

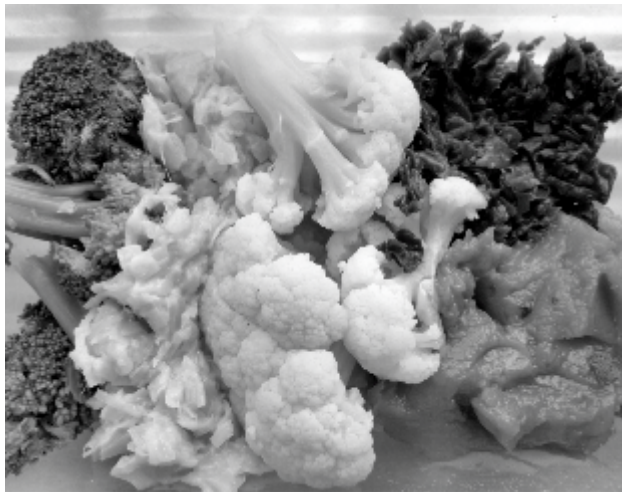
As you will discover in most editions of *healthbites*, we are strong advocates of the vegetarian diet and lifestyle. Some amazing research has just emerged of a study done in the UK that has to stop any researcher in their tracks and consider that the vegetarian diet may have merit – much merit. The information in this issue will reinforce many vegetarians in their diet choices and show others the key benefits of a vegetarian lifestyle.

Over the page, we look at some green fresh foods that have some powerful healing properties, and of course a recipe and a selection of *littlebites* that will interest you.

Vegetarians cut heart risk by 32%

Researchers in the UK have recently released their findings in the American Journal of Clinical Nutrition, of a study into the possible benefits and differences of a vegetarian diet, with some very interesting, and amazing results.

A study carried out with a group of 44,500 people in England and Scotland revealed that vegetarians were 32% less likely to die or need hospital treatment as a result of heart disease. It seems very evident that to ditch meat and fish in favour of a vegetarian diet can have



some dramatic effects on the health of your heart. The noticeable health boosts and benefits of the change were differences in cholesterol levels, blood pressure and body weight.

Whether anyone wants to admit it or not, heart disease is a major blight in pretty much all Western countries. It kills 94,000 people in the UK each year - more than any other disease, and 2.6 million people live with the condition. The heart's own blood supply becomes blocked up by fatty deposits in the arteries that nourish the heart muscle. It can cause angina or even lead to a heart attack if the blood vessels become completely blocked – and yet the condition of a sufferer can be helped with simple changes.

This study was no simple task. It took dedicated people much time and analysis. During the research, scientists at the University of Oxford analysed data from 15,100 vegetarians and 29,400 people who ate meat and fish. Over the course of 11 years, 169 people in the study died from heart disease and 1,066 needed hospital treatment - and they were more likely to have been meat and fish eaters than vegetarians.

Dr Francesca Crowe said: "The main message is that diet is an important determinant of heart health, I'm not advocating that everyone eats a vegetarian diet." But he says, "The diets are quite different. Vegetarians probably have a lower intake of saturated fat so it makes sense there is a lower risk of heart disease." The results showed the vegetarians had lower blood pressure, lower levels of "bad" cholesterol and were more likely to have a healthy weight.

Tracy Parker, from the British Heart Foundation, said: "This research reminds us that we should try to eat a balanced and varied diet - whether this includes meat or not. "But remember, choosing the veggie option on the menu is not a shortcut to a healthy heart. After all, there are still plenty of foods suitable for vegetarians that are high in saturated fat and salt. If you're thinking of switching to a vegetarian diet, make sure you plan your meals carefully so that you replace any lost vitamins and minerals, such as iron, that you would normally get from meat."

Information sourced from bbc.co.uk/news/health, 30 January 2013

Quote of the Month

The needs of the system can be better supplied, and more vigorous health can be enjoyed, without [flesh food]. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. — E G White

healthbites

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little bites

Early birds better off than night owls

NaturalNews, 8 Feb. 2013

Studies have established that night owls tend to be more creative and independent-minded than early birds, but morning people tend to be healthier and far more content with their lives than evening people.

Breastfeeding benefits for mum

ScienceAlert, 1 Feb 2013

Researchers have found that women who breastfeed their babies have significantly reduced rates of ovarian cancer. Increased ovulation heightens the risk of cell mutation which can cause ovarian cancer. As breastfeeding often delays ovulation, they were able to effectively demonstrate that breastfeeding for 20 months, even if spread over a number of children would decrease the risk of ovarian cancer by 50 per cent.

Diet counts for sperm

NaturalNews, Antonia, 18 Jan 2013

Correlations between lifestyle and male fertility have been made in numerous studies. Saturated fats may lower sperm counts by 41 percent. While omega-3 fats, folic acid, zinc, vitamin C & A and selenium produce healthier sperm.

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Five green foods with exceptional healing power

Although it is unclear who started the green revolution, the world seems to be recognizing the powerful effects of green foods in helping individuals live longer and healthier. Scientific researchers, health nutritionists, and other experts including the author of the Green Foods Bible, David Sandoval emphasize the power of Chlorophyll in treating several diseases including diabetes, ulcers, open wounds, skin diseases, body odor and even the big "C." The phytonutrients content of green foods possess a synergistic effect that not even synthetic drugs and supplements combined can match. Among the most widely recognized green foods with excellent healing powers are broccoli, spinach, guava, green tea and cabbage.

Broccoli

Broccoli is one of the green vegetables that cannot be missed. Since Johns Hopkins University released its research, studies about the cancer preventive effects of this vegetable with its component sulforaphane, it has become a widely recognized powerful and essential green in the diet. Aside from the big "C," broccoli can also help prevent birth defects, improve the immune system and strengthen bones. It proves to be an excellent source of vitamins A, B6, C, E and K as well as iron, calcium, potassium and manganese.



Spinach

Another green food equipped with healing power is a leafy vegetable that is rich in fiber, folic acids, and vitamins A and C. It offers a great solution for constipation because of its rich fiber component. The eyes and the digestive tract also benefit from this leafy green. Spinach is powerful enough to prevent several diseases involving the heart and cancers in the prostate and breast. This leafy green is also equipped with anti-inflammatory properties.



Guava

The tropical fruit guava is not only effective in weight management; it also helps relieve constipation and diarrhea. It possesses properties that fight off cancer, prevent heart disease and diabetes, including skin problems. The fruit also makes an effective solution to fertility problems in men.



Green tea

Well known as an antioxidant, green tea has the ability to reduce inflammation, aid in digestion, improve compromised immune system, enhance endurance and protect cell membranes. It is a proven treatment for rheumatoid arthritis and reduces the risks of heart disease and skin cancer.



Cabbage

Cabbage is more known for its rich vitamin K and C content. Several studies have demonstrated the ability of a cabbage-rich diet to reduce the risk of cancers in the bladder, lung, colon, breast and ovaries. It can treat allergies, constipation, colds and cough, arthritis, bedsores, varicose veins and peptic ulcer as well as depression.



As results from different research studies spring up, the list of super green foods is only expected to grow further. —naturalnews.com, Sandeep Godiyal, 9 February 2013

Recipe of the Month

Green Smoothie

2 c pineapple juice
2 - 3 large handfuls spinach leaves
1 small bunch parsley
1-2 T flaxseed oil

Blend well and enjoy. Ideal before meals.

Variation: add guava or mango juice for flavour.

