



LIFESOURCE INSTITUTE NEWS

Volume 1, Issue 12

May 1, 2021

Why The Mediterranean Diet?

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ASK THE COACH?

STAY ON TRACK

- * **Plant based, not meat based** the Mediterranean diet's foundation is whole grains, beans, nuts, herbs, fruits and vegetables. All meals built using plant-based foods. With moderate amounts of eggs, fish, poultry and dairy which are instrumental to the Mediterranean Diet.
- * **Numerous studies** researchers have found that the Mediterranean diet helps prevent premature death, heart attacks, strokes, type 2 diabetes and great if you are trying to lose weight.
- * **Healthy fats** are very necessary to be successful with the Mediterranean diet. Most eat the not so healthy fats, such as trans and saturated fats, which is a major contributor to heart disease.
- * **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- * **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- * **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

The generic term "Mediterranean diet" is based on traditional eating habits in countries bordering the Mediterranean Sea. Due to this, there are so many versions of this diet. Sixteen countries border the Mediterranean with various eating styles within all the regions in each of these countries due to geography, culture, religion, ethnicity, agriculture, and economic factors. However, all that being said, we still see a lot of the same common characteristics.

The Mediterranean diet typically includes numerous seeds, nuts, beans, potatoes, grains, breads, fruits, and vegetables. Olive oil is only used as a primary fat source, poultry only in moderate amounts, along with fish, eggs, and

dairy products. Poultry and fish are shared with this diet, and red meat is not. Sweets are not recommended for dessert over fruit, but red wine only in moderation.

Manufacturers are dishonest for the most part, labeling unhealthy foods with ingredients to avoid like added sugar, table sugar, ice cream, candy, soda, refined wheat, pasta made with refined wheat, grains, white breads, trans fats in margarine, also all highly processed foods made in factories with so many ingredients sounding like chemicals made in a lab.

Nutritional Facts to consider if you are thinking about changing to a Mediterranean-based

diet, this diet used in the 1960s in countries like Greece and Italy, research has found that people from these countries are exceptionally healthy compared to their American counterparts and had a significantly lower risk of disease. Studies show people on the Mediterranean diet have fewer problems with strokes, heart attacks, type 2 diabetes, healthy body weight, and a lower risk of premature death. There is no right or wrong way to follow the diet. This newsletter describes a dietary plan typically studied as a healthy way of eating; based on many countries around the Mediterranean sea, consider all of the above as a guideline in general, not something to be taken in stone. Diets can be adjusted to your individual needs; consult your nutrition expert before making any fitness or dietary changes.

MUST READ: THE MEDITERRANEAN DIET WEIGHT LOSS SOLUTION BY JULENE STASSOU

ASK THE COACH?

Q: COACH BERNARD: I STILL HAVE A STRUGGLE WITH BELIEVING IN PAST LIVES AND THE THOUGHT OF MY SOUL BEING BORN AGAIN. ANY SUGGESTIONS? ALICE P. OR

A; GREAT QUESTION: ALICE, ONLY 2/3 RDS OF THE PEOPLE IN THE WORLD BELIEVE IN PAST LIVES, 20 YEARS AGO I STRUGGLED WITH THIS SUBJECT ALSO, SINCE THEN I WAS INTRODUCED TO DR. LINDA BACKMAN, AND DR. BRIAN WEISS WHO BOTH DID PAST LIFE REGRESSION SESSIONS WITH ME, WHICH ALLOWED ME TO REACH DEEP IN TO MY SOULS PAST LIVES. IT WAS VERY ENLIGHTENING AND PROVED TO BE VERY FACTUAL WITH SOME OF WHAT I HAVE EXPERIENCED IN THIS CURRENT LIFE. AFTER VIEWING APPROXIMATELY 7 LIFE TIMES IN ALL, I AM TRULY CONVINCED THAT OUR SOUL NEVER DIES AND WITH THE PROPER RESEARCH YOU CAN DELVE DEEPER INTO YOUR PAST LIVES, ON EARTH AND POSSIBLY OTHER PLANETS AND BEYOND. WE HAVE PEOPLE AT LIFESOURCE INSTITUTE THAT CAN CONNECT YOU DOWN THE ROAD YOU ARE LOOKING TO TRAVEL DEALING WITH BRIDGING THE GAP BETWEEN SPIRITUAL AND PHYSICAL WORLDS WITH THE INTENT OF HEALING BOTH MIND, BODY AND SPIRIT. PLEASE CONTACT PATIENCE@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.