



NEWSLETTER NO. 7 August 2010

The 100% Health Survey (2010)

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

Immune System

If you get less than two colds per year and avoid taking antibiotics, you belong to the lucky 50% of the population. If however you tend to get frequent colds, this is for you:

- If you do have to take antibiotics, don't forget to take a course of probiotics to replenish your gut flora afterwards. Probiotics can also improve antibiotic related diarrhoea during the treatment
- Here is what you should know about your diet:
 - The effect of sugary snacks on immune health appears to be significantly higher than that of other foods. A consumption of more than three sugary snacks per day more than doubled the increased the risk of poor immune health.
 - A high consumption of seeds and nuts seem to reduce the likelihood of poor immune health by over a quarter.

Source: 100% Health Survey, Patrick Holford

What to do

The solution is easy, instead of snacking on sugary confectionary, snack on fruit and nuts instead. The odd chocolate will not hurt you, but maybe you can eat them in combination with nuts?

Omega 3 fats (from fish, nuts, seeds), antioxidants (fruit, vegetables, berries, fresh herbs), gentle exercise, sleep and a healthy gut flora are other important factors in immune health.

....and here is some good news for you, my friends....

Moderate Chocolate Consumption Linked to Lower Risk for Heart Failure in Women

Moderate chocolate consumption might lower a woman's risk for heart failure (HF), according to a study in *Circulation: Heart Failure*.

More than 30,000 middle-aged and older Swedish women without histories of diabetes, HF, or myocardial infarction completed food-frequency questionnaires and then were followed for roughly 9 years. During that time, 1.3% were hospitalized for, or died from, HF.

Compared with women who didn't eat chocolate, those who consumed one to three servings a month had about a 25% reduction in HF risk, while those who consumed one to two servings a week had a 30% risk reduction. Higher intake did not appear to have a protective effect.

The authors point out that chocolate is a good source of flavonoids, which might improve cardiovascular risk factors. They note, however, that chocolate consumed in the U.S. likely contains less cocoa (known to be cardioprotective) than that consumed by women in this study.

Circulation: Heart Failure [article](#) (Free PDF)

Physician's First Watch [coverage of 2007 study showing dark chocolate can lower blood pressure](#) (Free)

For more information about courses or for a personal **Optimum Nutrition consultation**, contact:
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Seminars coming up this Autumn: “Solve your Period Problems – PMS, PCOS, Fibroids, Endometriosis..”
If you would like to know where and when, please e-mail me.

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