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The importance of fibre in your diet

Many of us will know that the benefits of getting plenty of fibre in our diets include lower cholesterol levels and keeping our bowels active. Australian researchers have also discovered that eating plenty of fibre rich foods can help to strengthen our immune system and help to prevent certain diseases.

Sydney based scientists say have discovered a mechanism in the body that explains how a plant-based diet rich in fibre works with beneficial gut bacteria and the immune system to promote health and potentially prevent a host of diseases.

Professor Mackay from the Garvan Institute of Medical Research pointed out in the press statement that the notion what you eat might have profound effects on immune responses and inflammatory diseases has never been taken seriously enough. 'We believe that changes in diet, associated with western lifestyles, contribute to the increasing incidences of asthma, Type 1 diabetes and other autoimmune disorders. Now we have a new molecular mechanism that might explain how diet is affecting our immune systems' he stated.

The scientists conclude that their current research provides compelling reasons to eat a diet rich in unprocessed whole foods such as fresh fruits, vegetables, grains nuts and seeds. 'The role of nutrition and gut intestinal bacteria in immune responses is an exciting new topic in immunology, and recent findings including our own open up new possibilities to explore causes as well as new treatments for inflammatory diseases such as asthma' said Professor Macay.

Source: Natural news

Avocado as a skin moisturiser

Avocados are Mother Nature's skin moisturiser. With their healthy fats and phytonutrients, they offer remarkable benefits to human skin, both when eaten and when used topically.

Avocado oil has been used extensively for its ability to heal and soothe the skin. This use is based on the hydrocarbon content of the pulp and oil, which may help dry skin. Avocados are frequently included in health diets, and recent evidence suggests they are effective in modifying lipid profiles. In a randomized study, women that followed a diet rich in avocado or high in monounsaturated fatty acids saw their total cholesterol reduce by 8.2% in 3 weeks.

Source: Natural news



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