

A monthly wellness newsletter from Better You

Healthy Habits May Ward Off Alzheimer's

One tragedy of Alzheimer's is how it takes away bits and pieces of a loved one over time. While it generally occurs in people who are 65 or older, it's not a normal part of aging.

When it strikes, people struggle to remember recent events but recall the past with no problem. No one is sure what causes Alzheimer's or why some people get it, and some don't. What we do know is that it occurs when nerve cells in the brain get tangled and protein deposits build up amyloid plaque. This causes a loss of the messengers that transmit information to the brain and other parts of the nervous system.

We also know that following healthy habits may help prevent Alzheimer's.

You can:

- Avoid smoking.
- Get high blood pressure, high cholesterol and diabetes under control.
- Eat a healthy diet. Include lots of vegetables, fruits and lean protein.



- Be physically and socially active.
- Take care of your mental health and use your thinking prowess to practice memory skills.
- Schedule daily relaxation activities.
- Establish a regular sleep schedule.
- Learn something new like a foreign language or how to play a musical instrument.
- Nourish your inner peace and make fun a priority.
- Take recommended medications regularly and faithfully.

To Vaccinate or Not to Vaccinate



We all want to get back to normal life with family and friends. Getting vaccinated is the best and fastest way to get there. The **vaccines** are safe, effective and critical to defeating the pandemic. Plus, if you get vaccinated, you may be eligible to **earn a \$10 reward** through Better You Strides. Log in to your member account at floridablue.com or with the Florida Blue mobile app to see if you're eligible. Click **Wellness** or **Health & Wellness**, then **Better You Strides**.

Sources: [WebMD](https://www.webmd.com)

Natural Ways to Knock Out Migraines

Migraines are much more than a bad headache. They're a neurological condition with symptoms like nausea, dizziness and tingling in hands or feet. Add to that vision changes and sensitivity to light and sound.

A migraine can range from a severe ache to intense throbbing pain. An attack can last a few hours or a few days, interfering with daily life for some people. Migraines often run in families. Children of a parent who suffers from migraines have a 75% chance of getting them too. Women are three times more likely to get them than men.

There's no test to diagnose migraines. Your doctor rules out other conditions to determine if you have migraines.

Common triggers for migraines can be your surroundings, certain foods or stress. So can hormonal changes and strenuous activity that increases your heart rate.

Some people find migraine relief from the natural remedies below. Always speak to your doctor before using any alternative treatments, including:

- ½ teaspoon of ground ginger in warm water to fight nausea
- Lavender and peppermint essential oil scents to ease nausea, anxiety and sleep issues
- A daily dose of 400 mg of riboflavin (vitamin B2)
- A daily dose of 400-500 mg of magnesium
- Regular doses of 300 mg of CoQ10 to lessen the severity of a migraine
- A 30-minute massage to reduce mental and physical tension
- Acupuncture to cut migraine frequency, and acupressure for nausea and tension
- Plenty of water and sleep
- Biofeedback to control your trigger response
- Progressive muscle relaxation
- Mindfulness meditation to reduce stress and promote relaxation
- Yoga to reduce tension

Sources: [American Migraine Foundation](#); [Healthline](#); [Mayo Clinic](#); [WebMD](#)

Summer Shrimp Salad (Serves 4)

Ingredients:

- 1¼ pounds raw shrimp (21-25 count), peeled and deveined
- ¼ cup extra-virgin olive oil
- 10 sprigs fresh thyme
- 4 cloves garlic, crushed
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup lemon juice
- 1 medium English cucumber, diced

- 3 large heirloom tomatoes, chopped
- ½ cup chopped fresh basil, plus more for garnish

Directions

Preheat oven to 350 degrees.

Toss the shrimp with oil, thyme and garlic on a rimmed baking sheet. Sprinkle with salt and pepper. Bake until the shrimp are pink and firm, 8 to 10 minutes.

Discard the garlic and thyme, and transfer the shrimp to a large bowl. Add lemon juice and stir to coat. Gently stir in cucumber,

tomatoes and basil. Arrange the shrimp and vegetables in a serving bowl. Serve drizzled with any dressing left in the bowl and garnish with more basil, if desired.



Recipe courtesy of [EatingWell.com](#) and for nutritional facts information [click here](#).

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