



THE Y AXIS



Need Sleep? Do This 90 Minutes Before Bed

Can't sleep? Forget about counting sheep, tossing and turning, or staring at the ceiling. If you're not getting 7 to 8 hours of sleep a night, do this 90 minutes before bed...



Take a hot bath or shower. For best results, the water temperature should be 104 to 109 degrees. Your pores will open. Lightly towel off. Your body will cool down and you will get sleepy.

In a recent study, people who took a hot bath or shower 90 minutes before bed fell asleep 10 minutes faster and slept longer.¹

COMMENTS?

Send comments to the editor:
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Fit for a King: Eat This Tasty Herb

Cilantro promotes health, prevents disease

Howard Carter dug at the corner of a stone buried in sand. It seemed unlikely to be anything important. The site had been cleared after finding nothing a few years earlier. Then it happened. He uncovered a step.

More digging, more steps, and two sealed doors led to an historic find. Carter lit a candle to peer inside a tiny hole and got his first glimpse of King Tut's tomb. Four rooms held chariots, model boats, chairs, paintings, and items made out of gold and ebony. He even found cilantro carefully preserved.

Discover the health benefits of cilantro

The cilantro plant is full of antioxidants and nutrients that promote health and prevent disease. It's leaves and seeds (coriander) have been used for thousands of years. Research shows they can help:²

- Control cholesterol
- Improve gut health and digestion

- Reduce inflammation linked to many chronic diseases, including heart disease
- Control blood sugar levels
- Prevent certain types of cancers

Want to add a little flavor to your food? Use cilantro or coriander. They are available at most grocery stores and farmer's markets. And it's easy to grow your own. Try adding some to:

- Quinoa or brown rice
- Salsa or bean dip
- Watermelon or strawberries
- Greek yogurt
- Water (with a little lemon)

Cilantro or coriander. Go ahead and try them. They taste great and are good for your health. @

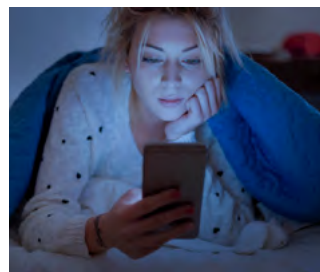
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Try this fresh salsa recipe
tinyurl.com/yxwmmf7n

Craving Sugar? This Night-Time Habit May Be the Reason

Blue light from digital devices may raise diabetes risk

You've had a long day at the office. You survived rush-hour traffic. After dinner and clean up, you kick back and decide to binge-watch the latest season of *Stranger Things*, funny cat videos on YouTube, or your favorite movie.



That might seem like a good way to relax before going to bed. But it may be the reason for sugar cravings, weight gain, and high blood sugar.

That's a big deal. Three out of four adults are overweight or obese. More than 100 million people in the U.S.

are living with diabetes or pre-diabetes. One simple habit could make a difference.

Looking at blue light up to one hour before bed can make you crave sugary foods. It also makes it harder for your body to manage blood sugar levels.³

Follow this bedtime routine. An hour before bed, avoid blue light. That includes mobile phones, tablets, computer screens, TV, and other digital devices with LED lights or screens.

Even a dim light from a cell phone can trigger health problems. It's best to limit screen time at night. If you do look at your phone or TV, shut it off well before bedtime.

7 healthy ways to unplug before bed

Believe it or not, you can get to bed without binge-watching a show or checking your phone.