

Download The Fat Fallacy The French Diet Secrets To Permanent Weight Loss

The French paradox is a catchphrase first used in the late 1980s, that summarizes the apparently paradoxical epidemiological observation that French people have a relatively low incidence of coronary heart disease (CHD), while having a diet relatively rich in saturated fats, in apparent contradiction to the widely held belief that the high consumption of such fats is a risk factor for CHD. We have reviewed over 600 diet books. In each review, you will find a list the pros and cons of each diet, a sample meal plan, and professional recommendations. Red wine is probably the most known French paradox contributor. Some scientists believe the French habit of moderate red wine drinking with a meal is the key to French paradox [4-7]. Resveratrol and other antioxidant flavonoids, natural chemical compounds found in red wine, may promote health benefits to the heart and blood vessels. The Seven Countries Study is an epidemiological longitudinal study directed by Ancel Keys at what is today the University of Minnesota Laboratory of Physiological Hygiene & Exercise Science (LPHES). Begun in 1956 with a yearly grant of US\$200,000 from the U.S. Public Health Service, the study was first published in 1978 and then followed up on its subjects every five years thereafter.