



## NEWSLETTER NO. 2 February 2010

**The 100% Health Survey (2010)**

Almost all of the 21st century's pandemic diseases – Alzheimer's, cancer, cardiovascular disease, diabetes and obesity – are now well established to be diet related. The only valid option is prevention, not mass medication. The purpose of prevention is to tackle the underlying triggers of disease before the disease is established.

A recent survey among 55,000 subjects examines the differences between the dietary intakes of those in robust health versus those with a plethora of health issues who could be described as in 'vertical' illness – upright but not feeling great.

It is in this subset of people that the risk of becoming 'horizontally' ill, or developing serious illness is most likely.

The other merit of this survey is that it provides a basis for defining health, not merely as the absence of disease, but the presence of wellness.

*Source: 100% Health Survey, Patrick Holford*

**Your road to health....**

In the next eight Newsletters I will present the results of the survey. This will give you the tools to work on your own optimum health. Of course there will be individual differences, due to life-situation and genetic makeup. These individual needs you have to discuss with a Nutrition Expert.

**Survey results**

The most frequently reported symptoms indicating sub-optimal health were those symptoms related to digestion, energy and mood. For example:

- 83% of people do not have a bowel movement every day
- 82% become quickly impatient when held up
- 81% of people reported low energy
- 66% easily become tense or anxious
- 65% suffer from abdominal bloating
- 63% of women report suffering from PMS/PMT

**Energy**

Only 4% of people report optimum energy levels. A large majority of respondents reported that their energy levels were low and had fallen with time.

Almost half of respondents frequently or occasionally craved stimulants to lift their energy levels and this was reflected in the relationship between high consumption of tea, coffee or cola and low energy.

**High consumption of sugar-based snacks, added sugar or tea, coffee, cola nearly doubled the likelihood of very poor energy levels.**

**The likelihood of having energy problems was lowered most by the very high consumption of nuts and seeds and almost equally by the consumption of fresh fruit, vegetables, water and oily fish.**

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:  
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## **Upcoming Courses and Workshops !**

### **Low-GL Diet (Weight Loss++) – 10-week programme (ongoing, based on demand)**

at the Chiropractic Health Center, Kaiserswerth

#### **NEW- Menopause – 23.2.2010 (German)**

11 am to 1 pm at the Chiropractic Health Center, Kaiserswerth

#### **Liver Detox – 24.2.2010 (English)**

9 am to 11 am at the Chiropractic Health Center, Kaiserswerth

### **NEW - Natural "first aid" treatment for children – Homeopathy and Supplements (English)**

26.2.2010 - 9 am to 11 am at the Chiropractic Health Center, Kaiserswerth

#### **Liver Detox – 26.2.2010 (Neuss- German)**

7.30 pm to 9.30 pm at Center für Iyengar Yoga, Neuss

#### **NEW - Menopause – 26.3.2010 (German)**

7.30 pm to 9.30 pm at Center für Iyengar Yoga, Neuss

#### **Nordic Walking**

Every Tuesday from 9 am to 10.30 am in Kaiserswerth – beginners are welcome

#### **Hata Yoga (Iyengar)**

Mondays: 9:15 - 10:45 **English**, Tuesdays: 9:00 - 10:30, Thursdays: 9:00 - 10:30 and 18:00 - 19:30,  
Thursdays: 20:00 - 21:30 for Men - @ the Chiropractic Health Center, Kaiserswerth.

Registration and information: 02131 512 1775 or [rw@das-centrum.de](mailto:rw@das-centrum.de).

\*Times and venues may be subject to changes.

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