



THE Y-AXIS



Scrambled Eggs: The New Brain Food

If you like cheesy eggs, omelets, or sunny-side up, you're in luck.

A recent study found that people who eat eggs regularly have a significantly lower risk of developing Alzheimer's disease.⁴

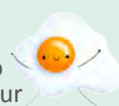


Eating five eggs a week may cut your risk for age-related memory loss by up to 27%.

Even eating eggs just once a month was linked to a 17 percent reduction.

Researchers credit choline, lutein, omega-3 fatty acids, and other brain-supporting nutrients naturally found in eggs.

Want to keep your brain healthy as you age? Crack an egg.



COMMENTS?

Send comments to the editor:

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Feel the Beat: Do THIS to Boost Your Workout

The right playlist can transform your workout

What do pop music legend Michael Jackson and your best workout have in common? The right beat.

A new study shows that listening to your favorite music can extend your workout endurance by nearly 20 percent.²

And the best part? You won't even feel like you worked harder.

 **Better beats improve workouts**

Researchers tracked



cycling performance in two groups. One rode in silence. The other pedaled with a favorite playlist. Their goal: Ride until exhausted.

Cyclists with music lasted 35.6 minutes. Without music, just 29.8 minutes. Nearly six extra minutes without feeling more exhausted.

Your brain & body like the beats



Heart rate levels were similar in both sessions. Music didn't reduce the physical demands. It simply helped people tolerate hard effort for longer.

BEATS ►

Pineapple Power: 7 Reasons to Eat This Tropical Fruit

Enjoy the sweet health benefits of pineapple

Raise your fork, or your chopsticks, to the pineapple. Every June, Thailand's Lampang province throws a festival to celebrate the pineapple harvest. Decorated floats, games, and prizes fill the streets.

And the pineapple is the star.

Maybe you're not planning a trip to Thailand. But the

next time you're at the grocery store, grab a pineapple to tantalize your taste buds and improve your health.



Pineapple: A tropical powerhouse

Fresh pineapple is loaded with vitamin C, manganese, fiber, and B vitamins. But its real claim to fame is

PINEAPPLE ►



No More Excuses: 5 Health Risks Every Man Needs to Know

June is Men's Health Month

In the football movie *Invincible*, Mark Wahlberg plays a guy who refuses to quit. That kind of toughness is admirable. Unless you're avoiding the doctor.

June is Men's Health Month, and the numbers are sobering.³

- Men die nearly five years earlier than women.
- More than half skip regular health screenings.
- And most don't know their family health history.

Know a guy like this? Or maybe you're nodding your head.



5 conditions that hit men harder

Here's what the research says men need to watch out for.

⚠️ Heart disease. The number one killer of men in the U.S. High blood pressure, high cholesterol, and poor diet are the top contributors. Get your numbers checked.

⚠️ Cancer. Prostate cancer affects 1 in 8 men. Colorectal cancer is the second leading cause of cancer death. Early screening saves lives.

⚠️ High blood pressure. More than 50 percent of adult men have hypertension. Most have no



Guide to men's health checkups & screenings
<https://tinyurl.com/2s4azckz>

symptoms. Get yours checked.

⚠️ Diabetes. Nearly 15 percent of adult men have diabetes. Weight, diet, and activity are the biggest risk factors.

⚠️ Mental health. Men are four times more likely than women to die by suicide. Yet men are far less likely to seek help. Asking for support is strength, not weakness.



Nobody's invincible: Make Men's Health Month count

So what's the game plan? See your doctor. Get screened. Know your numbers. The strongest thing any man can do is take care of himself.

► BEATS

Have you ever noticed how the right song carries you through a tough workout? There's science behind that feeling.

📶 Tempo matters more than you think. Tracks in the 120 to 140 beats per minute range work well for high-intensity exercise, including plenty of Michael Jackson classics, like Billie Jean.

Tips for building your playlist:

- **Choose** songs you love, not just fast ones



What's the best tempo for a workout song?
<https://tinyurl.com/3bw6jrc8>

- **Match** the tempo to your activity: higher intensity, faster beats
- **Let** the music play continuously so momentum never drops
- **Refresh** your playlist regularly
- **Don't forget your headphones.** Your favorite playlist may be the simplest performance boost you're not using. Hit play, feel the beat, and go.

 **WellNotes**
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Recipe: Pineapple Black Bean Salsa

Hungry for a fresh-take on salsa to kick off the summer season?

Grab your favorite chips, and give this Pineapple Black-Bean Salsa a try.⁵

Ingredients

2 C fresh pineapple, diced
1 15-oz can black beans, drained & rinsed
2 T fresh cilantro
1/2 red onion, diced
1 small jalapeño, diced (optional)
1 tsp garlic powder
2 T lime juice
Salt and pepper to taste

Directions

1. Chop and dice pineapple and jalapeno (optional)
2. Rinse and drain black beans
3. Dice fresh cilantro
4. In a large bowl, combine all ingredients and mix well.
5. Cover and refrigerate until ready to eat.
6. Serve with tortilla chips or on top of fish or chicken.

Serves 4. Calories per serving: 140.



FUN FACT: Fresh pineapple is loaded with vitamin C, bromelain, and other nutrients shown to support heart health, digestion, and more. Hungry for more? Try this Chicken Pineapple recipe: <https://tinyurl.com/439mezsw>

► **PINEAPPLE** bromelain, a natural enzyme found only in pineapple.

Have you ever wondered why fresh pineapple makes your tongue tingle?

Bromelain is a protein-digesting enzyme. When it sits on your tongue, it is literally digesting it slightly. That's the tingle.



7 reasons to eat more pineapple

What can pineapple do for your health? Research shows pineapple can help:¹

1. Fight inflammation throughout the body

2. Support healthy digestion
3. Reduce sinus and respiratory symptoms
4. Ease joint pain and osteoarthritis
5. Support heart health and circulation
6. Lower cholesterol
7. Lower the risk for certain types of cancer

Easy ways to enjoy more pineapple

Want a little tingle for better health? Here are some easy ways to eat more pineapple:

- Blend into smoothies
- Top grilled chicken or fish with pineapple salsa
- Stir into Greek yogurt with honey
- Grill it. Heat caramelizes the sugars beautifully.



References

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2. Danso, A., et al. (2026). Feel the beat, not the burn: Effects of self-selected music in time-to-exhaustion cycling. *Psychology of Sport and Exercise*, 85:103116. From: <https://tinyurl.com/43y5r433>
3. Centers for Disease Control and Prevention. (2026). Men's Health. National Center for Health Statistics. From: <https://tinyurl.com/4rtd3w8y>
4. Oh, H., et al. (2026). Egg Intake and the Incidence of Alzheimer's Disease in the Adventist Health Study-2 Cohort Linked with Medicare Data. *Journal of Nutrition*, 156(6): 101541. From: <https://tinyurl.com/3eyvbm9u>
5. University of Missouri Extension. (2024). Pineapple Black Bean Salsa. From: <https://tinyurl.com/nbx3e5b6>

✓ **Ask the Wellness Doctor:** Does eating the rainbow actually improve your health?

✓ **Health Challenge:** Grill Smarter This Summer: Make grilling healthier

✓ **WellNotes**
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