

Welcome to our February newsletter!

Highlighting this month is the intriguing research featured in Netflix’s ‘You Are What You Eat: A Twin Experiment’, where the power of diet takes center stage.

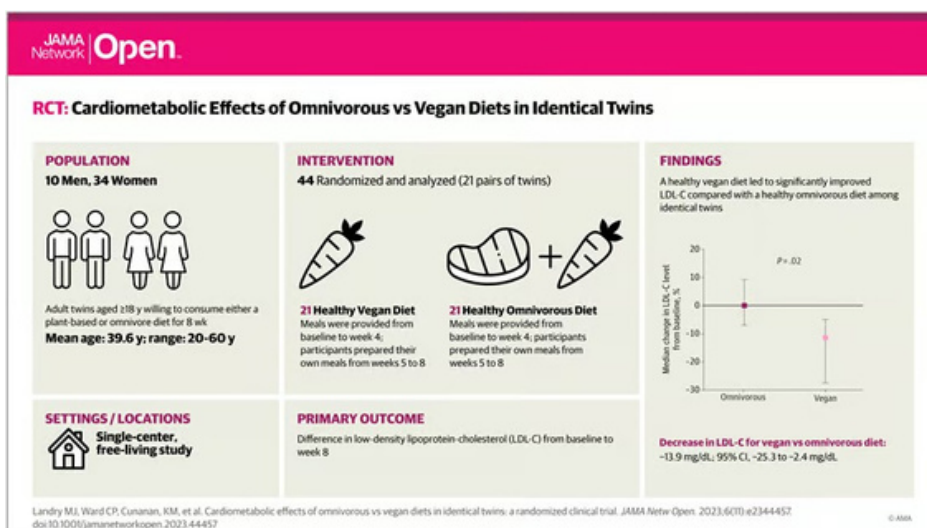
Join us as we navigate this fascinating study, exclusive interviews around Menopause Health, and the latest council research papers to inspire and inform your health decisions in 2024.

In the Spotlight

Discover the Science Behind Netflix’s ‘You Are What You Eat: A Twin Experiment’

In the latest Netflix series that's all over the news – [‘You Are What You Eat’](#) – Christopher Gardner, an esteemed THI Council Member, shines a light on his groundbreaking study involving identical twins on diverging diets.

This scientific exploration, captured through engaging storytelling, delves into the vegan versus omnivore dietary debate with a unique twist: Using identical twins as a control for genetic variables.



This unique study, '[Cardiometabolic Effects of Omnivorous vs Vegan Diets in Identical Twins](#),' now showcased to a worldwide audience, offers compelling evidence on how plant-based diets can significantly improve heart health, lower LDL cholesterol, and support overall well-being.

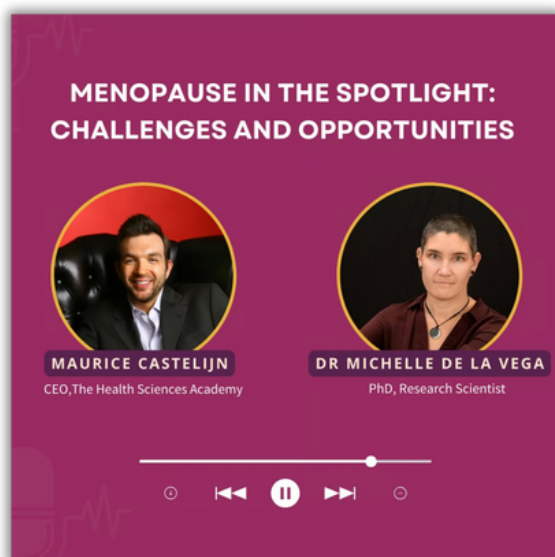
His reflections on the impact of this research highlight a crucial message: Moving towards a diet rich in plants and less dependent on meat is more than a personal health choice — it's a step towards global wellness.

[Read the research paper here→](#)

Watch the Menopause Health Interview Series

Menopause is often the unspoken chapter in every woman's life. So we're joining forces with our partners at The Health Sciences Academy to turn up the volume on this vital topic and amplify our collective impact, across all 6 lifestyle medicine pillars!

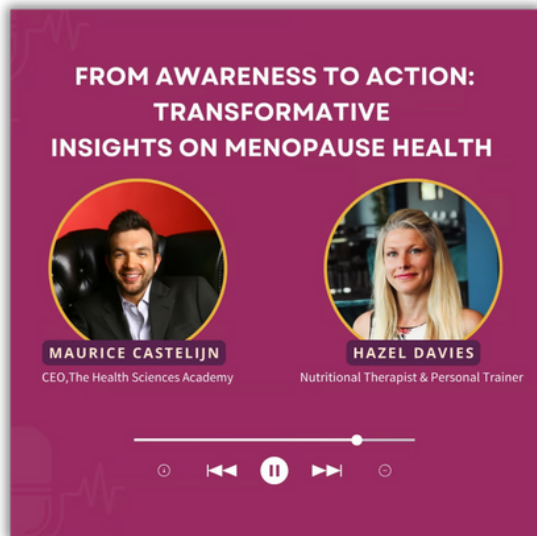
Tune into these exclusive interviews and join the movement



Dr Michelle de la Vega, PhD, Research Scientist, VP of Science Education at THSA, and THI Affiliate, highlights a startling reality: Menopausal symptoms are pushing women to reconsider their careers! She focuses on the huge knowledge gap and stigma around menopause, underscoring the need for better education, awareness, research, and resources.

She stresses on adopting holistic approaches to manage menopause, including nutrition and lifestyle changes.

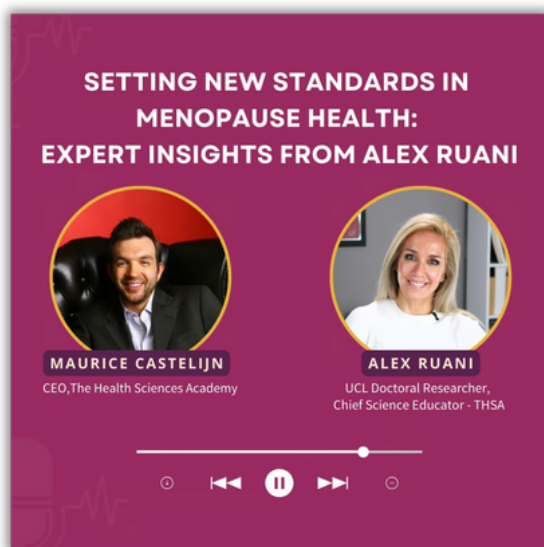
[Watch the interview now →](#)



Hazel Davies, Nutritional Therapist and Personal Trainer, explores the crucial role of health and wellness professionals in providing informed, empathetic care to women going through menopause.

She voices out the unspoken struggles of this life transition – from battling symptoms to profound shifts in personal and work life. And how combining nutritional guidance, fitness strategies, and emotional support can help navigate it successfully!

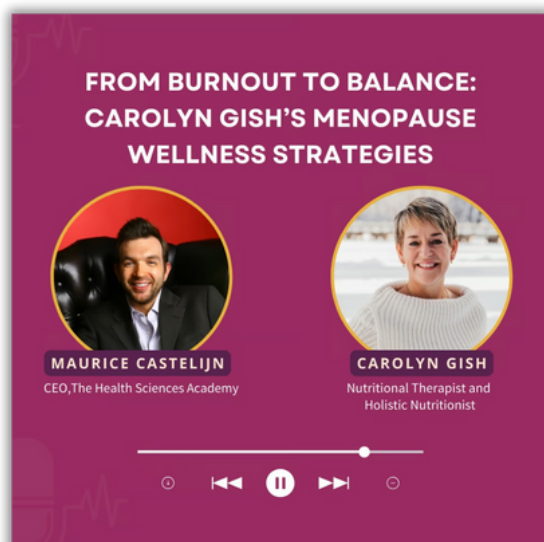
[Watch the interview now →](#)



This interview with Alex Ruani, Chief Science Educator at The Health Sciences Academy and UCL Doctoral Researcher, is a clarion call for greater awareness, open dialogue, and proactive management!

Right from the power of knowledge and self-empowerment in navigating menopause to the need for more research and informed healthcare practices - she highlights the complex challenges women face, including hormonal shifts, societal pressure, and so much more!

[Watch the interview now →](#)



This interview with Carolyn Gish, an experienced Nutritional Therapist and Communication and Connection Coach, shows you how to turn the menopause transition from a period of difficulty into an opportunity for growth and well-being!

Right from workplace challenges to the silent struggle with symptoms like anxiety, weight gain, and sleep disturbances - she shares real-life examples and evidence-based solutions to navigate menopause with grace, empowerment, and knowledge.

[Watch the interview now →](#)

Additional Reads

Dive into these recent publications by our Council Members
(*highlighted their names in bold for you*).

- **Association of glycaemic index and glycaemic load with type 2 diabetes, cardiovascular disease, cancer, and all-cause mortality: a meta-analysis of mega cohorts of more than 100 000 participants.** Jenkins DJA, **Willett WC**, Yusuf S, **Hu FB**, Glenn AJ, Liu S, Mente A, Miller V, Bangdiwala SI, Gerstein HC, Sieri S, Ferrari P, Patel AV, McCullough ML, Le Marchand L, Freedman ND, Loftfield E, Sinha R, Shu XO, Touvier M, Sawada N, Tsugane S, van den Brandt PA, Shuval K, Khan TA, Paquette M, Sahye-Pudaruth S, Patel D, Siu TFY, Srirachaikul K, Kendall CWC, Sievenpiper JL; Clinical Nutrition & Risk Factor Modification Centre Collaborators. Lancet Diabetes Endocrinol. 2024 Feb.
- **Parliamentary reaction to the announcement and implementation of the UK Soft Drinks Industry Levy: applied thematic analysis of 2016-2020 parliamentary debates.** Jones CP, Lawlor ER, Forde H, Theis DRZ, Cummins S, Adams J, Smith R, **Rayner M**, Rutter H, Penney TL, Alliot O, Armitage S, White M. Public Health Nutr. 2024 Jan
- **Plant-based diets and the incidence of cardiovascular disease: the Million Veteran Program.** Li Y, Wang DD, Nguyen XT, Song RJ, Ho YL, **Hu FB**, **Willett WC**, Wilson PWF, Cho K, Gaziano JM, Djousse L. BMJ Nutr Prev Health. 2023 Dec.
- **#HealthyLifestyle: A Q methodology analysis of why young adults like to use social media to access health information.** Triptow C, Freeman J, Lee P, **Robinson T.** J Health Psychol. 2024 Feb.
- **Do Global Dietary Nutrient Datasets Associate with Human Biomarker Assessments? A Regression Analysis.** Smith MR, **Myers SS.** Am J Clin Nutr. 2024 Jan.

- **The Association between Cardiorespiratory Fitness and the Risk of Breast Cancer in Women.** Katsaroli I, **Sidossis L**, Katsagoni C, Sui X, Cadenas-Sanchez C, Myers J, Faselis C, Murphy R, Samuel IBH, Kokkinos P. Med Sci Sports Exerc. 2024 Jan.
- **Competitive Foods' Nutritional Quality and Compliance with Smart Snacks Standards: An Analysis of a National Sample of U.S. Middle and High Schools.** Cohen JFW, Kesack A, Daly TP, Elnakib SA, Hager E, Hahn S, Hamlin D, Hill A, Lehmann A, Lurie P, Maroney M, Means J, Mueller MP, Olarte DA, Polacsek M, Schwartz MB, Sonnevile KR, Spruance LA, Woodward AR, Chapman LE. Nutrients. 2024 Jan.
- **Sugar- or artificially-sweetened beverage consumption, physical activity, and risk of cardiovascular disease in adults: a prospective cohort study.** Pacheco LS, Tobias DK, Li Y, Bhupathiraju SN, **Willett WC**, Ludwig DS, Ebbeling CB, Haslam DE, Drouin-Chartier JP, **Hu FB**, Guasch-Ferré M. Am J Clin Nutr. 2024 Jan 5:S0002-9165(24)00001-7. doi: 10.1016/j.ajcnut.2024.01.001. Online ahead of print.
- **Plasma metabolite profile of legume consumption and future risk of type 2 diabetes and cardiovascular disease.** Margara-Escudero HJ, Paz-Graniel I, García-Gavilán J, Ruiz-Canela M, Sun Q, Clish CB, Toledo E, Corella D, Estruch R, Ros E, Castañer O, Arós F, Fiol M, Guasch-Ferré M, Lapetra J, Razquin C, Dennis C, Deik A, Li J, Gómez-Gracia E, Babio N, Martínez-González MA, **Hu FB**, Salas-Salvadó J. Cardiovasc Diabetol. 2024 Jan.
- **Modifiable Lifestyle Factors, Genetic Risk, and Incident Peripheral Artery Disease Among Individuals With Type 2 Diabetes: A Prospective Study.** Zhu K, Qian F, Lu Q, Li R, Qiu Z, Li L, Li R, Yu H, Deng Y, Yang K, **Pan A**, Liu G. Diabetes Care. 2024 Jan.

Thank you for reading our February knowledge booster! 😊



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