



THE Y AXIS



Beans, Beans... The Magical Fruit



What if you could get your hands on some magic beans to lose weight and control your appetite?

You'd whip out your credit card. Right?

Keep the card in your wallet. Just eat more beans.

Take your pick. Garbanzos, kidney beans, lentils, black beans, snow peas, soybeans, and many others.

A recent study showed that people who eat beans at meal time eat fewer calories.

And they feel fuller longer.⁴

Plus beans are a healthy source of fiber and protein that provide protective health benefits.

Pass the beans to control weight and hunger. Music will follow.

COMMENTS?

Send comments to the editor:

evan@thehealthycopywriter.com

5 Signs COVID is Taking a Toll...Even If You're Virus-Free

Health risks rise as pandemic continues

You've followed all the COVID-19 guidelines. Social distancing, limited in-person contact, masks, and sanitizing are now a regular part of life.

Maybe you've even tested negative for COVID-19, or received the vaccine. But you still feel like something's not right. Sound familiar?

A new report published by the American Psychological Association shows that COVID culture may be taking a toll on your health in more ways than one, such as:¹

- 1. Weight gain.** 61% of adults tipped the scale in the wrong direction over the past year. If you've gained 15 to 29 pounds during the pandemic, you're not alone.
- 2. Poor sleep.** 67% of adults have experienced trouble sleeping during COVID-19. This includes sleeping too much (more than 9 hours) or not enough (less than 7 hours).
- 3. Lack of healthcare.** If you've been avoiding the doctor, worried about exposure to

COVID-19, you're not alone. An estimated 47% of adults have delayed or canceled needed healthcare.

4. Increased stress. If you're a parent with kids who made the switch to online learning, you know it hasn't been easy. About 67 percent of adults with school-age kids said their stress levels have increased during the pandemic.

5. Alcohol increase. When some people get stressed out, alcohol can become an unhealthy way to cope. Researchers found that alcohol use has increased 23 percent during COVID-19.

If COVID culture has taken a toll on your health, NOW is always a good time to make a change.

Keep it simple. Eat more fruits and vegetables. Be active. Manage stress in healthy ways. Improve your sleep habits. And ask for help if you need it.

MORE

How to prevent COVID fatigue
<https://tinyurl.com/5artyh8w>

Munch & Crunch Whole Grains for Heart Health

Aim for 3 to 5 servings of whole grains per day

What's for breakfast? It's easy to grab a donut, pastry or fast food. But that kind of daily habit puts your heart health at risk.

An estimated 18.2 million people in the U.S. are living with heart disease. It's the leading cause of death in the U.S., claiming the lives of about 655,000 people a year.

But you can do something about it like country music star Jessie James Decker.

With two young kids, she's always on the go. And she's busy with recording, along with running several businesses. But she doesn't miss a morning breakfast without whole-wheat toast.

New research shows that eating whole grains help lower the risk for:²



- Heart disease
- Stroke
- Certain types of cancer
- Early death