



THE Y AXIS



3 Ways to Avoid Brain Drain

Ever heard of brain drain?



It's the unofficial term for what happens to your brain from stress, age, lifestyle and other factors.

Brain drain can have a big impact on your memory, decision making, and your mood. But it doesn't have to be that way.

Want to protect your brain and improve your mental health? Research suggests 3 ways to avoid brain drain:⁵

1. Sleep 8-9 hours per night
2. Get regular exercise
3. Eat fresh fruits and vegetables.

Follow the brain-drain prevention plan. You'll feel better, think better, and be healthier.

COMMENTS?

Send comments to the editor:

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Beat Stress in 2021 with THIS Laugh-Out-Loud Solution

Stressed out? Time for more smiles and laughter

Let's face it. The year 2020 was kind of stressful. COVID-19 took its toll on health, happiness, and the economy. And it's time to laugh it off.

The truth...the global pandemic probably isn't the only thing that stresses you out, impacts your mood or keeps you awake at night. There are other things, too, like work, money, relationships, and unexpected life events. Sometimes just the day-to-day grind is stressful.

But like it or not, stress is a normal part of life. If you don't manage stress in healthy ways, it can lead to things like:

- Heart disease
- Depression and anxiety
- Obesity
- Stomach problems
- Diabetes
- Memory loss
- Headaches

The laugh-it-off way to beat stress

Ready to take on 2021 with a better outlook and less stress to protect your health?

Here's what you need to do: Smile often. Laugh more.

In a recent study, researchers found that people who smile and laugh more often, are better able to manage stress.¹

Why? When you laugh, your brain releases endorphins that help improve mood, reduce stress, and relieve pain. On average, happier people laugh at least 18 times a day.

When was your last dose of laughter? Maybe it's time for a funny movie, laugh-out-loud book, funny joke, or time with family and friends when you laugh until you cry.

Need a simple way to manage stress and feel better? Smile and laugh it off.

MORE

9 ways to laugh more every day
<https://tinyurl.com/y87mijkln>

Chop Down Cancer & the Common Cold with Garlic

Chopped garlic provides protective health benefits

Everybody knows garlic repels vampires and keeps evil forces away. But can it do the same for the common cold and cancer?

Season your entree with crushed garlic. Add garlic to soup and simmer. Chop up a fresh clove of garlic, and add it to your favorite dish. Sounds pretty good, right? Research shows eating garlic (fresh is best), can help:²

- Lower blood pressure
- Control cholesterol
- Support the immune system

- Reduce inflammation
- Prevent certain types of cancer

But it all depends on how you prepare it. Most people mince, crush, or chop garlic, and cook it. However, heating garlic after chopping destroys most of its cold and cancer-fighting properties.

- **Microwave:** In 30 seconds, garlic loses 60 percent of the compound allicin, that helps prevent colds and cancer. In 60 seconds, it's zero.



- **Boiling.** Only marginal levels of allicin remain after boiling for 6 minutes.
- **Simmering.** Only trace amount of allicin remain after boiling garlic for 15 minutes.