



NEWSLETTER NO. 5 May 2010

The 100% Health Survey (2010)

Your road to health.... Find out why many are in suboptimal health and how healthy people stay healthy.

Mind & Mood

More than 50% of the population will experience periods of depression in their lifetime. In the 100% health survey, 55% of the respondents reported to occasionally be affected by anxiety and almost 50% reported depression.

In mild cases of depression, nutritional therapy has been shown to be as effective as antidepressants in improving symptoms. In the 100% Health Survey, a high consumption of sugary snacks increased the likelihood of poor mind and mood health by more than 2/3.

High wheat consumption increased the risk by over 50%.

Source: 100% Health Survey, Patrick Holford

What to do

High consumption of fresh fruit, nuts, seeds, fresh vegetables and oily fish provides nutrients that have generally been found to support good mental health.

In addition, it is important to reduce stress, to exercise and get some fresh air and daylight.

If the condition does not improve, check thyroid function. A sluggish thyroid function may increase the risk for depression.

Barbeque Season Safety – Don't eat the burnt bits and.....(Processed Meat, Not Red Meat Per Se, Linked to CHD, Diabetes)

With increasing temperatures and nice weather, the barbeque season starts. You might know that in the process of preparing the food, you could create carcinogenic substances. Therefore, don't eat the burned bits. Use preferably lean meat. Avoid sausages. Don't let the fat drip on the coals to cause flames. Wait until the heat dies down a bit before you put the food on the barbeque. Use indirect heat or grill on aluminium foil.

Red meat has also been linked to increased risk for cardiovascular disease and diabetes. A new study looked at processed meat compared to unprocessed meat.

In the study eating 50g of processed meat (one hot dog or two slices of deli meat) was associated with a 42% higher risk of CHD and a 19% increased risk of diabetes. However, red unprocessed meat did not decrease the risk either.

People should, definitely give more emphasis to increasing consumption of foods that have been shown to be protective, such as fruits, vegetables, whole grains, fish, and nuts.

Source: Dr Renata Micha (Harvard School of Public Health, Boston, MA) and colleagues, Circulation, 17. May, 2010.

Does grape juice offer the same health benefits as red wine? The compound, Resveratrol, has been linked to good health in a variety of ways including helping to prevent the two biggest killers - heart disease and cancer. Resveratrol is also found in grape juice - especially juice made from the dark purple Concorde grapes. That is great news for anyone that chooses not to consume alcohol but still wants the health benefits you can get from drinking red wine.

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:
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Don't change your medication or start a supplement regime without consulting a health professional.