

## Weekly Wellness Tip

Week of February 7th, 2008

As So if you're still not certain you want to commit to the Mediterranean diet, consider the conclusions of this study of 2300 older men and women, published in the prestigious Journal of the American Medical Association:

"Conclusion: Among individuals aged 70 to 90 years, adherence to a Mediterranean diet and healthful lifestyle is associated with a more than 50% lower rate of all-causes and cause-specific mortality."

Consider that for most studies of this type, differences of four or five percent is considered significant. We're talking 50% here. Don't hesitate to give us a call. Good health.