



NEWSLETTER NO. 1 January 2009

<p>Metabolic Syndrome</p> <p>Metabolic Syndrome is the pre-diabetic condition brought on by a poor diet. Doctors are praising a new diet for its benefits for helping the heart and controlling this condition.</p> <p>A Hammersmith Hospitals NHS Trust team found <u>eating just one extra low Glycemic Index item per meal cut blood sugar levels</u>, the British Journal of Nutrition said.</p> <p>"This beneficial effect on blood sugar levels, puts people at <u>lower risk of metabolic syndrome, a condition which can increase the risk of heart disease and diabetes.</u>"</p> <p>Low glycaemic index diets involve replacing high GI foods potatoes and white bread with low GI options such as apples, pasta and beans. The low GI diet has been dubbed the "Atkins alternative" and has been recommended by a host of celebrities.</p> <p>A spokeswoman for Diabetes UK said the low GI diet was the only one the charity recommended. "It is a good way of controlling blood sugar levels, but it should form part of a balanced diet."</p> <p>And diabetes dietician Paul McArdle, of the Eastern Birmingham Primary Care Trust, said: "The GI index is a useful concept. It should not be taken out of context, but diabetes dieticians are increasingly referring to the GI index."</p> <p>Sir Alexander Macara, of the National Heart Forum, said the study confirmed what was already known. "For busy people it points to an easier way to reduce the risk of disease by recognising the value of avoiding high levels of sugar in the bloodstream. "The GI diet reinforces the old message that it's wise to consume lower sugar foods.</p>	<p>'Love Handles' – don't love them</p> <p>Instead of looking at total weight or Body Mass Index, researchers are increasingly moving towards seeing 'weight around the middle' as one of the biggest long term risk factors for early death (sorry to put it so bluntly). In a study published by the New England Journal of Medicine in November 2008, researchers from Imperial College London, the German Institute for Human Nutrition and other European research institutions found that only 5cm extra around your waist increased the chance of early death by 13-17%. The study involved 360,000 participants and was conducted over a period of 10 years.</p> <p>How come this fat is more dangerous than other body fat?</p> <p>Dr. Tobias Pischon reports that abdominal fat is not only a fat depot, but it also releases substances that can contribute to chronic disease. These may be a contributing factor in diabetes, heart disease and cancer.</p> <p>Recommended Hip to Waist Ratio <u>less than 0.95 for men and 0.85 for women</u></p> <p>The good news?</p> <p>The problem is easily remedied by gaining control over your blood sugar. I.e. exercising moderately and changing your diet. One diet that is especially designed to do this is the Patrick Holford Low-GL Fat Burning Diet.</p> <div data-bbox="970 1288 1299 1536" data-label="Image"> </div>
<p>Nutrient – Vitamin C</p> <p>Having a high level of vitamin C in your blood, consistent with that achieved by supplementation and eating a high fruit and vegetable diet, reduces your risk of diabetes by 62%. That's the conclusion of a study of more than 21,000 people over a 12-year period, published in the Archives of Internal Medicine.</p>	<p>Super Food - Low GL Foods</p> <p>Berries, tomatoes, olives, pears, melons, apricots, oats, whole-grain bread, nut butters, hummus, beans, lentils, broccoli, broad beans, avocado, onion, muesli, all-bran, semolina, cornmeal taco shells, quinoa, yogurt, milk, soya milk, all fresh fruit except bananas, fish, meat, poultry.</p>
<p>For a personal Optimum Nutrition consultation contact: Tove Cecilie Schränkler on 0211 1584 293 or info@scandinavian-health.de</p>	

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

Source: Plasma Vitamin C Level, Fruit and Vegetable Consumption, and the Risk of New-Onset Type 2 Diabetes Mellitus - The European Prospective Investigation of Cancer - Norfolk Prospective Study, Archives of Internal Medicine (2008), vol 168 (14), pp 1493-1499.