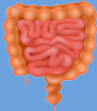


THE Y AXIS



The Fantastic Thing About Feces

It's no secret that obesity and diabetes are on the rise.



Forty-two percent of all adults are obese. About 30 million have type 2 diabetes.

Diet and lifestyle changes can help. But is there something else that can combat these chronic diseases?

Yes. And it's probably not what you think...Feces.

A recent study found that healthy fecal transplants may one day be used to help prevent weight gain.⁴ The process may also help prevent or control diabetes.

Fecal transplants are currently used to help treat chronic diarrhea and inflammatory bowel disease. That's the fantastic thing about feces.

COMMENTS?

Send comments to the editor: well@wellsources.com

The "Terribly Comfortable" Solution to Slow COVID-19

Research shows wearing a mask reduces infection rate

Ever seen the movie *The Princess Bride*? There's some coronavirus wisdom in this 30-year-old flick.

In one memorable scene, Westley aka the Dread Pirate Roberts (played by Cary Elwes) fights Fezzik the bodyguard (played by Andre the Giant).

- **Fezzik:** Why do you wear a mask? Were you burned by acid, or something like that?
- **Westley:** Oh no. It's just they're terribly comfortable. I think everyone will be wearing them in the future.

Mask On, Mask Off?

By now, you've heard the debates. To wear a mask, or not to wear a mask.

In some places, public health officials require it. In other places it's optional. Can wearing a mask really provide protection from the coronavirus?

In a recent study, researchers look at how easily COVID-19 spreads.¹ Yes, you could get the coronavirus from contaminated surfaces. (Wash your hands. Sanitize surfaces.)

But the most common way the virus spreads is person to person from:

- Coughing
- Sneezing
- Talking

Even breathing, can push tiny droplets of the virus into the air.

If you're within range, you could infect other people or contract the virus. But wearing a mask can help. Based on computer models, researchers estimate masks helped prevent 66,000 cases of the virus in New York City in just one month.

"Wearing a face mask in public corresponds to the most effective means to prevent... transmission," says lead researcher Renyi Zhang. "This inexpensive practice,...with social distancing and other procedures, is the most likely opportunity to stop the COVID-19 pandemic."

Want to protect yourself from the coronavirus? Wear a mask in public. @

MORE

Use face-masks to slow COVID-19
<https://tinyurl.com/uxphv12>

When's Dinner? The Truth About Eating Late-Night Meals

Late-night meals linked to weight gain, high blood sugar

What's your stay-at-home schedule looked like during COVID-19?

If your meal schedule is one of the things that went AWOL, you're not alone. Maybe you've even shifted to watching more TV and eating late at night. Sound familiar?

The Dinner-Bell Dilemma

If you ring your dinner bell extra late every night, there's a problem.

In a recent study, researchers found that eating late at night



(after 10 p.m.), slows metabolism and spikes blood sugar levels.²

By how much? Blood sugar levels were 18 percent higher. Fat

loss was 10 percent less. This was the difference between eating the exact same meal at 6 p.m. versus 10 p.m.

In the study, researchers looked at physical activity, blood samples, sleep data, and body fat. People in the study ate the same foods for dinner (early or late), and went to bed by 11 p.m. Researchers believe late-night dinners may raise the risk for chronic disease.

"This shows that some people might be more