

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The French Paradox

By Simon Mitchell

The French Paradox

by: **Simon Mitchell**

The French, in terms of diet and disease, are a statistical enigma. They relish high fat food, consume alcohol regularly and often smoke – the very picture of the World Health Organisations risk group. High protein, meat based meals include duck, goose and pork – even cooked in fat as a preference! Butter, cream, pork fat and wine are regular ingredients.

Yet they have comparatively low rates of stomach and colon cancer and the second-lowest world incidence of heart disease after Japan. The French Paradox is well known to nutritionists and reasons for this statistical enigma are emerging.

One of their pet names for the English is Les Ros Bif, in reference to the traditional overcooked Sunday roast dinner. French cooking is much lighter than British, leaving many of the valuable nutrients in the food, rather than throwing them out with the pan water. The French relish their food and eat widely, they often take the trouble to prepare meals from fresh, home-grown, organic produce, meaning they get more minerals and nutrients from food.

They also mix food elements to compliment each other, from a very wide base of ingredients that change with the seasons. High protein dishes are accompanied by generous salads and nutritious, easily assimilated soups are popular. Dried broad beans and chick peas are also part of winter staples, adding anti-oxidant beans and pulses to a wide diet. It is a well celebrated fact that the French eat everything!

Polyphenols in red wine and the intelligent French use of herbs in cooking help to break down fats in the food and aid digestion. Alcohol licensing laws in France also mean that they tend not to binge drink as much as countries with more restrictive licensing laws. The anti-oxidant properties of red wine in its moderate but steady intake are a contributing factor to French health.

The French Paradox

Research in McDonalds restaurants in France also reveals interesting evidence. It was found in America that the average time it took a person to consume a burger was 11 minutes. In France this doubled to 22 minutes. In France eating is often a cultural and family activity. They take their time eating and conversation is an important part of sharing food. They make eating into a quality time. The French diet is Epicurean compared to the American convenience diet, where cheap, snack food is widely available wherever you go. The car centred culture of America also means its inhabitants sometimes lack exercise.

The French have an attitude to eating that is not fixated on health or medicalising food, just simple enjoyment of wholesome and fresh ingredients prepared well. People in rural France often value the whole process of food from growing it right through to preparing and eating. It is no surprise that internationally known French phrases include such as Bon appetit or Joi de vivre.

Simon Mitchell

This is an extract from 'Don't Get Cancer'a new ebook available only at:
<http://www.simonthescribe.co.uk/don'tget1.html>

Conmathematical Resolution of Russell's Paradox

By Dr Kedar Joshi

Conmathematical Resolution of Russell's Paradox by Dr Kedar Joshi

Russell's Paradox –

'A paradox uncovered by Bertrand Russell in 1901 that forced a reformulation of set theory. One version of Russell's paradox, known as the barber paradox, considers a town with a male barber who, every day, shaves every man who doesn't shave himself, and no one else. Does the barber shave himself ? The scenario as described requires that the barber shave himself if and only if he does not ! Russell's paradox, in its original form considers the set of all sets that aren't members of themselves. Most sets, it would seem, aren't members of themselves – for example, the set of elephants is not an elephant – and so could be said to be "run-of-the-mill". However, some "self-swallowing" sets do contain themselves as members, such as the set of all sets, or the set of all things except Julius Caesar, and so on. Clearly, every set is either run-of-the-mill or self-swallowing, and no set can be both. But then, asked Russell, what about the set S of all sets that aren't members of themselves ? Somehow, S is neither a member of itself nor not a member of itself.'

(See David Darling : The Universal Book of Mathematics, 2004)

Conmathematical Resolution –

The term 'Conmathematics' means conceptual mathematics (invented by Dr. Kedar Joshi (b. 1979), Cambridge, UK). It is a meta – mathematical system that defines the structure of superultramodern mathematics. It essentially involves a heavy or profound conceptual approach which is in striking

The French Paradox

contrast with the traditional symbolic or set theoretic approach.

Now conmathematically Russell's paradox is quite easy to resolve. The conmathematical resolution could be stated in just one sentence : As there is no barber who shaves every man who doesn't shave himself, and no one else, likewise there is no set of all sets that aren't members of themselves.

This sentence is justified or explained below.

Suppose there is a barber who shaves every man who doesn't shave himself, and no one else. Now the barber himself is a man and the supposition requires that the barber shave himself if and only if he does not ! This contradiction straightaway implies that the supposition is false. That is, there is no barber who shaves every man who doesn't shave himself, and no one else.

The justification of the sentence 'there is no set of all sets that aren't members of themselves' goes on similar lines.

Conmathematial foundations of mathematics, being very profound and deep, easily absorb shocks of such fuzzy paradoxes, where the set theoretical foundations need to be reformulated.

None

Related Content:

Read more Content at

Related Products:

: A genuine resource center for Quality Ebooks and Softwares



This Free E-Book has been brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!