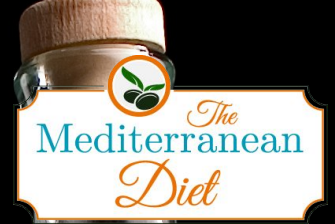


A report on

Disease Prevention and the Mediterranean Diet

This isn't just about pleasing your taste buds, this is about your WHOLE life!

Ray Baker



Ray Baker

Table of Contents



<u>Easy Tips for Planning a Healthy Diet</u>	4
<u>Three Steps to a Healthy Diet</u>	5
<u>Tips to Keep Your Healthy Diet</u>	5
<u>Beat Diabetes Mellitus with the Mediterranean Diet</u>	7
* <u>Development of Diabetes Mellitus</u>	7
* <u>How Mediterranean Diet Effectively Works against Diabetes Mellitus</u>	8
<u>How exactly does this type of diet combat oxidative stress and the development of insulin resistance?</u>	8
<u>The link between Mediterranean diet and breast cancer</u>	9
<u>Can Metabolic Syndrome Risks Be Reduced with a Mediterranean diet?</u>	10
<u>Healthy Heart Diet: Lower your Risk for Heart Disease</u>	12
<u>Stop Stress Attacks with a Mediterranean Diet</u>	14
<u>The Healthy Stress Attack Remedy</u>	14
<u>The Next Step</u>	15
<u>The Top 5 Benefits of the Mediterranean Diet</u>	16
<u>Heart Disease Prevention</u>	16
<u>Alzheimer's disease Prevention</u>	17

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Reducing Allergy Symptoms

17

Osteoporosis Prevention

17

Cancer Prevention

18

Easy Tips for Planning a Healthy Diet



Getting fit and in shape is difficult and can sometimes get very complicated. Despite this complexity, getting in shape and being healthy actually all boils down to two aspects: diet and exercise. You need to keep a healthy diet and practice proper exercise.

Isn't it amazing how something so complex like getting fit can be simplified by just two things? Well, that's because these two simple categories aren't as simple as it seems. They are just as complicated! *At least at first glance.*

For many years debate has ensued on what the best strategies are when it comes to living healthier and looking better. There are a lot of theories on different exercise habits and gym memberships have increased rapidly over the past few years.

But even more controversial than exercising are the diets. Everyday, there just seems to be more get-slim-fast diets being discovered and published for the public. And although there are some healthy diets here and there (you have to separate the wheat from the chaff!), the fact still remains that we are all unique and our bodies react differently to a diet or a type of food.

The question of which ones work efficiently for you is still a matter of debate.

Then again, there are some healthy diets, like the Mediterranean diet, that has proven to be more than just a fad or trend. It has been around since the 1950s- evidently, it has stood the test of time.

Now, if you are a Mediterranean diet or a healthy diet newbie, I'm sure you're having a hard time maintaining it. But you know? There are three simple steps to make sure that you stick to your new-found healthy diet.

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Three Steps to a Healthy Diet



Simplify and Relax. A calorie counter? Well, you know what, put away your calculator and stop being obsessed with the amount of calories you take in. Instead, focus on your food's color, smell and taste. Use your senses! The Mediterranean diet is all about freshness. Freshness is something you can see, smell and taste.

Slow and Steady. If you think that a healthy diet can be achieved overnight, you're wrong. That's simply unrealistic and is actually quite dangerous- health wise. When you decide and announce to the world that you will be changing your diet all at once, that would lead to two things: cheating on the diet or giving it up entirely.

You need to take baby steps! Small changes like, for example, adding a salad to your meal or switching from butter to olive oil for cooking would do wonders for you. Eventually, eating healthier will become a habit for you. You would then consciously and unconsciously pick out healthier choices. You will be keeping a healthy diet.

Be Healthy but Indulge. Now, just because you have a new healthy diet doesn't mean that you can't enjoy the occasional fudge sundae or a bar of chocolate! A healthy diet isn't about depriving yourself from the food that you enjoy. Remember, a healthy diet is about feeling and looking good- long term.

Tips to Keep Your Healthy Diet

The secret to successfully keeping a healthy diet is to have great planning skills. Granted, planning doesn't guarantee action, but if you have a clear plan, the difficult task of sticking with a healthy diet just became easier.

Besides, if you have a kitchen that's stocked with ingredients for a healthy meal or other healthy snacks, well, you won't have a choice but eat healthier, right?

1. **Plan a weekly meal plan.** This way, you'd be sure to eat healthy food and it would really decrease

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the chances of you eating out or having something unhealthy delivered to you.

2. **Research and pick different healthy dishes.** A meal schedule is really a great way to ensure that you will be keeping a healthy diet.
3. **If possible, cook ahead of time.** Cook one healthy dish, freeze it and set aside for another night. This saves time and money.

Beat Diabetes Mellitus with the Mediterranean Diet



Studies have shown that a lot of people are now suffering from *diabetes* (Diabetes Mellitus). This condition can cause disruptions in the lives of those who are suffering from this condition. For people on the outside, it may simply mean being forced to stop eating the sweets that they like; but for those who have it, it has led to worse case scenarios like loss of hearing.

* Development of Diabetes Mellitus

Let us look at how one type of diabetes, Diabetes Mellitus, develops and what you can do to prevent it from conquering your health or your loved ones' health if it does happen to you.



Our body produces insulin, a hormone secreted by the pancreas, in order to bind with certain insulin receptors. This binding process is the one that allows our bloodstream to make use of the sugar from the food that we eat and ultimately eliminate the potential for harm with an increased presence of sugars in the body. But sometimes, this whole process may go haywire. It might happen that the insulin secreted could not bind with their receptors. This causes the sugar in the bloodstream to accumulate. Because of this accumulation, the pancreas will continue to produce insulin in an attempt to stabilize the condition. Instead of stabilization, the body would eventually form insulin resistance, or the condition wherein the body is not able to respond properly to insulin, even if it is in their normal state.

Oftentimes, the development of insulin resistance is being hastened by oxidative stress. This stress is caused by the free radicals in the body. Fortunately, there is something that we can do in order to avoid oxidative stress thus leading to insulin resistance.

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* How Mediterranean Diet Effectively Works against Diabetes Mellitus



The ability of our body to handle stress can be strengthened by a healthy diet. One such diet is the Mediterranean diet. This diet is similar in nature to a Vegetarian diet as it promotes a high intake of fruits and vegetable, but differs largely due to the fact that it advocates the consumption of fish as one of its main source of protein.

How exactly does this type of diet combat oxidative stress and the development of insulin resistance?

Tomatoes and red wine which are vital components of the Mediterranean diet are very rich in antioxidants. These antioxidants are really the magic component that is effective in neutralizing the free radicals. With these potent antioxidants, any further damage to your body can be stopped. In addition to this, the increased

intake of fruits and vegetables that Mediterranean diet promotes also enhances the work of the antioxidants as they can also neutralize free radicals.

On top of this, another trait of the Mediterranean diet that makes it effective in fighting diabetes is its relatively low saturated fat (bad fat) content. It has been reported that when you have an existing illness, high levels of bad fat in your system can only mean a higher risk of developing other diseases that will only aggravate the condition.

So, if you want to stay healthy and avoid the complications later of an unhealthy lifestyle especially an unhealthy diet, then you already know what to do. Even if it is really hard to reduce delicious red meat or those carbohydrates or worse tempting sweets, the sacrifice is all worth it. Not only does it make your body healthier, it also helps you look better by letting you achieve that trim and slimmer look. Try a Mediterranean diet and take steps to a longer and better life today.

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The link between Mediterranean diet and breast cancer



In order to become and remain healthy and also take proper care of our vital organs we need to develop a healthy, nutritious and vitamin rich diet, which can not only help you lead a proper lifestyle, but also minimize the risk of diabetes, obesity and, as lately researched, different types of cancer.

Published in the American Journal of Epidemiology a recent French study revealed that a Mediterranean diet, which contains vegetables, fruits, sunflower and olive oils and fish, would reduce the risk of cancer developing at post-menopausal women. After long years of research (starting in 1990) scientists indicated, that one of the key elements in reducing the risk of breast cancer at post-menopausal women is the Mediterranean diet. This diet is the best solution if it is effectively combined with proper energy intake and the elimination of junk food consumption.



One of the main benefits of a Mediterranean diet is its high content of food rich in vital nutrients. There are some anti-cancer nutrients, like olive oil, which contain an anti-cancer fatty acid, oleic acid that is blocking the main cancer causing agent, oncogene HER-2/neu. High levels of omega-6 and omega-3 can be found in fish, which is highly favorable, and can be included in the needed anti-cancer nutrients category, together with fiber, vitamin C and E, selenium, polyphenols and glutathione, which can be found in a well developed Mediterranean diet. According to the study there is a strong connection between diet and cancer risk; furthermore a well developed diet can help in keeping the body free from diseases and healthy.

A Mediterranean diet includes all major food types, which can give overall nutrition to people. This diet type, having vegetables and fruits rich in fiber, vitamin C, E and A, good carbohydrates, olive oil rich in essential oils and anti-cancer fatty acid omega-6 and omega-3 can become the best solution for everyone. The Mediterranean diet plan is not only beneficial for cancer prevention, but it also gives all the energy and vitality our body needs;

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strengthens our immune system and it is also the best diet for every obese or overweight people willing to lose weight and get rid of the fat excess.

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Can Metabolic Syndrome Risks Be Reduced with a Mediterranean diet?



From the Journal of the American College of Cardiology, March 2011

Recently released information on the Mediterranean diet reducing metabolic syndrome risk.

Already well known to be THE heart healthy diet of the ages, it is now also recognised to reduce the risk of metabolic syndrome. This is a cluster of risk factors which increase the risk of stroke [*diabetes*](#) and heart disease.

Someone who has 3 or more of the following conditions can be diagnosed with having metabolic syndrome.

- Blood pressure 130/85 mmHg or higher
- Fasting blood glucose equal to or higher than 100 mg/dL
- Waistline measuring 35 inches or more in women
- Waistline measuring 40 inches or more in men
- HDL (good) cholesterol under 40 in men
- HDL (good) cholesterol under 50 in women
- A triglyceride count equal to or higher than 150 mg/dL

Researchers from Italy and Greece reviewed the results of 50 published studies as a part of a meta analysis which included a total of 534,906 participants. Meaning a statistical analysis of the findings of a similar analysis on the

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diet.

They found there were lower hikes in blood pressure from natural food based diets as well as a reduced risk of the same occurring with blood sugar and triglycerides. There was also less risk of a drop in good cholesterol. All of these are negative factors in metabolic syndrome.

The news article then went on to explain that the Mediterranean diet is based on daily consumption of fruits, vegetables, whole grain cereals, and low-fat dairy products; weekly consumption of fish, poultry, tree nuts, and legumes; high consumption of mono-unsaturated fatty acids, primarily from olives and olive oils; and a moderate daily consumption of wine or other alcoholic beverages, normally with meals.

Important: It also mentioned that red meat intake and processed foods are kept to a minimum.

Healthy Heart Diet: Lower your Risk for Heart Disease



Heart disease is one of the top killer diseases worldwide where 30% or approximately 17 million people all over the world suffer from this condition. One could be genetically predisposed but almost 80% of the total cases are attributed to unhealthy lifestyle practices.

Your heart is the major pumping organ of the body that supplies oxygen and other nutrients into the cells and carries away carbon dioxide and other waste products. The heart continues its job even when you are sleeping and only gets some rest for a fraction of a second between beats. It has a typical lifespan of 76 years, beats 2.8 billion times and moves 169 liters of blood. *Now, that is one tough job for such a small organ.*

There are various diseases of the heart but perhaps the most common among all of this is coronary heart disease which is caused by atherosclerosis, the build-up of fatty material or plaque in the arteries which then results to abnormal blood flow. Atherosclerosis can be due to obesity, smoking, high-blood pressure or *diabetes*. Heart disease could be caused by malfunction in the valves; irregular heart rhythms termed as arrhythmias or could be acquired congenitally (since birth).

Keep your heart fit, strong and free from diseases with a Mediterranean diet. This type of diet plan gained its reputation due to the multiple benefits you get against common and the not-so-common diseases in a delicious way!

Following a Mediterranean diet lies primarily in eating lots of fruits and vegetables that are rich in fiber, vitamins and minerals. Fats are also part of the diet but it is the healthy fat type that you get to eat.



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Here are the prime components of Mediterranean diet that are proven to enhance your cardiovascular mortality as well as [disease prevention](#).

1. **Olive oil** - is the key ingredient in Mediterranean diet. This oil is a rich source of monounsaturated fats which help lower total cholesterol and low-density lipoprotein (LDL) cholesterol, also known as the “bad” cholesterol, while increasing the level of high-density lipoprotein (HDL) or the “good” cholesterol in the body making it good for the heart. Aside from the “good” cholesterol, it also has antioxidants that help get rid of free radicals in the body that causes cancer.
2. **Fruits and vegetables** - in Mediterranean diet pyramid, fruits and vegetables are the ones which have to be consumed most. They contain essential vitamins and minerals that are helpful to the body, not to mention, that fiber and antioxidants preventing cancer.
3. **Fish** - in the Mediterranean diet, it is preferred to have more white meat, particularly fish and other seafood than red meat. Fish such as salmon and tuna contains omega-3 fatty acids, a type of polyunsaturated fat which helps lower cholesterol level. It is suggested that you include at least two servings of fish every week in your menu to keep yourself away from unwanted heart diseases.
4. **Wine** - some say that alcohol is bad for health but studies show that alcohol taken in moderation is beneficial to your fitness. The Mediterranean diet includes two to three glasses of red wine with meals because it has flavonoid phenolics that help prevent the risk of heart disease by increasing the level of HDL cholesterol and preventing blood clotting.

Why wait for an ailment struck you when you can actually prevent it? Life is short so make the most out of it. Don't let heart disease stop you from doing great things in life. The key to a healthy and long lasting healthy heart is easy, not to mention delicious, through the Mediterranean diet.

Stop Stress Attacks with a Mediterranean Diet



People know no rest when it comes to work. Even when they are in their homes they tend to juggle their jobs with their household chores. Electronic organizers and virtual assistants supposedly will help them stay on track. Stress attacks seem imminent. However, none of these technological aids will answer the school principal inquiries about the repeated absences of your eldest son nor will it change your baby's diaper while you're on the highpoint of clinching a deal in a telephone conversation with a customer from Japan.

Enter stress. You are overloaded with your demanding, straining and routine day to day activities that you decide to have time away from except you will be leaving your responsibilities behind and you're not keen on that. People commonly recommend stress pills or professional advice from a psychiatrist but this does not come cheap, and may help develop more stress attacks.

Interestingly, there is an easy and yummy way to help control your stress attacks. You already know where I'm going with this... wait until we get to the research.

The Mediterranean diet is well liked nowadays by most people for its healthy benefits and equally impressive, the current research indicating its potential to control stress.

The Healthy Stress Attack Remedy

Mostly, large servings of vegetables, fruits, whole grain breads, cereals, beans, potatoes and seeds define Mediterranean diet. Although the diet uses fat, extra virgin olive oil and fish oils are the mainstays with some dairy products in low to moderate helpings. The diet rarely uses red meat. Poultry and more often fish are the

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main meat elements in the diet. Low to moderate amounts of wine consumed occasionally completes the healthy diet.

Dr. Miguel A. Martinez-Gonzales , who chairs the department of preventive medicine at the University of Navarra, stated in his study that fish and olive oil (which are frequent in the diet) improve the function of the brain. This gradually helps develop resistance against stress attacks which, might lead to depression and worse, heart problems.

His study, reported in the Archives of General Psychiatry, October issue, showed the benefits fish and olive oil can give to enhance the performance of the brain. Extra virgin olive oil has the positive effect of improving the bond of serotonin to its receptors. As he stated, “serotonin is a key neurotransmitter in depression”. Likewise, fish has Omega-3 fatty acids that boost the function of the central nervous system. You can also see more articles here on [disease prevention](#) with the Mediterranean diet

The Next Step

The Mediterranean diet provides many positive effects on our health and it greatly affects our outlook on daily life. It boasts many vitamins and minerals from the fruits and vegetables and shuns the regular diet of red meats and junk foods that can bring heart problems and other health dilemmas. People of all ages can eat Mediterranean diet and starting now would be wise.

Building your body from a healthy diet provides you the nutrition to combat stress and help control stress attacks. With your brain fully functional and with a fit body, you are better prepared to take whatever challenges come your way.



The Mediterranean diet wouldn't cost you an arm and a leg because it is made up of the basic foods found in most

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supermarkets. They are easy to prepare and the diet is tasty.

Start your day with breads and fruits and a glass of juice, tea or water. One or two expresso coffees a day shouldn't hurt either. Have a lunch of grilled fish with salad on the side sprinkled with extra virgin olive oil. Eat small portions of lean meat in your dinner (if you must have red meat) but with large serving of sautéed legumes and vegetables. Cap the night with a glass or two of red wine. Go on, savour this healthy diet with your family and have fun.

The Top 5 Benefits of the Mediterranean Diet



The Mediterranean diet is one of the most popular diets in the health and fitness field. There has been much research on on the whole diet, how it works and why it works.

Now, if you don't really care about that type of *mumbo-jumbo* or research, you can take my word for it: Mediterranean diet has been proven to have more than just one benefit.

The Mediterranean diet started making its way to the US and other countries at around the 1940s. But it only reached mainstream around the 1990s.

And in today's society wherein it's so much easier to gain weight than to lose it, the demand for a lifestyle or diet that would save us from tons of potential ailments becomes more rampant.

The Mediterranean diet has acquired a good reputation as the best type of diet that would bring more health benefits than any other diet.

If you are interested in knowing more about the Mediterranean diet and what you can get from it, I've compiled five of the biggest health benefits that you would get from it.

Heart Disease Prevention

According to data released by the American Heart Association, the usual ingredients used in the Mediterranean diet provides your heart with protection against diseases like hypertension, heart attacks and other heart-related

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problems.

The main reason for this is that most Mediterranean dishes are prepared with olive oil- not vegetable oil, butter or margarine. Olive oil has been proven to help lower cholesterol in the body. The Mediterranean diet makes use of olive oil as much as possible into their food.

Alzheimer's disease Prevention

One of the worst diseases that anybody could get is Alzheimer's. It is such a tragic illness that not only affects the person who has it, but his whole family as well.

So far, science has not discovered a cure for it yet. Once you get it, there's really no way to reverse its effects yet. But the good thing is, there have been many studies on how we can avoid it.

One of these ways is through getting into Mediterranean diet plan. A scientific experiment in New York on 2006 showed that a group who followed a strict Mediterranean diet regimen had a 40% lower incidence of acquiring Alzheimer's.

Reducing Allergy Symptoms

In 2007, Dr. Paul Cullinan from UK conducted a study that involved 690 children (ages 7 to 18) from Crete, Greece. The study aimed to explore the other health benefits of the Mediterranean diet. True enough, the study showed that 30% of these kids had certain allergies; they didn't really manifest any symptoms.

The kids who have allergies didn't suffer from any allergic symptoms. After much testing, it has been proven that the Mediterranean diet contains a "protective factor" that's stopping the allergy symptoms from showing.

Osteoporosis Prevention

Colin Campbell is a professor of nutritional biochemistry and director of the Cornell-China-Oxford project. This project is one of the most extensive and vast research done in recent years about the Mediterranean diet.

In Professor Campbell's study, it was observed that the longer a person practices the Mediterranean diet, the lower their chances are of getting osteoporosis in the future. Further studies showed that the high antioxidant levels found in the Mediterranean diet are the biggest factors that prevent osteoporosis.

Cancer Prevention

In a research conducted by a group of professors from the University of Athens Medical Centre, it was identified that there is a direct link between cancer and diet.

The research shows that the people who follow a Mediterranean diet have lower chances and incidences of getting cancer.

Hey, we both know the supermarkets and government aren't always on our side when it comes to promoting healthy food and we have to watch them carefully. The government wants the sales tax and the supermarkets want the high volume sales ...but you and I want good health.

So listen up...

You and I both know the Mediterranean diet is getting a lot of healthy press (*excuse the play on words there*) and that's for many reasons.

** Here's the scoop.*

You should really only want to do one of **two** things now after learning some or all the above health facts.

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1. If you haven't done so already, you should get the nitty-gritty on the Mediterranean diet and a few free recipes too from my [Mediterranean diet eBook Trial Offer](#).

Yep, I said Trial Offer for less than \$5.00!

2. If you have the eBook already and just want to get started with traditional, authentic Mediterranean diet recipes - I've organised an intro trial for you here for less than \$5.00 as well at the [Mediterranean Diet Recipes Club Trial Offer](#).

The trials are **NOT** permanent! ...*so take advantage while you can.*

NOTE: If you're serious get both and enjoy the rest of your life.

There's no sales pitch or anything because I know you're smart enough to know the value of your health or you wouldn't have read this report. ☺

I hope you've enjoyed this report as much as I have compiling it from my archives for you.

...get well and stay well,

Ray Baker

PS. If the links above are closed then the trial is over.

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