



Black Bean Breakfast Bowl

Want to improve your diet, curb your hunger, and control your weight? Eat beans for breakfast. It only takes a few minutes to make this Black Bean Breakfast Bowl.⁵

Ingredients

- 2 T olive oil
- 4 eggs (egg whites or substitute)
- 1 can water-packed black beans, drained
- 1 avocado, cubed
- 1/4 C salsa

Directions

- Heat oil in small pan over medium heat. Cook and stir eggs until set. About 3 to 5 minutes.
- Place beans in bowl. Microwave on high for about 1 minute until warm.
- Divide warmed beans into two bowls (recipe makes two servings).
- Top with scrambled eggs, avocado, and salsa.
- Season with salt and pepper.

Yoga-Pose Practice Helps Control Blood Pressure

Study suggests daily yoga, meditation practice helps control blood pressure

Inside the quiet and tranquil Mystic Springs Oasis, there's a 5,000-pound yoga instructor named Nangi. She has tattoos. She wears bracelet jewelry. And she teaches yoga. She's an elephant in the Disney movie *Zootopia*.

Despite her size, Nangi moves with ease from one post to the next: Bird Dog, Seated Angle Pose, Accomplished Pose, and Forward Bend. Nangi, a fictional character, likely has her blood pressure under control. But a lot of people don't.

About 1 in 3 adults has elevated or high blood pressure. It's a problem that can raise the risk for a heart attack or stroke, poor circulation, and other health problems.

What can you do to control blood pressure?

- **Eat a low-sodium diet** and healthy foods.
- **Lose weight** or maintain a healthy weight.
- **Exercise** 30 to 60 minutes a day.
- **Talk to your doctor** and take medication if necessary.
- **Manage stress in healthy ways**, like a hot bath, massage therapy, a favorite hobby, or exercise...like yoga.

In a recent study, researchers tracked blood pressure in a group of people for three months.³ One group did yoga, meditation, and breathing exercises for about an hour a day. Their blood pressure went down. Another group in the study that didn't exercise, didn't see a change in blood pressure.



Want to keep your blood pressure in check?

Take a yoga class (sorry, Nangi isn't taking any more clients). Watch a yoga video and follow along. Learn a few basic poses (called asanas), and develop your own yoga routine to reduce stress and keep your heart healthy. @

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When's Dinner? The Truth About Eating Late-Night Meals (continued from page 1)

vulnerable to late eating than others," says lead researcher Dr. Jonathan C. Jun. "...Late eating could lead to consequences such as diabetes or obesity."

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You are when you eat
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Hungry for better health? Stock up on groceries to make dinner. Create a healthy meal plan, and stick to it. Or if you plan to go out, eat dinner before it's too late. @

References

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