High-protein diets in middle age might shorten life span

Millions of middle-aged Americans chow down each day on steaks, cheeseburgers and other protein–rich fare. Now two studies find that diets high in meat and cheese, when eaten in middle age, might shorten people’s life span. However, in a surprise twist, the same research team found that eating lots of animal-based protein in old age might actually do the opposite. The research shows that a low-protein diet in middle age is useful for preventing cancer and overall mortality (death).

The findings were published March 4th in the Journal Cell Metabolism.

In the study, the researchers looked at data on more than 6,800 middle-aged and older in the United States. They found that 50-year-olds who got more than 20 percent of their calories from animal protein—mainly meat or dairy products—has a fourfold increased risk of death from cancer or diabetes. And they had a nearly twofold increased risk of death over the next 18 years, compared to people on more low-protein regimens.

Even middle-aged people who consumed only “moderate” levels of animal protein had a threefold increased risk of death from cancer, researchers reported. This increased risk of death was much lower or non-existent in 50 years-olds who ate a diet high in protein sourced mainly from plants, the researchers added.

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Foods that help reduce weight

**Chicken and Meat:**
Vitamin B – Metabolizes fat - (1 week)

**Tuna:**
Vitamin B6 plus B-12 lowers stress – (1 week)

**Sardines:**
Co-enzyme Vitamin B-12, Calcium Vitamin D, Q-10-energy provider (1 week)

**Vegetables:**
Celery Sticks – Vitamin C, Vitamin K and Mg-chumar such as fibers, minerals

**Beans/Legumes:**
Boost the digestive system (12% eat less)

**Grapefruit:**
before breakfast / lunch / dinner ½ grapefruit

**The best snacks to help reduce weight are:**
1. Popcorn
2. Peanuts (22 total per day)
3. Pistachios
4. Dark Chocolate
5. Eggs –twice a week –Boiled
6. Yogurt, Milk

Source: -unknown-
High-protein diets in middle age might shorten life span (cont.)

However, the study also found that people older than 65 who consumed high amounts of animal protein had a 60 percent lower risk of dying from cancer and a 28 percent lower risk of death from any cause compared to people who shield away from meat and dairy at this age. Similar benefits were seen in seniors who had moderate levels of protein intake.

“The majority of Americans are eating about as much as they should, and it seems that the best change would be to lower the daily intake of all proteins but especially animal-derived proteins,” at least in middle age, study senior author stated.

A second study, this time conducted in mice, found that a high-protein, low-carbohydrate diet shortened the rodent’s lifespan.

Overall the findings provide “convincing evidence that a high-protein diet—particularly if the proteins are derived from animals – is nearly as bad as smoking for your health.

The effects of protein consumption on a person’s risk an early death may be partly due to the activation of natural growth hormone and a cellular growth factor called IGF-1, the researchers explained.

“Notably, the activity of these factors, but also body weight, declines naturally with aging, which may explain why older people not only did not benefit but appeared to do worse if they ate a low-protein diet,” Longo said.

The researchers believe the studies will boost understanding about links between diet and health.

Source: http://healthyliving.msn.com/

Things highly creative people do differently

Creativity works in mysterious and often paradoxical ways. Creative thinking is a stable, defining characteristic in some personalities, but it may also change based on situation and context. Inspiration and ideas often arise seemingly out of nowhere and then fail to show up when we most need them, and creative thinking requires complex cognition yet is completely distinct from the thinking process.

As scientists now understand it, creativity is far more complex than the left-brain distinction would have us think (the theory being that the left brain = rational and analytical, right brain = creative and emotional). In fact, creativity is thought to involve a number of cognitive processes, neural pathways and emotions, and we still don’t have the full picture of how the imaginative mind works.

And psychologically speaking, creative personality types are difficult to pin down, largely because they’re complex, paradoxical and tend to avoid habit or routine. And it’s not just a stereotype of the “tortured artist”—artists really may be more complicated people. Research has suggested that creativity involves the coming together of a multitude of traits, behaviors and social influences in a single person.

It’s actually hard for creative people to know themselves because the creative self is more complex than the non-creative self. The things that stand out the most are the paradoxes of the creative …Imaginative people have messier minds.

While there’s no “typical” creative type, there are some tell-tale characteristics and behaviors of highly creative people.

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Things highly creative people do differently (cont.)

They daydream
According to Kaufman and psychologist Rebecca L. McMillian, mind-wandering can aid in the process of “creative incubation.” And of course, many of us know from experience that our best ideas come seemingly out of the blue when our minds are elsewhere.

A 2012 Study suggested it could actually involve a highly engaged brain state - daydreaming can lead to sudden connections and insight because it’s related to our ability to recall information in the face of distractions.

They observe everything
The world is a creative person’s oyster—they see possibilities everywhere and are constantly taking in information that becomes fodder for creative expression.

They work the hours that work for them
Many great artists have said that they do their best work either very early in the morning or late at night. No matter when, it is, individuals with high creative output will often figure out what time it is that their minds start firing up, and structure their day accordingly.

They take time for solitude
In order to be open to creativity, one must have the capacity for constructive use of solitude. One must overcome the fear of being alone. Artists and creatives are often stereotyped as being loners, and while this may not be the case, solitude can be the key to producing their best work. This links back to daydreaming—we need to give ourselves the time alone to simply allow our minds to wander. You need to get in touch with your inner monologue to be able to express it. It’s hard to find that inner creative voice if you’re not getting in touch with yourself and reflecting on yourself.

They turn life’s obstacles around
Many of the most iconic stories and songs of all time have been inspired by gut-wrenching pain and heartbreak – and the silver lining of those challenges is that they may have been the catalyst to create great art. An emerging field of psychology call post-traumatic growth is suggesting that many people are able to use their hardships and early-life trauma for substantial creative growth. Specifically that trauma can help people to grow in the areas of interpersonal relationships, spiritually, appreciation of life, personal strength, and seeing new possibilities.

They seek out new experiences
Creative people love to expose themselves to new experiences, sensations and states of mind - and this openness is a significant predictor of creative output. Openness to experience is consistently the strongest predictor of creative achievement. It consists of lots of different facets: Intellectual curiosity, thrill seeking openness to your emotions, openness to fantasy. The thing that brings them all together is a drive for cognitive and behavioral exploration.

They “fail up”
Resilience is practically a prerequisite for creative success. Doing creative work is often described as a process of failing repeatedly until you find something that sticks, and creative –at least the successful ones – learn not to take failure so personally. Creative fail and really good ones fail often in Einstein’s creative genius.

They ask the big questions
Creative people are insatiably curious—they generally opt to live the examined life, and even as they get older, maintain a sense of curiosity about life. Weather through intense conversation or solitary mind-wandering, creatives look at the world around them and want to know why, and how, it is the way it is.

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Things highly creative people do differently (cont.)

They people-watch
Observant by nature and curious about the lives of others, creative types often love to people-watch and they may generate some of their best ideas from it. “[Marcel] Proust spent almost his whole life people-watching, and he wrote down his observations, and it eventually came out in his book. ‘For a lot of writers, people-watching is very important…They’re keen observers of human nature.”

They take risks
Part of doing creative work is taking risks and many creative types thrive off of taking risks in various aspects of their lives. “Creativity is the act of making something from nothing. It requires making public those bets first placed by imagination. This is not a job for timid. Time wasted, reputation tarnished, money not well spent - these are all by-products of creativity gone awry.”

They view all of life as an opportunity for self-expression
Nietzsche believed that one’s life and world should be viewed as a work of art. Creative types may be more likely to see the world this way, and to constantly seek opportunities for self-expressions in everyday life. “Creativity is self-expressions. “Creativity is nothing more than individual expression of your needs, desires and uniqueness.”

They follow their true passions
Creative people tend to be intrinsically motivated - meaning that they’re motivated to act from some internal desire, rather than a desire for external reward or recognition. Psychologists have shown that creative people are energized by challenging activities, a sign of intrinsic motivation and the research suggests. Simply thinking of intrinsic reasons to perform an activity may be enough to boost creativity.

Eminent creators choose and become passionately involved in challenging, risky problems that provide a powerful sense of power.

They get out of their own heads
It is argued that other purpose of daydreaming is to help us get out of our own limited perspective and explore other ways of thinking, which can be an important asset to creative work. Daydreaming has evolved to allow us to let go of the present. The same brain network associated with daydreaming is associated with the theory of mind it allows you to imagine your future self, but it also allows you to imagine what someone else is thinking. Research has also suggested that inducing “psychological distance”, that is, taking another person’s perspective or thinking about a question as if it was unreal or unfamiliar, can boost creative thinking.

They constantly shake things up
Diversity of experience, more than anything else, is critical to creativity. Creatives like to shake things up, experience new things, and avoid anything that makes life more monotonous or mundane.

Source: http://www.huffingtonpost.com/