



Natural Health Research Institute

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Benefits of a Mediterranean Diet

The Mediterranean diet reflects a way of eating that is traditional to the countries surrounding the Mediterranean Sea, including Greece, France, Italy and Spain. Eating styles vary among these countries and even among regions within each country because of



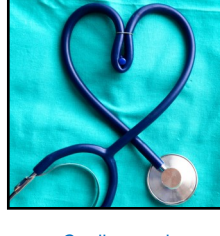
differences in culture, ethnic background, religion, economy, geography and agricultural production. However, there are some common factors. Typically, this century's old dietary pattern is abundant in vegetables, fruits, whole grains, beans, nuts and seeds, herbs and spices and olive oil.

Scientific evidence has shown that adopting this pattern of eating can have a multitude of health benefits. It may protect against many types of cancer, lower risk of heart disease, high blood pressure and metabolic syndrome, help to manage weight, improve cognitive health, lessen inflammation, prevent bone loss and reduce risk of chronic disease including diabetes.

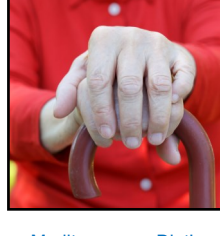
Many Americans have chosen to follow a Mediterranean-style diet in the hopes of a healthier, longer life.

If you are looking to incorporate this way of eating, begin by following these simple suggestions:

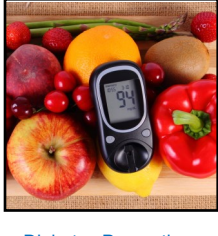
- Base meals on plant-based foods, such as fruits, vegetables, whole grains, legumes and nuts
- Eat fish a few times a week
- Limit the intake of poultry, eggs, cheese, and dairy to a few times per week
- Limit red meat and sweets to a few times per month
- Replace butter with olive oil
- Avoid highly processed foods, trans fats, processed meats and refined oils
- Get plenty of exercise
- Share mealtime with family and friends
- Drink red wine in moderation (optional)



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May Health Awareness

Cystic Fibrosis Awareness Month



Cystic fibrosis (CF) is a multi-organ genetic disorder that is characterized by decreased lung function, frequent infections and digestive issues. The types and severity of symptoms can differ widely from person to person. Many different factors, such as age of diagnosis, can affect an individual's health and the course of the disease. The Cystic Fibrosis Foundation estimates that the disease affects more than 30,000 children and adults in the US and 70,000 people worldwide.

There is a wide range of complementary and alternative therapies that may help to ease symptoms and reduce complications of cystic fibrosis. Certain dietary interventions, supplements, digestive enzymes and lifestyle habits can help manage symptoms.

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