

No One Ever Got Fat Eating Broccoli!

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By Andrew Cavanagh (AMWA)

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Diet tips for losing weight abound. Some are good, some questionable and some are just plain crazy. At the risk of joining the ever growing list of diet tips here is probably the most important diet key both to weight loss and and excellent health.

"No one ever got fat eating broccoli."

When you eat carbohydrates this stimulates the release of a hormone called insulin. Insulin stimulates an enzyme called lipoprotein lipase and lipoprotein lipase stimulates your body to store fat.

So a meal too high in carbohydrates can put your body in fat storage mode. But it gets worse than that.

Insulin also stimulates the production of a group of controlling hormones called type II or "bad" eicosanoids.

These bad eicosanoids are linked to nearly every chronic disease including heart disease, cancer, depression, asthma, hypothyroidism and erectile dysfunction just to name a few.

Controlling your intake of carbohydrates is crucial to control insulin and controlling insulin is crucial for fat loss and excellent health.

What's the simplest way to control insulin?

Eat low glycemic fruit and vegetables for carbohydrates.

The slower a food converts into blood glucose the less insulin is released. Low glycemic fruit and vegetables, like broccoli, convert to glucose very slowly in your body.

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Fruit and vegetables are also high in the antioxidants, flavinoids, vitamins and minerals so beneficial to your health.

So eat low glycemic fruit and vegetables for carbohydrates and avoid poor choices of carbohydrates like sugar filled sweets and drinks, dohnuts, biscuits and french fries.

Remember: "No one ever got fat eating broccoli.

Andrew Cavanagh (AMWA)

For the healthiest carbohydrate choices read the Low Glycemic Carbohydrates Guide free at

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1. Andrew Cavanagh is a professional health writer and member of the Australasian Medical Writers Association.

He is the author of One Hour to Glorious Health and Permanent Weight Loss, the groundbreaking From Depression to Glorious Health in Six Steps and the entertaining, educational Undersize Me – a month of great food and exercise.

2. A colour cartoon JPEG can be supplied with this article if you would like to post it on your website.

3. A short MP3 audio (around 100kb) can also be supplied with this article – again for use on your website.

4. You can contact the author Andrew Cavanagh by email at

Tomatoes Fight Cancer Best When Used With Broccoli

By Dr. John Roberts

A recent study suggested that eating tomatoes and broccoli together can enhance the anti-cancer potency possessed by tomatoes and broccoli.

In the study, rats were injected with human prostate tumors. And they were fed powdered tomato and dried broccoli. Used also in the study was finasteride, a drug that shows to slow the benign growth of the prostate.

The study found that the rats use diets with tomatoes and or broccoli get the smaller tumors. The diet

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with both tomatoes and broccoli is most effective and finasteride is least effective in slowing the tumor growth.

Tomatoes are known for its anti-cancer properties. Lycopene is believed to be the major active component in tomatoes that is responsible for the anti-cancer activity.

Anti-cancer bioactivity has been reported in broccoli. It's believed that glucosinolates may be responsible.

The study was conducted by Dr. John Erdman and colleagues at University of Illinois at Urbana-Champaign.

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John Roberts is a freelance writer for

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