

Health

Harvard University Researchers: Deficiency Of This Nutrient Is Responsible For 72,000-96,000 Preventable Deaths Per Year

If a simple and inexpensive way to make you live longer existed, would you use it?

What's that? Easy question, you say? Well, let's tackle an even easier one first and see if your answer is still the same. Here's the easier question: *What if there was a way for you to eliminate the #1 cause of preventable death in the United States and save money at the same time?* Would you do that? Of course you would... who wouldn't? Evidently, a whole heck of a lot of people would NOT!

Here's the scoop: Harvard researchers just published the results of a study, *"The Preventable Causes of Death in the United States: Comparative Risk Assessment of Dietary, Lifestyle, and Metabolic Risk Factors."* They listed the top causes of preventable death and how many people they estimate die each year from each risk factor.

The number one is tobacco smoking, killing 436,000

-500,000 each year. Simply not smoking would eliminate the leading cause of preventable death from your life – AND save you quite a bit of money. Yet millions still smoke.

The study also found an Omega-3 deficiency causes between 72,000-96,000 deaths every year. This is very similar to

What if there was a way for you to eliminate the #1 cause of preventable death in the United States and save money at the same time? Would you do that? Of course you would... who wouldn't?

the deaths caused by high trans fat intake (between 63,000-97,000). One researcher mentioned it is hard to nail

down a more exact number of deaths because, *"chronic diseases and associated deaths are multi-factorial. As far as diet goes, is it the lack of fruits and veggies or the excess animal and processed foods that is the culprit? It's hard to say."* It was also noted that more research is needed to fully understand why Omega-3 is so effective in establishing a dietary reference intake (DRI). Researchers added that until requirements are established, *"Americans are likely to continue to fall short of their Omega-3 intake."* At least, according to this study, sounds like both increasing Omega-3 and decreasing trans fat intake may be a good idea.

So what were some of the other results of the study? Here they are...

1. **Smoking Tobacco:** 436,000 to 500,000 deaths
2. **High blood Pressure:** 372,000 to 414,000 deaths
3. **Obesity:** 188,000 to

237,000 deaths

4. **Physical Inactivity:** 164,000 to 222,000 deaths

5. **High Blood Glucose:** 163,000 to 217,000 deaths

6. **High LDL Cholesterol:** 94,000 to 124,000 deaths

7. **High Salt Intake:** 97,000 to 107,000 deaths

Other risk factors included: alcohol use, low polyunsaturated fatty acids, and low intake of fruits and vegetables.

So, what are you probably eating that could be contributing to the SECOND cause of preventable death which is high blood pressure? According to that study, high blood pressure kills between 372,000-414,000 every year. And listen to this... On September 23, 2009, according to Reuters, a recently released study found a diet high in a form of sugar found in sweetened soft drinks and junk food raises blood pressure among men. Reuters' reports, the study *"provided the*

See "Pritsker" Page 12

Sciatica? Disc Herniation?

New FREE Video Reveals How You Can Eliminate Your Back Pain Forever!

A new Free Video has recently been released that reveals a medical breakthrough technology that can eliminate your back and leg pain without drugs and surgery. Thousands of back pain sufferers around the world are already living pain free and enjoying life due to this revolutionary technology. As seen on ABC, NBC, and CBS news across America, discover for yourself how you can end your pain once and for all.

To get the FREE Breakthrough For Back Pain Video mailed to you right away, call the toll free 24 hour recorded message at 1-888-867-4951.

WHY ADVERTISE IN MISSION VALLEY NEWS & VIEWS?

OUR 4TH YEAR

The *Mission Valley News & Views* offers a unique venue to increase sales for your products by reaching the specific target market of over 20,000 Mission Valley residents and the literally millions of tourists and shoppers drawn to the Mission Valley area each year.

20,000 issues are published monthly in full color. The content of *Mission Valley News & Views* is, and will remain, positive articles of specific interest to our targeted audience.

Distribution is to over 400 locations in Mission Valley and some surrounding areas including hotels, businesses, condo and apartment dwellers, stores, restaurants, all trolley stops, the security office of Qualcomm Stadium, the Food Courts at Mission Valley Shopping Center and Fashion Valley Mall, plus the City and County Administration Buildings and the Courthouse downtown, etc. We are currently delivering to over 3,500 condo and apartment dwellers.

In addition, all of the pages and stories are listed on our web site www.missionvalleynewsviews.com, as well as, our advertising rates.

Full editorial support will be offered to all advertisers on a no-cost basis.

Our Rates are unbeatable for access to this unique market which is constantly growing. And, your ad remains for one full month!

DO NOT DELAY..INCREASE YOUR SALES

Call us today

6855 Friars Rd. #26, San Diego CA 92108

**Phone: 619.291.0200
Fax: 619.294.7366**

**missionvalleynews@yahoo.com
www.missionvalleynewsviews.com**