



**NEWSLETTER NO. 1 September 2008**

<p><b>Plastic Compound Associated with Cardiovascular Disease and Diabetes</b></p> <p>In addition to earlier reports that I have told you about where plastic compounds have been found to increase the risk of cancer, a new report now has found evidence of more health implications.</p> <p>Bisphenol A (BPA) — commonly used in hard plastic food and beverage containers and the lining of metal cans — is associated with increased rates of <u>cardiovascular disease and diabetes</u> , according to a <i>Journal of the American Medical Association</i> study.</p> <p>Chemical manufacturers have come under criticism for "an aggressive disinformation campaign using techniques ... first developed by the lead, vinyl, and tobacco industries."</p>	<p><b>Mediterranean-Like Diet Linked to Lower Risk for Chronic Disease, Death</b></p> <p>Strict adherence to a Mediterranean-style diet is associated with <u>reduced risk for mortality and chronic disease</u>, according to a meta-analysis in <i>British Medical Journal</i>.</p> <p>They found that an adherence to a Mediterranean-like diet was associated with significantly reduced risk for:</p> <ul style="list-style-type: none"> <li>• all-cause mortality</li> <li>• death from cardiovascular disease</li> <li>• incidence of or death from cancer</li> <li>• incidence of Alzheimer or Parkinson disease</li> </ul> <p>The authors conclude that their findings are particularly relevant for "encouraging a Mediterranean-like dietary pattern for primary prevention of major chronic diseases." (A Mediterranean-style diet includes high intake of vegetables, fruits, legumes, cereals, and fish, with moderate consumption of red wine with meals.) To find out more, read: <a href="#">BMJ article</a> (Free) or <a href="#">American Heart Association 2006 diet and lifestyle recommendations</a> (Free)</p>
<p><b>Nutrient – Chromium</b></p> <p>Chromium is needed to regulate blood sugar. May help reduce sugar cravings and increase good cholesterol. Foods high in chromium are: Broccoli, brewer's yeast, liver, potatoes, turkey meat, liver, seafood, whole grains, oats and oysters. The process of refining grains removes the chromium-rich portions of the plant, and eating other refined foods, especially sugar, contributes to the depletion of this nutrient.</p>	<p><b>Super Food - Mango</b></p> <ul style="list-style-type: none"> <li>• Rich source of carotenoids and vitamins B and C</li> <li>• Contains calcium, iron and potassium</li> <li>• Good source of phosphorus, selenium, folate and zinc</li> <li>• Contains some protein and amino acids</li> </ul>
<p><b>Health Problem – Blood Sugar Imbalance</b></p> <p>Eat regular frequent meals and combine complex carbohydrates with good quality protein at every meal. I.e. Porridge for breakfast, omelette with salad for lunch, salmon with vegetables and brown rice for dinner. Fruit with nuts for snack.</p>	<p>For a personal <b>Optimum Nutrition consultation</b>, contact: Tove Cecilie Schränkler on 0211 1584 293 or <a href="mailto:info@scandinavian-health.de">info@scandinavian-health.de</a></p>

*Don't change your medication or start a supplement regime without consulting a health professional.*