

Did you Know?

A British study found that eating shellfish, such as shrimp or crab, once or more a week increased the risk of developing type 2 diabetes by 36% compared with eating it less often. In contrast, people who ate seafood in general once or more a week decreased their risk of type 2 by 25%. Seafood varieties linked to a lower diabetes risk included white fish (like halibut and cod) and oily fish (such as salmon and tuna). Researchers can't tell whether shellfish's apparent negatives stem from the seafood itself or the way it's prepared, such as frying or using mayonnaise-based sauces.

- Diabetes Care, October 2009

Acai berry, pronounced ah-sigh-ee, has become very popular in the US for its many health related benefits. However, research shows that processed forms of acai, such as in supplements, are much less effective than the pulp of the berry itself. You can get all the touted benefits of acai by purchasing the berry frozen and then including it in your favorite recipes, such as a fruit smoothie. [Click here for a protein-packed Banana Acai Smoothie recipe!](#)

-Midwest Health & Wellness Vol 3 Is 1, 2010

We lose muscle as we age due to a variety of factors including gender & genetics and changes in diet & physical activity. Muscle loss leads to poor balance, weaker bones, increased risk of diabetes and more. But, as little as 2 months of resistance training can increase a person's strength by 40%. That means you can reverse the effects of 2 decades of muscle loss in 60 days. The most important thing to remember to reduce muscle loss is to strengthen the big muscles around the thighs, shoulders, arms and back.

-Midwest Health & Wellness Vol 3 Is 1, 2010

All oils are not created equally. We've heard that extra virgin olive oil is one of the "good" fats, but what about coconut, fish and grapeseed oil? Coconut oil has NO cholesterol and aids in supporting your immune system and is great for cooking, baking and as a skin moisturizer. Fish oil helps aid in weight loss and lowers LDLs and you can find capsules in your grocer's supplement section. Grapeseed oil has been used by Europeans to cook for centuries. It has great anti-aging properties!

-Midwest Health & Wellness Vol 3 Is 1, 2010