



THE Y AXIS



## The Comfort Food Brain Drain

Ever heard of comfort food?

You know. An order of fries. A biggie-sized burger. A heaping pile of macaroni and cheese. Biscuits and gravy. Maybe a deep-fried Twinkie.

Consider cancelling your order. Eating comfort food may be a recipe for brain drain.

(Not just weight gain and chronic disease.)



In a recent study, researchers found that eating foods high in saturated fat can impair concentration and focus, even five hours after eating.<sup>4</sup>

Want to be a little sharper? Chew on this. Researchers found that foods made with unsaturated fats don't have the same effect.

### COMMENTS?

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

## A Sip of Central Perk: How Much Coffee is Safe to Drink?

Too much coffee linked to poor bone health, joint pain and obesity

If you spent as much time at Central Perk sipping coffee as Rachel, Monica, Phoebe, Joey, Chandler, and Ross, you might have a problem.

The cast of the cult-classic TV show *Friends* spent a lot of time chugging cappuccino, iced tea, lattes, and black coffee. But too much coffee may be bad for your health.

Sip on this. In a recent study, researchers looked at health data and coffee-drinking habits of more than 300,000 people.<sup>1</sup> They found that people who drink a lot of coffee (more than 4 to 6 cups a day) have a higher risk for health problems.

Too much coffee may increase your risk for:

- Poor bone health
- Joint pain
- Obesity

**A typical cup of coffee** is 8 ounces, and contains 100 mg of caffeine. The U.S. Food and Drug

Administration recommends limiting caffeine to no more than 400 mg per day for adults.

Coffee on its own is a low-calorie drink. But the typical to-go size is 16 ounces. Add flavored syrup, sugar, and cream, and it's loaded with caffeine and calories.

While some research does suggest drinking coffee may provide some health benefits, too much isn't something to laugh about with your friends.

If you're a coffee drinker, keep your habit under 4 to 6 cups a day. And don't drink coffee too late in the day, or you may have trouble getting to sleep. *Cheers...* oh wait, that's a different show. @

### MORE

FDA: Spilling the beans on coffee <https://tinyurl.com/yxdcqic7>

## Fight Age-Related Memory Loss with Heart-Healthy Habits

Heart healthy habits may reduce risk for dementia and early death

Lost your keys? Forgot why you walked into a room? Completely spaced an important meeting? It happens, especially if you're busy, stressed out, short on sleep, or getting older.

But when does forgetting a few details become a bigger problem? And is there anything you can do to protect your brain as you age?

Dementia isn't a sudden disease with dramatic symptoms. It's stealthy. It works away attacking areas of the brain, often without any visible signs for years.

Until there are signs like...

- Memory loss
- Changes in mood or depression
- Apathy
- Trouble with daily tasks
- Getting lost more often
- Confusion

An estimated 50 million people are living with dementia.

Every few seconds someone is diagnosed with dementia. And by 2030, cases are expected to top 82 million.

**The good news...**there's a defense against dementia to



protect your brain as you age. New research shows that keeping your heart healthy, keeps your brain healthy, too.<sup>2</sup>

What can you do to keep your heart healthy?