Modified Mediterranean Approach


- Pall ML, Levine S. Nrf2, a master regulator of detoxification and also antioxidant, anti-inflammatory and other cytoprotective mechanisms, is raised by health-promoting factors. Sheng Li Xue Bao. 2015 Feb 25;67(1):1-18.


Low Glycemic Index and Glycemic Load


Scientific/Medical Publications

Low Glycemic Index and Glycemic Load (cont.)


Targeted Calories

Regular Eating Times

High in Fiber

Low in Simple Sugars
Scientific/Medical Publications

Low in Simple Sugars (cont.)

Balanced Quality Fats

Condition Specific Phytonutrients
Condition Specific Phytonutrients (cont.)


Miscellaneous

Cardiovascular Disease/Metabolic Syndrome/Diabetes


- Pall ML, Levine S. Nrf2, a master regulator of detoxification and also antioxidant, anti-inflammatory and other cytoprotective mechanisms, is raised by health promoting factors. Sheng Li Xue Bao. 2015 Feb 25;67(1):1-18.


Lifestyle


Books