

# STAYWELL

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## DID YOU KNOW?

Stress whether real or imagined can have the same negative impact on the body. The holidays can be a very stressful time for many people. A lot of times it is because of the perception factor.

Perception of how people assume others should or will respond leads to anxiety. The pressure individuals put on themselves to meet others' expectations can be a huge stress



during the holidays. Anxiety over time can have long term implications for brain function, especially later in life. Research demonstrates that cognitive function declines faster when anxiety is higher.

Mindfulness can be a very effective means of dealing with anxiety. Mindfulness is the process of helping individuals recognize what is happening in the moment and developing better coping skills. Mindfulness is also stimulating the brain to function better and keeping it healthy. Experts agree that mindfulness-based stress reduction can be as helpful as pharmacological therapy for anxiety. IPSC is currently offering a mindfulness initiative to help brain function and stress reduction. Forms are online or outside Brian's office.

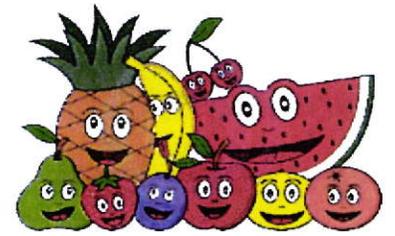


## DID YOU KNOW?

Eating whole fruits is the best way to get the nutrients they contain versus drinking juices or supplements. Luke Howard, a researcher at the University of Arkansas, found that juices generally retain less than 50 percent of the bioactive compounds found in whole fruit. In many studies, it is only 20 percent.

Fruit tends to break down quickly. The longer fruit is handled, the more it disintegrates. This is the reason that fresh or frozen fruit (those picked ripe) is better than canned. In many cases, frozen fruit is just as healthy. Frozen fruit is harvested when the fruit is ripe on the vine and then flash frozen onsite, preserving the nutrients. Canned fruit is picked green which does not allow the fruit to fully mature and develop all

of the bioactive compounds. By the time the fruit is processed, it has lost much of the nutritional benefits. If there is a choice, choose fresh or frozen fruit to get the best health benefits.



The same holds true with supplements. In a study a few years ago, antioxidant supplements versus a placebo (non-therapeutic pill) was studied. It was determined that there was no difference in diabetes risk after nine years. But research has shown time and time again that eating antioxidant-rich whole foods can lower your risk of diabetes and heart disease.

## DID YOU KNOW?

The brain is more protected from mental decline when an individual maintains a healthy weight. In a ten-year study, researchers looked at metabolic function and obesity. The study showed that mental function declined at a faster and higher rate in those individuals who were overweight. Researchers speculate that it may have to do with vascular limitations, but further research is needed. Until then, maintaining a healthy weight can improve brain function as a person ages.

# ACTIVE CITIZENS

## DID YOU KNOW?

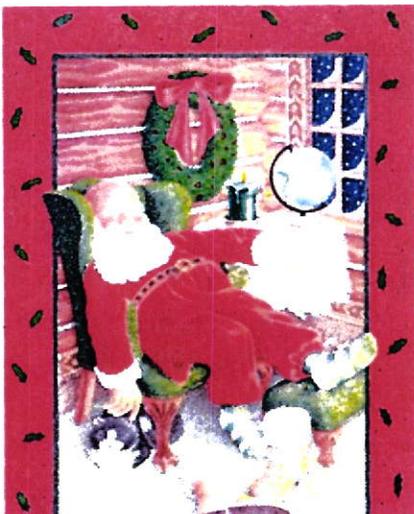
Being more active and social can prolong life. One Swedish study demonstrated that being active over the age of 75 not only prolonged life by an average of 5.4 years, but also revealed a higher quality of life than those who were less active. What is the ideal exercise range to get the benefits? The ideal range is 150 minutes of moderate exercise or 75 minutes of intense exercise weekly.

Another study in this same age range demonstrated that being more social or interacting with friends also added almost two years to a person's life

## DID YOU KNOW?

There is an ideal amount of sleep required to maintain health and live longer. Sleeping too little or too long can have the same effect on longevity of life. A 22-year study of 21,000 twins confirmed that not getting enough or getting too much sleep led to earlier death.

If people slept less than seven hours a night or more than eight hours a night, they had an increased risk of death by 17 percent to 24 percent. The use of sleep medications also increased the risk of mortality by about one-third.



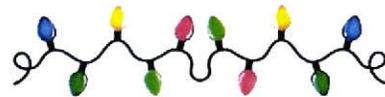
## DID YOU KNOW?

People who live in countries that follow a Mediterranean-style diet live the longest and therefore are the healthiest. Of all the diet fads that come and go, no outcome is more beneficial than how long people live on that diet. The top eight countries with the highest life expectancy are:



1. **MONACO** Life expectancy: 89.63 years
2. **MACAU** Life expectancy: 84.46 years
3. **JAPAN** Life expectancy: 84.19 years
4. **SINGAPORE** Life expectancy: 84.07 years
5. **SAN MARINO** Life expectancy: 83.12 years
6. **ANDORRA** Life expectancy: 82.58 years
7. **HONG KONG** Life expectancy: 82.20 years
8. **AUSTRALIA** Life expectancy: 81.98 years

The diets of these countries are all pretty much the same. They consists of a heart-healthy eating plan that emphasizes fruits, vegetables, whole grains, beans, nuts, seeds, and healthy fat.



### Sources:

<http://positivemed.com/2013/07/30/top-8-countries-with-the-highest-life-expectancy-and-their-diet>  
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