

# Mediterranean Diet Enterprises

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## Various Topics for March 5, 2009

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### VITAMIN D: WHAT'S TO KNOW:

**It is vital to good health.**

**Most people are deficient in Vitamin D, even those taking multivitamins.**

**It is necessary not only for adequate bone growth and health, but also for many other body functions.**

**For example, persons deficient in Vitamin D have a 30+% increase in frequency of colds. Also, low Vitamin E has been found associated with a higher risk of cognitive impairment.**

**The blood 25-OH Vitamin D total should be measured in everyone. If the level is below 30, moderate to high supplementation should be prescribed by your MD to achieve and maintain adequate levels.**

**OBESITY, in addition to all of its other problems, has been found to carry as high a mortality risk as smoking.**

### MORE ON DIETS AND DIETING:

**No diet works in the long-term if the dieter does not have a regular support system of friends, family or medical professionals over many months. Even regular telephone contacts work.**

**No diet works in the long-term without attention to CALORIES IN vs. CALORIES OUT. Thus, the importance of being aware of calorie intake and of regular exercise, life-long.**

**Do not use weight loss pills and medications, prescribed or otherwise. They don't work; and they are a risk to your health.**

**Getting paid to lose weight, "economic incentives", works in the short-run. Nothing is known of the long-term effectiveness...unless, I guess, you have a long-term relationship with a "sugar daddy" or rich uncle.**

**A particular type of obesity known as Metabolic Syndrome (associated with "pear-type" obesity) is particularly associated with other health risks.**

**Obesity promotes Diabetes Mellitus, which promotes all-cause mortality risks.**

**A low Glycemic Index diet beats other diets, including those using high cereal fiber content.**

### FOR DIABETICS:

***Intensive* control of blood sugar and Hemoglobin A1C levels was found not to prevent micro-vascular complications (eg. Heart, brain, kidney, eye...). However, intensive control is associated with increased numbers of low blood sugar attacks – which can kill you. Therefore, keep your blood sugar above 80, at**

**all times.**  
**GS**