



THE Y AXIS



Double Your Dose of LOL Medicine

Sure, you've got a lot on your plate. Most adults do. Work, relationships, bills to pay, a global pandemic.

Want to know how to deal with it better? Double your dose of LOL medicine.



Most adults only laugh 15 to 100 times a day. You can do better. Kids laugh 300 times a day. Tell a joke. Watch a funny movie. Do silly stuff with friends.

Research shows that laughing helps reduce stress, improves your mood, and strengthens the immune system.⁴

COMMENTS?

Send comments to the editor: well@wellsources.com

America's Got High Cholesterol: 6 Ways to Protect Your Health

High cholesterol linked to heart disease, stroke and diabetes

Celebrity Howie Mandel is headed to Las Vegas later this month. He's a judge for the reality show *America's Got Talent*. And he'll expect to be entertained and surprised by the show's top finalists.

Mandel built his career in the spotlight. But something happened along the way that came as a shocking surprise. More shocking than the Bonebreakers' moves or they guy dodging crossbow arrows...blindfolded.

During a routine visit with his doctor, he got the news. "You have high cholesterol."

He didn't know. He didn't have any symptoms. And he wasn't doing anything about it.

Yet, 40 percent of adults have higher than normal total cholesterol (200 mg/dL or above). Left unchecked, it can lead to plaque build-up that blocks blood flow to the heart and brain. And it's a risk factor for heart disease, stroke, and diabetes.

At first, Mandel didn't do anything about it. When he went back for a check-up, his cholesterol level was even higher. And

that's when he decided to get his act together with medication and healthy lifestyle habits.

6 ways to lower cholesterol levels

If you want to protect your health and keep your cholesterol levels in check, here are some things you can do:

- 1. Maintain a healthy weight**, or lose weight if you need to. Smart food choices and regular exercise can help.
- 2. Eat heart-healthy foods** like whole grains, fruits and vegetables, fish, nuts, and seeds.
- 3. Exercise at least 30 minutes a day.** Try walking, biking, or hiking. Even gardening and vigorous house-cleaning counts as exercise.
- 4. Don't smoke**, or quit if you do.
- 5. Avoid or limit alcohol.** No more than 2 drinks per day for men, 1 for women, zero if pregnant.
- 6. Follow your doctor's advice.** Medication can help, too.

Make the effort to control your cholesterol so you can get a Golden Buzzer for good health. @

MORE

High cholesterol: What you need to know <https://tinyurl.com/y6ax3lnz>

4 Reasons COVID-Weight Gain is Up + Tips to Keep It Down

Poor diet, isolation, stress, lack of exercise linked to weight gain

When Chicago resident Mark Konkol noticed his daily commute consisted of just 16 steps to grab some treats and go back to work, he decided to investigate.

The Pulitzer-Prize winning reporter found that weight gain is on the rise during COVID-19 stay-at-home orders. And he isn't the only one indulging in comfort foods.

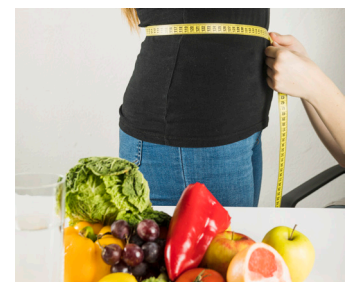
If you've gained a few pounds since the coronavirus

became a global pandemic, you're not alone.

In fact, researchers recently pointed to four COVID-related reasons obesity is on the rise.

- Emotional stress
- Economic anxiety
- Physical inactivity
- Social isolation

Think about it this way. If you're stressed out, worried about money, stuck at home, or feel lonely, you're a lot more likely to turn to comfort foods. But it doesn't have to be that way.



Adopt these healthy habits to tip the scale in the right direction:

- **Eat healthy foods.** Skip the cookies, chips, fast food and ice cream. Eat more fruits, vegetables, whole grains, legumes, nuts and seeds.