



THE Y AXIS



Beware of the Snack Attack Curse

Ever feel hungry for a less-than-healthy snack even though you eat regular meals?

Beware: It could be the Snack Attack Curse taking over your brain, according to a recent study.⁴ When you eat high-calorie foods (chips, ice cream, extra fries), it makes your brain happy. Dopamine increases. You want more.

Instead of holding off until meal time, the Snack Attack Curse makes you think you need to eat, even though you don't. Give in, and it's a recipe for weight gain.

Want to break the curse? Eat healthy snacks and skip the junk food.



COMMENTS?

Send comments to the editor:
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The Spicy Super-Bowl Secret to Help You Live Longer

Spicy foods may help cut risk for early death by 14 percent

When the San Francisco 49ers take on the Kansas City Chiefs in Super Bowl LIV this year, millions of fans will be talking about two things. Football and food.

About 100 million people will watch the game on TV or at Hard Rock Stadium in Florida. And by the time the final buzzer sounds, fans will munch their way through an estimated 8 million pounds of salsa...mild, medium, and spicy.

Even if you're not a football fan, here's a spicy reason to take a bite of Super Bowl mania:

Research shows that eating spicy foods once or twice a week can cut your risk of dying

early by 10 percent. Eating spicy foods three or more days a week may lower the risk of early death by 14 percent.¹ Studies show that eating spicy foods may also help:

- Improve metabolism
- Lower cholesterol
- Reduce cancer risk
- Control hunger
- Lower blood pressure
- Support weight management

So how can you spice things up? Add spicy peppers and seasonings to food. Season sweet potatoes with cayenne pepper and chili powder. Sauté broccoli and cauliflower in olive oil with a dash of red pepper. Make lentil soup with a spicy kick. Or try some spicy salsa, even if you don't plan to watch the Super Bowl. @

MORE

Health benefits of spicy foods
<https://tinyurl.com/wyvet6ry>

Practice Yoga to Keep Your Brain Healthy

Yoga helps reduce stress, anxiety and depression

Adriene Mishler moves into Downward Dog position, then rises to Warrior Pose. She stretches and speaks softly. And she moves effortlessly from one yoga pose to the next, explaining the technique. But this isn't your typical yoga class.

Mishler's 'Yoga with Adriene' following includes an estimated 6 million fans on YouTube. But it's the health benefits (both mind and body), of yoga that keeps her grounded to make it accessible to everyone.

In a recent study, researchers found that yoga may help reduce stress, lower anxiety, and ward off depression by improving brain health.²

"The science is pointing to yoga being



beneficial for healthy brain function," says lead researcher Dr. Neha Gothe.

Researchers found that yoga at least once a week for 10 weeks or more can have a positive impact on brain health. Yoga may improve areas of the brain related to memory and