

# Deep Nutrition Why Your Genes Need Traditional Food Catherine Shanahan

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## Deep Nutrition Why Your Genes

The type 2 diabetes 'epidemic' something I've witnessed with growing alarm over my 44-year medical career as a diabetes specialist and research scientist.

**Of these two, how can the woman on the LEFT be more at risk of type 2 diabetes? Because she's over her 'personal fat threshold' (no, that's not your BMI)**

As mentioned, there are many reasons why you ... can give your fat genes the red light. How so? Plums contain phenolic

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compounds called flavonoids, which lend the fruit its deep color as well ...

### **The Most Common Reason You're Always Bloated, Say Dietitians**

Luckily your gut microbes aren't fixed like your genes and can be altered by diet ... accessible to everybody,' Lisa says. 'That's why we put the posters at bus stops.

### **The Gut Stuff: why it's time to talk about your poo**

As someone who for years has made a living taking off their shirt on television, I am acutely aware of the privilege I have simply for having the genes and ... "Look how your legs help you ...

### **Justin Baldoni Knows the Dark Side of Being a Sex Symbol**

Here's proof: in a study published in the British Journal of Nutrition ... your fat genes the red light. How so? Plums contain phenolic compounds called flavonoids, which lend the fruit its deep ...

### **The Healthiest Bottle of Wine You Can Drink, According to Dietitians**

Both genome-wide linkage scans and candidate gene association studies have had ... The question remains why analysis of SNPs has not identified any variants of sufficiently large genetic effect ...

### **The genetic contribution to non-syndromic human obesity**

Each cell normally contains 23 pairs of chromosomes, which carry the genes inherited from your parents ... charts to ensure she was receiving proper nutrition were not commenced.

### **Coroner slams doctors over 'gross failure of care' of disabled woman, 21, who suffered malnutrition and died after going into hospital for routine eye operation**

A new perspective was needed, which is why we set out to develop a new model of food and nutrition education ... "We researchers have also had to dig deep to understand what food education ...

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## **Toward a gentler relationship with food**

Getty Images By one estimate, low- and middle-income nations won't be fully vaccinated against COVID-19 until 2023 or 2024. Humanity's future, in ...

## **Ethicists prioritize poorer nations for COVID-19 vaccine**

Scientists have found out several genes that were responsible for causing ... This the main reason why most cases of Parkinson's go unnoticed. Though Parkinson's is not a life threatening ...

## **Parkinson's disease**

It is a protein that is encoded in the BDNF gene. This gene is vital ... not sleep so well or sleep too much. Deep sleep is incredibly vital for allowing your body to not only rest but also ...

## **Top 5 BDNF Products for 2020!**

Recently, Casey was home visiting, and she asked me why I was so resistant to the new ways of thinking ... so he used his stethoscope to hear how your heart was beating and how your lungs sounded. And ...

## **Searching for the Fountain of Health**

Their research was funded by the Canadian Institutes of Health Research, Alberta Innovates and the Allergy, Genes, and Environment ... Ramadhan calls for a change in your food habits, and to ...

## **Two Reasons Why Babies Develop Food Allergies**

You see your gym buddy work out much less on that strength trainer but he has much better muscles than you. Why does this happen ... is a well known name in the nutrition industry and has company ...

## **Best Legal Steroids - Natural Alternatives of Steroids for Sale**

The easiest way to get the article on your site is to embed the code below ... the rice blast pathogen population and provided information on the resistance genes that could defend rice varieties ...

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## **Global research partnerships 'obliterated' by UK aid cuts**

I pity many Nigerians who, torn between the devil and the deep blue sea ... author of What Your Doctor Does Not knowAbout Nutrition May be Killing You. His wife was dying of Fibromyalgia ...

## **COVID-19 vaccine: Herbs that can prevent blood clot**

"I was trying to think of ideas and I was out walking my dog one day, and I was like, why is there no ham in ... She also collected facts on nutrition and health, and included simple recipes ...

## **New book for young readers serves bite-size anecdotes, details history of food beloved by kids**

My question took me back into the deep structural flaws that continue to plague Nigeria's agricultural and food systems. I identified challenges that lie at the heart of food and nutrition ...

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