



THE Y AXIS



Before You Pull On Your Pants...

Skinny jeans may be a popular fashion trend.



But pull on pants that are too tight, and you could be in trouble.

When an Australian woman arrived in the ER, barely able to walk, doctor's had to cut her pants off.

The source of the problem? Her skinny jeans.

The Skinny on Skinny Jeans

Wearing skinny jeans or tight pants can restrict circulation.

They can even cause nerve and muscle damage, according to the Journal of Neurology, Neurosurgery & Psychiatry.⁵

You don't have to toss your skinny jeans. But if you wear them, be active and avoid staying in the same position for too long.

COMMENTS?

Send comments to the editor:

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Traffic Light Labels: Your Shortcut to Healthier Choices

Make green-light choices to cut calories

Red light, stop. Yellow light, slow. Green light, go. If you want to improve your eating habits, think about a traffic light before you buy or eat a food item.

In a recent study, researchers tracked cafeteria purchases of 5,600 hospital employees for three months.¹ Then they made the following changes in the cafeteria:

- Healthy foods were marked with a green-light label.
- Less healthy foods were marked with a yellow-light label.
- Unhealthy foods were marked with a red-light label
- Plus, healthier foods were moved to the front of the store

And you know what happened? People bought more green-light foods after that. Sales of red-light foods and sugary drinks dropped significantly.

And people who visited the cafeteria the most, consumed 15,400 fewer calories over time. That's the equivalent to losing 4.4 pounds!

Make green-light food choices

The next time you go shopping, ask yourself a simple question for each item you pick up to put in your cart.

- Does this food item deserve a green light, yellow light, or red light?

If it's green, add it to the cart. Go easy on the yellow-light foods. And pass on any red-light foods.

If you're eating mainly green-light foods, your diet will include fruits and vegetables, whole grains, nuts and seeds, legumes, and low-fat dairy or soy products.

Think about your food choices this way: Red light, stop. Yellow, slow. Green light, go.

MORE

Healthy tips for dining out
<https://tinyurl.com/3s3s5aem>

5 Surprising Reasons You Need a Regular Bedtime

Get your Zzzs to reduce health risks

You know...one more story, a drink of water, more playtime, a movie. But you're smarter than that. Kids need their sleep...right?

Well, what about you? Are you getting at least 7 hours of sleep per night?

It's easy to skimp on sleep, stay up late, and go to bed at random times, especially on the weekends. But research shows adults should follow a regular bedtime routine, too.

Why? In a recent study, researchers found that lack of sleep and irregular sleep habits may increase the risk for:²

1. High blood sugar levels
2. High blood pressure
3. A heart attack or stroke
4. Being overweight or obese
5. Depression



6 tips to help you get your Zzzs

Want to improve your health and get a better night's sleep? For best health, aim for 7 to 8 hours of sleep per night.

Here are some tips to help you get your Zzzs:

- Go to bed at the same time every night, even on weekends.
- Avoid exercise within two hours of bedtime.



Baked Zucchini Chips

Not sure what to do with all that end-of-summer zucchini? You can turn it into some healthy and tasty chips. Here's how:⁶

Ingredients

- 3 small zucchinis, sliced into 1/4-inch rounds
- 2 T olive oil
- 1/2 C Italian-seasoned bread crumbs
- 2 T Parmesan cheese, grated
- 2 tsp oregano, chopped

Directions

1. Preheat oven to 350 degrees.
2. Place zucchini rounds in a bowl. Drizzle olive oil over zucchini and stir to coat.
3. Add bread crumbs. Toss to coat.
4. Place coated zucchini rounds onto a baking sheet.
5. Sprinkle on Parmesan cheese and oregano.
6. Bake 15 minutes, or until chips are tender and cheese is browned.

Serves 4. 143 calories per serving.

Stop the Puff: Vaping Linked to 19% Increase in Heart Failure

Smoking of any kind raises risk for heart disease

Don't smoke, or quit if you do. You've probably heard the advice before. And a lot of people have quit.

If you smoke, you're 2 to 4 times more likely to develop heart disease. But only about 11.5 percent of adults smoke old-school cigarettes today.

What about vaping e-cigarettes?

Chances are pretty good you've seen someone vape using an e-cigarette. The telltale sign: a billowing cloud of white smoke.

An e-cigarette doesn't have tobacco or the same substances that cause cancer. But it does deliver high doses of nicotine with every puff. And it's been linked to a growing list of heart-related problems:

- In one recent study, researchers found that vaping caused a spike in blood pressure and heart rate that lasts 30 minutes or longer.³
- In a separate study, researchers found that vaping even once increases the risk for heart failure by 19% compared to people who have never vaped.⁴

"More and more studies are linking e-cigarettes to harmful effects and finding that it might not be as safe as previously thought," says lead researcher Dr. Yakubu Bene-Alhasan.

"The difference we saw was substantial. It's worth considering the consequences to your health, especially with regard to heart health."



Puff out smoking & vaping for better health

Bottom line: If you smoke, quit. If you vape, quit. And if you're having trouble quitting on your own, ask your doctor for help. You'll be glad you did.

MORE

Tips to quit vaping & smoking
<https://tinyurl.com/au6zpvhe>

5 Surprising Reasons You Need a Regular Bedtime (continued from page 1)

- Avoid caffeine, nicotine, and alcohol in the evening.
- Avoid going to bed on a full stomach.
- Make it comfortable. Your sleeping area should be dark, quiet, and cool.
- Still having trouble sleeping? Talk to your doctor about other ways to get your Zzzs..

MORE

Your guide to healthy sleep habits
<https://tinyurl.com/v7d2yy2t>

References

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6. Lauren, G. (2023). Baked zucchini chips. All Recipes. From: <https://tinyurl.com/y9vak8cp>



Take the September Health Challenge!

Eat More Omega-3s: Add healthy fats to your diet

Ask the Wellness Doctor:

This month Dr. Don Hall answers the question: What are the healthiest ways to cook food?