



THE Y AXIS



## Curb Junk Food Cravings in Your Sleep

A good night's sleep can improve eating habits

Got a sweet tooth that lures you to the cookie jar?



It might be your way of dealing with stress.

But using food to beat stress isn't a winning strategy.

So how can you curb your cravings? Get a good night's sleep.



Research shows that 7 to 8 hours of sleep is a good recipe for healthy eating.<sup>1</sup> Sleep helps reduce stress and improve your mood.

And those are ingredients that will help you make better food choices.

### COMMENTS?

Send comments to the editor:  
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## Is It a Heart Attack? Don't Die of Doubt

Learn to recognize the warning signs

It wasn't a jailbreak. But it looked like it. Eight prisoners shackled together broke down the door to their holding cell in Weatherford, Texas. Then they rushed the prison guard, shouting and making as much noise as possible.

It was the only thing they could think of. One minute their prison guard was talking and joking. The next minute, he fell over. He was having a heart attack.

Fortunately, the inmates' quick thinking saved his life. Prison officials rushed in. They performed CPR and shocked his heart to start beating again. And he lived.

Do you know the warning signs of a heart attack?

Every 42 seconds someone in the United States has a heart attack. When someone has a heart attack, getting treated as soon as possible can be the difference between life or death.

But not everyone knows the warning signs. It's one reason Texas launched the "Don't Die of Doubt" campaign. The most common warning signs of a heart attack include:<sup>2</sup>

- ✓ **Chest pain or discomfort**, usually in the center or left side of the chest.
- ✓ **Upper body discomfort**. Some people have pain in one or both arms, the back, shoulders, neck, jaw, or upper part of the stomach.
- ✓ **Shortness of breath**, even without being physically active. It often comes on suddenly, and can happen with or without pain or discomfort.
- ✓ **Sweating, nausea, or lightheadedness**. These can happen with or without chest pain or pressure.

### QUIZ

Can you recognize a heart attack?  
[tinyurl.com/ydzc6kpy](http://tinyurl.com/ydzc6kpy)

If you or someone else shows warning signs of a heart attack, call 9-1-1. It's the best way to get help, get to a hospital, and survive a heart attack. @

## Make Healthy Food Choices to Live Long and Prosper

Plant-based foods are best for long and healthy life

Ever wonder what the secret is to living longer?

That's a million dollar question. People have been looking for a quick fix to live longer for centuries. For the record, the Fountain of Youth, or a ring with magical powers, doesn't exist.

So why do some people live longer than others? There's more than one factor at play. But it's clear that healthy eating habits make a difference.



In a recent study, researchers tracked the eating habits of 74,000 people for 12 years.<sup>3</sup> Researchers found that healthy eaters had a lower risk of death than people who didn't eat a healthy diet. Healthy eaters were also less likely to die from heart disease or stroke.

So what did they eat? The healthiest people who lived the longest ate more:

- Fruits
- Vegetables
- Legumes
- Fish
- Nuts and seeds
- Low-fat dairy products
- Whole grains
- Healthy fats
- Lean meats

Now you know what to get the next time you go to the grocery store, plan a meal, or order out.

But what if you've been eating burgers and fries all your life?



### Zucchini Salad

Zucchini pops up in gardens everywhere this month. Got some of this summer squash? You can observe National Sneak Some Zucchini onto Your Neighbor's Porch on Aug. 8. Or, you can try this Zucchini Salad recipe.<sup>5</sup>

#### Ingredients

- 2 tsp olive oil
- 1 tsp garlic, minced
- ¼ tsp pepper
- 4 large zucchini, grated
- 1 T parsley, chopped
- 2 T dill, chopped
- 2 T red onion, chopped
- ¼ C fat-free feta cheese
- ¼ C fat-free Greek yogurt
- Juice of 1 lemon

#### Directions

1. In a small bowl, combine lemon juice, olive oil, garlic, salt and pepper. Set aside.
2. In a large bowl, mix in grated zucchini, parsley, dill, onion, and feta.
3. Add small bowl mixture to zucchini. Mix well.
4. Chill covered for two hours, or overnight before serving.

Photo ©American Heart Assn.

## Sitting Around Just as Deadly as Smoking

Be active 30 to 60 minutes a day

It's no secret that smoking is bad for your health. But did you know sitting around (inactivity) can be just as harmful?

For example, smoking has been linked to cancer, high blood pressure, heart disease, and diabetes. So does being a couch potato. You might not think about being inactive as a health risk, but you should.

If all couch potatoes did a little exercise, it could prevent about 5.3 million deaths a year and a long list of chronic diseases.<sup>4</sup> That's what researchers found in a recent study.

In case you're wondering, smoking kills about 6 million people a year. But it doesn't have to be that way.

Being active is just as important as quitting smoking.



**MORE**  
Get moving: Easy tips to get active  
[tinyurl.com/y7hoasds](http://tinyurl.com/y7hoasds)

Be active at least 30 minutes a day

What's your activity level like? Do you go to the gym, play a sport, or work outside? Or do you sit around (on the couch, in the car, at work)?

A little exercise goes a long ways. And it doesn't have to be strenuous. Being active helps you burn calories and fat. Physical activity can also help strengthen your heart, lungs, and muscles.

Aim to get 30 to 60 minutes a day of physical activity. Pick an activity you enjoy. Go for a walk. Ride a bike. Work in the yard. Try roller skating.

Start with a few minutes of activity a couple times a week. Then work a little harder and a little longer. It's a great way to stay in shape, lower your risk for chronic disease, and live longer. @

### Make Healthy Food Choices to Live Long and Prosper (continued from page 1)

If you change your diet now, will it do any good? Yes. Even small changes to your diet over time can cut your risk for

**VIDEO**  
How to live to be 100-plus  
<http://tinyurl.com/pntgdy6>

chronic disease and early death, says lead researcher Mercedes Sotos-Prieto. Eat healthier, starting today, to live longer. @

### References

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5. American Heart Association. (2017). Zucchini salad. Accessed on July 10, 2017, from <http://tinyurl.com/yc6u764u>.



## Take the August Health Challenge!

Practice Generosity: Reach out to help others

## Ask the Wellness Doctor:

This Dr. Joe Raphael answers the question: What can I do to control food cravings?

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