



Research Assessment On The Weight Loss, Health & Longevity Merits Of Mediterranean-Style Eating

Presented By
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A RESEARCH OVERVIEW OF THE SIGNIFICANT HEALTH IMPACTS OF MEDITERRANEAN-STYLE EATING AND ITS FUNCTIONAL FOODS

According to a vast array of research, Mediterranean-style eating is the one dietary regimen that can actually help reduce weight, prevent -- or even reverse -- many of our chronic health conditions, and extend life. And quickly! It can even shield us from bad health outcomes caused by previous poor lifestyle choices. Plus, unlike all other "diets," it can help significantly improve our health even before we lose weight.

From averting birth defects... to preventing or reversing chronic diseases...to addressing depression... to reducing the risk of Parkinson's and Alzheimer's Diseases... to extending lifespans as much as 15 years when compared to those with unhealthy lifestyles... you could consider Mediterranean-style eating a "*cradle-to-(keep-you-out-of-the)-grave*" holistic healthcare strategy.

It's not about eating foreign foods; it's about eating more of those familiar foods that are "good-for-you." It's a focus on eating certain foods and avoiding others -- based on how the foods function in our bodies and help our bodies function. These foods also taste great, so there's little wonder why it's considered the dietary regimen with the most "stick-to-itiveness" to help us achieve and maintain a healthy weight.

Mediterranean-style eating has been described as harnessing, "the ultimate in functional foods." And it's been deemed the best overall dietary regimen for weight loss, health and longevity. Contrary to popular misperceptions, it has also been shown to reduce food costs for the poor and to lessen dependency on food pantries.

Mediterranean-style eating should be part of our personal and societal healthcare strategies, as it's been proven to address multiple health issues even better than some popular, high-cost prescription drugs and medical procedures. (Note: It's not a replacement to traditional healthcare, but it should play a bigger role in preventative healthcare and throughout the healthcare continuum.) It's a very efficacious solution for healthier living. And since more and more employers are imposing health insurance surcharges or offering insurance premium discounts based on whether employees meet certain health standards, Mediterranean-style eating can translate to hundreds of dollars -- perhaps even thousands of dollars -- of favorable financial impact for you and your family.

Mediterranean-style eating is a modern nutritional recommendation inspired by the traditional dietary patterns of southern Italy and areas of Greece. First publicized by American doctor Ancel Keys in 1945 while he was stationed in Salerno, Italy, it's recently been described by a WebMD doctor as, a "*divine mix*," where "*God knows the sorts of interactions take place within the foods, and we need to further research to pinpoint them exactly.*"

As part of enjoying life more and enjoying more life, Mediterranean-style eating has also been viewed a key "sustainability" solution, as Germany's environmental leadership recently recommended switching to this style of eating to reduce harmful methane emissions from cows. Because cattle-rearing generates more global-warming greenhouse gases than transportation - as measured in CO2 equivalents - reducing methane by eating less meat was also deemed by the U.N. Intergovernmental Panel For Climate Change as "*the most attractive*" near-term solution (to adverse climate change) -- yielding more impact than switching to a hybrid car.

In 2010, UNESCO recognized Mediterranean-style eating as an Intangible Cultural Heritage of Italy and Greece.

Mediterranean-style of eating sure offers a lot of value. Value that's virtually unsurpassed among eating regimens or "diets," based on research findings. We hope this overview will serve as a foundation from which to build a community of enlightened, concerned and empowered people who want to enjoy life more and enjoy more life by harnessing the functionality of foods in Mediterranean-style eating. Viva Mediterranean-style eating!



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Research Quantifies The Many Health Benefits Of Mediterranean-Style Eating

Dear friends,

Despite medical advances and huge healthcare spending, our world is reeling from Alzheimer's Disease, cancers, COPD, depression, diabetes, heart problems, high blood pressure, high cholesterol, stroke, Parkinson's Disease, ulcers, asthma, birth defects and more. Furthermore, the projections for the meteoric growth of many of these illnesses are staggering. But it's more than economics: it's a matter of people hurting – often unnecessarily.

Yet research indicates that eating a healthier Mediterranean-style dietary regimen can help avert -- or in certain situations, can even reverse – the aforementioned list and instances of illnesses.

Research studies have long quantified that a Mediterranean dietary regimen dramatically lowers the risk of dying by various causes, and they've proven that participants in this type of eating can improve their health, extend their lives and live better. Mediterranean-style eating is also great for weight loss and for helping to keep the weight off.

Importantly, while Mediterranean-style eating helps take the weight off and keep it off, it can produce health impacts even without or before weight loss.

Research indicates that for some health problems, this type of dietary regimen can work with greater efficacy -- and at far less expense -- than some traditional medical procedures and prescription drugs. A Mediterranean-style dietary regimen is even being prescribed as part of discharge routines for heart patients to help avert recurrences.

Furthermore, research indicates Mediterranean-style eating can even shield us from the negative impacts of our historically bad dietary lifestyles. It indicates the impact in shifting to this type of dietary regimen can be rapid.

No other "diet" can promise all this. In fact, no healthcare system or singular component of that system can prevent as much ill health.

At the very least, Mediterranean-style eating should be considered a vital part of our healthcare continuum.

This document is a summary of research and articles that quantify the health impacts of Mediterranean-style eating. These article summaries and their related studies are from trusted sources, including nutrition experts, scientists, hospitals, universities, the American Heart Association, American Cancer Society, American Diabetes Association, WebMD, major media and scientific magazines.

Please familiarize yourself with the tremendous amount of research describing the merits of Mediterranean-style eating for averting a full range of chronic illnesses, reversing adverse health conditions, extending life spans, increasing the quality of life and, thus, making life more enjoyable. *Enjoy Life More... Enjoy More Life.*

Sincerely,



P. S. This document is not intended to provide medical advice nor to suggest treatments, it simply summarizes health-related articles. Please consult your doctor for all matters of medical evaluation, advice and treatment. And please consult a registered nutritionist or dietician for overall and specific dietary advice.

Mediterranean Diet Deemed “Best Diet” Vs. Low-Fat Or Low-Carb

According to ABC news coverage in a story by Audrey Grayson on July 16, 2008, the Mediterranean-style of eating beats both low-fat and low-carb diets for health impact.

Ms. Grayson proclaims, “In the ongoing battle royale between the hottest American trend diets, it seems one of them in particular always wins title of “most widely followed trend diet” — the standard low-fat diet. The idea, it seems, has been that the lower in fat a diet is, the better its results. But this notion is one that is under fire from new research released today.”

The story cited research findings from Ben-Gurion University of the Negev in Israel which concluded that **a Mediterranean diet —characterized by high levels of healthy fats, fruits, and vegetables —was superior to a low-fat diet given the many health benefits gained from the diet and how much weight patients lost.**

1

Meta-Analysis Documents Impact Of Adherence To Mediterranean Diet For Health

In a review of numerous studies analyzing the relationship between mortality, incidence of chronic disease prevention and mortality, a meta-analysis concluded that significant health improvement can be derived from a Mediterranean diet. The impacts include: reduced overall mortality (9%); reduced mortality from cardiovascular diseases (9%); reduced incidence or mortality from cancer (6%); and reduced incidence of Alzheimer’s Disease and Parkinson’s Disease (13%).

An article in the British Medical Journal, September 11, 2008, indicated the result of a vast array of research appeared to support the Mediterranean dietary pattern for primary prevention of major chronic diseases and the relevance of advancing this style of eating for public health policy and outcomes.

2

Mediterranean Diet Dramatically 'Lengthens Life' When Combined With Other Healthy Lifestyle Choices

Gain 15 years added longevity for women, 8 years for men vs. people following less healthy lifestyles!

According to researchers at Maastricht University in the Netherlands, those who adhere to the Mediterranean style of eating -- when combined with exercise, not smoking and maintaining a healthy weight – could potentially add eight to 15 years to their lives.

Women can benefit most, as they can potentially live an extra 15 years when compared to those engaged in “least healthy” lifestyles, while men can potentially live eight additional years.

Researchers published in the American Journal of Clinical Nutrition indicated that keeping to these four healthy lifestyle factors – including adherence to a Mediterranean style of eating -- can “substantially reduce” the risk of an early death.

Their research studied 120,000 men and women aged 55 to 69 from 1986 to 1996. Study participants were given a “healthy lifestyle score” based on whether they smoked, exercised, maintained healthy weight and followed a healthy diet. The study was referenced by The News Chronicle on August 4, 2011, and on August 2, 2011, in an article published by the Press Association.

3

The conclusion: combining Mediterranean style eating with exercise, keeping to a healthy weight and not smoking dramatically cut the risk of dying young.

“Very few research studies worldwide have analysed the relationship between a combination of lifestyle factors and mortality in this way. This study shows that a healthy lifestyle can lead to significant health benefits.” noted Piet van den Brandt, professor of epidemiology at Maastricht University.

Live Longer When You Eat Like Those Around The Mediterranean

According to researchers at Wageningen University in the Netherlands, it's never too late to benefit from the "Mediterranean diet."

According to a report published in the Journal of the American Medical Association (JAMA), eating a Mediterranean diet with olive oil – and not smoking, being active, and consuming only moderate amounts of alcohol -- helped reduce the death rate of elderly people by more than 60 per cent.

Researchers studied 2300 participants in 11 countries ages 70-90 in a now-famous, 12-year health assessment on aging: HALE (Healthy Aging: a Longitudinal study in Europe).

"Individuals following the Mediterranean diet had a combined 23 percent lower rate of death from all causes, including heart disease, cancer and stroke. Those who also adhered to the three other lifestyle rules -- exercise, moderate drinking, nonsmoking -- had a 65 percent lower all-cause death rate. What's more, the Mediterranean group improved more than the control group on all measures of the metabolic syndrome--large waist size, low HDL ("good") cholesterol, and higher-than-optimal blood sugar, blood pressure, and triglycerides.

The Mediterranean diet emulates the eating habits of southern Europeans--high in fish, whole grains, fruit, nuts, vegetables and olive oil; low in meat, dairy products and polyunsaturated fat. Combine this diet with daily exercise (such as a half-hour walk), moderate alcohol use and avoiding smoking, and you'll likely live longer -- even if you're over 70 when you start.

4

Lengthen Life With The Mediterranean Diet – Even Counteract A Poor Habit

Dec 11, 2007, TVNZ.co.nz

In a study published in the Archives of Internal Medicine, researchers found the risk of death from any cause over a five-year follow-up period was lower for those with the most Mediterranean-like eating styles. In addition, deaths from cancer or cardiovascular disease were significantly lower in this group.

Importantly, the impact of Mediterranean-style eating was found to even help offset some of the adverse impacts of smoking. The researchers found that participants who were smokers but were not overweight nearly halved their risk of death when they closely followed the Mediterranean style of eating. In fact, Mitrou and colleagues explained that smokers may have had the most to gain from the antioxidant and blood fat-lowering effects of Mediterranean-style eating.

In examining the correlation between diet and mortality across 380,296 men and women, age 50 to 71 years old, , researchers note that Mediterranean-style eating could help you live longer. Among those who were participating in a National Institutes of Health-AARP Diet and Health Study, men whose diets most closely matched the Mediterranean style of eating were 21% less likely to die after five years than men whose diets were least like the eating style of those in the Mediterranean. Women realized similar results.

"These results provide strong evidence for a beneficial effect of higher conformity with the Mediterranean dietary pattern on risk of death from all causes, including deaths due to cardiovascular disease and cancer," concluded University of Cambridge doctor Panagiota Mitrou and colleagues.

5

Want A Longer Life? Follow The Mediterranean Diet!

Elderly Europeans enjoying the Mediterranean style of eating can expect to live longer than those who eat the high-fat way, according to a Greek study.

In fact, the study indicates you may actually add to your lifespan through adherence to Mediterranean-style eating. The study concluded that a 60-year-old man who keeps to Mediterranean-style eating -- pasta, fish and olive oil -- would live an average of a year longer than those who don't follow the regimen.

University of Athens Medical School researchers tracked 74,000 men and women over the age of 60 across nine European countries. **The conclusion: mortality was lower among those who stuck most closely to a diet of cereal, fish, unsaturated fats (such as olive oil) and moderate wine intake, as well as low consumption of red meat, dairy and saturated fats along.**

According to the study, the link between reduced mortality and diet was closest in Greece and Spain, possibly because residents of those countries stick to the Mediterranean style of eating most closely.

6

Mediterranean Diet Can Reduce Death From Multiple Chronic Diseases

You can cut your risk of developing heart disease, cancer, Parkinson's and Alzheimer's disease by eating a strict Mediterranean diet, according to Italian researchers.

People who adhered strictly to a Mediterranean diet saw an overall drop in mortality of 9%; a 9% reduction in death from cardiovascular disease; a 13% decrease in Parkinson's Disease and Alzheimer's Disease cases; and a 6% reduction in cancer. According to lead researcher Dr. Francesco Sofi, from the Department of Medical and Surgical Critical Area at the Thrombosis Centre at the University of Florence, these findings confirm other findings from major scientific institutions that encourage a Mediterranean-like diet for the prevention of major chronic diseases.

In a 2008 article published by the HealthDay Reporter, Dr. Francesco Sofi was quoted as saying, "This study helps us to support all the recommendations and the nutritional guidelines on the benefit of Mediterranean diet on (reduced) mortality from all the causes, as well as on the incidence of (reduced) cardiovascular, neoplastic and degenerative diseases. By improving the food quality of the population, we would likely reduce the incidence of these diseases by nearly 10 percent."

"The Mediterranean diet has been reported to be associated with a favorable health outcome, with no differences among countries, gender and study quality," Sofi said. "By improving diet, we would reach a significant improvement of health quality and duration of life."

7

Mediterranean Diet Promotes Health And Longevity – And Can Reverse Poor Conditions

Two studies **strongly favor Mediterranean style eating, concluding it prevent metabolic syndrome and helps promotes healthy longevity.** Both studies were published in the September 22, 2004 issue of The Journal of the American Medical Association.

A University of Naples study concluded that people sticking to a Mediterranean dietary regimen were less likely to develop obesity, high blood pressure, high triglycerides and increased blood sugar levels — a condition known as metabolic syndrome -- and that this style of eating can often reverse these conditions if they do occur.

Also, people between the ages of 70 and 90 who followed the Mediterranean diet experienced a 23% lower risk of death from all causes according to findings in a Dutch study,

8

Get Healthier, Fast, With Mediterranean-Style Eating

New findings indicate olive oil and nuts – ingredients found in the Mediterranean-style of eating -- can both make your arteries more elastic and reduce your risk of cardiovascular disease. And nuts, in particular, have shown to make a significant health impact in these areas.

According to findings described by doctors Michael Roizen and Mehmet Oz, in January, 2009, people already consuming a Mediterranean diet were given either a liter a week of olive oil or about an ounce of mixed nuts per day. One year later, olive-oil eaters had a 6.7% reduced risk of metabolic syndrome, which can lead to heart disease, stroke and diabetes. Those who consumed the nuts experienced more than twice that reduction, cutting by 13% their risk of metabolic syndrome and related adverse health impacts.

And the doctors indicate the impact of Mediterranean eating can be rapid. After just eight weeks, Mediterranean style eating can help arteries become more elastic. After just three months, heart disease risk can drop 15%. A key takeaway: people at risk for metabolic syndrome don't have to stay that way.

9

Mediterranean Diet Combined With Added Virgin Olive Oil And Nuts Is Better Than Drugs And Low Fat Diet For Impacting Heart Disease

Research shows a one year dietary change yields a better health impact than two years of pharma; just three months of a dietary regimen can yield a health harvest for those suffering from atherosclerosis

According to a September 2011 article in *Arteriosclerosis*, findings from a study of 7500 people with heart disease risk found Mediterranean diets high in virgin olive oil (VOO) and nuts were more effective in reducing heart disease event likelihood than drug treatments (and Mediterranean diets performed even better than low fat diets).

The research findings emphasized the value of dietary versus pharma interventions in controlling cardiovascular event likelihood, according to Dr Miguel Angel Martínez-González, Department of Preventative Medicine, University of Navarra. He notes his research findings conclude, *“a modification in the entire diet pattern managed to achieve, in just one year, results that pharmaceutical drugs did not – even after two years of treatment.”*

The groups consuming the nuts and virgin olive oil had improved adipoprotein ratios that delivered lower heart disease risk for both men and women after just three months. The percentage at high-risk dropped 5% for men, and 16.6% of women fell from high-medium status to low cardiometabolic risk.

For those participants age 55 and above who already had somewhat thickened arteries, artery thickness was lower among the virgin olive oil and nut consumers,

Summarizing the research, researchers noted, “Data from this study provide further evidence to recommend a traditional Mediterranean Diet rich in virgin olive oil as a useful tool for controlling CHD risk, particularly in individuals at high risk for developing CHD.”

Dr Ana Sánchez-Tainta, also from University of Navarra, noted significant health improvements among those with arteriosclerosis, *“We thus observed in those who had suffered the greatest thickening of this layer — due to arteriosclerosis — a significant improvement and regression of lesions having taken place in those cases that had followed a Mediterranean diet enriched with virgin olive oil or nuts,”*

The study placed volunteers into three groups, with the Mediterranean diet and virgin olive oil group receiving 15 litres of virgin olive oil per three months, a Mediterranean diet and nut group given 30g a day of walnuts, almonds and hazelnuts, and a third group given instructions and material to follow a low-fat diet.

10

Mediterranean Diet linked to 40% less sudden cardiac death risk
Lifestyle And Mediterranean Diet May Affect Sudden Cardiac Death Risks

According to Journal of the American Medical Association research findings reported in July 2011, women who stay fit, eat healthy Mediterranean-style diets, abstain from smoking and maintain a healthy weight may be significantly less likely to die from sudden cardiac death, which is related to a malfunctioning of the electrical rhythm of the heart.

The study noted that these four factors — a Mediterranean dietary regimen, healthy weight, not smoking and exercise — were linked to a smaller chance of sudden cardiac death. **Those women who sticking closest to the Mediterranean style of eating had 40% less risk of sudden cardiac death than those women whose diets least matched a Mediterranean style of eating.**

Furthermore, when all health factors were added together, the factors equated to a 92% reduced risk.

The researchers concluded that 81% of cases of sudden cardiac death were due to unhealthy lifestyles. Plus, the researchers determined that positive impact from these more-healthy lifestyle factors can affect other common health problems, such as diabetes, stroke and coronary disease.

Reuters Health and the Malaysian Insider quoted Stephanie Chiuve from Brigham and Women's Hospital in Boston, the lead author of the study, as saying, "The more you adhere to this healthy lifestyle, the better you are in terms of your risk of sudden cardiac death. But with sudden cardiac death, the majority (of cases) occur in the general population. Lifestyle is not something that's generally focused on in sudden cardiac death research."

According to the study authors, sudden cardiac death causes half of all cardiac deaths, with about 250,000 to 310,000 cases occurring in the United States each year.

Results from the Nurses' Health Study -- in which more than 81,000 women periodically answered surveys about their health and lifestyle over 26 years -- were the basis of the study conducted by Chiuve and her colleagues. During the study, 321 women, average age of 72, experienced sudden cardiac death.

Compared to obese women, those women who were normal-weight were 56% less likely to suffer sudden cardiac death. Exercising 30 minutes a day or more reduced the risk of sudden cardiac death by 28%, and non-smokers were 75% less likely to suffer sudden cardiac death than women smoking more than 25 cigarettes daily.

National Institutes of Health and the American Heart Association funded the study. The study did not examine how long women adhered to the healthier lifestyle factors, nor was it able to prove that healthy living is actually responsible for the drop in sudden cardiac death risk.

11

Heart Attacks, Blood Pressure, Strokes Reduced Through Mediterranean Diet

The Italian Hospital Cardiologists' Association (Anmco) along with Milan's prestigious Mario Negri research institute reported in a study released in Rome, 2004, that **the Mediterranean diet halves the risk of heart attacks, and also reduces incidence of high blood pressure and strokes.** The four-year study assessed 11,000 heart patients in 170 Italian hospitals.

According to Anmco's Health Care Foundation president Dr. Carlo Schweiger, the research was the first in-depth study of the impact on health from the Italian-style diet and its ability to reduce the risk of death from heart attacks.

12

Mediterranean Diet Proven To Reduce Heart Attack Risk Better Than Surgery

Drugs, Diet & Exercise Are Proven To Reduce The Risk Of Heart Attack. Angioplasty and Bypass Are Not.

...AARP Magazine reported in the November/December 2004 issue, “...**Yet, neither bypass (in which a healthy blood vessel is grafted around the blockage) nor angioplasty has been shown to prevent heart attacks.** Bypass makes it less likely that a heart attack will prove fatal, but only in patients with the most severe disease (for example, those with a blockage in the left main coronary artery, which supplies a large portion of the heart with blood.)”

The magazine reported on insights from Prediman K. Shah, M.D., Director of Cardiology and Artherosclerosis Research Center at Cedars-Sinai Medical Center In Los Angeles. Shaw noted that a comprehensive, non-invasive approach can reduce heart attack risk by as much as 80%.

According to the article, the doctor’s first recommendations begin with medications – aspirin, blood pressure lowering drugs (ACE inhibitors and beta-blockers), and cholesterol-modifying medications...but importantly, Shaw also noted, **the second component of a heart-healthy lifestyle is diet: “We know that a Mediterranean-style diet, which is low in saturated fat and rich in omega 3 fatty acids from fish, can be a powerful intervention,”**

The article also noted the doctor’s third recommendation is exercise, as “exercise increases the heart’s efficiency, lowers blood pressure, boosts protective HDL cholesterol, and accelerates the formation of collaterals – tiny blood vessels that reroute blood flow around narrowed arteries.”

How Can We Protect The Heart? – Noted Author Offers Some “New Thinking”

A January 12, 2009 column by Jane E. Brody cited her prior week's column aimed at convincing people that surgery may not be the best way to avoid a heart attack or sudden cardiac death, and it went on to state the “next step” would be finding out what can work as well or better to protect your heart.

“It is not that the old advice, like eating a low-fat diet or exercising vigorously, was bad advice; it was based on the best available evidence of the time and can still be very helpful. But as researchers unravel the biochemical reasons for most heart attacks, the advice for avoiding them is changing,” noted Brody.

The author references known risk factors for heart disease such as: high cholesterol, high blood pressure, smoking, diabetes, abdominal obesity and sedentary living.

But she goes on to explain, **“a relatively new factor has emerged that may be even more important as a cause of heart attacks than, say, high blood levels of artery-damaging cholesterol. That factor is C-reactive protein, or CRP, a blood-borne marker of inflammation that, along with coagulation factors, is now increasingly recognized as the driving force behind clots that block blood flow to the heart. Yet patients are rarely tested for CRP, even if they already have heart problems.”**

The author references Dr. Michael Ozner, Medical Director of the Cardiovascular Prevention Institute of South Florida, who notes that even in people with normal cholesterol, if CRP is elevated, so is the risk of heart attack. Ozner explains that when people have cholesterol checks, they should also be tested for high-sensitivity CRP.

The article explains there's newly discovered merit in the Mediterranean style of eating to avert this issue.

“The new dietary advice is actually based on a rather old finding that predates the mantra to eat a low-fat diet. In the Seven Countries Study started in 1958 and first published in 1970, Dr. Ancel Keys of the University of Minnesota and co-authors found that **heart disease was rare in the Mediterranean** and Asian regions where vegetables, grains, fruits, beans and fish were the dietary mainstays. But in countries like Finland and the United States where plates were typically filled with red meat, cheese and other foods rich in saturated fats, heart disease and cardiac deaths were epidemic.

The finding resulted in the well-known advice to reduce dietary fat and especially saturated fats (those that are firm at room temperature), and to replace these harmful fats with unsaturated ones like vegetable oils. **What was missed at the time and has now become increasingly apparent is that the heart-healthy Mediterranean diet is not really low in fat, but its main sources of fat — olive oil and oily fish as well as nuts, seeds and certain vegetables — help to prevent heart disease by improving cholesterol ratios and reducing inflammation.**”

The article notes that in 1999 the Lyon Diet Heart Study compared the effects of a Mediterranean-style diet with one that the American Heart Association recommended for patients who had survived a first heart attack. And this confirmed the value of a traditional Mediterranean diet. But it also notes that the comparison indicated that within four years, the **Mediterranean approach cut rates of heart disease recurrence and cardiac death by 50 to 70 percent versus the heart association diet.**

The article indicates subsequent studies validate the merits of Mediterranean-style eating, including, a study of more than 3,000 men and women in Greece, published in 2004 by Dr. Christina Chrysohoou of the University of Athens which found that adhering to a **Mediterranean diet improved six markers of inflammation and coagulation, including CRP, white blood cell count and fibrinogen.**

The article also references a Wageningen University study co-authored by Kim T. B. Kooops, a nutritionist at the University in Netherlands, indicating that among men and women ages 70 to 90, **those adhering to a Mediterranean diet and other healthful practices, like not smoking, had a 50% lower rate of deaths from heart disease and all causes.**

Importantly, in the all-important area of stick-to-it-tiveness, the article quotes D.r Ozner as noting, “The Mediterranean diet is one people can stick to.”

“You should make most of the food yourself,” Dr. Ozner is quoted as professing. “When the diet is stripped of lots of processed foods, you ratchet down inflammation. Among my patients, the compliance rate — those who adopt the diet and stick with it — is greater than 90 percent.”

The article reports that cold-water fish like salmon, tuna and mackerel; flax seed; walnuts; and olive are among foods that help to reduce the inflammatory marker CRP.

The article notes that vegetables, fruits and red wine (or purple grape juice) help, too. These foods contain antioxidant properties that help prevent the formation of LDL cholesterol which can damage arteries.

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TV News Flash: More Evidence That Mediterranean Diet Is Good For Your Heart

CBS news reported in January 2010 that “There's more evidence that a Mediterranean diet is good for your heart. New research found that sticking to the diet, rich in fish, whole grains, fruits, and vegetables, can significantly lower your risk of heart attack or other heart disease related events. Heart disease is one of top killers worldwide, accounting for roughly 30 percent of all deaths.”

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Fresh Approach To Diet And Medication Improves Recovery After Heart Attack

Following a heart attack, Mediterranean-style eating or following the American Heart Association low-fat, low-cholesterol diet, as an intensive dietary therapy (along with early medical dosing with medication that blocks harmful hormonal effects in the heart) can improve cardiovascular health and increase survival after a heart attack, according to research presented at the American College of Cardiology's 56th Annual Scientific Session. **The presentation of findings was titled: American Heart Association or Mediterranean Diet Improves Cardiovascular Outcomes After Myocardial Infarction Trial (Presentation Number 404-7)**

A low-fat, low-cholesterol diet, as recommended by the American Heart Association (AHA), as well as a Mediterranean-style diet rich in fish, monounsaturated fats, and other sources of omega-3 fatty acids, can both help with heart health and longevity, according to a community-based study that featured intensive nutrition counseling and tracked patients for an average of nearly four years.

Key findings: the combined rates of participant deaths, repeat heart attacks, unstable chest pain, strokes or hospitalizations for heart failure were no different among the two groups after an average of nearly four years. But perhaps most importantly, when these two dietary intervention groups were combined and compared to a matched "usual care" group of 101 patients not engaged in intensive dietary counseling and regimens after heart attack, **the relative risk of cardiovascular complications was reduced by two-thirds in the dietary intervention groups,** according to the presentation.

"Our study shows, in addition to excellent medical care, **dietary intervention truly benefits patients,**" notes Dr. Tuttle the author of the Heart Institute of Spokane Diet Intervention And Evaluation Trial. (THIS-DIET).

AUTHOR'S NOTE: While both diets may be equal for impact after Myocardial Infarction, Mediterranean style eating has also been cited for impacting blood pressure; healthier blood vessels; cholesterol; cancer(s); COPD; Alzheimer's disease; rheumatoid arthritis; asthma; birth defects; metabolic syndrome; obesity/weight loss; stroke; & longevity. So this affirmation of Mediterranean-style eating is important, but so are other these dietary impacts.

Dr. Tuttle and her colleagues assessed 101 people who had experienced a heart attack within the previous six weeks, randomly assigning patients to the AHA Step II diet or a Mediterranean-style diet. Patients met with a dietitian for individual counseling twice within the first month, and then at three, six, 12, 18, and 24 months. Study participants also attended six or more group nutrition classes over 24 months.

All participants were advised to limit cholesterol intake to no more than 200 mg daily and saturated fat intake to no more than seven percent of calories. Furthermore, those assigned to the AHA diet were also advised to keep total fat intake to less than 30 percent of calories, while those assigned the Mediterranean diet could consume up to 40 percent of calories as fat, with the difference made up of healthy, monounsaturated fats. In addition, the intake of omega-3 fatty acids was higher with the Mediterranean diet (more than 0.75 percent of calories as compared to 0.3-0.45 percent of calories with the AHA diet).

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Mediterranean Diet: Ingredients For A Heart-Healthy Eating Approach... & More

Beyond being known as a heart-healthy eating plan, a Mediterranean-styledietary regimen may also reduce the risk of diabetes, certain cancers, obesity and Alzheimer's disease, according to the February 2010 Mayo Clinic Women's Healthsource issue.

Key components of the dietary regimen referenced in the article include:

Lots of fruits and vegetables and whole grains. Fruits and vegetables comprise a big part of every meal. Naturally low in fat and sodium and with no cholesterol, many are a significant source of antioxidants, which may help prevent cholesterol buildup in the arteries.

Refined foods are out, as refining depletes nutrients Breads, pastas and rice are made from whole grains. Whole grains are an excellent source of fiber and contain a variety of vitamins and minerals. Certain types of dietary fiber can help reduce blood cholesterol levels and may lower the overall risk of heart disease.

Choose your fats wisely and consume healthy fats. Olive oil is the prevalent fat used in Mediterranean cooking. This type of monounsaturated fat can help reduce low-density lipoprotein (LDL, or "bad") cholesterol levels when used in place of unhealthy saturated fats or trans fats. Polyunsaturated fats and omega-3 fatty acids -- such as fats found in vegetable oils, nuts and fish -- are also particularly beneficial because they can lower triglycerides, a type of blood fat; improve blood vessel health; and protect against sudden heart attack deaths.

Cut back on red meat and eat more legumes. Legumes -- beans, peas and lentils -- provide protein that's typically low in fat and contains no cholesterol.

The article sited drinking red wine, in moderation, indicating how some research has shown that a light intake of alcohol is associated with a reduced risk of heart disease. For women (and men over age 65), the recommendation was no more than one glass, or 5 ounces, of wine daily. For men under age 65, it was less than two glasses, or 10 ounces, daily. However, much benefit can be gained by substituting 100% Concord Grape Juice for the wine.

Mediterranean diet also includes fish or shellfish twice a week at a minimum; less dairy, such as cheese and yogurt; consuming small portions of nuts and seeds daily; seldom eating sweets; using herbs and spices instead of salt; getting plenty of physical activity; and making healthy eating a social affair involving friends and family.

17

Mortality From Cardiovascular Disease & Cancer Decreased Through Mediterranean Diet

According to a 2009 article in Medical News Today, a European study concluded that 10-year mortality from cardiovascular disease and cancer was reduced among 70 to 90 year olds who adhered to a Mediterranean diet and were active physically, consumed alcohol only moderately, and did not smoke. The article also suggested an association between physical activity and reduced risk of prostate cancer.

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Greater Adherence To The Mediterranean Diet Has Been Associated With A Lower Incidence Of Cardiovascular Disease And Cancer

According to research findings published in the Journal of Clinical Nutrition, September 2005, the beneficial Total Antioxidant Capacity in a group of patients was directly correlated with diet.

The study's objective and scope was defined as: Study the effect of the Mediterranean diet on total antioxidant capacity (TAC) in 3042 participants who had no clinical evidence of cardiovascular disease.

Quoting an abstract from the research on the design and impact, we see how Mediterranean-style eating can be tremendously beneficial, and that there was a positive correlation between health and consumption of olive oil and fruits and vegetables, with a adverse impact associated with consumption of red meat. Abstract comments:

“Design: During 2001-2002, a random sample of 1514 men and 1528 women aged 18-89 from the Attica area of Greece was selected. TAC was measured with an immune-diagnostic assay. Food consumption was evaluated with a validated food-frequency questionnaire, and adherence to the Mediterranean diet was assessed on the basis of a diet score that incorporated the inherent characteristics of this diet.”

“Results: TAC was positively correlated with diet score. The participants in the highest tertile of the diet score had, on average, 11% higher TAC levels than did the participants in the lowest tertile, even after adjustment for relevant confounders ($P < 0.01$). On the other hand, the participants in the highest tertile of the diet score had, on average, 19% lower oxidized LDL-cholesterol concentrations than did the participants in the lowest tertile ($P < 0.01$). An additional analysis showed that TAC was positively correlated with the consumption of olive oil ($[\rho] = 0.54$, $P = 0.002$) and of fruit and vegetables ($[\rho] = 0.34$ and $[\rho] = 0.31$, respectively; $P < 0.001$ for both), whereas it was inversely associated with the consumption of red meat ($[\rho] = -0.35$, $P = 0.02$).”

The study's conclusion as noted in the abstract: “Greater adherence to the Mediterranean diet is associated with elevated TAC levels and low oxidized LDL-cholesterol concentrations, which may explain the beneficial role of this diet on the cardiovascular system.”

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Get Healthier Blood Vessels In Just Eight Weeks!!!

What's the recipe for healthier blood vessels in just eight weeks? Start with a Mediterranean-style diet rich in fruits, vegetables, grains, nuts, seeds and healthful fats, such as olive oil. Then add regular exercise. Wa-la! Your blood vessels will likely be healthier in just eight weeks. These dramatic findings were released during an American Heart Association Conference in 2005.

A research study of 38 adults with elevated blood pressure or who were near-diabetic showed Mediterranean-style eating yielded dramatic improvements in participant arterial health. Given the dramatic improvements, Canadian researchers told an American Heart Association conference in April 2005 that the regimen may help prevent high blood pressure, diabetes, heart attacks and stroke.

For those who aren't suffering from elevated blood pressure or pre-diabetes, "There is no reason to expect different results in healthier people," according to the study's lead investigator Robert Petrella, MD, PhD, of the University of Western Ontario's Canadian Centre for Activity and Aging.

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What's A Good Option For Treating High Cholesterol (And Lowering The Risk For Heart Attack And Stroke)? The Mediterranean Diet.

A Consumer Reports Medical Guide, January 2006, indicated that those who suffer from heart disease could likely lower their cholesterol and reduce the risk of heart attack and stroke by switching to a Mediterranean diet.

THEY POSE THE QUESTION: DOES THE MEDITERRANEAN DIET WORK?

Their answer was that if you already have heart disease and you eat a Mediterranean diet, there's a good chance that your cholesterol level will fall. They note you are also likely to reduce your risk of having a heart attack or a stroke.

THEY ALSO QUESTION HOW THE MEDITERRANEAN STYLE OF EATING CAN HELP

The report indicated, "If you have heart disease and switch to a Mediterranean diet, you're 70 percent less likely to die from heart disease." But the report also indicated more research is needed on the subject.

THEIR THEORIES ON WHY IT WORKS:

The Mediterranean diet is rich in a type of fat called alpha-linolenic acid.

This fat is part of the family of polyunsaturated fatty acids known as omega-3 fatty acids. It's found in walnuts, walnut oil, pumpkin seeds, canola oil, linseed oil, salmon, mackerel, and a green vegetable called purslane.

The article notes that in the body, alpha-linolenic acid is turned into the fats that are found in oily fish (called eicosapentaenoic acid and docosahexaenoic acid). They note that these can protect you against heart disease by making your blood less sticky. Which means that it is less likely to form blood clots which can block blood vessels and eventually lead to a heart attack or a stroke.

The article noted that one study found a strong link between the level of these helpful lipids in the blood and the risk of having a heart attack. Plus their conclusion illustrated just how powerful and quick this style of eating can be in improving heart health, noting "in this study the risk of having a heart attack fell by 70 percent among people who spent just over two years on the diet. During the same time, the levels of this helpful lipid rose by 68 percent"

The researcher cited in the article suggested that "alpha-linolenic acid may help keep blood from clotting when you don't need it to. If blood clots form when a vessel isn't cut or damaged, the clots can block your blood vessels.

This makes it more likely that you will have a heart attack or a stroke."

The researcher found that “alpha-linolenic acid may also stop the heart from beating irregularly (or developing what doctors call an arrhythmia). Irregular heartbeats can cause someone to die suddenly from a heart attack. This acid can also reduce blood pressure. Having high blood pressure increases your risk of heart disease.”

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Get Your Omega 3, As A Diet Strong In Omega 3 Fish Oils May Help Keep Arteries Clear

A July, 2008 Reuters article indicated that one of the key properties inherent in the Mediterranean-style of eating is also a key factor in why Japanese men have clearer arteries. It noted, “A diet rich in oily fish, which contains omega-3 fatty acids, may be why middle-aged men in Japan have fewer problems with clogged arteries than white men and men of Japanese descent in the United States, a study has found.” The article went on to indicate, “The research, published in the Journal of the American College of Cardiology, found that Japanese men living in Japan had twice the blood levels of omega-3 fatty acids and lower levels of atherosclerosis compared to middle-aged white men or Japanese-American men living in the US.”

Clearly, this study indicates fish rich in omega-3 fatty acids appear to prevent clogged arteries and are good for the heart. These oily fish include salmon, mackerel, lake trout, sardines and albacore tuna.

Clear arteries are essential to heart health. When there’s buildup of plaque inside the arteries, over time this hardens and narrows the arteries. Serious problems, like heart attacks and stroke, are caused by this condition, which is called atherosclerosis.

The article sites the low rate of coronary heart related death among the Japanese. “The death rate from coronary heart disease in Japan has always been puzzlingly low,” said Akira Sekikawa, assistant professor of epidemiology at the University of Pittsburgh, in a statement. “Our study suggests that the very low rates of coronary heart disease among Japanese living in Japan may be due to their lifelong high consumption of fish.”

According to the article, Japanese eat nearly a quarter pound of fish a day on average, while Americans may only eat fish twice a week. Japanese intake of omega-3 fatty acids from fish averages 1.3 grams per day, but it’s just 0.2 grams per day in the United States, according to studies.

This finding reinforced earlier studies that showed Japanese men had much less cholesterol build-up in their arteries. And this was despite similar blood cholesterol and blood pressure readings, similar rates of diabetes but much higher rates of smoking.

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Baristas Beware: Caffeine Without A Healthy Diet Has Been Linked To Heart Risk

Better alert your Barista – coffee drinkers should go Mediterranean! If you’re drinking lots of coffee but are not on a Mediterranean-style dietary regime, you’re more likely to have atrial fibrillation, according to a study conducted in Italy.

Researchers asked patients recently diagnosed with heart arrhythmia to discuss their caffeine consumption and other diet choices. Their diets were compared with those of people without atrial fibrillation.

The study structure: Coffee intake among subjects was divided into four categories: low (one cup/day), medium (two to three cups/day), heavy (more than three cups/day) and none. Coffee drinking subjects were ranked according to their adherence to the Mediterranean style of eating comprised of whole grains, olive oil, fruits and vegetables and little red meat.

What the findings indicated was that people who experienced atrial fibrillation had been less likely to follow the Mediterranean diet than those without atrial fib, according to the study. Moreover, those with atrial fibrillation consumed higher quantities of red meat and full-fat dairy products. According to the study, patients with atrial fibrillation also consumed a higher percentage of total dietary antioxidants from coffee versus other food sources, such as fruits, vegetables and wine.

The findings were presented to the European Society of Cardiology annual meeting in Barcelona. 23

Mediterranean Style Eating Improves Heart Health Even Without Weight Loss **Via Improved Insulin Use**

In a 2011 research presentation, Johns Hopkins researchers indicated **swapping out certain foods can improve heart health in those at risk for cardiovascular disease, even if the dietary changes aren't coupled with weight loss.**

"A lot of studies have looked at how the body becomes better at using insulin when you lose weight," the Johns Hopkins' researcher Meghana Gadgil noted. "We kept the weight stable so we could isolate the effects of the macronutrients. What we found is that you can begin to see a beneficial impact on heart health."

And while it's likely no one would advocate not trying to reduce weight and BMI to levels considered healthy, the "macronutrients" in the Mediterranean-style eating – specifically the right kind of fats found in the extra virgin olive oil, nuts, avocado, etc. – provide a significant health contribution even without weight loss, according to researchers.

A key reason is that this style of eating also improves insulin use, which is a factor in diabetes. People whose bodies fail to effectively use insulin usually develop type 2 diabetes, which is a major risk factor for heart disease.

"The introduction of the right kind of fat into a healthy diet is another tool to reduce the risk of future heart disease," noted Gadgil.

Findings were released in a report prepared for the American Heart Association's 2011 Scientific Sessions.

Gadgil and her colleagues analyzed the cardiovascular effects of three different balanced diets on 164 people with mild hypertension but no diabetes, using data from the OmniHeart Trial. The researchers compared the body's ability to regulate blood sugar and maintain healthy insulin levels while on a carbohydrate-rich diet, a protein-rich diet and a diet rich in unsaturated fats.

Summary of the findings: a balanced diet higher in unsaturated fats such as those in avocados, olive oil and nuts improves insulin use significantly more than a diet high in carbohydrates, particularly such refined carbs as white bread and pastas.

The researchers conclude that the preferred "balanced diet" would be similar to a "Mediterranean diet" inspired by the diets preferred in southern Italy and Greece which incorporate healthy fats, fruits and vegetables.

As Medical Costs Keep Rising, Maybe It's Time To Emphasize Diet Over Some Prominent Prescriptions; Mediterranean Diet May Be Far More Efficacious Than Cholesterol Drugs

A FORBES ARTICLE ASKS: DO YOU REALLY NEED ALL THOSE PRESCRIPTION PILLS THAT YOU ARE POPPING? AND THEIR ANSWER: MAYBE NOT...

The article challenged... "Let the un-drugging of America begin. **Millions of us are popping prescription pills for innocuous ills, when simple lifestyle changes of diet and exercise – harped on by physicians for decades – are more effective and a lot cheaper.**"

They cited Dr. John Abramson, a Harvard Medical School instructor and author of Overdosed America: The Broken Promise of American Medicine who noted, "We have exaggerated belief in biomedicine, in the same way that primitive society believed in folk cures." And the article indicated that Abramson "**blames drug makers for exaggerating the benefits and minimizing the side effects of patented medicines, and he urges the medical establishment to emphasize cleaner living.**"

Not holding back, Forbes continues to push for evaluating non-pharmaceutical solutions in some instances. "But Big Pharma argues the opposite case: that the real problem is under-medication. For great numbers of people, better diet and more exercise simply aren't enough, this argument goes. A Rand Corp. study a year ago found significant under-treatment of diabetes, heart disease, asthma and stroke. Congress last year extended Medicare coverage to drugs in part because of such concerns."

And yet, the article explains that America, which leads the world in developing new drugs, only ranks a mediocre 29th in life expectancy. Demographics have something to do with this, but another reason is that we are fatter and more out of shape than ever before. A fourth of Americans are obese (i.e. at least 30 to 40 pounds over their recommended weight). Thirteen million people live with heart disease. Another 18 million have diabetes, which could soar to 30 million in 25 years, despite new designer drugs.

In a perverse kind of symbiosis, the cascade of disease and medical complications growing out of America's excesses and lack of fitness triggers more demand for more drugs. In the U. S. employers, government and consumers spent \$216 billion on prescription drugs last year (or 2% of the U. S. economy), up 11.5% in a year, says IMS Health. That paid for 3.4 billion prescriptions, a dozen for every man, woman and child in this country.

The article describes a "penchant for chemicals," which the writer claims is fueled by the \$3.2 billion drug makers spend on ads to reach consumers – and this ultimately distracts doctors and patients from the lifestyle changes that could have far greater impact. The article notes that despite decades of nagging from doctors, they have failed to get people off the sofa and into the gym. "Physicians are somewhat hardened," says Cleveland Clinic cardiologist Eric Topol. "There's a sense that we have tried (to preach a better lifestyle) but patients don't do it."

Bottom line: the article indicated that heart patients who go on a Mediterranean diet reduce their risk of future heart attacks and cardiac death by up to 70%; and yet, cholesterol-lowering drugs cost us \$13.0 billion a year and lower the risk only half as much.

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Business Article Claims That For Many People, Cholesterol Drugs May Not Do Any Good

According to an article in Business Week, "Research suggests that except among high risk-heart patients, the benefits of statins, such as Lipitor, are overstated... There was no overall reduction in total deaths or illnesses requiring hospitalization – despite big reductions in "bad" cholesterol." Most people are taking something with no chance of benefit and a risk of harm.... Data suggest that for patients without heart disease, only 1 in 100 is likely to benefit from taking statins for years..."

The article notes that widespread use of statins costs billions of dollars annually, inclusive of drugs, doctors' visits, cholesterol screening, and other tests. And the article underscores that since health-care dollars are limited, our resources should be going to interventions that would be of greatest benefit, as noted by Dr. Beatrice A. Golomb, an associate professor of medicine at the University of California at San Diego School of Medicine. The article asks, **What would work better than statins? Perhaps urging people to switch to a Mediterranean diet...**

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Mediterranean Diet Cuts Risk Of Progressive Lung Disease/COPD In Half

A Science Daily article indicated Mediterranean diet cuts the risk of developing progressive inflammatory lung disease (COPD) 50%, based on a study published in Thorax.

Through the Mediterranean diet, it's likely people can reduce their risk of COPD (chronic obstructive pulmonary disease) – including emphysema and bronchitis – by fifty percent. COPD is expected to become the third leading cause of death worldwide by 2020, with cigarette smoking the primary factor in its development.

When compared to consuming the traditional Western diet, the Mediterranean diet was associated with a 50% lower risk of developing COPD even after adjusting for age, smoking, and other risks.

The study, covering a 12 year period, showed the greater the compliance with a Mediterranean diet, the lower the risk of developing COPD. Conversely, the higher the compliance with the Western diet, the higher the risk of developing COPD. Men who ate a predominantly Western diet were more than four times as likely to develop COPD, even after taking account of other influential factors.

The study involved more than 50,000 US health care professionals aged between 40 and 75, who were surveyed every two years.

Participants were asked questions about lifestyle, including smoking and exercise, diet and medical history. Dietary intake was assessed in detail every four years. Eating patterns fell into two distinct categories: those who ate a diet rich in fruit, vegetables, whole grains and fish (Mediterranean diet); and those who ate a diet rich in processed foods, refined sugars, and cured and red meats (Western diet).

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Patients Eating The Mediterranean Diet Had Less Than Half The Number Of New Cases Of Cancer

Another benefit of the Mediterranean diet - less cancer?

By: Thomas Pickering, MD, DPhil, FRCP, Director of Integrative and Behavioral Cardiology Program of the Cardiovascular Institute at Mount Sinai School of Medicine, New York.

The 'Mediterranean' diet, frequently acknowledged for the prevention of heart disease, is now recognized for dramatically reducing new cases of cancer, a conclusion determined based on observing people living in countries where such diets are prevalent.

The theory has been tested in only one human study, the Lyon Diet Heart Study performed in France. In this study 605 people (nearly all men) who had survived a first heart attack were randomly allocated to eat one of two diets.

One was a diet similar to the step 1 diet of the American Heart Association (which restricts the intake of saturated fat to 30% of the total calories and cholesterol to 300 milligrams a day), the other an experimental Mediterranean-type diet.

The latter was characterized by more bread and cereals, more fresh fruit and vegetables, more fish, less meat (and beef and pork replaced by chicken); butter or cream were replaced with a canola-oil based margarine which was rich in oleic and alpha-linolenic acids. Canola and olive oil were used for salads and food preparation.

During the one to five years of follow-up, the patients eating the Mediterranean diet had fewer deaths from cardiovascular disease (1%, versus 5% in the patients eating the regular diet). These findings were published in

1994. A second report on the rate of development of cancer in the study participants now follows. **The patients eating the Mediterranean diet had less than half the number of new cases of cancer, and the overall death rate (from all causes) was also reduced by about half.**

Doctor's comments

The finding that a Mediterranean diet may prevent cancer was unexpected and was not one of the original goals of the study, it does, however, make sense. Vegetables contain a number of antioxidants (which protect against cancer) and there is other evidence that eating a lot of vegetables is associated with less cancer. **The Mediterranean diet is also rich in omega-3-fatty acids, which could have a protective effect.**

(de Lorgeril M and colleagues. Mediterranean dietary pattern in a randomized trial. Prolonged survival and possible reduced cancer rate...

28

Mediterranean Diet Reduces Cancer

Lifestyle changes could help prevent at least half of all cancer deaths, according to a 2005 American Cancer Society announcement. The announcement indicated that nearly 200,000 of the approximate 600,000 estimated cancer deaths can be attributed to poor nutrition, physical inactivity, obesity and other lifestyle factors vs. 168,140 attributed to tobacco. Eating a good, balanced diet really does play a large role in cutting people's risk for developing several types of cancer.

The American Cancer Society website specifically noted "Mediterranean diet may lower cancer risk."

"A Mediterranean diet consisting mostly of fruits, vegetables, cereals, canola and olive oil with a low intake of cholesterol, saturated and polyunsaturated fats may protect against cancer in non-Mediterranean populations, a new study suggests."

Data collected in the Lyon Diet Heart Study, published in a 1998 issue of the Archives of Internal Medicine, led researchers to conclude a Mediterranean diet also reduced the risk of cancer. **Compared to an American Heart Association diet, those on the Mediterranean diet had 61 percent fewer cancers diagnosed. From the perspective of heart disease and cancer prevention, this diet is considered far better than the average American or European diet.**

Assessing the health impact from the different diets:

According to the American Cancer Society data, the AHA diet is characterized by 30 percent of total caloric intake as fats (10 percent as saturated fats, 10 percent monounsaturated fats, 10 percent polyunsaturated fats) and a cholesterol intake of less than 300 mg per day. In comparison, the Mediterranean diet contains less cholesterol, less polyunsaturated and saturated fats, more fiber and more vitamin C.

Supporting research on dietary impact on cancer has concluded dietary regimens with ingredients found in Mediterranean-style eating can make a huge impact on cancer: **"Nutrition plays a major role in cancer. It has been estimated that 30–40 percent of all cancers can be prevented by of appropriate diet in daily schedule... When a diet is compiled according to the guidelines here it is likely that there would be at least a 60–70 percent decrease in breast, colorectal, and prostate cancers, and even a 40–50 percent decrease in lung cancer, along with similar reductions in cancers at other sites."**

(Citation: Cancer Prevention Through Employ of Appropriate Diet in Daily Schedule **Shukati Malik*** and **Sajid Khan** Department of Bioinformatics, Muhammad Ali Jinnah University Islamabad, Pakistan)

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Olive Oil May Hinder Cancer Formation

Researchers in Europe found evidence that the Mediterranean staple can reduce damage to cells that could otherwise lead to the disease. (Cancer.)

Olive oil consumption may be helping to prevent damage to body cells that can eventually lead to cancer, according to a research study from Copenhagen University Hospital in Denmark.

Olive oil consumption can reduce oxidative damage to cells' genetic material, a process that can initiate cancer development. In a study of 182 European men, researchers found evidence that rates of several cancers are higher in Northern Europe than in Southern Europe, where olive oil is a staple.

Research co-author Dr. Henrik E. Poulsen affirmed advice to replace saturated fats from foods like meat and butter with vegetable fats, particularly olive oil.

Research subjects showed an average 13% reduction in a substance called 8oxodG, which is a marker of oxidative damage to cells' DNA. When byproducts of metabolism called reactive oxygen species overwhelm the body's antioxidant defenses, such damage occurs. Phenols in olive oil contains a number of compounds, called believed to act as powerful antioxidants.

But the study noted, however, that those compounds didn't seem to account for the drop in DNA oxidative damage. The men in the study used three different olive oils with varying levels of antioxidant phenols, and oxidative damage declined regardless of the phenol content. **Instead, the researchers suspect that the monounsaturated fats in olive oil are behind the effect.**

The findings, they say, suggest that olive oil may be part of the reason that certain cancers, including breast, colon, ovarian and prostate cancers, are less common in Mediterranean countries than in Northern Europe.

At the beginning of the study, men from Northern Europe had higher levels of 8oxodG than those from Southern Europe. According to the study findings, this is consistent with the expected effects of the olive-oil-rich "Mediterranean diet."

However, Poulsen said the diet is more than just olive oil. Ideally, it's also rich in fruits, vegetables, whole grains and fish. Regardless of its benefits, he added, olive oil is no substitute for calorie control and regular exercise.

Mediterranean-Style Eating Delivers Compound That Makes Cancer Cells “Mortal,” Enabling Prevention And Treatment

Nutrients in Mediterranean-style eating have been identified as having a far-reaching impact in helping prevent and arrest cancer, according to 2013 Ohio State research study.

New research suggests that **Apigenin, a compound abundant in the Mediterranean diet, takes away cancer cells’ “superpower” to escape death.** Apigenin works to “re-educate” cancer cells into normal cells that die as scheduled, and it does so by altering a very specific step in gene regulation.

Cancer cells thrive in part by inhibiting a process that would cause them to die on a regular cycle. Ohio State University researchers found that Apigenin, a compound in certain plant-based foods, could stop breast cancer cells from inhibiting their own death. Apigenin is found in many fruits and vegetables, and top sources include parsley, celery and chamomile tea.

We know there are strong positive relationships between eating specific foods and better health outcomes, especially in reducing heart disease. But how these healthful foods and their respective nutrients work in the body is still a mystery in many cases, especially in foods linked to lower risk for cancer.

In contrast to most pharmaceutical drugs that only target a single molecule, Apigenin provides far-reaching effects binding with an estimated 160 proteins in the human body, according to researchers.

“We know we need to eat healthfully, but in most cases we don’t know the actual mechanistic reasons for why we need to do that,” expressed Andrea Doseff, Ohio State associate professor of internal medicine and molecular genetics and co-lead author of the study. “We see here that the beneficial effect on health is attributed to this dietary nutrient affecting many proteins. In its relationship with a set of specific proteins, apigenin re-establishes the normal profile in cancer cells. **We think this can have great value clinically as a potential cancer-prevention strategy.”**

30a

Olive Oil May Lower Ovarian Cancer Risk

A study reported in the journal *Cancer Causes and Control* notes that a *diet high in olive oil may lower a woman's risk of developing ovarian cancer.* (Vol. 13: 465-470).

The study found that **women whose diet included large amounts of olive oil reduced their risk of ovarian cancer by 30%.**

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Olive Oil Link To Reduced Breast Cancer

Reducing the risk of breast cancer may be possible by consuming the anti-cancer chemicals in extra virgin olive oil as part of an olive oil-rich Mediterranean diet.

Extra virgin olive oil contains phytochemicals that are otherwise lost in the refining process.

"Our findings reveal for the first time that all major complex phenols present in extra virgin olive oil drastically suppress overexpression of the cancer gene HER2 in human breast cancer cells," noted Javier Menendez of the Catalan Institute of Oncology in a BioMed Central news release.

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Mediterranean Diet Cuts Risk Of Breast Cancer

The key ingredient of olive oil, oleic acid, seems to cut the risk of developing breast cancer, according to Northwestern University laboratory tests on breast cancer cells which showed the acid sharply cut levels of a gene thought to trigger the disease.

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Mediterranean Diet Can Help Women Prevent Breast Cancer After Menopause

Adopting Mediterranean eating habits can reduce the risk of breast cancer after menopause.

Researchers believe there is a correlation between the foods Mediterranean people eat and the rates of cancer and other illnesses.

Nations in the Mediterranean region, including Italy, Greece, Turkey and Spain, have historically had lower rates of heart disease and some cancers, including breast cancer, compared with other European countries the US.

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Eating Olive Oil, Nuts And Vegetable Fat Vs. Animal Fats Cuts Spread Of Prostate Cancer And Reduces Deaths

According to research findings published 2013 in *JAMA Internal Medicine*, **men who've been diagnosed with prostate cancer and who eat a diet high in vegetable fats, such as those in nuts and olive oil, may be less likely to have their disease spread.**

The study noted replacing less healthy carbs with healthy fats was also tied to a lower risk of dying from any cause during the study. After being diagnosed with prostate cancer, the men who reported getting the highest proportion of daily calories from vegetable fat - more than 21% - were nearly one-third less likely to die during the study than those who ate the least vegetable fat. And they had a borderline lower risk of developing lethal cancer.

But for those who consumed saturated and trans fats found in meat and processed foods, the opposite was true.

University of California, San Francisco, researcher Erin Richman and her colleagues found that switching 10% of daily calories from carbohydrates to vegetable fat was linked to a 29% lower risk of lethal prostate cancer and a 26% lower chance of dying from any cause.

But switching just 5% of daily calories with saturated fat, or just 1% with trans fat, was tied to a 25 to 30% higher risk of death during the study. And those men who ate a consistently similar amount of animal fat were more likely to die during follow up, from prostate cancer or anything else, than those who skimmed on animal meat.

According to Richman, "The benefit was really when you were replacing refined carbohydrates with (things like) olive oil and nuts," She noted vegetable fats contain antioxidants and may reduce inflammation in the body, thereby making it harder for cancer to spread.

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Mediterranean Countries Have Lower Incidences Of Breast, Colon and Prostate Cancer

Eating a Mediterranean diet could reduce the overall incidence of cancer in Northern Europe and North America by up to 10%, according to a study published by Trichopoulou in *Cancer Epidemiology, Biomarkers and Prevention*. Mediterranean countries exhibit a lower incidence of cancer, particularly for the breast, colon and prostate according to the study. **Up to 25% of the incidence of colorectal cancer, 15% of breast cancer, and 10% of prostate cancer could be prevented if populations of highly developed western countries would shift to the traditional healthy Mediterranean diet, according to the study.**

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Mediterranean Diet Protects Against Stomach Cancer

People with the highest rates of participation in the Mediterranean diet were 33 percent less likely to develop stomach cancer than people whose eating patterns were furthest from the Mediterranean ideal. Gastric cancer risk dropped 5% for every one-point increase in a person's Mediterranean diet score.

Because only 23% of people who are diagnosed with gastric cancer will survive for five years, researchers noted that identifying dietary recommendations to help reduce incidence is important for the effective management of this cancer.

"The results add to the evidence for the role of the Mediterranean diet in reducing cancer risk and add further support for the need to continue to promote the Mediterranean diet in areas where it is disappearing," Dr. Carlos A. Gonzalez of the Catalan Institute for Oncology in Barcelona and his colleagues say.

The traditional diets of Greece, Italy and other Mediterranean countries have many health benefits, they point out in the American Journal of Clinical Nutrition, including protection against cancer. But there is less information on how eating this way might influence risk of specific cancer types. Gonzalez and his team looked at gastric cancer, the second-leading cause of cancer death worldwide.

To investigate whether diet might be protective against stomach cancer, researchers analyzed data from the European Prospective Investigation into Cancer and Nutrition (EPIC) study on 485,044 men and women 35 to 70 years old from 10 European countries.

Study participants had been given a score on an 18-point scale based on how closely their diet adhered to the Mediterranean ideal of being rich in fruit, vegetables, legumes, fish, cereals and olive oil, with a relatively low intake of red meat and dairy products.

During nine years of follow-up, 449 of the study participants developed gastric cancer.

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Mediterranean Diet Can Stave Off Alzheimer's, Parkinson's

The Mediterranean diet provides substantial protection from cancer and Parkinson's and Alzheimer's Disease according to a recent study.

<http://www.thirdage.com/alzheimers/mediterranean-diet-staves-off-alzheimers-parkinsons>

37

People On Mediterranean Diet Have 60% Lower Alzheimer's Disease Risk Than People Not On The Diet Diet And Obesity May Be Linked To Alzheimer's

Dozens of quality studies conducted over the last six years indicate that optimum weight and Mediterranean diet may be linked to lower risk of Alzheimer's and other dementias in a similar way that they are linked to lowering the risk for heart disease, stroke and diabetes.

In one study, participants who scored in the upper third for factors indicating participation in a Mediterranean diet were found to have a 60 percent lower risk of Alzheimer's disease than people not on the diet.

There has been a correlation between dementia (including Alzheimer's) and vascular diseases, the processes that can cause heart attack and stroke.

Dr. Nikolaos Scarmeas and his colleagues published a study on a group of elderly subjects that indicated eating a Mediterranean style diet leads to a lower risk of Alzheimer's Disease (their study was published in 2006 in the journal *Archives of Neurology*).

The study was done in an effort to confirm previous research by Dr. Scarmeas' lab showing a reduced risk in those on a Mediterranean diet. Their first study had looked at people who didn't have any evidence of Alzheimer's at the start of the study, while the follow-up research evaluated those with some degree of dementia. It was a retrospective study where dietary intake for the previous year was assessed. The results were similar to Scarmeas' earlier work.

In an effort to see if those links might be a factor in their results, the researchers adjusted for participants with any evidence of vascular disease or conditions associated with heart attack and stroke, such as diabetes, hypertension and high cholesterol. In doing so, they found there was an even greater reduction in risk of 68 percent for those with scores in the upper third and 53 percent for the middle third.

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Mediterranean Diet Lowers Incidence Of Parkinson's Disease And Alzheimer's Disease By 13%

Mediterranean Diet Lowers Incidence Of Parkinson's Disease and Alzheimer's Disease As Well As Other Mortality Factors And Diseases

Research findings indicate the Mediterranean Diet reduces cardiovascular mortality, some types of cancer, death from cancer and incidence of type 2 diabetes, Parkinson's, and Alzheimer's diseases.

A significant reduction in overall mortality (9%), mortality from cardiovascular diseases (9%), incidence of or mortality from cancer (6%), and incidence of Parkinson's disease and Alzheimer's disease (13%) is associated with greater adherence to a Mediterranean diet. These results seem to be clinically relevant for public health, in particular for encouraging a Mediterranean-like dietary pattern for primary prevention of major chronic diseases.

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Mediterranean Diet and Parkinson's Disease

The more fruit, veggies, beans and fish you eat the lower your risk of Parkinson's Disease and other health issues

We all know what we eat can influence our health. If we eat junk food, we are going to feel it in terms of reduced fitness sooner or later. But what about risk for Parkinson's disease?

In fact, studies have correlated reduction in overall and cardiovascular mortality and in the incidence of some types of cancer and death from cancer and in the incidence of type 2 diabetes, Parkinson's, and Alzheimer's diseases – all from Mediterranean-style eating.

There are lots of theories as to why Mediterranean style eating would protect against Parkinson's Disease, but one effect of this sort of diet is that it reduces the overall level of 'oxidative stress' your system sustains on a daily basis. It prevents free radicals, or small molecules of unattached oxygen, from harming cells. Researchers from Greece and Italy carried out a meta-analysis on data from more than half a million participants in 50 previous studies to determine the effect of the Mediterranean diet on MS and its individual components, including blood pressure, waist size, and blood sugar levels.

Also, the diet affected participants' waist measurement, HDL-cholesterol levels, triglycerides levels, blood pressure levels, and glucose metabolism, MNT reported.

Whatever the causes of the Parkinson's Disease's protective effect from a Mediterranean style diet, it's clear that the diet is good for most people's health. Speak to your doctor about your diet. He or she may recommend you see a nutritionist in order to find the right diet for you.

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Mediterranean Diet Reduces Brain Damage (Alzheimer's Disease And Strokes)

New research shows that *the (Mediterranean) diet may help in preventing dementia.*

Sticking to a Mediterranean diet may help lower the risk of small areas of dead tissue which affect thinking, known as brain infarcts, which can help with vascular dementia. A Mediterranean diet is also linked to helping strokes, inflammation of the brain and Alzheimer's disease, according to a study led by Dr. Nikolaos Scarmeas, a neurologist at Columbia University Medical Center.

Consuming more fatty fish and less red meat, like what is found in the Mediterranean diet, increases the ratio of dietary omega-3 to omega-6 fat and reduces the risk of a blood vessel blockage. Omega-3 fatty acids are found in only a few foods including fatty fish, like salmon, tuna, sardines, and herring, and plant foods including flaxseed, English walnuts, canola and soybean oils.

"It is known that omega-3 fatty acids reduce the risk of blockage in the brain and heart. This is due to the highly unsaturated nature of omega-3 fatty acids," explains Robert Cullen, assistant professor for family and consumer sciences, describing exactly how the Mediterranean diet benefit the brain.

"The staples of the Mediterranean diet include fresh fruits and vegetables, whole grains, nuts and seeds, legumes, seafood, olive oil and small amounts of wine," Julie Schumacher, registered dietitian and instructional professor for family and consumer sciences, said. "The Mediterranean diet focuses on small portions of high-quality food."

There is a large body of clinical data showing that olive oil promotes good cholesterol level in the body. It has also been shown, in animal and human studies, that olive oil is anti-inflammatory, anti-fibrotic and anti-hypertensive, according to H. Tak Cheung, a noted professor of biological sciences.

"Reducing hypertension, or high blood pressure, has been shown to be a factor in reducing brain damage, such as strokes. **Bodies of research show red wine and olive oil from the Mediterranean diet help the body most.**" Cheung explained.

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Lower Risk for Alzheimer's Disease 60%? Combine Exercise & Mediterranean-Diet

Both being more physically active and adhering to a Mediterranean-type diet appears to be associated with reduced Alzheimer's risk, according to a new research report.

Research subjects who were very physically active had a 33% risk reduction of Alzheimer's; **those who adhered more strongly to a Mediterranean-type diet had a 40% risk reduction.** And a combination of exercise and diet is best, as researchers found that there was a gradual decreasing risk for Alzheimer's in **study participants who were reporting that they were both exercising a lot and following a diet closer to the Mediterranean-type, Those subjects experienced a 60% reduction in their risk for developing Alzheimer's disease.**

From a multi-ethnic community living in Northern Manhattan, researchers observed 1880 elderly subjects, with an average age of 77. Participants were interviewed about their level of physical activity and dietary habits, and their responses were summarized into two single scores. Subjects were then followed to observe which subjects went on to develop Alzheimer's over the course of approximately five and a half years.

"So it seemed that the more that they were doing in terms of both diet and exercise, the lower was their risk for the disease," said researcher Dr. Scarmeas. Dr. Scarmeas noted that even low degrees of physical activity seemed to have a protective effect against Alzheimer's.

"This study is important because it shows that people may be able to alter their risk of developing Alzheimer's by modifying their lifestyles through diet and exercise," said Dr. Scarmeas.

"We know that some part of Alzheimer's is related to genetic changes and as time goes on we discover more and more of these changes. But it is also possible that non-genetic changes, including lifestyle and behavior, may also be affecting our brain health and our risk of developing brain diseases, like Alzheimer's, maybe in combination with our genetic predisposition," said Dr. Scarmeas. "We need to understand and learn more about the exact biological mechanisms that may connect physical activity and diet with the biological changes of Alzheimer's disease."

"Since the benefits of following a healthy diet and remaining active have already been suggested as beneficial in other disease prevention and since based on the present and other similar studies we have some preliminary hints that this may also be helpful for brain health, it seems advisable that we emphasize not only to patients, but to healthy individuals, too, the importance of these lifestyle behaviors in affecting our overall health," said Scarmeas.

Note: In the same issue of JAMA, Dr. Scarmeas co-authored a separate study titled, "Adherence to Mediterranean Diet, Cognitive Decline, and Risk of Dementia." Dr. Scarmeas expressed his encouragement about the study on the association between the Mediterranean diet and a reduced risk for Alzheimer's disease.

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Study Says Mediterranean Diet May Defend Against Alzheimer's

A Mediterranean diet of fish, olive oil, grains, fresh produce and moderate amounts of wine should be part of the arsenal levied against Alzheimer's Disease, according to a study of New Yorkers.

Investigators who studied 2,258 New Yorkers found that those who followed a Mediterranean diet most closely were significantly less likely to develop Alzheimer's over the four-year follow-up, according to Annals of Neurology.

Compared with people who followed the plan loosely, those who were most faithful to the diet, with low amounts of dairy products, saturated fats, meat and poultry, were about 40 percent less likely to develop Alzheimer's, the study showed. The diet already has been associated with a lower risk of cancer, heart disease and premature death, and elements of it showed promise against Alzheimer's in previous research.

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Mediterranean Diet May Increase Alzheimer's Patients' Longevity

Eating a Mediterranean diet can help people with Alzheimer's live an average 1.3 years longer than people who eat a more traditional Western diet, a new study has found. The study noted that those people who most closely followed a Mediterranean diet were 76 percent less likely to die during the study period than those who followed the diet the least.

Researchers at the Columbia University Medical Center in New York followed 192 people with Alzheimer's disease for an average of four and a half years. "The more closely people followed the Mediterranean diet, the more they reduced their mortality," said study author Nikos Scarmeas, MD, MSc, of Columbia University Medical Center in New York, and member of the American Academy of Neurology. "For example, Alzheimer's patients who adhered to the diet to a moderate degree lived an average 1.3 years longer than those people who least adhered to the diet. **And those Alzheimer's patients who followed the diet very religiously lived an average four years longer,**" he added.

Scarmeas, who along with colleagues, had previously demonstrated that healthy people who eat a Mediterranean diet lower their risk of developing Alzheimer's disease, said that studies were confirming new benefits of the diet. New benefits of this diet keep coming out.

Scarmeas calls for more research to determine whether a Mediterranean diet also helps Alzheimer's patients have slower rates of cognitive decline, maintain their daily living skills and have a better quality of life.

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Lower Thinking Problems With Mediterranean-Style Eating

People who adhere to Mediterranean-style eating are less likely to have brain infarcts, those small areas of dead tissue linked to thinking problems, U.S. researchers say. **Adherents following a Mediterranean-diet most strictly were 36% less likely to have areas of brain damage than those who followed the diet the least.** Study participants who moderately followed the diet were 21% less likely to have brain damage than the lowest group.

The findings were from research that assessed the diets of 712 people in New York. The study divided them into three groups based on how closely they were following the Mediterranean diet.

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Mediterranean Diet Linked to Preserving Memory

In the largest study of its kind done on the Mediterranean diet, University of Alabama at Birmingham (UAB) findings indicate Mediterranean style eating may be linked to preserving memory and thinking abilities.

According to the study, healthy people who followed the Mediterranean diet were 19% less likely to develop problems with their thinking and memory skills than those who didn't.

"Since there are no definitive treatments for most dementing illnesses, modifiable activities, such as diet, that may delay the onset of symptoms of dementia, are very important," said Georgios Tsivgoulis, M.D., a neurologist with UAB and the University of Athens, Greece.

Findings came from the Reasons for Geographic and Racial Differences in Stroke (REGARDS) study. The study was published in the April 30, 2013, issue of *Neurology*, the journal of the American Academy of Neurology.

However, in the study, diabetics did not experience the same lower risk of cognitive problems.

Consuming More Olive Oil May Protect Against Strokes

Intensive olive oil users had a 41% lower stroke risk compared to those who didn't use olive oil.

Consuming more olive oil could be linked with lower stroke risk in older people, according to a research study published online in the journal *Neurology*. Intensive olive oil users had a 41% lower stroke risk compared to those who never used olive oil. Olive oil is a major element of the Mediterranean diet.

Researchers recommend the findings encourage dietary recommendations for older people at risk for stroke.

The study reviewed medical records of 7,625 people 65 and older who lived in three French cities to determine how their olive oil consumption affected their chances of having a stroke. The participants had no history of stroke at the beginning of the study.

In this study, participants were surveyed about how much olive oil they consumed: About 23% used none, 40% were moderate users (cooking with it or using it as a dressing or with bread) and about 37% were intensive users (using it in cooking and as a dressing or with bread).

Researchers concluded the potential for a 41% lower stroke risk after adjusting for such factors as body mass index, other stroke risk factors, diet and physical activity. Results were statistically significant for ischemic stroke (caused by blockage of an artery to the brain), not hemorrhagic stroke (caused by the rupture of a blood vessel).

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52% Reduction In Stroke Risk Possible From Dietary Regimen: White-Fleshed Fruits And Vegetables Dramatically Reduced Stroke Risk

Those who regularly ate white-fleshed fruits and vegetables (such as is found in a Mediterranean-style dietary regimen) had a 52% lower risk of stroke compared to those who didn't. The white-fleshed color is indicative of beneficial phytochemicals being present in the fruits and vegetables.

Dutch researchers set out to discover a possible link between various colored fruits and vegetables and stroke risks, and they found people who regularly ate white-fleshed fruits and vegetables had a 52% lower risk of stroke compared to those who didn't. The study followed more than 20,000 adults over a period of ten years.

The old adage to eat an apple a day shines bright, as the researchers found that adding as little as a couple of apple slices to your daily diet could reduce your stroke risk by 9 percent. Bananas, cauliflower, chicory, and cucumbers were also effective -- but potatoes, which are considered a starch, were not similarly effective.

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Mediterranean Diet Can Reduce Risk Of Alzheimer's Disease And Stave Off Need For Diabetes Drugs

Lose more weight, go longer without medications than with low-fat diet

Studies already suggest that Mediterranean-style eating can prevent second heart attacks, delay Alzheimer's disease, and maybe even lower your cancer risk, and now a study shows additional promise in averting diabetes and staving off need for diabetes medication.

According to a research study, Mediterranean-style eating may be a winning solution for people with type 2 diabetes. Compared to people following a low-fat diet, those with type 2 diabetes who ate Mediterranean lost more weight and went longer without blood-sugar-lowering medication. The study was published in Annals of Internal Medicine.

After four years of study, researchers found that only 44 percent of the people who stuck to a Mediterranean diet needed blood-sugar-lowering medication, compared to 70 percent of people who followed the low-fat diet.

The study affirmed that those with type 2 can sometimes keep blood-sugar levels in the safe range with diet and exercise alone; however people with type 1 diabetes need insulin injections to survive. (Of course, if dietary methods stop working, people may need a pill or insulin injections to manage blood sugar.)

"The people on the Mediterranean diet had better blood-sugar control because of the diet, and the trigger for diabetic drugs is when blood sugar is higher than you want it to be," explained journal editor Dr. Christine Laine.

In the study, women on the diet were allowed 1,500 calories per day, and men were allowed 1,800 calories per day; and no more than 50 percent of calories could come from carbohydrates.

Type 2 diabetes already affects more than 20 million people in the U.S., and researchers estimate that one in three children born this century will get diabetes at some point in their lives.

"A Mediterranean diet isn't a magic diet, but it has a lot of features that we know are generally healthful," said Dr. Richard Hellman, an endocrinologist and clinical professor of medicine at the University of Missouri -- Kansas City School of Medicine, who was not involved in the research.

In the study by researchers from Second University of Naples, in Italy, 215 overweight people -- newly diagnosed with type 2 diabetes -- were randomly assigned to either a low-fat diet or a low-carbohydrate Mediterranean diet.

There's also a correlation between preventing Diabetes via Mediterranean-style eating and reducing Alzheimer's Disease, according to a study: Diabetes Doubles Alzheimer's Risk.

While people with diabetes are also at increased risk of having a heart attack or stroke at an early age, that's not their only worry: according to a new study conducted in Japan, diabetes appears to dramatically increase a person's risk of developing Alzheimer's disease or other types of dementia later in life,

In the study following more than 1,000 men and women over age 60, researchers found people with diabetes were twice as likely as the other study participants to develop Alzheimer's disease within 15 years. They were also 1.75 times more likely to develop dementia of any kind.

Mediterranean Diet May Delay Need for Diabetes Treatment

Is there an optimum diet for diabetics? **According to a new study published in the September 1, 2009 issue of Annals of Internal Medicine, Mediterranean-style eating may be better than a low-fat diet for delaying the need for medications to control blood sugar among overweight people who are newly-diagnosed with diabetes.** Low-carbohydrate and low-fat calorie-restricted diets are often recommended as weight loss tools in overweight and obese people with type 2 diabetes, but this study affirmed Mediterranean-style eating may be the best path to manage the disease

Researchers from the Second University of Naples in Italy and their colleagues studied 251 overweight people with newly-diagnosed type 2 diabetes in order to compare the effects of a low-fat diet or a low-carbohydrate Mediterranean-style diet on the need for antihyperglycemic drug therapy. Study participants had never been treated with diabetes medications and had relatively well-controlled blood sugars.

After a follow-up period of 4 years, (just) 44% of the diabetes patients in the Mediterranean-style diet group and (vs.)70% of the diabetics in the low-fat diet group required diabetes treatment. Those in the Mediterranean-style diet group also lost more weight and experienced greater improvement in some measures of blood sugar control and heart disease risk.

It is not known how a Mediterranean-style diet affects blood sugar control or heart disease risk in patients with longstanding diabetes. However, based on this study, **it seems that patients with newly-diagnosed diabetes may benefit from a low-carbohydrate, Mediterranean-style diet** that emphasizes vegetables, fresh fruit, olive oil, dairy products, low to moderate amounts of poultry, and limited amounts of red meat.

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Mediterranean Diet Helps Control Diabetes -- Best Diet for Diabetes Control

Low-Carbohydrate Mediterranean Diet Better Than Low-Fat Diet at Managing Diabetes; Participants Less Likely To Require Diabetes Medications To Bring Blood Sugar Within Healthy Levels.

Eating a Mediterranean-style diet may help people with type 2 diabetes keep their disease under control without drugs better than following a typical low-fat diet.

A study conducted by the Second University of Naples showed that people with type 2 diabetes who ate a Mediterranean-style diet rich in vegetables and whole grains with at least 30% of daily calories from fat (mostly olive oil) were better able to manage their disease without diabetes medications than those who ate a low-fat diet with no more than 30% of calories from fat (with less than 10% coming from saturated fat choices).

The Mediterranean diet group had better glycemic (blood sugar) control and were less likely to require diabetes medications to bring their blood sugar within healthy levels.

The results suggest that the attributes of the Mediterranean diet go beyond weight loss in affecting blood sugar control, as weight loss was relatively comparable between the two groups by the end of the trial.

Commenting on one of the longest-term studies of its kind, researcher Katherine Esposito, MD, noted the results "reinforce the message that benefits of lifestyle interventions should not be overlooked."

Best Diet for Diabetes Control

People who followed the Mediterranean diet – as opposed to just a low-fat diet -- also experienced improvement in other heart disease risk factors.

Researchers randomly assigned 215 overweight people recently diagnosed with type 2 diabetes who had never been treated with diabetes medications to either a Mediterranean-style diet or a low-fat diet.

The Mediterranean-style eating comprised vegetables and whole grains and was low in red meat, which was replaced with fish or poultry. The diet consisted of no more than 50% of daily calories from carbohydrates and no less than 30% of calories from fat.

The low-fat diet was based on American Heart Association guidelines rich in whole grains and limited in sweets with no more than 30% of calories from fat and 10% from saturated fats, such as animal fats.

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A Mediterranean-style Diet Seems To Be The Way To go If You Have Type 2 Diabetes

Lowering blood sugar and other risk factors for heart disease in people with diabetes can best be achieved following a diet of "low-glycemic foods" -- such as beans, nuts, peas, lentils and pasta – especially when compared to a high-cereal-fiber diet, a new study published in an issue of the Journal of the American Medical Association has found.

The study quotes researcher Dr. Suzanne Steinbaum, director of Women and Heart Disease at Lenox Hill Hospital in New York City, and spokeswoman for the American Heart Association, "This reemphasizes what we know -- at the end of the day, ***the best diet is the Mediterranean-type diet: nuts, beans, lentils, fruits, vegetables,*** The study didn't exactly call it a Mediterranean diet, but the components of it were Mediterranean."

The article notes the diabetes epidemic now affects 7% of the U. S., a staggering 20 million people. Diabetes increases the risk for heart disease, cancer and other health problems.

The findings assert that a proper diet is crucial to help control the disease, because although many drugs are available to control blood sugar levels, the evidence on how well they reduce the risk of cardiovascular problems isn't entirely clear.

Researchers at St. Michael's Hospital and the University of Toronto in Canada randomly selected more than 200 people with type 2 diabetes already taking blood-sugar-lowering medications to follow either a high-cereal-fiber or a low-glycemic-index diet for six months.

According to study insights, carbohydrates in a low-glycemic-index diet are absorbed through the small intestine and converted to blood sugar at a slower rate than higher glycemic foods, meaning blood sugar is more stable. The study noted that hemoglobin A1c (HbA1c) levels, a longer-term measure of blood sugar levels, decreased by 0.5% in people on the low-glycemic-index diet, compared with a decrease of 0.18% in the alternate group.

Those in the low-glycemic group also saw an increase in their high-density lipoprotein (HDL or "good") cholesterol of 1.7 mg/dL, compared to an HDL decrease of 0.2 mg/dL in the high-cereal-fiber group. Although the reduction in HbA1c levels was small, the study authors speculated that, based on previous studies, this might result in a 10% to 12% reduction in cardiovascular complications.

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Mediterranean Diet Also Protects Against Diabetes: Study

The Mediterranean diet, which is famously beneficial for the cardiovascular system, also helps protect against diabetes, according to a paper published online Thursday by the British Medical Journal.

Researchers at the University of Navarra in northern Spain recruited 13,753 people with graduate-level education between December 1999 and November 2007 and who had no history of diabetes when they were enrolled. Their health and dietary habits were then tracked in detail over the following months and years.

During the follow-up period -- an average of 4.4 years -- 103 people became diagnosed with Type 2 diabetes, with a large preponderance of cases among those who did not follow the basics of the Med diet.

Those who adhered to the diet most strictly enjoyed a relative reduction of 83 percent in the risk of diabetes. Intriguingly, many people in this group also had the biggest accumulation of risk factors for the disease -- they were older, were fatter, had a family history of diabetes, more sedentary lifestyle or were ex-smokers. But they appear to have been shielded by the diet, the authors say.

Type 2 diabetes has become an epidemic in developed and developing countries, with the blame being pinned on a switch to sugary and fatty diets and sedentary lifestyle. Without treatment by synthetic doses of insulin, diabetes can result in kidney failure, blindness, heart disease and death. The International Diabetes Federation forecasts the number of cases -- including adolescents -- will explode from 246 million to 380 million by 2025.

A paper published in January this year in the British journal Thorax found that women who followed the diet while pregnant may also protect their baby from childhood asthma and allergy.

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Could A Change Of Diet Reverse Diabetes?

Diet is being blamed for the now soaring rate of Type 2 diabetes – but the good news is the disease may be addressable via diet, according to a British website. The website exclaims, "We're fatter and healthier than ever -- and one of the consequences is a soaring rate of type 2 diabetes. The condition affects nearly three million people in the UK and costs the NHS £3.5billion annually, an amount expected to double in the next five years."

But the article goes on to assert, with the right diet, thousands of patients could effectively "cure" themselves, without the need for drugs.

It notes that "while all doctors advise using diet to help lower blood sugar, **what makes the new claim so controversial is the idea that the right sort of diet can actually reverse diabetes, cutting out the need for drugs altogether.**"

It notes that Type 2 diabetes is caused by the body becoming resistant to the hormone insulin, resulting in a gradual rise in blood glucose levels. It stresses that people who are overweight and not physically active are more at risk, especially people with fat around the abdomen. The condition can lead to greater risk of heart attacks, kidney damage, blindness and damage to blood vessels in the legs and feet, which may even involve amputation.

The article quotes Dr. Fedon Lindberg, a Norwegian endocrinologist who has treated more than 18,000 diabetic patients in his four clinics and who is one of the leading proponents of the new dietary approach, "My experience with type 2 diabetic patients is that a balanced low-glycaemic diet coupled with a healthy lifestyle can reverse the disease. We have had many patients coming to us who were injecting high doses of insulin, as many as 200 units daily, who have managed to quit insulin and come off medications for blood pressure and other conditions."

It also quotes one of Lindberg's patients, Hannermor Hultqvist, a retired nurse, who weighed 19 stone and was injecting 150 units of insulin a day when she arrived at Lindberg's clinic. "I'd had type 2 diabetes for ten years and I was following the official low fat diet advice. Within eight months of following Dr Lindberg's recommendations, I stopped taking insulin. Now I've lost seven stone and my blood sugar is normal. When I told my doctor about the clinic and said I'd probably be able to stop having insulin injections, he said he'd eat his hat if that ever happened. He never has, even though I have given him several serving suggestions!"

Dr Lindberg's use of Mediterranean-type diet comprises unprocessed food such as fruit, vegetables, pulses and whole grains. It also entails olive oil, which means the diet contains more fat than the conventional weight-loss diet.

According to the article, the key aspect for diabetes is that it has a low glycaemic load (GL), which means the carbohydrates don't raise blood sugar levels in the way that processed foods do. The article notes that the theory is, this diet not only results in weight loss - and being overweight is strongly linked to diabetes - but it also improves the way the body responds to insulin, helping to keep blood sugar low.

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Why Does the Mediterranean Diet Work for Type 2 Diabetes Prevention?

The Mediterranean diet, which focuses on vegetables prepared with healthy fats as well as eating lots of whole grains, may help with Type 2 Diabetes prevention due to the time it takes for the body to process foods in the diet.

When compared to the typical American diet filled with sugar and highly refined, it takes longer for the body to process the foods in the Mediterranean diet, and this increase in time helps blood sugar stay more even every day.

When too much sugar is in your blood (from those refined sugars and grains typically found in the American diet), the body releases insulin to tell the cells to take up more sugar. Overtime, cells can become resistant to insulin (it takes more insulin to get the same result) which results in diabetes. However, the Mediterranean diet may help prevent type 2 diabetes because the foods in it are digested more slowly and cause less of a spike in blood sugar than the traditional American diet on a daily basis.

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A delicious Mediterranean eating plan can help protect against diabetes, heart disease, cancer – even help with weight loss.

Benefits of the Mediterranean Diet

What is it about the Mediterranean diet that makes it so healthy?

The diet is rich in fruits, vegetables, whole grains, nuts, beans, and seeds and provides thousands of micronutrients, antioxidants, vitamins, and minerals that can help protect against cancer, heart disease, and Alzheimer's disease, among other conditions, experts say.

A large study published in journal *BMJ* showed that healthy people who followed a Mediterranean diet had a lower risk of developing type 2 diabetes. Then, a study published in *The New England Journal of Medicine* showed that a restricted-calorie Mediterranean diet could be even more effective for weight loss than a low-fat diet, while also offering other health benefits.

Cardiologist Arthur Agatston, MD was quoted as saying, "Research continues to demonstrate that being physically active and eating a nutritious diet of primarily whole foods that are filling and satisfying can enable people to control weight, lower blood pressure [and] cholesterol levels, reduce risk of diabetes, heart disease [and] Alzheimer's disease, and basically protect against chronic diseases. According to Agatston, the multiple factors at work in the Mediterranean diet provide health benefits that "cannot be replaced by a supplement."

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One important element is monounsaturated fats which are found in avocado, fish, canola and olive oils, and which are anti-inflammatory and fight disease at the cellular level. Olive oil, with its rich monounsaturated fat content, has gotten lots of attention, but according to a study published in *The New England Journal of Medicine* in 2003, it may not be the olive oil itself, but the interaction or *synergy* between all the foods that leads to the health benefits.

The Mediterranean diet's protective effect against obesity and type 2 diabetes is likely due to its high proportion of plant foods, fish, and olive oil, along with moderate consumption of alcohol, studies suggest.

"A Mediterranean diet is high in fiber, which slows down digestion, preventing wild swings in blood sugar; reduces insulin resistance (a precursor of type 2 diabetes); and improves insulin sensitivity to reduce obesity and type 2 diabetes," says Agatston.

Importantly, studies have also shown that it's never too late to adopt the Mediterranean lifestyle to increase longevity and reduce the risk of chronic disease. In fact, seniors who led a healthy lifestyle -- defined as not smoking, eating a Mediterranean-type diet, drinking alcohol in moderation, and engaging in 30 minutes of daily physical activity -- significantly increased their life expectancy, according to research published in *The Journal of the American Medical Association*.

Studies affirm that the Mediterranean diet's good nutrition, combined with physical activity, is a prescription for a long and healthy life. Weight loss is just one of the infinite number of health reasons why we all need to follow the Mediterranean style of eating and consume more fruits, vegetables, healthy fats and whole grains.

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Research Shows Mediterranean Diet Is A Health Plus – Key For Pre-Diabetics

Mediterranean Diet has been associated with a 31% reduction in the risk of developing metabolic syndrome – a pre-diabetic condition and a major contributor to other health issues.

Greek researchers offered fresh evidence of the health benefits of the Mediterranean diet, reporting in a large study that it helps improve several risk factors linked to diabetes, obesity and heart disease.

An analysis of 50 studies found the diet had beneficial effects against five components of the pre-diabetic condition called the metabolic syndrome. The analysis found that adherence to a Mediterranean diet was associated with a 31% reduction in risk of developing the syndrome. The studies involved a total of more than 500,000 patients, The research was led by Demosthenes B. Panagiotakos of Harakopio University, Athens.

The Mediterranean diet is high in monounsaturated fats such as olive oil and comprises whole-grain cereals, fruits and vegetables, fish and low consumption of animal fats. Numerous studies and clinical trials show it's key to reducing mortality from such causes as cardiovascular disease and cancer.

The antioxidant and anti-inflammatory benefits of the foods confer health benefits across a variety of diseases, according to experts.

Metabolic syndrome includes waist circumference over 40 inches in men and 35 inches in women, abnormally high blood pressure and blood sugar, very low levels of HDL or good cholesterol and high levels of blood fats called triglycerides. These risk factors are widespread among the growing numbers of people who are obese or overweight or have diabetes.

Heart experts and public-health officials believe helping people shrink their waistlines and achieve normal blood pressure, blood sugar and cholesterol levels would help reduce diabetes and cardiovascular disease.

This new study, published by the Journal of the American College of Cardiology, is consistent with other findings of the protective benefit of the Mediterranean diet.

"When people are able to make improvements through diet, they are preventing the need in the future to go on medication" to control blood pressure and other risk factors. If doctors make more effort "to counsel patients on what a general healthy-eating diet is like, we can get a lot of bang for the buck," Elizabeth Jackson, a cardiologist at University of Michigan at Ann Arbor, noted responding to the study,

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The Mediterranean-Style Diet Reduces Metabolic Syndrome **-- Key In Lowering Obesity, High Blood Pressure, Heart Disease and Diabetes**

Metabolic Syndrome -- What is the problem, and what is known about it so far?

Researchers sought to find out if a Mediterranean-style diet would help lower the chance of people getting metabolic syndrome, which increases the chance of getting heart disease and type 2 diabetes.

Metabolic syndrome comprises adverse health risks, including obesity, high blood pressure, and other conditions.

So researchers engaged participants with Metabolic syndrome in two study groups to see if they could reduce the incidence of Metabolic syndrome and reduce the health risk of some of the participants.

One group, the intervention group, was given detailed advice at monthly meetings on how to reduce the amount of calories they ate. They also were given diaries to track their consumption.

The intervention group's daily calories was to consist of 50–60% carbohydrates, 15–20% proteins, and less than 30% fat (with less than 10% saturated fat). The intervention group was given advice and had individual monthly counseling with a nutritionist for the first year. In the second year, each person in the group had a private session every other month.

The second group, a control group, was given instructions about healthy food choices, but no specific or personalized information. For two years this group met every other month with researchers.

Both groups were advised to increase their physical activity by at least 30 minutes each day.

The researchers found the intervention group eliminated the metabolic syndrome and reduced their risk of contracting heart disease and type 2 diabetes.

The intervention group showed a major decrease in body weight, blood pressure, and levels of glucose, insulin, total cholesterol, and triglycerides (fat in the blood). This group also showed a large increase in high-density lipoprotein (the "good" cholesterol) levels. **This meant that more than half of the intervention group no longer had metabolic syndrome and reduced their chances of getting type 2 diabetes and heart disease.**

The control group showed no major improvements in body weight, blood pressure, or the other factors. As a result, 78 of the 90 patients in the control group continued their metabolic syndrome which increased their risk of getting heart disease and type 2 diabetes.

Importantly, this study concluded that when people follow a diet high in whole grains, fruits, vegetables, legumes, walnuts, and olive oil, they might lower their chances of getting metabolic syndrome, heart disease and type 2 diabetes. If they already have metabolic syndrome, following a Mediterranean-style diet might help them treat themselves.

Mediterranean Diet May Help People Avoid Obesity **(AMERICAN DIABETES ASSOCIATION)**

Obesity is a growing problem in the U.S. and around the world and causes many health problems, such as type 2 diabetes, high blood pressure, heart disease, and several kinds of cancer.

Researchers believed Mediterranean-style eating might help people maintain a healthy weight and avoid health problems related to obesity, and they sought to confirm this.

Researchers studied people in Spain who ate a traditional Mediterranean diet to see how it affected their weight.

The conclusion:

The greater the adherence to the Mediterranean style of eating, the lower the participant's body mass index and the lower the risk of becoming obese.

What are the implications of the study?

The study affirmed that the Mediterranean style of eating is a healthy way to eat and contains essential nutrients in healthy quantities that can help a person avoid becoming obese.

Mediterranean Diet Helps Keep The Weight Off

People who eat a tradition Mediterranean diet are 60 per cent less likely to be obese, Greek researchers have said as the country's women top Europe's obesity table.

The Med diet, rich in cereals, fruits, legumes and whole grains, fish and olive oil, has been linked to longer life, less heart disease, and protection against some cancers. The diet's main nutritional components include beta-carotene, vitamin C, tocopherols, polyphenols, and essential minerals.

A recent report from the International Obesity Task Force said 75% of Greek women were overweight or obese, while the men were not far behind with 72%. The prevalence of heart disease is also high in Greece, leading some people to link the unsaturated fat-rich diet to rising obesity levels.

"Greater adherence to the Mediterranean diet was associated with a 51% lower odds of being obese and a 59% lower odds of having central obesity," wrote lead author Demosthenes Panagiotakos.

In Low-Fat vs. Low-Carb Debate – Mediterranean A Winner For Overall Health

(Analysis Of Low Fat Vs. Atkins Vs. Mediterranean Diets Validates Overall Value In Mediterranean Eating)
Wall Street Journal, July 17, 2008; By William M. Bulkeley.

Overweight people on low-carbohydrate and Mediterranean diets lost more weight and got greater cardiovascular benefits than people on a conventional low-fat diet, according to a study that endorses alternative diets which was published in a major medical journal.

The study, which tracked 322 Israelis for two years, **determined that the Mediterranean diet, which includes wine (in moderation), olive oil, whole grains and fruits, was better than the low-fat diet in controlling glucose levels.**

Funded by the Atkins foundation, the study also surprisingly found that a low-carb diet, often associated in the U.S. with high levels of meat consumption -- was better than a low-fat diet in boosting blood levels of "good" cholesterol, or high-density lipoproteins associated with cardiovascular health benefits.

"A lot of people believe a low-fat diet is the only sanctioned weight-loss diet," said Meir J. Stampfer, an epidemiology and nutrition professor at the Harvard School of Public Health who was senior author of the report, published in Thursday's edition of the New England Journal of Medicine. The study found that "there are alternatives that work better."

The study's leader, Iris Shai of Ben-Gurion University of the Negev, said, "We believe that this study will open clinical medicine to considering low-carb and **Mediterranean diets as safe, effective alternatives for patients.**"

The study was funded with a \$497,000 grant from the nutritional-research foundation established by Robert Atkins, the late diet guru whose Atkins diet is controversial because it allows dieters to consume large amounts of meat and cheese, while eliminating bread and pasta. The foundation said it didn't influence the findings, and the study's authors said they didn't have any financial conflicts under the New England Journal guidelines.

However, Dean Ornish, a doctor and University of California at San Francisco professor who advocates extremely low-fat diets, said **the Israel study shouldn't be seen as endorsement of the Atkins diet because the low-carb participants in the study were encouraged to consume vegetable fats, as opposed to the meat fats that Atkins dieters typically ingest. "A vegetarian Atkins diet is almost an oxymoron," he said.**

After two years, those in the group assigned to the low-carb diet lost an average of 10.3 lbs. -- 58% more than the 6.5 lbs. lost by dieters who followed the low-fat diet based on the Heart Association recommendations. **Those on the Mediterranean diet, which includes lots of carbohydrates like pasta and more calories from fat in the form of olive oil than the Heart Association recommends, lost 10 lbs, nearly as much as the low-carb diet.**

The new study's results favored the Atkins-like approach less when subgroups such as diabetics and women were examined. Among the 36 diabetics, only those on the Mediterranean diet lowered blood sugar levels. Among the 45 women, those on the Mediterranean diet lost the most weight.

Europeans Who Drop Mediterranean Diet Are Gaining Weight

Some people in Europe are abandoning the Mediterranean style of eating, and as a result are growing fat, despite the evidence that the Mediterranean diet is the key to long life.

Times of London reported that, young people and adults from Greece to Spain are putting on weight faster than those in the north and acquiring the same risk factors for heart disease that afflict the United States, Britain and parts of Europe – countries burdened by today's fast food culture.

According to the Times of London, Greek obesity rates are at a level with those of Britain and Belgium, which are among the highest in Europe. And in France, obesity jumped by 45% over six years, with similar increases in Spain and Portugal, and to a lesser extent, Italy.

The article indicated there may be a misperception that the Mediterranean-style of eating simply entails cooking with olive oil, but more consumption of vegetables and other items are key to health success. "Cooking with olive oil is not enough. The Mediterranean diet is a combination of things -- fish, cereals that are not highly refined, dry vegetables that are rarely eaten any more and oil sources like walnuts and almonds," the article quoted Denis Lairon, director of the nutrition unit at the national medical research institute in Marseilles, France.

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Fast Food Hits Mediterranean; a Diet Succumbs

According to a recent UN study, the Mediterranean diet, which has been associated with longer life spans and lower rates of heart disease and cancer, is unfortunately in retreat in its home region. As a result, two-thirds of children in places like Greece are now overweight and the health effects are mounting, health officials say.

Today Mediterranean style of eating is more likely to be found in the upscale restaurants of London and New York than among the young generation in places like Greece. According to prominent physician, Dr. Stagourakis, "This is a place where you'd see people who lived to 100, where people were all fit and trim. Now you see kids whose longevity is less than their parents'. That's really scaring people."

The Food and Agriculture Organization of the United Nations shares this concern, which has noted said in a report that the region's diet had "decayed into a moribund state."

The UN's opinion on the Mediterranean style of eating is that it's valuable and should be maintained: "It is almost a perfect diet, but when we looked at what people were eating we noticed that much of the highly praised diet didn't exist any more," noted the report's author, Josef Schmidhuber, a senior economist at the food organization. "It has become just a notion."

Research on the diet conducted through the 1990s noted that people in Mediterranean countries lived longer and had low rates of serious disease, despite some unhealthy habits like smoking and drinking.

But that protection is now seen as rapidly eroding.

Greece, Italy, Spain and Morocco had asked Unesco to designate the diet as an "intangible piece of cultural heritage," a testament to its essential value as well as its potential extinction. (Which was done.) The most serious effects of its steady disappearance are on people's health and waistslines. Alarmed by the trends, the Greek government has been going into schools in villages like Kasteli to weigh children and lecture them on nutrition. They now provide instruction including a food pyramid focused on the Mediterranean diet.

Dr. Antonia Trichopoulou, a professor at University of Athens Medical School, said the problem had grown acute with the spread of supermarkets and, especially, convenience foods.

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Mediterranean Diet Reduces Long-term Risk Of Subsequent Weight Gain And Obesity Among Adults

Researchers found that increased fruit and vegetable intake was associated with significantly lower risk of a medium weight gain (3,41 kg) over 10 years among adults of a Spanish Mediterranean population.

A research group from Spain studied the dietary patterns associated with the Mediterranean-style of eating -- a high intake of fruits and vegetables often consumed in Mediterranean populations. They analyzed associations between fruit and vegetable intake and weight gain over a 10-year period in adult Mediterranean populations.

They concluded that dietary strategies to increase fruit and vegetable intake to prevent and control overweight and obesity should be promoted more vigorously.

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Mediterranean Diet With Nuts May Be Helpful In Managing Metabolic Syndrome

Adding a daily serving of mixed nuts to a traditional Mediterranean diet appears to be useful for managing some metabolic abnormalities in older adults at high risk for heart disease, according to a new report.

"Traditionally, dietary patterns recommended for health have been low-fat, high-carbohydrate diets, which generally are not palatable," the authors conclude. "The results of the present study show that a non-energy-restricted traditional Mediterranean diet enriched with nuts, which is high in fat -- high in unsaturated fat and palatable -- is a useful tool in managing the metabolic syndrome."

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New Potential Health Benefit Of Olive Oil For Peptic Ulcer Disease

Incidence of gastritis and peptic ulcers can potentially be reduced through Mediterranean-style eating.

Extra virgin olive oil — a centerpiece of The Mediterranean Diet -- appears to have a new role in helping to prevent and treat *Helicobacter pylori* (*H. pylori*) infections, which cause millions of cases of gastritis and peptic ulcer disease each year, researchers in Spain report.

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Mediterranean Diet May Reduce Risk of Depression

Researchers from Spain report in the October 2009 issue of the Archives of General Psychiatry that **following a Mediterranean diet may decrease the risk of developing depression.**

Over 10,000 healthy Spanish university graduates participated in a study to assess the association between adherence to a Mediterranean diet and the incidence of clinical depression.

Research findings: participants who followed the Mediterranean diet were less likely to develop depression than those who ate more meat, meat products, or whole-fat dairy. **The rates of depression were approximately 30% lower among those with the highest consumption of fruit, nuts, legumes, and monounsaturated fats, typically associated with Mediterranean style of eating**

The study authors conclude a Mediterranean diet may be able to reduce the risk of depression by improving brain function and building greater resilience to control stress and better face daily frustrations.

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Mediterranean Diet May Increase Female Fertility

Women who eat Mediterranean-style may be less likely to have trouble conceiving according to a 2011 Spanish study presented at the ASRM (American Society For Reproductive Medicine) annual meeting in Orlando Florida.

Researchers analyzed the fertility histories and diets of nearly 500 women who had experienced fertility problems and over 1,600 women who had at least one child. Their diets were analyzed based on adherence to a Mediterranean-style diet or a Western-style diet.

The study observed that only 17% of women whose eating most closely matched a Mediterranean-style diet reported having trouble conceiving versus 26% of women whose diets were least Mediterranean-like.

The study's conclusion: "A greater adherence to the Mediterranean-type dietary pattern may enhance fertility."

This is not the first study to find a link between Mediterranean-style eating and increased fertility. A previous Dutch study found that couples who ate a Mediterranean-style diet had a 40% better chance of conceiving than couples who ate a non-Mediterranean oriented diet.

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Mediterranean Diet May Reduce Birth Defects

Almost 250,000 babies are born with inherited birth defects each year in Europe, but the toll could be reduced if their mothers ate more fruit and vegetables as in Mediterranean countries, researchers say.

Research on the Mediterranean diet has revealed that **it may also contribute to health of the unborn child in the womb.**

Researchers believe the Mediterranean diet could be the reason France has the lowest incidence rate in the world, according to the first comprehensive estimate of the global burden of birth defects,

In fact, France, Italy and Spain fare significantly better than other nations in avoiding birth defects such as congenital heart problems and spina bifida, which is believed to be due to their population's high daily intake of leafy vegetables with high folic acid -- staple of most Mediterranean cooking regimes. This

Globally, eight million affected babies are born each year, of whom 3.3 million die before they reach the age of five, a greater toll than from AIDS, malaria and tuberculosis combined, according The Global report on Birth Defects published by the American charity March of Dimes. It also notes a further 3.2 million of those who survive may be mentally and physically disabled for life. According to the charity, the total does not include the one million babies born with defects caused by exposure to environmental or chemical agents in the womb, including infections.

The charity contends the problem has been ignored by governments, despite the availability of simple public health measures – including diet -- which could reduce the toll.

Jennifer Howse, president of March of Dimes, said: "Our report identifies for the first time the severe and previously hidden global toll of birth defects. This is a serious, vastly under appreciated and under-funded public health problem."

Boosting folic acid levels in pregnant women is considered the single most important element to prevent birth defects, according to professor Bernadette Modell of the Royal Free and University College Medical School.

Modell notes, "...The Mediterranean diet doesn't just prevent heart disease – it seems to have an effect on birth defects too. It is probably the effect of folic acid, but it is quite possible there are multiple vitamin effects."

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A Healthy Diet During Pregnancy Can Reduce The Risk Of Birth Defects: Study

Research shows women who eat a better diet before pregnancy are less likely to have babies with birth defects.

Researchers say that birth defects like brain and spine problems -- called neural tube defects -- as well as cleft lip and cleft palate, were less common in mothers who closely followed either a Mediterranean diet or the food guide pyramid.

Suzan Carmichael from Stanford University, who worked on the study said, "A lot of birth defects including neural tube defects occur very early in pregnancy, before women even know they're pregnant... These messages are important for women who are at any risk of becoming pregnant." The bottom line for women who are pregnant or may get pregnant, she said, is to "eat a variety of foods, including a lot of fruits and vegetables and grains in your diet, and take a vitamin supplement that contains folic acid." This includes the Mediterranean style of eating.

Carmichael and her colleagues sought to determine if eating a healthy, balanced diet could have the same protective effect as getting extra vitamins and minerals through supplements.

Researchers asked new moms how frequently they ate healthy and unhealthy foods -- ranging from beans to candy -- in the months just before they became pregnant. Then they calculated how closely women had followed a Mediterranean diet (high in beans, fruits and vegetables, grains and fish and low in dairy, meat and sweets) and the U.S. Department of Agriculture Food Guide Pyramid (high in grains and fruits and vegetables, with few calories from fat and sweets).

Carmichael and her colleagues concluded **those who more closely followed either a Mediterranean diet or the Food Guide Pyramid were less likely to have babies with any of the birth defects they studied**, after taking into account how much women weighed, whether they took vitamins and if they smoked and drank,

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Mediterranean Diet Wards Off Childhood Respiratory Allergies

A "Mediterranean" diet rich in fruits, vegetables and nuts protects against allergic rhinitis and asthma symptoms, suggests research published ahead of print in Thorax.

The researchers assessed the dietary habits, respiratory symptoms, and allergic reactions of almost 700 children living in four rural areas on the Greek island of Crete.

The result: the effect of a Mediterranean diet was strongest on allergic rhinitis, but it also afforded protection against asthma symptoms and skin allergy.

Children who ate nuts at least three times a week were less likely to wheeze. And a daily diet of oranges, apples, and tomatoes also protected against wheezing and allergic rhinitis.

Skin allergies are relatively common in Crete, but respiratory allergies, such as asthma and allergic rhinitis are relatively rare.

The children were all aged between 7 and 18 years of age. Parents completed detailed questionnaires on their children's allergic and respiratory symptoms and dietary habits.

Whether the children ate a "Mediterranean" diet was determined by measuring a set of 12 foodstuffs, including fruits, vegetables, whole-grains, legumes, nuts, and olive oil.

Eighty percent of the children ate fresh fruit, and over two thirds ate fresh vegetables at least twice a day.

Researchers conclude there's value in nuts and grapes as well as fruits and vegetables overall. Conversely, they conclude consumption of margarine results in asthma and allergic rhinitis.

Nuts are a rich source of vitamin E, the body's primary defense against cellular damage caused by free radicals, Nuts contain high levels of magnesium, which research suggests may protect against asthma and boost lung power. Grapes in particular seemed to protect against current and previous wheezing and allergic rhinitis, even after adjusting for other potentially influential factors. Red grape skin *contains high levels of antioxidants as well as resveratrol, a potent polyphenol, known to curb inflammatory activity, say the authors.

But high consumption of margarine doubled the chances of asthma and allergic rhinitis, the findings showed.

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Got Rheumatoid Arthritis? Mediterranean Diet Improves Vitality & Functionality

Rheumatoid Arthritis sufferers who ate a Mediterranean diet rich in fruits, vegetable, cereals, legumes, and olive oil for three months experienced improved vitality and physical functioning when compared to RA patients who did not, according to a 2003 Swedish study. Adding more greens on to you diet can also help, as antioxidants found in the likes of green peas, bell peppers, and broccoli may protect against tissue damage around the joints caused by free radicals.

Studies also suggest there's value in foods high in Omega 3 such as Salmon, Sardines, etc. Studies indicate 3 grams of omega-3 fatty acids per day (a 4-ounce piece of salmon has a little over 2 grams) for 12 weeks can help.

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Mediterranean Diet Is The Ultimate Functional Foods Diet

(Key To Satisfying \$32 Billion American/British Food Spend; 9 In 10 US Buyers Age 40-49)

A debate is raging about how to best get the merits from foods – whether straight from the source following Mediterranean style of eating, or through food industry intervention. And it appears Mediterranean style, straight from the source eating may be winning.

Functional foods are the food industry's future, according to Julian Mellentin, the author of The Functional Foods Revolution. He believes the answer lies in 21st-century consumers' preoccupation with quick fixes. "Consumers now look for health benefits from what they eat and the food industry is focused on building positive additives into their products to meet this demand."

Functional foods represent a simple solution to our growing health worries, agrees a food industry analyst, Susie Johnson, of Leatherhead Food International. "The older you get the more you worry about stiff joints, heart attacks and cognitive decline," she says. "To feel like 30 once you hit your 50s you must do something about it today. This is why British consumers are increasingly aware of the need to take control of their health and eager to avoid the diseases associated with old age; the role food companies believe functional foods can play."

Tom Sanders, a professor of nutrition and dietetics at King's College London, dismisses any suggestion that natural products are inherently better than those manufactured to contain functional additives. "Skepticism about functional foods purely because they contain additives is misguided. Food is made of chemicals and often contains naturally occurring toxins that are far more dangerous than food additives. While I remain skeptical about certain products - for example, probiotics; how can you define what a claim such as 'Helps to maintain normal gut flora' means - others, such as cholesterol-lowering spreads, have an important role to play," he says.

However, Catherine Collins, the chief dietitian at St George's Hospital, South London, disagrees that the food industry needs to engage in food restoration. "Functional foods containing positive additives, however, are no substitute for a naturally balanced diet." She advises anyone who thinks that they should eat more healthily to reassess their diet, then work towards striking the right balance in their nutritional intake.

The Mediterranean diet is the ultimate functional diet, she believes, with fruit and vegetables, whole-grain cereals, carbs, a modest amount of meat, olive oil and oily fish. "If pursued, there's no need for functional foods. And you don't need to strive for perfect balance every day; nutritional intake averaged out over a week is what counts," she says.

The dizzying array of functional additives now slipping into our daily diet - good bacteria to aid healthy gut function and plant sterols to lower blood cholesterol – raises fundamental questions: Do we really need to buy specially manufactured functional products, such as cholesterol-lowering spreads, many of which are priced at a premium? Wouldn't we be better off upping our intake of the unprocessed products in which many functional food ingredients occur naturally?

"Natural good, processed bad" is the view shared by many British shoppers frightened by health scares ranging from BSE and GM food to Sudan. But growing anxiety about our health and an acceptance that responsibility for it may rest in our own hands is fuelling soaring sales of nutraceuticals, so-called functional foods and drinks manufactured to contain positive additives to make us healthier, such as probiotics and calorie-reducing spreads.

Without doubt, functional foods are proving great business for a food industry battered by recent criticism that an over-emphasis on super-sizing, high fat, salt and sugar content has fuelled unhealthy lifestyles and overeating. British consumers' spending on functional foods and drinks is fast approaching Pounds 1 billion (\$1.85 b USD) and could double that by 2010 (\$3.7 b USD). The key question is, can't we just get by with smarter eating? 71

The Benefits Of Olive Oil

Research is still revealing amazing facts about the properties of olive oil and their effects on high blood cholesterol. It is no accident that olive oil is at the centre of the famous Mediterranean diet, the style of eating identified in the 1950s as leading to low rates of coronary disease.

Olive oil is very rich in vitamin E, an important antioxidant, as well as includes other less well-known antioxidants. (Antioxidants help process the waste products of the daily functions of the body: they keep us healthy and young).

And although we may think of olive oil as a fattening food, the fats contained in olive oil are heart-healthy monounsaturated fats. These, we now know, are far better for your health than the polyunsaturated fats contained in most refined vegetable oils.

Mediterranean Diet: More Than Olive Oil – A “Divine Mix”

'Divine Mix' Prevents Death From Cancer, Heart Disease

Researchers have long found that **Greeks who follow the Mediterranean diet more closely have significantly lower death and disease rates than those who don't.** But a report in *The New England Journal of Medicine* assesses that olive oil itself produced no significant reduction in overall death rates – but that it's among a mix of ingredients contributing to the positive health impacts.

Researchers have concluded that the real bang of the much ballyhooed Mediterranean Diet – the magic bullet -- appears not to be olive oil but a combination of all food in the diet. Based on the largest study ever done on the Mediterranean diet and one of the few to test it in adults of all ages, researchers now profess the merits of a “Divine Mix” that prevents an array chronic illnesses and death.

The high-fat Mediterranean diet translates to slimmer waists and less risk of heart disease and cancer, according to many, many studies. And olive oil often receives most of credit – but perhaps overly so, according to the research finding assessing multiple ingredients found in the Mediterranean style of eating.

The olive oil-drenched diet is believed to be why residents of the 16 countries that border the Mediterranean Sea typically live longer than Americans and have lower rates of these diseases -- despite consuming a high-fat diet. The theory has been that most of the fat comes from monounsaturated fat, the type in olive oil that -- unlike saturated fats -- is heart-healthy and may have cancer-prevention effects. Until now.

A Divine Mix

“Olive oil plays a central role, but it is not alone,” says Dimitrios Trichopoulos, MD, PhD, of Harvard School of Public Health. “It's among the divine mix of several factors that, when used in combination, help provide strong evidence of something that is very important -- eating the proper diet can significantly reduce your risk of early death.”

The researchers studied some 22,000 adults, aged 20 to 86, from all regions of that country; most previous studies tracked only older people who were more likely to die during the study. Study participants answered questionnaires about their eating habits throughout the four-year study. Then they were rated on how closely they followed the key principles of the Mediterranean diet.

Study findings confirm that sticking to the Mediterranean diet cut the risk of death from both heart disease and cancer. For every two points higher on this 0-to-9 scale -- with top numbers going to those most closely following the Mediterranean diet -- the death rate dropped by 25%.

Translation: Substantially increasing the intake of monounsaturated fats relative to saturated fats and reducing in intake of meat would will make the most impact.

When the researchers looked at the individual components of the Mediterranean diet, they found no significant decrease in death with any one type of food, but they conclude it's the mix that makes the difference.

In addition to consuming olive oil with most meals, the typical Mediterranean diet is very high in vegetables, fruits, legumes, nuts, and cereals; moderate in fish intake; and has lower amounts of meat and dairy than the typical American diet. Drinking alcohol is also a frequently practiced dining ritual.

"God knows what sorts of interactions take place within the foods, and we need further research to pinpoint them exactly," Trichopoulos explained in a story published in WebMD. "But typically, people in Greece eat twice as many vegetables as Americans -- nearly a pound a day. And you really can't eat a pound of vegetables a day unless you have olive oil to make them appetizing. My advice is to try to double the amount of vegetables and fruits you currently have, and eat more fish, legumes, and non-refined cereals."

While olive oil itself didn't produce all the impacts, the researchers still note that there's significant reduction in death rates from a higher overall ratio of monounsaturated fats to saturated fats. Olive oil is among the best sources of monounsaturated fats -- and is the main cooking oil in most Mediterranean countries. Other oils frequently consumed by Greeks and others surrounding the Mediterranean Sea also contain these healthy fats.

Calories Versus Healthy Oils

Research findings may also help explain why Asians, who typically use these other cooking oils, also have lower disease and death rates. Although Asian consumption of olive oil is rare, Asians traditionally follow other principles of the Mediterranean diet -- lots of produce, legumes, nuts, and minimally processed grains, with little saturated fat.

"The message remains the same, and is consistent with other findings: A diet lower in saturated fats and higher in monounsaturated fats, and potentially, polyunsaturates, will result in better health outcomes," noted Alice H. Lichtenstein, DSc, of Tufts University and a spokeswoman for the American Heart Association. "If the main message that Americans get is to just increase their olive or canola oil consumption, that's unfortunate because they will increase their caloric intake and they are already getting too many calories. What they need to do is eat more fruits, vegetables, and legumes and fewer foods rich in saturated fats."

Mediterranean-Style Eating Can Help With Global Climate & Quality Of Life Issues

You may want to take the heat off your diet, because eating can actually avert Climate Change. Global leaders are indeed encouraging everyone adopt eating styles with less meat to avert adverse climate change - and they espouse the Mediterranean style of eating in particular. Concerned global leaders suggest urgent action is required to remedy the situation, and some are specifically recommending Mediterranean-style eating.

"We should think more about our high meat consumption," said Andreas Troge, head of Germany's Federal Environmental Agency. "I recommend a return to Sunday roasts and an orientation on Mediterranean eating habits," he said, adding that such a lifestyle change was good for one's health in addition to reducing our carbon footprint. "And it hardly means a reduction in quality of life."

Indeed, according to the United Nations Environment Programme, Unit on Climate Change, "There is a strong link between human diet and methane emissions from livestock." According to Dr. Pachauri, head of the U.N. Intergovernmental Panel for Climate Change, "the most attractive" near-term solution (to adverse climate change) is for everyone to simply "reduce meat consumption", a change, he says, that would have more impact than switching to a hybrid-energy car.

The U.N. report warns that rearing cattle produces more greenhouse gases than driving cars.

According to a recent United Nations report, cattle-rearing generates more global warming greenhouse gases, as measured in CO2 equivalent, than transportation -- and smarter production methods, including improved animal diets to reduce enteric fermentation and consequent methane emissions, are urgently needed,

"Livestock are one of the most significant contributors to today's most serious environmental problems," senior U.N. Food and Agriculture Organization (FAO) official Henning Steinfeld said.

Cattle-rearing is also a major source of land and water degradation, according to the FAO report, **Livestock's Long Shadow-Environmental Issues and Options**, of which Mr. Steinfeld is the senior author. "The environmental costs per unit of livestock production must be cut by one half, just to avoid the level of damage worsening beyond its present level," it warns.

When emissions from land use and land use changes are included, the livestock sector accounts for 9 per cent of CO2 deriving from human-related activities, but produces a much larger share of even more harmful greenhouse gases. It generates 65 per cent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO2. Most of this comes from manure. And it accounts for respectively 37 per cent of all human-related methane (23 times as warming as CO2/carbon dioxide), which is largely produced by the digestive system of ruminants, and 64 per cent of ammonia, which contributes significantly to acid rain.

The agency warns that meat consumption is set to double by the middle of the century, due to increased global prosperity. People are consuming more meat and dairy products every year, the report notes. Global meat production is projected to more than double from 229 million tonnes, in 1999/2001 to 465 million tonnes in 2050, while milk output is set to climb from 580 to 1043 million tonnes.

IF You Modify Your Diet, You'll Impact Your World And Ours

You can make a positive global impact just by modifying your diet to eat less meat – or more of the animal products with the lowest carbon footprints, and less of those products with the highest. In light of the U.N. Food and Agriculture Organization study, the Kyoto Action recommended limiting daily consumption of animal products to between 11-16 oz or 300-500 grams, less than half the average American consumption. These quantities, however, are still above those in the Mediterranean diet for optimal health, according to the Kyoto action report.

Mediterranean Diet Shown To Help The Poor Reduce Food Costs And Reduce Reliance On Pantries While Reducing Weight

Not only can eating a Mediterranean diet improve your health and even help you live longer, it can also cut food costs and improve food security among people who rely on food banks for groceries, a 2013 study suggests.

People who were educated about how to eat, cook and abide by the Mediterranean diet experienced decreases in their grocery bills, decreases in their reliance on the food pantry, increases in their produce consumption, and reduction in weight, according to researchers from The Miriam Hospital and Rhode Island Community Food Bank.

"Not only did study participants cut their food spending by more than half, saving nearly \$40 per week, we also found that the reliance on a food pantry decreased as well, from 68 percent at the start of the study to 54 percent, demonstrating a clear decline in food insecurity," proclaimed study researcher Mary Flynn, Ph.D., RD, LDN, a research dietitian at Miriam Hospital. **"Our results also suggest that including a few plant-based meals per week is an attainable goal that will not only improve their health and diet, but also lower their food costs."**

According to published results in the Journal of Hunger and Environmental Nutrition, the study included 83 people from low-income housing sites and relied on emergency food pantries, 63 of whom successfully completed the study. Study participants engaged in cooking classes to learn how to cook meals that are part of the Mediterranean diet and took home grocery bags filled with Mediterranean diet foods during each week of the class, and then were followed for six months to see what kinds of foods they were spending money on.

Results: the research participants bought fewer and fewer sodas, desserts, snacks and meat and more and more veggies and fruits. They also recorded weight loss throughout the six-month period, despite weight loss not being one of the goals of the study.

Healthy Eating Doesn't Have To Be Expensive

Shifting to low-cost beans and other items means Mediterranean diet can be good for your budget, your health and your waistline. According to a recent Public Health Nutrition study, people have wrongly concluded that eating healthfully costs too much. The Mediterranean diet - the world's healthiest way of eating – is actually not the world's easiest way to drain your wallet.

The study notes that Mediterranean style of eating is full of ingredients, including seafood and olive oil that can cost a lot. But you also can slash the cost of conforming to that dietary regimen. And significant budget savings can be found at the supermarket and not just at the doctor's office -- although the savings there are huge, too.

Don't forget, the Mediterranean diet involves ample produce, whole grains, fish and olive oil components which are overflowing with vitamins, minerals, fiber and phytochemicals as well as good-for-you monounsaturated and omega-3 fats. These nutrients can fight diabetes, depression, metabolic syndrome, obesity and memory loss – all costly to our budgets and impediments to earning an income.. And that's just the beginning. The Mediterranean diet also can slash your risk of heart disease by 29 percent and stroke by 13 percent. What's more, it can cut the odds of prostate, endometrial, pancreatic, breast and colon cancers by 10 percent to 25 percent, and help you live younger and longer with less disability.

So what are some ways you can increase your savings? Use these rules to be a savvy shopper:

1. DON'T ALWAYS GET FRESH

In season, fresh fruits and veggies are a bargain. But out of season, instead of bypassing off-season produce completely, buy frozen foods, where the prices are less. You won't sacrifice nutrition: Frozen fruits and vegetables are flash frozen right after they're harvested. They're picked at the perfect point of ripeness and actually lose fewer nutrients than their fresh counterparts that sat in a truck for a few days (and then for a couple more on store shelves). Another bonus: They don't spoil, so there's less waste.

2. GO FISHING

When it comes to protein, choose fish, loaded with heart-healthy omega-3 fats, over a cheeseburger. If nothing's on sale at the fish counter, go to the canned aisle for tuna, salmon and sardines. They're often overage in the typical fresh catch, and they're packed with omega-3s that keep your arteries, joints and brain in good shape for a fraction of the cost of fresh fish.

3. LOAD UP ON LEGUMES

Beans offer lean protein that adds to Mediterranean's favor as a budget saving item. In fact, a bean- and vegetable-heavy diet may be responsible for the low rates of breast and prostate cancer in Mediterranean countries. While canned beans are a bargain, dried beans, which cost as little as 15 cents a serving, are a steal.

4. BE A SALE SLEUTH

Canned tomatoes, whole oats, quinoa, frozen veggies and whole-grain pasta are often on sale at the grocery. Check your supermarket circular and stock up whenever they're on special.

5. DON'T FORGET VINO OR GRAPE JUICE

Red wine -- full of healthy polyphenols -- keeps your heart healthy by reducing inflammation and also by thinning your blood so it's less likely to clot. But it's often encouraged only in moderation. Alternatively, try 100% Concord Grape Juice.

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The Basics Of The Mediterranean Diet

- _ Incorporate an abundance of food from plant sources, including fruits and vegetables, potatoes, breads, grains, beans, nuts and seeds.
- _ Eat minimally processed and seasonally fresh and locally grown foods.
- _ Use olive oil as the principal fat, replacing other fats and oils.
- _ Total dietary fat should range from less than 25 percent to more 35 percent of energy, with saturated fat no more than 7 to 8 percent of total calories.
- _ Eat low to moderate amounts of cheese and yogurt daily.
- _ Consume low to moderate amounts of fish and poultry weekly; and limit eggs from zero to four servings per week.
- _ Eat fresh fruit as a daily dessert; limit sweets with a significant amount of sugar and saturated fat.
- _ Only eat red meat -- beef, veal, pork, sheep, lamb and goat -- a few times per month.
- _ Incorporate regular physical activity at a level that promotes a healthy weight, fitness and well-being.

Enjoy Life More... Enjoy More Life With Mediterranean Harvest For Life®

Based On The Extensive Research, You Can Get Improved Health, Longer Life And A Better Quality Of Life

I became convinced of the need for a Mediterranean-style dietary regimen while serving on the U. S. Chamber of Commerce Employee Benefits Council, and I started researching ways to cut health care costs while positively impacting health. I saw the impact of the typical American diet on our lives, finances, employers, families and overall national competitiveness. And I realized many of the issues can be addressed via improved eating styles.

Plus, over the past few years, I've also been at the bedside of multiple friends as they've prepared to undergo open heart surgery. While I comforted the families by joining them in prayer, their unease was obvious. Each time, the emotional, physical, spiritual and financial concerns were significant.

So, having served multiple industries in a strategic planning capacity, I set out to address these most critical issues as a primary offering of Lifestyle Management International, Inc.

After compiling exhaustive research on the impact of dietary regimens, time spent in both home and commercial kitchens, and conducting focus groups to discern the appeal of various foods, Lifestyle Management International is launching a healthy lifestyle solution – the **Mediterranean Harvest For Life®** (MHFL) dietary regimen.

At Lifestyle Management International, we want to help everyone realize the life-altering benefits of Mediterranean-style eating. We've created this exciting new dietary regimen, MHFL, to enable health, fitness, more enjoyable lives, extended life spans and financial payback. Learn more at www.mediterraneanharvest.com.

Enjoy Life More... Enjoy More Life® with Mediterranean Harvest For Life®

We've harvested the incredible health benefits and sensory pleasures of the Mediterranean style of eating and incorporated it – along with other key eating and lifestyle strategies -- into this new dietary regimen. In particular, we provide unique support for migrating to a healthier lifestyle.

MHFL uniquely blends Mediterranean-style eating with a unique focus on the eating style's high performance, "High Octane" foods. Foods that help you feel full while keeping calorie intake low. So you fill up (on good stuff), without filling out!

Reviewed and affirmed by University of Nebraska nutrition scientists, Mediterranean Harvest For Life™ is based on the dietary regimen proven to combat multiple health maladies and focuses on transitioning people into a healthy eating and living style that they can stick with for life.

Mediterranean Harvest For Life® (MHFL) offers resources to help people realize tremendous health:

- **MHFL website** (www.mediterraneanharvest.com) to inform people of key dietary health issues
- **MHFL Trapezoid** providing dietary guidelines: http://www.mediterraneanharvest.com/lifestyle/mhfl_trapezoid.htm
- **Healthy Eating & Living Plan** (HELP) – providing strategies on how to migrate from our current eating styles to the Mediterranean style of eating: http://mediterraneanharvest.com/media/MHFL_HELP.pdf
- **Best Of All Functional Foods** guide: http://www.mediterraneanharvest.com/media/MHFL_functional_foods.pdf
- **Nutrition Facts** guide: http://mediterraneanharvest.com/media/MHFL_Nutrition_Facts.pdf
- **Research** link for health updates: http://mediterraneanharvest.com/media/MHFL_Research_Document.pdf
- **Mediterranean Harvest For Life League** (<http://mediterraneanharvest.ning.com>), a social network where you can get encouragement in eating healthier foods -- and where you can encourage others, too.
- We hope to offer foods that conform to MHFL standards in the near future.

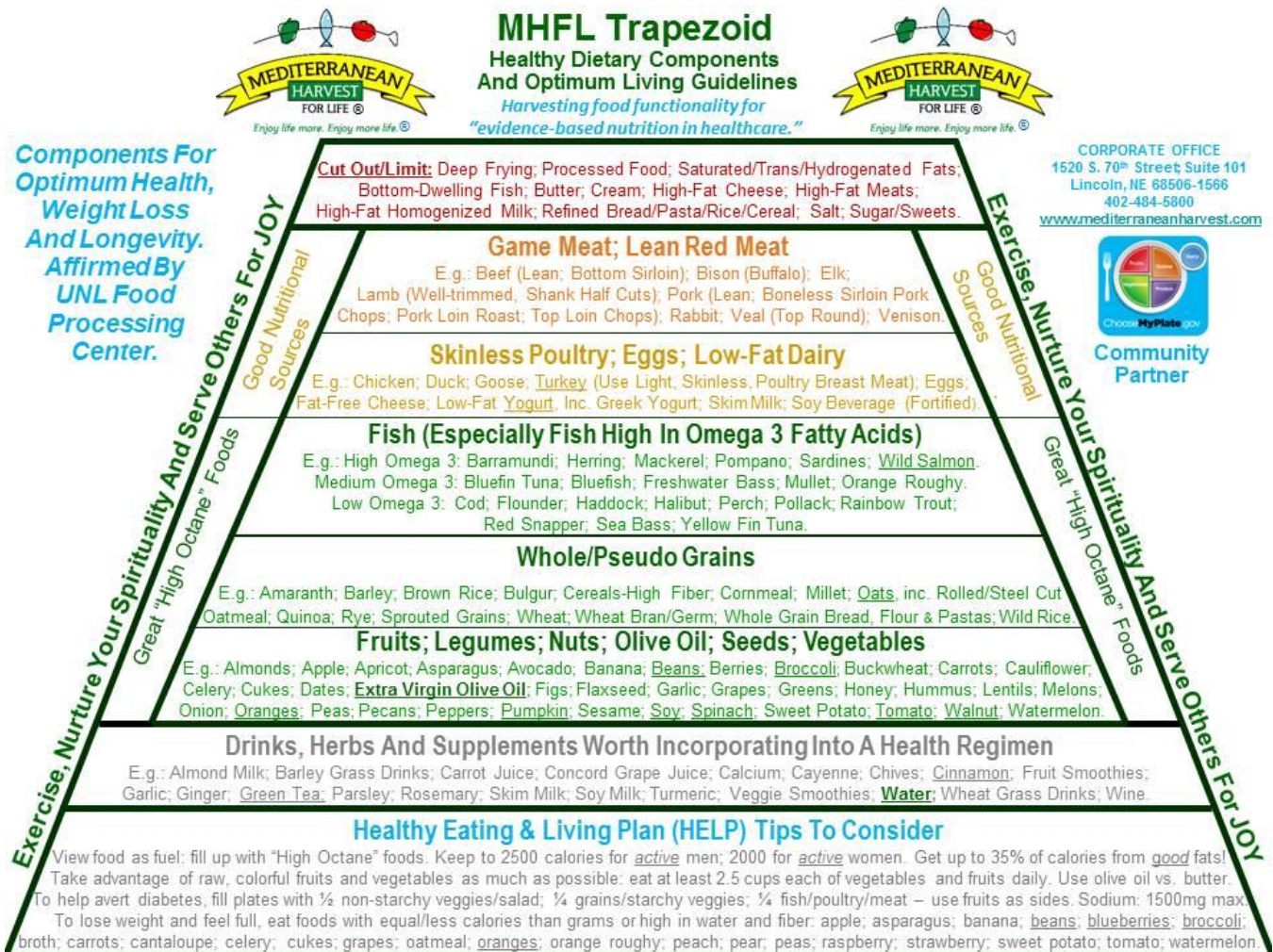
So, go ahead: dig in. Check the following pages, click on the MHFL website and enroll in the MHFL League.

Enjoy life more... Enjoy more life!®

Tim Maurer
Chief Executive Officer
Lifestyle Management International, Inc.
tim.maurer@mediterraneanharvest.com

MHFL Trapezoid

Your Handy Reference Guide To Healthy Dietary Components & Optimum Living





Healthy Eating & Living Plan (H.E.L.P.) -- Your Recipe For Lifelong Success

Because we recognize dietary transitions are difficult, Mediterranean Harvest For Life[®] is providing this handy HELP (Healthy Eating & Living Plan). HELP offers tips to guide you in your migration to a new, healthier eating regimen. Mediterranean Harvest For Life[®] advocates the Mediterranean style of eating. MHFL helps people experience the joy of tasty, healthy foods -- versus trading away health and joy with processed and modified foods. MHFL will not only help you improve your health, it will help you live longer and enjoy your friends and loved ones more. Learn more at www.mediterraneanharvest.com.

Follow the Mediterranean Harvest For Life Trapezoid

- The MHFL Trapezoid (http://www.mediterraneanharvest.com/lifestyle/mhfl_trapezoid.htm) is a handy reference guide for choosing and enjoying tasty, healthy foods -- and identifying foods best not to eat.
- Track your progress with www.myplate.gov/supertracker. <https://www.choosemyplate.gov/SuperTracker/default.aspx>

Eat For Fuel And Go "High Octane"

- Start viewing food as exciting, enjoyable fuel -- and shifting gears from consumption of low performance fuels to "High Octane Foods." Discover an array of impactful, flavorful foods eaten in the Mediterranean area in "[The Best Of All Functional Foods](http://www.mediterraneanharvest.com/media/MHFL_functional_foods.pdf)" document (http://www.mediterraneanharvest.com/media/MHFL_functional_foods.pdf) -- such as nuts; whole grains; fruits; veggies; seeds; legumes; fish rich in Omega 3; non-fat Greek yogurt; poultry; olive oil; etc.
- MHFL encourages cutting processed, hydrogenated, fried, battered, buttered, trans-fat and saturated-fat foods.

Emphasize "Fuel Efficient Foods" To Fill Up, While Managing Or Reducing Weight

- To address weight issues, MHFL emphasizes enjoying nutrient dense, low calorie foods -- like high water and high fiber content foods. Cut out high fat, highly processed foods and replace these problem foods with "Fuel Efficient Foods."
- Refer to http://www.mediterraneanharvest.com/media/MHFL_Nutrition_Facts.pdf for foods with more grams than calories or with an equal amount of grams and calories. Fill up on foods like broth-based soups, non-starchy vegetables or fruits.

Ease In -- And Eat Slower and Smarter

- Counter bad habits and the lure of today's existing eating styles with migratory steps -- and eat more slowly to help feel full.
- Implement easy-to-digest changes like Shish Kebabs to shift the proportion of foods away from eating primarily red meats and toward eating more veggies. Use small plates. Cut out poor-quality vending food. Go raw.
- Switch out certain foods for improved health: e.g. Turkey chili vs. beef chili; cultured non-fat plain yogurt with fruit added vs. ice cream; lean/breast meats vs. high fat meats; wild salmon vs. steak; etc. Use the grill to reduce fat.

Prepare For Convenience -- And Buy Smart

- Make sure to prepare enough of the right stuff and put some into travel containers for whenever you'll need it -- so you don't end up in the cookie jar, vending machine or some burger bungalow seeking an unhealthy morsel. Consider freezing then thawing a supply of healthy foods and snacks for each day.
- Calculate the large percentage of your budget now spent on junk food and fast food and reallocate to grains, vegetables, fruits, nuts, beans, legumes and fish. You'll be surprised how far your budget goes -- and enjoy it.
- Offset any extra time or cost issues of cooking healthy via bulk cooking. Look for deals: e.g. frozen fruits & veggies.
- Leverage low cost items that fit the bill for both health and wallet, like frozen fruits and veggies, legumes, canned fish, etc.

Buddy Up And Share The Joy -- And Be Accountable To One Another In Your Quest To Get Healthy

- Share the joy of more healthy living with friends, relatives or a small group. Hold yourself accountable to your buddies. Influence them, too. Join or start an MHFL League @ <http://mediterraneanharvest.ning.com/>. Share goals and victories.
- Join a group bulk-cooking club. If there's none nearby, ask a local church or town community center to let you start one.
- Learn enough healthy eating facts to teach a class on MHFL impacts:
- Share the benefits and how-to's of MHFL with those who may be struggling with chronic illnesses or want to prevent illnesses: cardiac patients; those discharged from heart surgery; blood pressure or cholesterol patients; diabetics; cancer patients; arthritics; pregnant moms; people concerned about stroke, Parkinson's, or Alzheimer's Disease; the overweight.
- Share copies of MHFL Research, Functional Foods, Nutrition Facts, Trapezoid & H.E.L.P. with loved ones and friends.

Exercise In A Manner You Can Enjoy

- Get your heart pumping. Walk stairs/malls. Dance. Jog. Bike. Swim. Hike. Badminton. And push away from the table.

Get Spiritual

- Mayo Clinic cites the merits of spirituality along with a good diet. WebMD has called the Mediterranean diet a "Divine Mix."

Share The Wealth -- And Enlist The Global Community In Helping You Manage Your Health

- As we're blessed with much, while over 4 billion people in the world live on under \$2 a day, consider adopting "Shared Portions". Eat less/share restaurant meals, then direct the value of food you could have eaten to those less fortunate.

Stick To It!

- Then congratulate yourself on enjoying a much healthier life -- and Lord willing, live longer, too!

The Mediterranean Harvest For Life dietary regimen enables a lifestyle of healthy living -- it's not a fad diet. So tell your buddies; grab a scale, a tape measure and a blood pressure monitor; and start watching the progress!

Mediterranean Harvest For Life[®] 1520 South 70th Street, Suite 101, Lincoln, NE 68506, (402) 484-5800 / (402) 484-5810 (fax)

www.mediterraneanharvest.com



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