



THE Y AXIS



## The Two-Minute Task to Keep Your Brain Healthy

Check your schedule. Got time for a two-minute appointment twice a day?

Sure, that might sound like a big commitment. But it's worth it. All you have to do: Brush your teeth.

If you don't brush your teeth daily, you may develop gum disease. And that's a problem.

New research shows gum disease toxins can travel to the brain and cause nerve damage linked to Alzheimer's disease.<sup>1</sup>



Want to lower your risk for memory loss as you age? Use your brain. It only takes two minutes to brush your teeth.

### COMMENTS?

Send comments to the editor: [well@wellsources.com](mailto:well@wellsources.com)

## Blueberries Boost Heart Health

A daily serving of blueberries lowers risk for heart disease by 15 percent

Remember Violet Beauregarde in the classic story *Willy Wonka & the Chocolate Factory*? She grabbed a piece of gum made to taste like a three-course dinner... even though she wasn't supposed to.



First came tomato soup. Then roast beef and baked potato. Finally, blueberry pie with a bit of a juicy twist. And maybe that's what she was after.

Blueberries help prevent heart disease

New research shows that eating about a cup of blueberries a day may cut your risk for heart disease by 15 percent.<sup>2</sup>

**MORE**  
10 surprising facts about blueberries  
[tinyurl.com/yxfvh6v5](http://tinyurl.com/yxfvh6v5)

That's big. Almost as big as Violet when she's carted off by Oompa Loompa's to get squeezed for blueberry juice. Why?

Heart disease is the leading cause of death in the United States. It claims the lives of about 610,000 people a year.

But most heart problems can be prevented with:

- Healthy lifestyle habits
- Regular exercise, and
- Smart food choices, like eating more vegetables and fruits, including blueberries

In the study, researchers followed 138 overweight or obese adults at risk for heart disease for six months. One group ate a cup of freeze-dried blueberries with food every day. One group ate a half cup of blueberries a day. And a third group ate placebo blueberries.

In the study, a cup of blueberries a day helped improve circulation and reduce artery stiffness. It didn't matter if they were fresh, frozen, or even freeze dried.

If you want to lower your risk for heart disease, eat more blueberries. They're easy to add to cereal, yogurt, oatmeal, salads, and smoothies. And they taste just as good by the handful. @

## What Happens When You Hang Out with Healthy People

Network of health-minded friends improve diet, exercise, lifestyle habits

"You're the average of the five people you spend most of your time with."

Ever heard that before? It's advice Jim Rohn encouraged people to think about. And it worked. His books and speeches motivated people to try new ideas and build successful businesses like Rohn had done.

But it's not just business advice. New research shows that the company you keep has an impact on your health and happiness, too.<sup>3</sup>

A fitness tracker + friends study

Researchers wanted to see how much sway a person's friends has



on diet, exercise, and lifestyle habits. So they collected nine months of fitness tracker data for about 700 students. The study also counted the number of times the students called or sent texts to each other. Then researchers combined the two bits of data. The answer? Friends have a strong influence.

You might use a fitness tracker to be more active. But you're a lot more likely to adopt and keep healthy habits when your friends have similar goals, share updates, and hold each other accountable.

Want to improve your health? Create a healthier social network online and offline. Here's how:

- **Share fitness tracker info with friends.** Compare data like steps, sleep, and calories. Use mobile apps or social media to motivate and encourage each other.
- **Take a walk with friends** at work or in your neighborhood. Or workout together.