



THE Y-AXIS



Stop Reading This & Take a Coffee Break

Coffee drinkers tend to live longer and get sick less often. Scientists have never been sure why.



Now a study may have the answer. Compounds in brewed coffee flip a switch inside your cells that helps them handle stress and repair damage.⁴

This was lab work, not people. But here's a steamy little twist...

Caffeine barely did anything.

The real kick came from plant compounds also found in fruits & vegetables.

Want to live longer? Stop reading this and grab a cup of coffee.



COMMENTS?

Send comments to the editor:

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Kick the Sugar Habit Like a World Cup Pro

3 sweet ways to eat less added sugar to protect your health

You don't have to score goals in the World Cup to learn something from Argentina's Lionel Messi. One of the most important things he ever kicked wasn't a soccer ball.

It was added sugar. Earlier in his career, Messi cleaned up his diet.

- More vegetables, whole grains, fish and olive oil.
- Less processed food and added sugar.



He wanted to keep playing at a high level, and it worked.

He played in this year's World Cup final at 39, long after most players hang up their cleats.

Beware of sugar penalties

So what's the big deal about added sugar?

One recent study found that consuming high levels of added sugar is linked to 45 separate health problems, including:¹

SUGAR ►

You're Losing Muscle Right Now: Here's How to Keep It

Strength training twice a week helps you hold on to muscle

When Odysseus comes home after 20 years at sea in the new movie *The Odyssey*, nobody recognizes him.

Odysseus (played by Matt Damon) looks like a beaten-down old man. A house full of younger men has taken over his home, and not one of them can string his bow.

He still can.

It's a good story about adventure and perseverance. But it's also a lesson

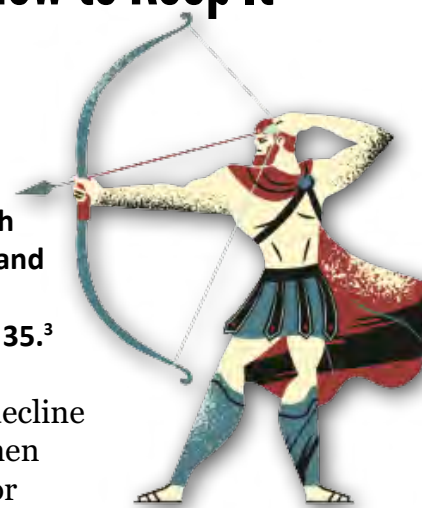
about muscle and aging.

Your muscle mass and strength climb from birth and peak somewhere around age 30 to 35.³

After that they decline slowly at first, then faster after 65 for women and 70 for men.

So if you're 45, you're already a decade past your peak. Most people have no idea.

MUSCLE ►



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

Asparagus is a 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.

Try serving it:

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

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

- Folate** that supports cell growth and repair
- Potassium**, which helps regulate blood pressure
- Fiber**, which helps control weight, lower cholesterol, and improve digestion



Hungry for something healthy? Give asparagus a try. This vegetable is a rich source of fiber, vitamins and antioxidants.



Try this Oven-Roasted Asparagus Recipe

<https://tinyurl.com/byau5ns4>

- Vitamin K**, which your body needs for strong bones
- Antioxidants** that may help reduce inflammation and lower your risk of certain cancers

A one-cup serving of asparagus delivers about a fifth of the folate you need for the day. Not many vegetables come close.

Add asparagus to your plate. It's easy to prepare, contains zero cholesterol and fat, and there are just 27 calories in a one-cup serving.

► SUGAR

- Heart disease
- Type 2 diabetes
- Certain cancers
- Depression

Cut back on added sugar
<https://tinyurl.com/y5a4r32f>



The good news? You don't have to quit sugar. Just kick a little of it out of your diet. Here's how:

✓ **1. Know where it hides.** Added sugar isn't just in cookies, candy and soda. It also hides in cereal, flavored yogurt, pasta sauce, salad dressing and coffee drinks. Check the Nutrition Facts label for Added Sugars.

✓ **2. Make one smart swap.** Trade one sugary item for a better choice. Water instead of soda. Fruit instead of candy. Plain oatmeal instead of sugary cereal.

✓ **3. Play the long game.** Messi didn't eat perfectly. He ate better. Small changes, repeated for years, kept him on the field.

You may never play in a World Cup. But kicking a little added sugar out of your diet could keep you in the game a lot longer.



Recipe: Parmesan Roasted Asparagus

Hungry for a healthy vegetable to serve with your next summer meal? Give this Parmesan Roasted Asparagus recipe a try.⁵ One sheet pan, six ingredients, about 20 minutes start to finish. It goes with almost anything off the grill, and there's nothing to scrub afterward.

Ingredients

2-1/2 pounds fresh asparagus
2 T olive oil
1/2 tsp salt
1/4 tsp black pepper
1/2 C grated Parmesan
2 lemons cut in wedges (optional)

Directions

1. Preheat the oven to 400 degrees F.
2. Lay asparagus spears in single layer on sheet pan. Drizzle with olive oil. Sprinkle with salt and pepper.
3. Roast for 15 to 20 minutes, until tender.
4. Sprinkle with the Parmesan and return to the oven for another minute.
5. Serve with lemon wedges. (optional)

Serves 5. 114 calories per serving.



► MUSCLE

The simple way to slow muscle loss

Now the good news. You don't have to wrestle a cyclops or bench press 300 pounds.

Strength training two times a week is enough to slow the loss. And it's easy to start.

 **Strength training includes activities like:**

- Push-ups, squats & other body-weight moves
- Resistance bands
- Free weights or machines
- Yoga and tai chi

Try this at-home workout

<https://tinyurl.com/4cz5ht7v>

Think of it as building a base.

The muscle you build in your 40s is the muscle you get to spend in your 70s.

That's what Odysseus had. Twenty years gone, and he still had enough left to do what younger people couldn't.

Want to get stronger? Now is always the best time to start.



References

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Ask the Wellness Doctor: What's the matter with high blood pressure?



Health Challenge: Protect Your Hearing: Turn it down to hear it later



WellNotes

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