



THE Y AXIS



More Magic Beans, Please



What if you could get your hands on some magic beans to lose weight and control your appetite?

You'd whip out your credit card. Right?

Keep the card in your wallet. Just eat more beans. Take your pick. Garbanzos, kidney beans, lentils, black beans, snow peas, soybeans, and many others.



A recent study showed that people who eat beans at meal time eat fewer calories.



And they feel fuller longer.¹

Plus beans are a healthy source of fiber and protein that provide protective health benefits.

Pass the beans to control weight and hunger. Music will follow.



COMMENTS?

Send comments to the editor:
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Game Plan to Beat High Blood Pressure

Diet and lifestyle habits can make a difference

When the New England Patriots and the Atlanta Falcons go head to head in Super Bowl LI, one long-time football legend will be watching. Joe Montana.

During his career as an NFL quarterback, he won four Super Bowls. He holds the record for the most Super Bowl passes without an interception. And he's been recognized in the Pro Football Hall of Fame.

Take a look at his winning record, and it's clear Montana doesn't like to lose. So when he developed high blood pressure after taking his helmet off to retire, he needed a game plan to beat it.

Blood pressure on the rise

If your blood pressure is under 120/80, keep it that way. But if it's higher than that, you need a game plan just like Montana. One in 3 adults has high blood

pressure.² Left unchecked, it can damage your heart and arteries. High blood pressure also raises your risk for a stroke, loss of vision, trouble sleeping, and other health problems.

Pick these plays

When Montana found out his blood pressure was high, he picked a couple of key plays to control it. He ate more fruits and vegetables (and less red meat and fried foods). He cut back on salt. He put exercise back into his schedule for 30 minutes a day. And he started taking medication.

Within a year, he managed to get his blood pressure back to normal.

How's your blood pressure? Make a snap decision to get it checked. If it's higher than normal, talk to your doctor to work out a game plan to lower it. And you'll be in the same league as Joe Montana. @

MORE

10 ways to control blood pressure
<http://tinyurl.com/l575sw3>

Do You Have the Heart of a Champion?

The truth about preventing heart disease

Tao Porchon-Lynch teaches yoga classes. She's racked up a long list of awards as a ballroom dancer. She wears high-heels, drives an electric car, and is a vegetarian. Sounds like a youthful hipster, right?

Porchon-Lynch is actually 98 years old. But she has the heart of a champion. And she's bound to mark Heart Health Month in February with more yoga, dancing, and happiness.

Protect your heart to live longer

Did you know 1 in 4 deaths is caused by heart disease? It claims the lives of more than

600,000 people a year. Millions more suffer from disabilities and poor health linked to heart disease. But it's largely preventable.³

You can't tell if your heart is healthy by looking in the mirror. But a few simple tests can. If your blood pressure is 120/80 or higher or you have a Body Mass Index of 25 or higher, you're at risk for heart disease. A blood test can check your cholesterol, triglycerides, and glucose levels to measure heart health.

To protect your heart and live longer, be like Porchon-Lynch.



Photo from *Dancing Light* © TheTaoExperience.com



RECIPE

Game-Day Guacamole

Looking for a tasty dip to celebrate the Super Bowl? With this easy recipe, avocados never tasted so good!⁵

Ingredients

- 3 avocados, halved, peeled, pitted, and cubed
- 1 lime, juiced
- ½ tsp salt
- ½ tsp ground cumin
- ½ tsp ground cayenne pepper
- ½ medium onion, diced
- ½ pepper, seeded and minced
- 2 Roma (plum) tomatoes, seeded and diced
- 1 T fresh cilantro, chopped
- 1 clove garlic, minced

Directions

- Place avocado cubes in a large bowl.
- Pour the lime juice over the avocado and toss to coat.
- Drain the lime juice from the bowl, saving it for later.
- Add salt, cumin, and cayenne and mash together with avocado.
- Fold in the onion, pepper, tomato, cilantro, and garlic.
- Stir in 1 T of lime juice.
- Let sit for an hour before serving.

References

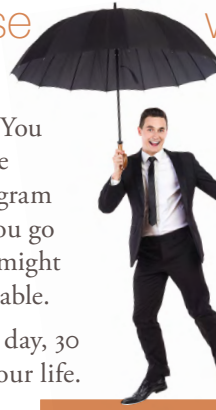
Sidestep Heart Disease with a Daily Walk

30 minutes boosts heart health

Thirty minutes isn't really a long time. You probably spend that much time or more commuting to work. A typical TV program or movie lasts 30 minutes or more. If you go out to a restaurant at a busy time, you might have to wait up to 30 minutes to get a table.

When there are 1,440 minutes in every day, 30 minutes isn't much. But it could save your life. Brisk walking for 30 minutes a day can lower your risk for heart disease.⁴

A recent study looked at walking and heart disease risks. Researchers checked the weight, blood pressure,



and cholesterol levels of 70 people. Then the people in the study were tasked with walking 30 minutes a day for 10 weeks.

They tracked their daily steps with a pedometer, attended a lecture on heart healthy habits, and even received a chance to win a prize by walking more. And it worked. Walking helped lower risk factors for heart disease.

Take a good look at your schedule. Have 30 minutes to spare? Get up and go for a walk. You'll be glad you did, and so will your heart. @

MORE

Walking: Your steps to health <http://tinyurl.com/nnr4xhb>

Do You Have the Heart of a Champion? (continued from page 1)

- 1. Eat well.** Eat more fruits, vegetables, whole grains, nuts, and legumes. And drink more water.
- 2. Be active.** You don't have to take up yoga or ballroom dancing. But you should get at least 30 minutes of exercise a day.
- 3. Don't smoke.** If you do, quit.

MORE

Ways to prevent heart disease at <http://tinyurl.com/hyn237w>



- 4. Maintain a healthy weight.** Lose weight if you need to.
- 5. Get your zzzs.** Aim for 7 to 8 hours of sleep a night.
- 6. Manage stress** in healthy ways. Want the heart of a champion? Practice heart-healthy habits and get regular screenings. @

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Take the February Health Challenge!

Get Fit with HIIT: Improve your fitness level with short workouts

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question: What can I do to get back on track?