



THE Y AXIS



## Power of a Nap

You've heard of the power nap. It's that afternoon siesta that can recharge your batteries.

But it's not the only thing a nap can do for you.



## Extra Zzzs Help Lower Blood Pressure

A recent study followed 400 adults with high blood pressure. When these adults napped an hour a day, it helped lower blood pressure by five percent.

140/80

-5%

133/76

That might not seem like much, but it's enough to lower the risk for heart problems by 10 percent!

Need to lower your blood pressure? Take a nap. A healthy weight, good diet, and regular exercise can help too.

## COMMENTS?

Send comments to the editor:

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## Healthy Weight Protects Memory

Take a trip to Tibet. Make your way to the Himalayan mountains. And you're bound to meet some seasoned locals who look a lot younger than they really are. Strike up a conversation. And you'll find they're also mentally sharp, regardless of their age.

They have one of the lowest rates of Alzheimer's in the world. Yet 15 percent of Canadians have the disease. And in the United States, someone is diagnosed with it every 67 seconds.

There's more than one reason for developing this disease. However, a new study suggests that weighing more than you should during middle age may be a factor.

In the study, people who were overweight at age 50 were more likely to develop Alzheimer's as they aged. Having excess weight in the prime of life may lead to memory problems later on.

### MORE

Healthy ways to manage your weight

<http://tinyurl.com/qed8c96>

You want to protect your memory and lower your risk for Alzheimer's. But a pilgrimage to Tibet may be out of the question. Fortunately, losing weight or keeping a healthy weight is something you can do now to protect your brain as you get older.

Here are some ways to manage your weight:

- Eat more fruits, vegetables, and fiber-rich whole grains.
- Drink plenty of water.
- Eat a healthy breakfast.
- Get at least 30 minutes of exercise a day.
- Aim to sleep 7 to 8 hours a night.
- Keep a food journal. Track your calories. And pay attention to portion size.
- Avoid or limit fast food, desserts, candy, and sugar-sweetened drinks.
- Ask for help from your doctor, health coach, or personal trainer.

Maintaining a healthy weight in middle age will protect your health and your memory for years to come.

*Alzheimer's Association.*

*Alzheimer's Society of Canada.*

*Molecular Psychiatry.* @

## Tips for a Healthier Halloween

Trick-or-treat? It's what about 93 percent of all children in the United States will do on October 31. Each little goblin hauls in about 250 pieces of candy. That bulging bag is stuffed with about 9,000 calories and three pounds of sugar.

Kind of scary? It doesn't have to be.



Here are some ways you can make Halloween healthier.

**Sort through the candy when you get home.**

- ✓ Toss out the taffy, hard candy, and sour-flavored treats first. These candies can quickly make your mouth more acidic, break down tooth enamel, and cause cavities.



### Zucchini Lasagna

You don't have to look far to find zucchini this time of year. But what do you do with it? Say "cheese" and try this recipe.

- ½ lb lasagna noodles, cooked
- ¾ C mozzarella cheese, grated
- 1-½ C fat-free cottage cheese
- ¼ C Parmesan cheese, grated
- 1-½ C zucchini, sliced
- 2-½ C tomato sauce
- 2 tsp oregano
- ¼ C onion, chopped
- 1 clove garlic
- ½ tsp black pepper

#### Directions

1. Preheat oven to 350 degrees.
2. Combine 1/8 C of mozzarella and 1 T of Parmesan cheese. Set aside.
3. Combine rest of mozzarella, Parmesan cheese, and cottage cheese. Set aside.
4. Combine tomato sauce with the rest of the ingredients.
5. Layer in thirds starting with tomato sauce on the bottom, noodles, cottage cheese mixture, and zucchini slices.
6. Repeat layering. Top with noodles, sauce, and cheese mixture.
7. Cover and bake for 30-40 minutes.

U.S. Department of Health and Human Services.

## Sleep-Deprived? It's a Recipe for Catching a Cold

It won't be long before cold and flu season is in full swing. And unless you're a fan of fevers, sniffles, sneezes, aches, and pains, you'll do everything you can to prevent it.

Like what? You can't go wrong with eating a healthy diet, making time for regular exercise, and getting the flu vaccine to avoid getting sick. Washing your hands, using hand-sanitizer, and skipping handshakes for fist-bumps can help too.

If you're serious about staying healthy during cold and flu season, there's one more defense you need to stay well...sleep. And if you're not getting enough, you could be in trouble.

A new study found that if you get fewer than 6 hours of sleep a night, you're 4 times more likely to catch a cold than people who sleep 7 to 8 hours a night.

*Centers for Disease Control and Prevention. University of California. Harvard School of Public Health. Sleep.* @

**MORE**

12 simple tips to improve your sleep  
<http://tinyurl.com/8c7vqlw>

### Plan for a Good Night's Sleep

Do you have trouble sleeping? Or do you stay up late to watch TV, clean up the house, or go out with your friends? It's a recipe for catching a cold.

Here are some ways to get a good night's sleep:

- Go to bed at the same time every night, even on weekends.
- Develop a bedtime routine that works for you.
- Try reading in bed to fall asleep. But avoid mysteries that can keep you guessing.
- Avoid caffeine, alcohol, and late-night meals.
- Make sure your sleeping area is cool, dark, and quiet.
- Don't watch TV in bed or use electronic devices.
- If you can't fall asleep, don't toss and turn. Get out of bed and do something relaxing like read, take a bath, or listen to calming music.

### Tips for a Healthier Halloween (continued from page 1)

✓ Keep the dark chocolate. It contains less sugar than traditional chocolate. And it's high in antioxidants that can protect the heart and brain.

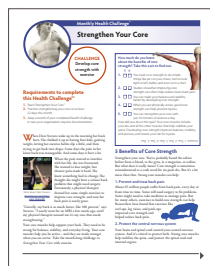
#### Give out healthier treats.

✓ Consider sugar-free fruit leather and candy-coated nuts. Or hand out inexpensive toys like miniature cars, yo-yos, puzzles, play dough, or whistles.

#### Brush up before bed

✓ After the night is over and your kids have enjoyed a taste of their hard work, make sure they brush their teeth before going to bed.

*National Confectioners Association. American Dental Association. American Academy of Pediatrics.* @



## Take the October Health Challenge!

### Strengthen Your Core

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What foods can I eat to help control my blood pressure?