹



So they invited a group of people to eat lunch in a lab and tracked how much they ate.

On one day, the meal was mildly spicy. On another day, the same meal had a much bigger kick.

Here's what happened:

When the heat went up researchers found that people:

- Ate slower
- Took smaller bites
- Consumed less food overall.



SPICE ►

Heart-Risk: Are You Doing THIS 10+ Hours a Day

Too much sitting increases heart-disease risk

How many hours a day do you spend sitting? You know...at your desk, in your car, or on the couch?

If you're like most adults, it adds up fast. And according to a new study, your heart might be paying the price.

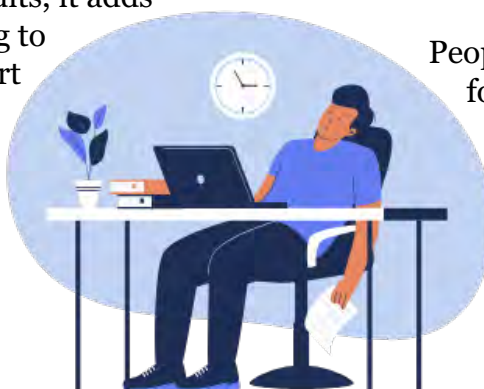
In a recent study, researchers tracked

over 15,000 people using wearable devices that measure movement.²

Unlike self-reported data, these devices provided precise insight into how much time participants actually spent sitting.

Results: Beware of the chair

People who were sedentary for more than 10 hours a day had a significantly higher risk of developing heart disease.



SITTING ►

Blueberries: A Bite-Sized Boost for Better Health

Daily serving of blueberries may cut heart disease risk by up to 15%

One cup a day could cut your heart disease risk by 15 percent. And it happens to be one of the most snackable fruits on the planet.³



We're talking about blueberries.

They're sweet, tart, and packed with nutrients.

- They're the official berry of Nova Scotia.
- American poet Robert Frost wrote a poem about them.
- And last year, Australian farmers grew one the size of a ping-pong ball.



Try these blueberry recipes
<http://tinyurl.com/n2lwkgm>



Fun facts aside, blueberries deliver serious health benefits. And they're one of the easiest (and tastiest) foods you can add to your day.

Why blueberries are a smart choice

Blueberries are rich in antioxidants that help protect your cells from damage.

► SITTING

The risk climbed even higher for those who sat for long periods without breaks.

Why? Because prolonged sitting can:

- Slow metabolism
- Reduce circulation
- Increase blood pressure and cholesterol
- These are all major risk factors for heart disease.

The good news: Small, consistent actions can make a big difference. Here are some simple things you can do:

They're also packed with vitamin C, fiber, and potassium, and they're naturally low in calories.

Research suggests blueberries may also help:

- **Improve** heart health
- **Reduce** stroke risk
- **Strengthen** the immune system
- **Improve** digestion
- **Lower** cholesterol and blood pressure
- **Support** brain health and slow memory loss
- **Prevent** or manage diabetes
- **Reduce** the risk of certain cancers



The berry best part?

Adding blueberries to your diet is simple.

Toss them into cereal, yogurt, oatmeal, or smoothies. Or enjoy them by the handful as a naturally sweet snack.



22 ways to move more

<https://tinyurl.com/bdazh3jh>

- Stand up every 30 minutes. Set a reminder if needed
- Take walk breaks at home or work
- Park farther away when you go to the store.
- Take the stairs instead of the elevator.
- Try a standing desk if you work at home or an office.

Sitting less doesn't have to be hard. Small moves throughout the day can protect your heart.

Recipe: Easy Blueberry Cobbler

Craving something sweet but still healthy? This easy blueberry cobbler delivers fruity flavor and a crunchy-oat topping with just 190 calories per serving.

Ingredients

- 3 C blueberries, fresh or frozen
- 2 tsp butter or margarine, softened
- 1 T all-purpose flour
- 1 T brown sugar
- 1/2 tsp ground cinnamon
- 1/2 C old-fashioned rolled oats

Directions

1. Preheat oven to 375°F.
2. If using fresh blueberries, wash and drain them. Place the blueberries in a 9-inch pie plate or 8"x8"



baking dish.

3. In a small bowl, mix together softened butter, flour, brown sugar, oats, and cinnamon using a fork until crumbly.
4. Sprinkle the oat mixture evenly over the blueberries.
5. Bake for about 25 minutes, or until the topping is golden brown and the blueberries are bubbling.

Serves 4. Calories per serving: 150.

► SPICE

- They also consumed fewer calories.

Adding spice made people more mindful eaters, even though they weren't trying to eat less.

The Spicy-Food Effect to prevent overeating

Spicy foods may slow down how quickly you eat and make each bite feel more intense.

That can give your brain more time to



Is spicy food good for you?
<https://tinyurl.com/24nrb3ap>

register fullness and satisfaction...two key players in preventing overeating.

How to add some 'heat' to your meals

Next time you're ordering a meal or cooking your own, try adding chili flakes, hot sauce, or a spicy seasoning blend.

You might find that turning up the heat helps you naturally cut back on calories without feeling deprived.

Just be careful not to overdo it. A little heat goes a long way. Just a dash of spice could be your simplest, most flavorful tool for better portion control.

References

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5. Easy blueberry cobbler. (2025). MedlinePlus. From: <https://tinyurl.com/2frxsy49>



Ask the Wellness Doctor: Should I avoid eating late at night?
Health Challenge: Get Fit in 30 Minutes: Be active 30 minutes daily



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