



THE Y AXIS



## Futuristic Way to Count Calories

Point a gizmo at the food on your plate and press a button.

A beam of LED light scans the burger you're about to eat.

Then your smartphone buzzes. That burger is packed with 600 calories, 33 grams of

fat, 44 grams of carbs, and

26 grams of protein. Are you really going to eat that?



That "gizmo" isn't some make-believe-James-Bond-science-fiction gadget. It's a molecular food scanner developed by a team of mad scientists and a Kickstarter campaign.

Want to change the way you think about food?

Zap your food with a gizmo. Or go old-school and just keep a food journal.

### COMMENTS?

Send comments to the editor:

[evan.jensen@wellsource.com](mailto:evan.jensen@wellsource.com)

## Fight Cancer with Regular Exercise

Aim for 30 minutes of exercise a day

Jillion Potter knows a lot about fighting, getting up after being knocked down, and beating the odds. She broke her neck playing rugby. She survived cancer. And in a couple of months, she will lead the first U.S. Olympic Women's Rugby Team as captain in Rio de Janeiro, Brazil.

Potter's battle with cancer began two years ago. She went through 18 weeks of chemotherapy. Radiation treatment was another two months. Yet, she kept on playing rugby with the pros. There's no doubt early detection and treatment made a difference. But it may not be the only factor that helped Potter stay in the game.

### EXERCISE: Another Way to Lower Cancer Risk

A new study suggests that regular exercise can cut your risk for 13 different types of cancer. (It's the second leading cause of death in the United States.) In the study, researchers looked at the exercise habits of 1.4 million people. They compared physical activity with cases of cancer. The more people exercised, the more they lowered their risk for cancer.

You may not be exercising like an Olympic-level rugby player. But you can carve out time to exercise. The American College of Sports Medicine recommends at least 150 minutes of moderate exercise a week. Researchers in the study said even this minimal amount was enough to help reduce cancer risk.

Want to cut your risk for cancer? Go for a walk. Jog. Ride a bike. Swim. Play tennis.

And if you're tough enough, go ahead and give rugby a try. You'll burn calories and fat. You'll strengthen your heart, lungs, and muscles. And you'll reduce your risk for cancer.

*JAMA Internal Medicine.*

*National Cancer Institute.*

*Centers for Disease Control and Prevention. @*

### MORE

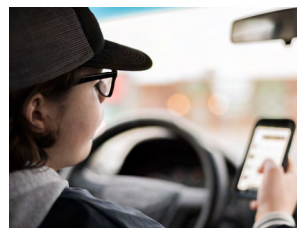
Diet and lifestyle changes to reduce cancer risk  
<http://tinyurl.com/hua7b2m>

## Mind the Road, Not Your Mobile Device

Texting while driving impairs ability to keep car on the road

Bonnye Spray knows more about the dangers of texting while driving than most people. Her teenage daughter ran a stop sign, caused an accident, and rolled her car. She was texting while driving.

For a while, the accident served as a wake-up call for her daughter. But it wasn't long before she was on the phone and behind the wheel ... again. About a year later, Spray's daughter drove off a freeway embankment. She was texting while driving. But this time she didn't make it home.



### How Dangerous Is Texting While Driving?

A team of researchers at the University of Houston wanted to find out. They put people through a series of driving tests.

- Driving with no distractions
- Driving and answering mentally challenging questions
- Driving and answering emotionally charged questions
- Driving while texting

You might think that talking about feelings or having a heated argument might impair driving.



## RECIPE

### Banana Peanut Butter Ice Cream

Go ahead, have some ice cream. But skip the store-bought stuff made from cream and sugar. And make your own banana peanut butter ice cream with just two ingredients.

#### Ingredients

- 4 ripe bananas
- 2 T peanut butter

#### Directions

1. Peel and slice bananas.
2. Place on large plate or cookie sheet in freezer. Chill for about two hours.
3. Add frozen bananas to blender and puree until smooth
4. Add peanut butter, and puree in blender.
5. Serve immediately, or place in freezer to harden.

*U.S. Department of Agriculture.*

## Slip This Fruit Into Your Diet

Eat more bananas for better health

In the early 1900s, vaudeville performer “Sliding” Billy Watson saw a man on the street slip on a banana peel. The man twisted and turned. He flailed his arms. He tried to stay on his feet. But he couldn’t.

Watson was thoroughly amused. Not long after that, he performed the banana-peel scene for his stage show. Long before the Internet, this comedy sketch went viral. And it still gets some laughs.

You don’t want to slip on a banana peel. But go ahead and slip this fruit into your diet. Bananas are a delicious addition to cereal, yogurt, smoothies,

**MORE**

Try these 100 banana recipes  
[tinyurl.com/245prsd](http://tinyurl.com/245prsd)

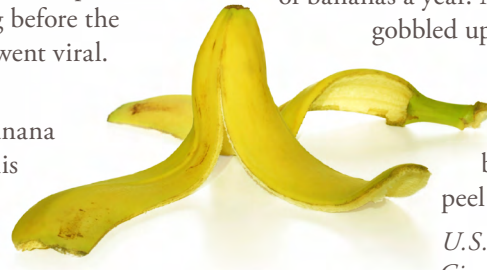
or a fruit salad. Mash some up and make muffins, or just have one for a snack.

Bananas are high in potassium that helps regulate blood pressure, supports bone health, and even reduces the risk for a stroke.

The average American eats about 27 pounds of bananas a year. More than half of those are gobbled up at the breakfast table.

And if you need to do a better job of eating two cups of fruit a day, try a banana. Just make sure the peel ends up in the garbage.

*U.S. Department of Agriculture. Circulation. @*



## Mind the Road, Not Your Mobile Device (continued from page 1)

But the study found that these types of distractions caused drivers to grip the steering wheel tighter and drive straighter.

Texting while driving was different. People were more likely to veer out of their lane, drive off the road, or make unsafe driving choices.

Your brain can’t handle mobile-device distractions. Why? It interferes with the brain and

**MORE**

Infographic: Driving While Intoxicated  
<http://tinyurl.com/ns95862>

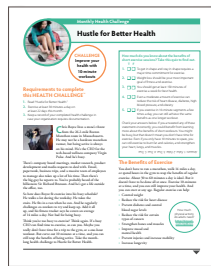
hand-eye coordination needed to keep the car on the road, says lead researcher Dr. Ioannis Pavlidis.

Texting while driving accounts for 26 percent of all car accidents, according to the National Safety Council. It’s against the

law in 46 states. And you’re 23 times more likely to get in an accident when your thumbs are on a smartphone and not on the steering wheel.

The next time you get behind the wheel, mind the road, not your mobile device.

*National Safety Council. National Highway Traffic Safety Administration. University of Houston. @*



## Take the June Health Challenge!

Hustle for Better Health: Improve your health with 10-minute workouts.

## Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What are the benefits of eating breakfast?