Raw Food Diets - Why Go Raw?.pdf

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Calorie restriction may set off certain biological markers common in those with increased longevity as well. Both experimental animals and certain people with longer life spans (either set off by calorie restriction or occurring naturally) display lower body temperature lower insulin levels and a steady level of the steroid hormone DHEAS. The Baltimore Longitudinal Study of Aging found that among their experimental group of aging men those dying more slowly displayed these biological markers begging the question Which came first—good genes or good bio markers Can they if not inherent be induced by calorie restriction Such an intriguing twist will surely inspire further studies benefiting all including the disproportionately overweight population of Texas.

Nationally obesity is increasing at an epidemic rate so is heart disease diabetes hypertension and many of the other conditions often associated with it. In Texas alone the percentage of obese individuals is hovering around 27%—nearly 3% above the national average—and studies in Dallas and Houston show equally alarming trends in those 18 years of age and under. Calorie intake is certainly not the only cause of obesity but it is a major contributing factor. The growing number of health problems associated with the condition is not only dangerous on a biological level but is also one factor pushing the rising costs of individual health insurance for many companies.

But cutting calories by 30-40% just may not be realistic for the majority of the American populace and doctors warn is probably not actually healthy. It's difficult for most in Texas and the rest of the country to imagine living as an ascetic—sinewy body constant hunger—just to live life somewhat longer. It contradicts modern Western culture in which indulging in sweets and large meals is considered an unvoiced right. The moral of the story as it were may very well be to learn from an even older saying All things in moderation. If it's not realistic to cut calories by nearly half Americans can at least limit themselves to the Recommended Daily Allowance to enjoy better health.

So it's possible and it's even simple. Good health is entirely within our reach through intelligent moderation and applied discipline. Reducing calories by 40% may not be the best thing for most but choosing lower calorie highly nutritious food offerings just may add years to your life. Besides your health insurance company will love you for it. Vegans however should know that orange juice and whole grain cereals breads and pasta contain good amounts of nutritionally available choline as well.

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