

Dear THI member,

**Welcome to our October newsletter.**

Dive into this edition to get a glaring look at our planetary health, welcome our new council member, get a peek at the upcoming continuing education course on Menopause Health, and gain insights from our spotlighted council member.

Here's this month's latest highlights in the world of nutrition and health 🍌

## Food for Thought

*From the Founder's Desk*



**In this riveting discourse**, Dr. David Katz casts humanity as a “thinking virus,” inadvertently fueling our planet’s decay amidst scorching global temperatures and unprecedented climate phenomena.

Challenging our complacency and selective debates on carbon emissions, Dr. Katz emphasizes that our survival hinges on urgent, collective action. His words serve as a stark reminder that as the Earth languishes, so do we.

[Read the article here →](#)

## Welcome our New Council Member

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Alan Freishtat – Certified Personal Fitness Trainer and Wellness Coach. Contributed articles as a Health and Lifestyle columnist to The Jerusalem Post, Hamodia International edition, INYAN Magazine (U.S. edition), Yeshiva World News, and numerous other publications. Sat on the Board of Advisors for Find A Trainer-Israel.

Welcome



**Alan Freishtat**

“The sense of satisfaction when you have helped turn someone’s life around for the better is a feeling beyond description. And being selected to serve on the Council of THI has been one of the professional highlights of my career. This has given me a new status in the eyes of other health professionals, which in turn allows me to help those who seek my guidance and assistance.

THI’s dedication to the advancement of lifestyle as the main thrust of improving health and wellness in the world aligns perfectly with the inroads I have been making with my community for the last many years. Now, joining the ranks of the illustrious members of the Council, many of whom are pioneers of lifestyle medicine, will give me a greater ability and credibility to help those who seek my expertise.

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[Read his complete bio here →](#)

## Coming soon: Continuing Education Course on Menopause Health

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Poorly managed [menopause](#) can lead to increased risks of weight gain, osteoporosis, bone fractures, heart diseases, cancer, thyroid issues, and more. And medical practitioners often turn to Hormone Replacement Therapy (HRT) as the primary solution.

While HRT can be beneficial for some, its potential risks make it a less-preferred option for many.

Yet a [woman's health](#) during the menopause transition is one of the most overlooked areas although diet and lifestyle modifications have been shown to balance hormones and reduce unwanted symptoms.

**Our parent company, [The Health Sciences Academy](#), is changing this for the better by launching an exclusive evidence-based continuing education course on Menopause Health.**

So if you are committed to supporting women in premenopausal, perimenopausal, or post-menopausal stages, this is a golden chance to secure early access and enjoy special launch benefits.

[Join the waiting list today →](#)

Are you an expert in Menopause Health?

Please recommend critical research that should be included.

## THI Council Spotlight

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Claus Leitzmann, PhD in Biochemistry from the University of Minnesota. Researched at the University of California with Nobel laureate Paul Boyer, and later at the Malnutrition and Anemia Center in Thailand



Research Paper

### **The Role of Cow's Milk Consumption in Breast Cancer Initiation and Progression**

Breast cancer is the world's most prevalent cancer, with a staggering 2.3 million women diagnosed in 2020 alone. But what if one of our most common dietary components played a more significant role in its onset and progression than we realized? Dr. Claus Leitzmann delves into the intricate relationship between cow's milk and the risk of breast cancer.

From the potential risks associated with non-fermented milk consumption over a lifetime to the genetic vulnerabilities that might intensify these dangers, Leitzmann's study is a clarion call. It demands a rethink of our dietary guidelines and underscores the pressing need for future research that dives deep into the crucial phases of breast carcinogenesis in relation to cow's milk exposure.

[Dive into the full paper here →](#)

## In the News

### Diet ID Joins Forces with Tangelo

A strategic collaboration unfolds as Diet ID, renowned for digital dietary evaluation, and Tangelo, a stalwart in the food-as-medicine sector, merge to foster AI-driven, personalized nutritional solutions.

With Dr. David L. Katz as Tangelo's new Chief Medical Officer, the integration promises bespoke dietary prescriptions, enriched behavioral guidance, and culturally inclusive meal options, pioneering a new horizon in health and nutrition.

[Read the press release here →](#)

*"Our synergies with Tangelo in the food-as-medicine space are incredible. In our first project together nearly 2 years ago, we completed comprehensive dietary assessments, and then went on to improve diet quality – in over 10,000 SNAP-eligible adults in an underserved population.*

*Tangelo's focus on disadvantaged communities and the commitment to providing nutrition support where it is most needed, really drew us in. There is so much good we can do as a combined entity."*

- Dr. David Katz  
MD, MPH, FACPM, FACP, FACLM, Founder of Diet ID and True Health Initiative

Thank you for taking the time to read this month's updates. We value your interest and are always here to support and guide your health journey.

Wishing you a month filled with knowledge, wellness, and growth 😊

*Team True Health Initiative*



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