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Heart-Healthy Habits from the Amazon

Study reveals diet and lifestyle habits for heart-healthy living

Take a trip to Tsimané, Bolivia, deep in the heart of the rainforest. You won't find fast food, wi-fi, cell service, or a Starbucks there. But you will find a group of people with the healthiest hearts on earth.


The Tsimané people (pronounced chee-mahn-AY) live off the land. They farm and hunt. They eat rice, bananas, corn, nuts, fruits, wild game, and fish. It's an active lifestyle where the average villager takes 16,000 to 17,000 steps a day.

Their heart-healthy lifestyle is also the focus of a new study.¹ Researchers arranged to scan the hearts of 700 Tsimané 40 years of age or older. What they found was a little surprising. About 9 out of 10 had no risk of heart disease. No plaque build-up on artery walls. No hardening of the arteries. No sign of an imminent heart attack.

"We found that based on their lifestyle,...this population can live their whole life without

any heart [disease]," says lead researcher Dr. Gregory Thomas. "They basically have the physiology of a 20-year-old."

Compare that to heart health in the United States. About 1 in every 4 deaths is linked to heart disease. About 610,000 people a year die from heart disease. And many more struggle to recover after a heart attack or stroke.

But it doesn't have to be that way, says Thomas. Regular exercise, at least 30 to 60 minutes a day, can help. And if you really want to improve heart health, clean up your diet by eating fruits, vegetables, and other whole foods. 

MORE
8 steps to prevent heart disease
<http://tinyurl.com/kwo3dce>

THE Y AXIS



Munch a Bunch

More leafy greens improves health

You go to the doctor for a basic checkup. And your doc delivers the news.

One or more of these things needs work:

- Blood pressure
- Glucose
- Cholesterol
- Triglycerides

Now what? You have options like expensive medication with side effects, weight loss, more exercise, and other lifestyle changes. And then there's the two-dollars-a-day solution.



Eat one pound of leafy greens per day for two weeks.

"Eating greens for the cost of just two dollars per day will make a difference" says Wellsource Director of Health and Research Dr. Joe Raphael. "Not only will you feel better, you can measure reductions in blood pressure, sugars, and lipids."

COMMENTS?

Send comments to the editor:
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Hear Today, Gone Tomorrow

Protect your ears to prevent hearing loss

Little babies are cute. They giggle, coo, laugh and smile. But when they're hungry or dirty, that's another story. That deafening cry can reach 130 decibels. That's as loud as a rock concert or jet taking off. Even if it's just for a few seconds, a noise that loud can damage your hearing.

About 14 percent of adults in the United States have some level of hearing loss. And the trend isn't getting much better. Experts predict hearing loss will double over the next few decades. A recent study found that at least 58 million people are regularly exposed to loud noises at home or at work.²

Researchers looked at data for 240 million people. They found that 22 percent were exposed to very loud noises for at least four hours a day (e.g., power tools, firearms, appliances, loud music, shouting). Yet, 38 percent of those people did not use hearing protection.

The Most Common Cause of Hearing Loss

And that's a problem. Extended exposure to sounds above 85 decibels can cause hearing loss. The louder the sound, the shorter amount of time it takes to damage your hearing. It's called noise-induced hearing loss. And it's the most common cause of hearing loss.



Banana-Nut Bread

Nuts and bananas. Two ingredients the people with the healthiest hearts on earth eat (see Heart-Healthy Habits from the Amazon). Give this sweet, healthy bread recipe a try.⁴

Ingredients

- 1 C bananas, mashed
- 1/3 C low-fat buttermilk
- 1/2 C brown sugar
- 1/4 C margarine
- 1 egg or egg substitute
- 2 C flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 C chopped pecans

Directions

1. Preheat oven to 350° F. Lightly oil a 9x5-inch loaf pan.
2. In a small bowl, mix bananas and buttermilk.
3. In large bowl, cream brown sugar and margarine until fluffy. Beat in egg. Then mix in banana mixture.
4. In another bowl, mix dry ingredients. Then stir into liquid ingredients until blended. Mix in nuts.
5. Spoon mixture into loaf pan.
6. Bake 50-55 minutes. Then let cool in pan.
7. Remove from pan and complete cooling on wire rack before slicing.

Exercise: Start by Taking the First Step

Get at least 30 to 60 minutes of exercise a day

When Washington-state resident Kelly Cole laces up her running shoes on April 17, she won't be going for her usual morning run. The busy mom with three kids will be running the Boston Marathon, along with 30,000 other runners.

It's the oldest 26.2-mile marathon in the United States. The first runners toed the line all the way back in 1897. And now it draws runners from around the world who want to test their limits from Hopkinton to Boston. But the event itself isn't really what drives people like Cole to run.

"A marathon is not 26.2 miles," says Cole. "It's hundreds of miles with a 26.2-mile finish."

She does it to stay in shape. Keep her heart healthy. Burn calories and fat. And set an example for her kids and others around her.



You don't have to run a marathon to be healthy. But you do need to exercise. Health experts recommend at least 30 to 60 minutes of exercise a day.³ And it doesn't even have to be all at once. Unfortunately, more than half of all adults fall short of getting this minimal amount of exercise.

If you haven't been getting enough exercise, now is always the best time to start. Go for a walk. Use a treadmill or stationary bike. Go to the gym to workout. Try a new sport. Plan a hike. Start by taking the first step. @

MORE

Couch to 5K fitness plan
www.c25k.com

Hear Today, Gone Tomorrow (continued from page 1)

If you want to protect your hearing, especially as you age, use hearing protection.

MORE

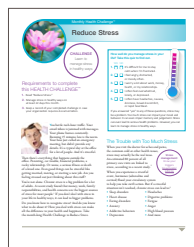
How loud is too loud?
<http://tinyurl.com/m3emlo5>

Try over-the-ear noise-cancelling headphones. Ear plugs. Or muffle loud sounds temporarily

by covering your ears with your hands. And if you listen to music, turn down the volume. @

References

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3. Centers for Disease Control and Prevention. (2015). How much physical activity do adults need? Accessed on March 17, 2017 from <http://tinyurl.com/ltxvsao>.
4. National Heart, Lung, and Blood Institute. (2017). Banana-nut bread. Accessed on March 17, 2017 from <http://tinyurl.com/k682tp>.



Take the April Health Challenge!

[Reduce Stress: Learn to manage stress in healthy ways](#)

Ask the Wellness Doctor:

This month Dr. Joe Raphael answers the question:
[Can the right shoes really help reduce foot pain?](#)