If meat causes cancer, what can we eat?

A Mediterranean diet may be key to long life – The Mediterranean diet is easy to find in the grocery store contains nutrients that are known to enhance longevity and has other health benefits that are backed by peer reviewed scientific studies. Broccoli makes the list because it’s one of nature's most nutrient–dense foods with only 30 calories per cup. That means you get a ton of hunger-curbing fiber and polyphenols -- antioxidants that detoxify cell damaging chemicals in your body – with each serving.

**Olive oil** – Use Olive oil rather than butter to make meals

**Quinoa** – Is the popular whole grain du jour because it also contains a good dose of protein to help build muscles.

**Blueberries** – Are often singled out as a kind of Super Food because studies have shown they aid in everything from fighting Cancer to lowering Cholesterol.

**Salmon** – Is also a good source of lean protein, doctors suggest eating fish at least twice a week.

**Beans** – The magical fruit the more you eat, the more you lose weight. Black, Kidney, White and Garbanzo beans are good for fiber and protein.

**Eating breakfast** – Eating a high in protein breakfast is a good way to keep hunger at bay throughout the day. Eggs are full of choline, a nutrient that helps block fat from being absorbed in the liver

**Spinach** – Is a source of Iron, which is key component in red blood cells that fuel our muscles with oxygen for energy.

**Walnuts** – Are packed with Tryptophan, an Amino Acid your body needs to create the feel great chemical serotonin.

**Asparagus** – Is one of the best veggie source of Folate, a B vitamin that keeps you out of a mental slump.
You may have just learned that processed meat such as bacon, sausage and ham may cause cancer and unprocessed meat may be "probably carcinogenic to humans," according to a new World Health Organization report. Or that cheese and sugar can be as addictive as a drug. Or that even veggie hot dogs may not be completely meat-free (or even human tissue-free).

So what in the world is there left to eat so you can stay healthy?

Doctors say it's easy: Eat more like a Greek. Yes, your parents were right to push you to finish your veggies. The Mediterranean diet -- one heavy on veggies, nuts and fruit, with limits on meat and dairy -- is the way to go. Study after study has shown it is the key to help you live longer and puts you at a lower risk for cancer and cardiovascular diseases. It even keeps your brain younger and healthier. And while you will feel better and potentially live longer on a diet that favors veggies and fruits, it will also help you maintain a healthy weight and a thinner waist line, which is good for your overall health, self-esteem and mental well-being too.

Our heads know this to be true even if in our hearts (or stomach?) prefer things bacon-flavored. And we may be seeing this as more Americans cut calories and avoid the fast food and sugary sodas. (Though the developing world is starting to adopt our bad eating habits). But too few Americans are on a first-name basis with edible plants, studies show.

American children ate 63 calories of produce a day in 2012, which is up from 47 calories in 2003. There is a similar uptick among adults, but that's not enough when you consider the USDA recommends three to five servings of veggies a day and two to four servings of fruit a day.

So, for your health's sake, here's what you can do to follow this plant-oriented Mediterranean diet. It's pretty simple and it offers a wide variety too, so you won't be bored with what's on your plate.

Make your meals heavy on the vegetable, bean and cereal side. You can eat fish and poultry at least twice a week. Snack on nuts and fruit. You don't have to do anything so extreme as avoiding carbs. You can have three servings of those a day, especially if they are of the whole-grain variety. If you drink, enjoy a glass of wine with your dinner. The red variety is supposed to be particularly good for your heart health. Cook with olive oil as opposed to butter. And limit the amount of saturated fat, meat and dairy.

If you can't give up your bacon or burger habit, be reassured one bite will not kill you. In fact, the National Cattleman's Beef Association says the scientific evidence does not support a causal relationship between red meat or processed meat and cancer.
But the International Agency for Research on Cancer that did the report says that based on the research it used for its study, an estimated 50-gram portion of processed meat you eat increases the risk of colorectal cancer by 18%. That 50 grams is about two or three slices of bacon. And of course just because something raises the risk of cancer doesn't mean you will get it.

So bottom line, if you must eat meat, make it a special treat rather than a staple.

Eat more plants and you'll feel better, you'll be healthier and you'll look good, too.


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**Obesity Still On The Rise Among Americans, With White Women Overtaking Men**

Obesity is still rising among American adults, despite more than a decade of public-awareness campaigns and other efforts to get people to watch their weight, and women have now overtaken men in the obese category, new government research shows.

For the past several years, experts thought the nation’s alarming, decades-long rise in obesity had leveled off. But the Centers for Disease Control and Prevention said in a report Thursday that the obesity rate has climbed to nearly 38 percent of adults, up from 32 percent about a decade earlier.

Experts said they had no explanation for why the obesity rate appears to be rising.

The report, based primarily on a survey conducted in 2013-14, also found a tipping of the scales toward women. Obesity rates for men and women had been roughly the same for about a decade. But in the new report, the rate was significantly higher for women, at 38 percent, compared with 34 percent for men.

Obesity — which means not merely overweight, but seriously overweight — is considered one of the nation’s leading public health problems. Until the early 1980s, only about 1 in 6 adults were obese, but the rate climbed dramatically until it hit about 1 in 3 around a decade ago.

The new figures come from a regular government survey that involves not only interviewing people about their girth but also actually weighing them. Because of that, it is considered the gold standard for measuring the nation’s waistline.

However, it has about 5,000 participants each year — far fewer than some other federal surveys that ask about weight. Generally, it can be harder to draw reliable national conclusions from a smaller survey.
The news comes after years of government anti-obesity campaigns to encourage people to eat better and exercise. Also, soda consumption has dropped in recent years, and fast-food chains have adopted healthier menus.

New federal rules have also been adopted to remove artificial trans fats from grocery store foods and to require chain restaurants to post calorie counts, though those have not gone into effect yet.

The widening gap between men and women seems to be driven by what’s happening among blacks and Hispanics.

Obesity rates for white men and white women remain very close. But for blacks, the female obesity rate has soared to 57 percent, far above the male rate of 38 percent. The gender gap is widening among Hispanics, too — 46 percent for women, 39 percent for men.

The report also looked at obesity in children but did not see much change. For young people ages 2 to 19, the rate has been holding at about 17 percent over the past decade or so.

Health officials have been especially focused on obesity in kids, who are the target of the Let’s Move campaign launched by first lady Michelle Obama in 2010.


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5 Simple Ways To Fight Colds

1. Sleep at least seven hours each night - People have four times the odds of catching a cold if they sleep fewer than six hours a night, compared with people who snooze more than seven hours, a recent study found. The study researchers sequestered participants in a hotel and dosed them with the cold virus to see who could fight it off. The results: Short sleepers were significantly more likely to come down with cold symptoms that week, even when researchers controlled for things like stress and smoking.

2. To cut the chance of getting a cold by 35 percent, take one probiotic supplement per day - In a recent study, University of Florida students were significantly less likely to catch a cold when they took a probiotic (beneficial bacteria) supplement during finals season. And when they did catch a cold, symptoms didn’t last as long for the probiotic poppers (1.8 days compared to 2.4 days). Your gut is full of immune cells, and experts believe that “good bacteria” may communicate with these cells to boost immunity.
3. Expect that a cough will last about 17.8 days – and it may just need to run its course - Although most adults expect a cough to last about a week, a literature review found that most coughs actually stick around for two to three weeks — 17.8 days on average. Most of the time, antibiotics don’t help a cough, according to the Centers for Disease Control and Prevention (CDC), so hold off on asking your doc for antibiotics if it’s only been a week — the cold may just need to run its course. Overuse of antibiotics contributes to antibiotic resistance, which means the drugs don’t work as well. If you have a fever and are coughing up blood or a large amount of mucus, however, it’s worth checking in with your doctor; you may have pneumonia, which may need to be treated with antibiotics or hospitalization.

4. Take antiviral medications for the flu within two days of the start of symptoms to shorten the flu by one to two days - There are three FDA-approved prescription medications to treat the flu, and they’re more effective the sooner you start taking them. The CDC recommends starting the drugs within the first day or two of the onset of flu-like symptoms. Keep in mind that these medications aren’t miracle cures. They make symptoms milder and may help you get over the flu a day or two faster than you would otherwise. That’s why the CDC recommends flu medication for people who have a high risk of flu complications, such as people older than 65, those with weakened immune systems, and people with asthma.

5. Take at least 75 milligrams of Zinc when cold symptoms start - A research review from Finland found that zinc lozenges can help you get over a cold about 40 percent faster — but only if you take a dose with at least 75 milligrams of zinc. Studies using lower amounts of zinc didn’t show any effect. Zinc plays an important role in your immune system and also helps prevent the cold virus from multiplying. Zinc is most effective when you take it within 24 hours of when symptoms begin, studies have found. Research also shows that taking zinc daily for at least five months reduces the incidence of colds in children.

Source: https://www.yahoo.com/health/5-simple-ways-to-fight-colds-1296518179708982.html
10 Ways To Prepare For Cold And Flu

There’s no doubt about it. Cold and flu season is a sure thing. And it’s coming whether you’re ready or not. Nothing will take away all the risk of getting a cold or flu. But there are many things you can do to greatly reduce your chances of getting sick.

1. **Stock your medicine cabinet.** Time while you’re healthy to stock your medicine cabinet. Get rid of expired medicines and make a list of what you need to replace and replenish. Make sure to include fever and pain relief medicines, decongestants, antihistamines, and cough medicines. You may also want to buy nasal sprays, cough drops and throat lozenges. Check with your doctor or pharmacist if you have a chronic medical condition or you’re stocking up for children or a baby.

2. **Load up on other health supplies.** Along with medicines, think about the other supplies you’ll need. Make sure you have a good thermometer and fresh batteries if it needs them. A humidifier may also come handy. Then focus on the basic, such as tissues.

3. **Fill your Pantry with drinks and comfort foods.** Your kitchen is another area to stock while you’re healthy. A run to the grocery store once you’re sick won’t be fun. So think through it now and get what you need. Fluids are important when you have a cold or flu. Dehydration is the biggest reason you feel so lousy with cold or flu. Water is the best choice, but hot herbal teas can be soothing. And fruit juices give you extra vitamin C. Pick up some favorite foods that are easy to make and eat. For example, ice pops can feel good on a sore throat and chicken soup can be just what the doctor ordered.

4. **Practice proper hand washing.** Proper hand washing is one of the most effective ways to prevent colds and flu. And it’s easy—easy to do and easy to teach to children. Start with warm water and your anti-bacterial soap. Work the lather for 20 seconds, paying extra attention to fingernails and jewelry. Singing “Happy Birthday” twice is a good way to judge the time. And kids know it well. Then rinse and dry your hands. Disposable towels are best so you can use them to turn off the water. This will protect you from putting germs from the faucet right back on your hands.
5. **Keep your hands away from your Face.** Another easy way to protect yourself is to keep your hands away from your face. Specifically, avoid touching your eyes, nose and mouth. These are the areas where cold viruses gain entry into your system. The same bug that gives you a cold can cause viral pink eye. Keeping your hands away will keep any cold germs on them away as well. If you need to touch these areas, wash your hands before and after.

6. **Get a flu vaccine.** Getting a yearly flu vaccine is an important step in preventing the flu. The flu spreads differently than colds and is very contagious. People can spread the flu a day before symptoms even show up. And the vaccine can protect you against the most common strains of the flu. It changes each year based on predictions for the upcoming flu season. The vaccine is usually available by October, but you can get it any time during the flu season.

7. **Practice healthy living habits.** Healthy living habits can boost your immune system. On the other hand, getting run down and tired can make your immune system weak. So eat a balanced diet with plenty of fresh foods and healthy proteins—lean meat, chicken and fish. Stay hydrated with water. Exercise regularly and get a good night’s sleep. For adults, that means getting 7 to 8 hours a day. Children need more. Gauge if you’re getting enough by paying attention to any daytime sleepiness or sleepiness while driving.

8. **Clean house whole Surfaces.** Cold and flu viruses can survive on surfaces outside the human body; times range from seconds to a couple of days. And they tend to live longer on hard, non-porous surfaces, such as metal, plastic and wood. Cleaning household surfaces with disinfectants will kill cold and flu germs. Look for products containing bleach, alcohol, pine oil, sodium hypochlorite, citric acid, hydrogen peroxide, or quaternary ammonium compounds. An EPA registration number on the label will tell you if the product meets specifications for disinfectants. You may have to look for it in the small print areas.
9. **Make a plan for sick days.** If you work outside the home, make a plan for sick days. Even if you feel like you could work, your co-workers will appreciate you keeping your germs at home. Verify that you have several sick days available to use during the season. Or find out if you’ll need to take the time unpaid. And see about working from home if possible when you have a sick child. Other options include enlisting family or neighbors to help with sick kids or using sick-child day care programs.

10. **Stop the spread of germs.** If you’re healthy, stay away from sick people as much as possible. If you do get sick, know ahead of time how to keep your germs to yourself. And teach these strategies to your kids. Cough and sneeze into a tissue. Then discard the tissue and wash your hands. If you don’t have a tissue, cough or sneeze into your elbow, not your hands. And don’t share items, such as utensils and cups. Do as much as you can to limit contact with others.


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**5 Myths About The Flu**

**Myth 1: The flu shot causes the flu.** The viruses in the flu shot are dead, so they can't give people the flu, according to the [Centers for Disease Control and Prevention](http://www.cdc.gov). Its most common side effect is soreness in the arm. Flu Mist nasal spray contains weakened viruses, so they don't cause severe, flu-like symptoms, either. Side effects in children can include a runny nose, wheezing and headache. So why do some people swear that they got sick right after getting a flu shot? Flu shots tend to be given at a time of year when respiratory viruses are beginning to circulate, doctors say. So it's only natural that some people will catch a respiratory bug shortly after getting a vaccine. And since it takes about two weeks after getting a vaccine for the body to develop immunity, some of those bugs could be the flu. But the vaccine itself isn't causing disease.
Myth 2: The flu is just a bad cold. While some people develop worse symptoms than others, flu symptoms tend to be much more severe than — and come on much more suddenly — than a cold. Many who got H1N1 (swine flu) last year were out of work or school for a week with fever, body aches, sore throat, fatigue, headaches and a runny or congested nose, according to the CDC. And unlike a cold, which generally goes away on its own after five days or so, the flu can cause life-threatening complications, mostly by causing secondary bacterial infections such as pneumonia. The flu sends 200,000 people to the hospital and kills 30,000 in a typical year, the CDC says.

Myth 3: This year’s shot — which protects against both H1N1 and seasonal flu vaccines — is riskier than earlier versions. Actually, the new flu shot was made the same way as every other flu shot. Every year, vaccine makers include circulating viral strains that are most likely to cause illness. Typically, these include two influenza A strains — an H1N1 and an H3N2 — and a strain of influenza B. This year, manufacturers included the H1N1 strain that caused pandemic last year. All drugs, including "natural" supplements and vitamins, have side effects. But the safety of vaccines is actually tracked more closely than just about any other drug. Unlike most medicines, "we have more hard facts when it comes to the flu shot. Through the National Adverse Event Reporting System, investigators check out every serious side effect that people experience after getting a flu shot. Most aren't related to the flu vaccine. In fact, there were no deaths attributed to the H1N1 vaccine last year.

Myth 4: Only sick people need a flu shot. While older people and newborns are usually at greatest risk for complications, swine flu is actually most threatening to the young. Typically, about 90% of flu deaths are in people over 65. Last year, however, about 90% of flu deaths were in people under 30. About 10% of flu deaths last year were in children, according to the CDC. When healthy people get vaccinated, it can help protect the weak, including cancer patients, anyone with a compromised immune system and newborns too young to get the shot, says Paul Offit, chief of infectious disease at Children's Hospital of Philadelphia. Because babies can't be vaccinated until they're 6 months old, they depend on those around them parents, grandparents, siblings, babysitters, and hospital employees — to get the flu shot, creating a "cocoon" of protection.
**Myth 5: Flu shots contain methyl mercury and other toxic chemicals.** Although there's no evidence that the ethyl mercury-based preservative thimerosal causes harm, vaccine makers responded to public concerns in 2001 and stopped using it in most vaccines. Neither flu shots in individual-dose containers or the Flu Mist nasal spray contain thimerosal. Flu vaccine kept in multi-dose vials do use thimerosal as a preservative, to prevent the growth of fungus or other potentially dangerous germs. Patients can ask for the thimerosal-free versions. But scientists note that all mercury is not the same. Thimerosal contains ethyl mercury, which has not been shown to cause harm, rather than methyl mercury, the type that can cause brain damage. Offit says. While most laypeople don't pay attention to such differences, they're important. Consider the huge difference between ethyl alcohol — and drinking alcohol, found in wine and beer — and methyl alcohol, or wood alcohol, which can cause blindness. In fact, seven studies now refute that idea. While many medications and consumer products have trace levels of chemicals, so do our bodies. Breast milk has more mercury contamination than vaccines. So does infant formula. But vaccines, like breast milk, play a vital role in keeping infants healthy. "If you have zero tolerance for mercury, you have to move to another planet. "We all have mercury and formaldehyde and aluminum in our bodies. Vaccines don't add to what we normally encounter every day."


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**Insurance Gap Closing**

Blacks and Hispanics are closing the gap with whites when it comes to being insured, thanks to the Affordable Care Act (ACA). A study of the National Health Interview Survey found that the uninsurance rate for Hispanics fell from 40.1 percent before enrollment for the ACA began in 2013 to 31.8 percent by the end of 2014. The rate likewise dropped for black adults, from 25.5 percent to 17.2 percent.

White adults also saw a decline in uninsurance during that period, though the drop was not nearly as big – from 14.8 percent to 10.5 percent. Even states that did not expand Medicaid under the ACA saw drops in the insurance disparities. The study’s authors, however, warn that significant gaps in the uninsurance rates remained for blacks and Hispanics.

Source: [www.diverseeducation.com](http://www.diverseeducation.com)