



Michelle Vartan &lt;michellebvaran@gmail.com&gt;

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**Another reason to cut your late-night snack**

3 messages

**the long game by mbg** <hello@hello.mindbodygreen.com>

Tue, Jun 4, 2024 at 3:32 AM

Reply-To: thelonggame@mindbodygreen.com

To: michellebvaran@gmail.com

# mindbodygreen

June 4, 2024

Presented by



Good morning! Two years ago, I saw a physical trainer who challenged me to not eat after 7 p.m. to optimize my morning workouts. I resisted. My night snack was comforting after a draining day of parenting, the habit would just be too hard to break, and anyway, I get hungry (I think?).

Eventually, that relentless trainer broke me, I pulled the snack and survived. And he turned out to be right too—my morning workouts were more energized and I felt fantastic after. I also soon realized that I was getting deeper sleep. To think, the power of cutting late-night eating. More on the impact in a new study below.

**Have you tried to cut your late-night snack? What tricks do you use to keep the habit at bay?** I'd love to hear from you because I am still occasionally tempted to make a 10 pm visit to the fridge.

— Michelle Vartan, writer & editor

## Anger can hurt your heart

We know that an overload of anxiety or stress can manifest itself into physical health ramifications (gut issues and migraines anyone?).

We also know that negative emotions are associated with increased cardiovascular disease. In a new study, researchers wanted to understand which of these core negative emotions link to an important part of the heart's function—endothelial health.<sup>1</sup>

**But quickly: What's endothelial health?** Endothelial cells keep your blood vessels relaxed and open so blood flows through freely.

In this study, researchers evaluated provoked anger, anxiety, and sadness and their direct effect on endothelial health. Here's what they found:

- Provoked **anger was found to adversely affect endothelial health.**
- Interestingly, they found that **anxiety and sadness did not have a significant effect on endothelial health.**
- They also concluded that negative emotions should not be grouped together in their association with increased cardiovascular disease.

**The gist:** When it comes to the impact of negative feelings on your physical health, not all emotions are equal.

+ Protect your big heart

- The [13 best supplements for cardiovascular well-being](#)
- Enjoy these [satisfying heart-healthy snacks](#)
- Lower your resting heart rate [with these tips](#)

Presented by



Try this if your stress lasts all day



Every time we experience stress, our cortisol levels rise (that's our body's stress hormone). But what happens if we stay stressed?

- Studies have shown that prolonged or **excessive cortisol secretion can cause inflammatory effects.**<sup>2</sup>
- Prolonged cortisol secretion can also lead to cortisol dysfunction, which can lead to experiences like **fatigue and memory challenges.**<sup>2</sup>
- Research has connected ongoing stress to the progression of neurological and mental health issues.<sup>3</sup>

It's perfectly natural for cortisol to rise in response to a stressor... But it's meant to come back down again.

We know, easier said than done. That's why Ritual designed their Stress Relief supplement to support the body's natural cortisol response, with an instant and extended release formulation for all day support.<sup>\*†</sup>

Formulated with Suntheanine® L-Theanine to promote stress relief within the hour, Shoden® Ashwagandha to support normal cortisol levels, and saffron as affron® to promote a positive mood and non-drowsy sense of calm—this daily ritual will help you find your footing.\*

Save 30% on stress support with code MBG30.

## Cut the midnight munchies

Taking into account that suffering from obesity can stir up a slew of health issues, from diabetes to cancer, all the more reason to hone in on any lifestyle habits that can help negate the on-set. And one of those habits includes your eating clock.

A new study analyzed how the time you eat, and your correlating sleep duration, impact obesity risk.<sup>4</sup> Here's what they found:

- **Midnight snacking was linked to a higher risk of obesity.**
- **Sleeping 8 hours or more was associated with a lower risk of obesity.**
- In other words, **getting up to eat in the middle of the night or digesting late at night can interrupt those blissful 8 hours**—when we're lucky enough to get them.

**The Gist:** When it comes to healthy meal habits, daytime eating is the winner. But remember life is about balance: This study looked at *habits* so it's not a total loss. Getting DoorDash after the occasional late night out is a-ok.

+ Healthy nighttime habits

- Rest and restore with [15 ways to get good quality sleep](#)
- Dietitian recommended [foods and drinks to avoid before bed](#)
- Improve your sleep habits: [21 days to better sleep](#)

## Just Desserts



Credit: Photographs copyright © 2024 by Linda Pugliese

- A simple [peanut butter truffles recipe](#)
- Try this [olive oil dark chocolate granola](#)
- 6-ingredient [chocolate protein cookies](#)
- Fiber-rich [banana chocolate chip muffins](#)

## All day stress support

Ritual's Stress Relief supplement helps you find your footing with an instant and extended release formulation for all day support.\*

Save 30% with code MBG30



## Low Lift Tip Of The Week

When you wake up in the middle of the night and can't fall back asleep, sleep anxiety usually follows suit. And as anyone who deals with sleep anxiety knows, it only makes restless nights worse.

That's why we loved this easy, actionable, and refreshingly relatable advice from Sleep medicine psychologist and author of *Hello Sleep*, Jade Wu, Ph.D., DBSM:

- Staying in bed and hopelessly willing yourself to be tired is actually quite stimulating for the brain, which will only keep you up.
- Instead, **get up and do anything that's less stimulating for the brain.**
- Yes, this can include activities that are normally side-eyed, such as watching TV or looking at your phone. You can do these with the caveat that you're consuming content that's relaxing.
- Other surefire bets include stretching or reading a book.

Get more sleep tips from Wu by tuning into her [episode on The mindbodygreen Podcast](#). Then don't forget to subscribe to our sleep newsletter, [Sleep School](#).

That's it for *the long game*—thanks for playing. Have a great week!

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*Credential check:*

- *Written by writer & editor Michelle Vartan*
- *Expert reviewed by mindbodygreen’s nutrition research scientist, Emma Engler, M.S.*

*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease*

*†8 hour release*

1 *Journal of the American Heart Association*

2 *Physical Therapy*

3 *Cells*

4 *The Journal of Nutrition, Health & Aging*

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**Michelle Vartan** <michellebvartan@gmail.com>

Tue, Jun 4, 2024 at 8:35 AM

To: Mom <telehealth.bergmann@gmail.com>, Kristen Bergmann <kristenleebergmann@gmail.com>, Robert Vartan <rvartan2@gmail.com>

Did you guys subscribe to these yet? My newsletter is called “the long game.”

Sent from my iPhone

Begin forwarded message:

**From:** the long game by mbg <[hello@hello.mindbodygreen.com](mailto:hello@hello.mindbodygreen.com)>  
**Date:** June 4, 2024 at 3:32:50AM PDT  
**To:** [michellebvartan@gmail.com](mailto:michellebvartan@gmail.com)  
**Subject:** Another reason to cut your late-night snack  
**Reply-To:** [thelonggame@mindbodygreen.com](mailto:thelonggame@mindbodygreen.com)

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**Patricia Bergmann** <[telehealth.bergmann@gmail.com](mailto:telehealth.bergmann@gmail.com)>  
To: Michelle Vartan <[michellebvartan@gmail.com](mailto:michellebvartan@gmail.com)>

Wed, Jun 5, 2024 at 6:57 AM

Michelle

I would really enjoy reading your work. I'll share this with Tom today. We absolutely will read your newsletter!  
I had thought I signed up for it before just waiting, but must've missed a step

SO proud of you I always will be 🥰

PS night eating is definitely not good, especially for blood sugar extremely challenging for Tom even when he needs to fast. Parent after a late night out would wake him so they could have their time with him and eat at, 2am Often our tough habits are set as children

On Jun 4, 2024, at 8:35AM, Michelle Vartan <[michellebvartan@gmail.com](mailto:michellebvartan@gmail.com)> wrote:

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