

OXYGEN/OXIDATION, AS I LIVE AND BREATH! (Part 1)- {07.16.08}

GASP!!! I'm Google-Eyed at the number of **ANTIOXIDANT** media releases circulated around Planet Earth in recent months. A "think tank" session next week may help sort 'em out, but even the titles are provocative:
06.30.08 *Coax flavor, nutrition from produce with proper care, handling. Cooking Light*, R. M. Gorman

06.12.08 *Diabetic diet no longer dull*. Sugar & Health Symposium, U. Of the Free State, Bioemfontein, R. Blaauw.

06.18.08 *Antioxidant-rich fruit, veg linked to less gullet cancer study*. Amer. J. of Gastroenterology, Vol. 103 p.1-10.(2008)A. Kubo. Et al.

06.20.08 *Mediterranean diet : Choose this heart-healthy diet option*. Mayo Clinic.Com

06.25.08 *The value of our ancestral diet*. www.tylerpaper.com

06.26.08 *Women on prudent dietary pattern may reduce risk of death*, Circulation: J. Of American Heart Association.

06.30.08 *Poor diet may increase risk of dementia*. Arteriosclerosis. Thrombosis and Vascular Biology : J. Of Amer. Heart Assoc. Singh-Manoux.

07.01.08 *The benefits of beta-carotene. (Think orange and green - carrots, kale, cantaloupe, spinach, sweet potatoes)*. www.sheknows.com S. W. Flynn.

07.07.08 *Harvard professor slams supplements. A member of the Harvard School of Public Health has told ABC dietary supplements will not provide the nutritional boost a poor diet requires*.

07.13.08 *French women don't get fat, Japanese women don't get old and Italians live into golden old age*. Guardian News & Media Limited, H. Anderson.

07.14.08 *Mediterranean diet for anti-aging - What are the benefits?* www.bestsyndication.com, Marcus.

07.15.08 *Blood-red fruit that's good for blood pressure*. www.irishtimes.com. D. O'Mathuna

OXYGEN/OXIDATION, AS I LIVE AND BREATH! (Part 2){07.17.08}

GASP!!! I'm Google-Eyed at the number of ANTIOXIDANT media releases circulated around Planet Earth in recent months, but let's pause a moment to acknowledge (Food Sleuth) Melinda Hemmelgarn's 07.16.08 release - <http://www.columbiatribune.com/2008/Jul/20080716Food006.asp> , which questions the wisdom of Harvard University's new "Healthy eating pyramid" on a number of counts, including, "The Harvard experts also categorized all vegetable oils under the "healthy fats and oils" banner. Another mistake in my book because different vegetable oils follow distinct metabolic patterns in the body." Two paragraphs later, she advises : *"But grouping vegetable oils according to whether they are high or low in omega-3 or omega-6 fatty acids would make for a more useful guide. That's because omega-3 fatty acids show promise in reducing risk for inflammation, depression and some cancers. (Next paragraph) When consumed in excess omega-6 fatty acids contribute to inflammation and chronic disease. Omega-6 fatty acids are found in higher concentrations in safflower, sunflower and corn oils. Unfortunately, Americans fall way short on omega-3 fatty acids, and consume too many of the omega-6 variety."*

We agree with the above statements and are compelled to site Harvard's "Health Professionals Follow-up Study - a cohort study among 51529 male, US health professionals, aged 40 to 75 year at baseline in 1986". ***Coronary Heart Disease Interplay Between Different Polyunsaturated Fatty Acids and Risk of Coronary Heart Disease in Men.***, (Circulation 2005; 111:157-164) American Heart Association. I assume that "cohort" means "associates" and these men are described as "health professionals".

Q's- Should results determined on a select group be considered applicable to the entire U.S. male population? As well-informed people, wouldn't their diet patterns be closer to "prudent" than to "Western"? It appears to me that the conclusion :, ***"with little apparent influence from background n-6 PUFA intake" has muddied the waters and influenced the conflicting recommendations, so convincingly discussed by Ms. Hemmelgarn.***

OXYGEN/OXIDATION, AS I LIVE AND BREATHE! (Part 3){07.18.08}

GASP!!! I'm Google-Eyed at the number of ANTIOXIDANT media releases circulated around Planet Earth in recent months, but again, let's delay and add a few additional comments re: (Food Sleuth) Melinda Hemmelgarn's release - <http://www.columbiatribune.com/2008/Jul/20080716Food006.asp> , which questions the wisdom of Harvard University's new "Healthy eating pyramid". Isn't USDA's much touted Food Pyramid supposed to be an arbiter of good nutrition? Check http://www.mypyramid.gov/pyramid/oils_print.html . **VOILA!**

This "Inside the Pyramid" site provides an unrestricted list of fats and oils(except trans fats warning), and is without guidance on the health-protecting/or damaging fats and oils selection issues discussed by Ms Hemmelgarn. For a reliable approach, check - <http://www.mayoclinic.com/health/mediterranean-diet/CL00011> - ***Mediterranean diet: Choose this heart-healthy diet option.***

"Most healthy diets include fruits, vegetables, fish and whole grains, and limit unhealthy fats."

OXYGEN/OXIDATION, AS I LIVE AND BREATHE! (Part 4.) {07.21.08}

GASP!!! I'm Google-Eyed at the number of recent **ANTIOXIDANT** media releases circulated **around Planet Earth**, but first we must pause to indulge T.B.'s polite request, "*Enough of the scientific crap - just tell me what to EAT.*" **Well, T. B., for starters, here's a useful shopping list - Top Scoring Fruits and Vegetables, ORAC UNITS per 100 grams (about 3.5 oz portions) - FRUITS** - Prunes-5770; Raisins-2830; Blueberries-2400; Blackberries-2036; Strawberries-1540; Raspberries-1220; Plums-949; Oranges-750; Red Grapes-739; Cherries-670; Kiwi Fruit-602; Grapefruit, pink - 484. **VEGETABLES** - Kale - 1770; Spinach - 1260; Brussels Sprouts - 980; Alfalfa Sprouts - 930; Broccoli flowers - 890; Beets - 840; Red Bell Pepper - 710; Onion - 450; Corn - 400; Eggplant - 390. SOURCE - http://www.seekwellness.com/nutrition/high_orac.htm Oh yes, **T. B. - Don't forget those antioxidant-rich beans, especially red ones.**

The Disease-Preventative Power of the Mediterranean Diet, Dale Kiefer, Le Magazine, July, 2005 - "*Characterized by fish that provide omega-3 fatty acids, relatively copious amounts of olive oil, and antioxidant-rich fruits, vegetables, and herbs.*" "**A EPIC STUDY** - Earlier this spring, scientists involved in Europe's massive EPIC-elderly study released key findings from nearly a decade of research, EPIC (European Prospective investigation into Cancer and Nutrition) is the largest study to date to provide convincing evidence that diet directly affects life span." - "**DANGERS OF POLYUNSATURATED FATS** - — while the polyunsaturated fats known as omega-6 fatty acids are essential to optimal health, most Americans and citizens of other Western nations consume far too many omega-6 polyunsaturated fatty acids and not enough omega-3 polyunsaturated fatty acids. Although 2:1 ratio of omega-6 to omega-3 fatty acids is considered optimal, most Americans consume these fats in a lopsided ratio of (10 to 13):1. **For longevity - "It is critical to achieve a dietary balance of these important nutrients."**

Fish Twice Per Week - A reliable way to satisfy omega-3 requirements?

Researchers Claim Tilapia Could be Dangerous - US-Farm-raised tilapia, one of the most highly consumed fish in America, has very low levels of beneficial omega-3 fatty acids and, perhaps worse, very high levels of omega-6 fatty acids, according to new research from Wake Forest University School of Medicine. - - - their research revealed that farm-raised tilapia, as well as farmed catfish, have 'several fatty acid characteristics that would generally be considered by the scientific community as detrimental.' - - *All other nutritional content aside the inflammatory potential of hamburger and pork bacon is lower than the average serving of tilapia.*"

FRENCH PARADOX - *Rich diet - low rate of heart disease and obesity.* Will Clover, Neuroscientist, author, "*The Fat Fallacy: The French Diet Secrets to Permanent Weight Loss*". Author explains: "Although French don't deprive themselves and their life looks like an all-you-can-eat buffet, it is not all easy and effortless. I tried to find out what peculiar properties of French lifestyle lead to lower rate of obesity, heart disease - much lower than in U.S." His conclusions -

01. **Red Wine** - He postulates **abundant antioxidants: flavonoids**, natural chemical compounds found in red wine, may promote health benefits to heart and blood vessels (red grapes are one of the richest sources).

02. **Slow Eating** - French enjoy and savor their food.

03. **Small Portion Size** - "—research demonstrates they consume fewer calories".

04. **High intake of fruits and vegetables**- "Epidemiologic studies show that high fruit and vegetable consumption is associated with lower risk of coronary heart disease mortality."

05. **Processed foods** - "Many processed foods are full of trans fats, saturated fats, sodium, sugar and preservatives. The French eat much less processed food than Americans do."

06. **Shopping traditions : quality over quantity** -"---Open air markets are very popular in France"---.

07. **Home-made food** - --"Most people have 3 meals a day, families eat together when they can, and food is important culturally."

08. **Self-discipline** - "The French are more weight aware and have a culture of caution."

09. **No Snacking habit** - --"often select fresh fruits between meals".

10. **Beverages: water vs sodas**

11. **Walking** - "**naturally active**" life.

Source : <http://www.healthassist.net/food/french/french-paradox.shtml>

WILDEGEEST FOUNDATION - www.WildegeestFoundation.org