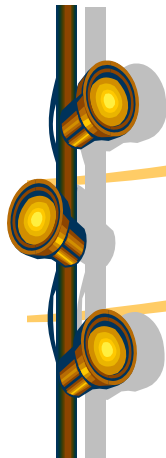


Health Tip of the Week...

Sept 27, 2010

SPOTLIGHT



Consider a REAL Change

Transitioning to a plant-based diet for optimum health is a lifestyle adjustment. Determining the best option is an individual investigation. Most people eat for reasons having less to do with nutrition and more to do with comfort, emotional attachment and tradition. Once the restorative powers of healing foods are realized it becomes easier and more desirable to stay the course.

Protein From Plants?

According to a report published in the 09/10 issue of the Annals of Internal Medicine...

- Participants who replaced carbs with protein and fat from animal sources were more likely to die from all causes, including cancer and heart disease.
- BUT...those who replaced processed carbs with plant-based foods had a lower risk of dying from cardiovascular disease.

Lead author Teresa Fung of Simmons College in Boston says that when it comes to healthy plant protein, "beans and nuts are protein powerhouses."

This latest research should not "deter individuals from following a low-carbohydrate lifestyle," says internist Eric Westman, author of *The New Atkins for a New You*. Other

research shows that a low-carb diet with animal protein can improve cardiovascular risk factors, he says.

This is yet more evidence showing the health benefit of avoiding red meat and protein from animal sources. You can get all the protein you need from plants: soy products, nuts and seeds, sprouts, green vegetables, and even quinoa.

The study didn't even mention the remarkable high protein content available in spirulina and other superfoods such as chlorella and wheat grass.

Vegan athletes are finding plant foods a source for renewed energy and achievement, and are proving, against the traditional wisdom favoring meat consumption, that a vegan diet will support competitive athletic performance.

The Bottom Line...The Bottom Line...The Bottom Line...

The common question surrounding plant-based diets concerns the source of protein. Although food calories also consist of carbohydrates and fats, protein is typically considered the most essential of the three groups. Virtually all plant food provides protein, in addition to their other health benefits. In his essential book *The China Study*, T. Colin Campbell, PhD. discloses undisputed evidence that plant protein is the healthiest source of this nutrient. Read more...

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