

## Welcome to our March newsletter

### March is synonymous with growth and renewal!

In this spirit, our latest newsletter delves into groundbreaking nutritional research and showcases events designed to enhance our collective understanding of wellness.

From the heart-healthy secrets of the Atlantic Diet to specialized nutrition education events and guides, we're here to provide you with the tools you need for a healthier tomorrow.

## Food for Thought

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The traditional diet of northern Portugal and northwestern Spain, known as the Southern European Traditional Atlantic Diet, or Atlantic Diet for short, may hold some clues to better heart health and a lower risk of dying early from cancer, heart disease or any cause.

**What's our take on it? Here's an expert commentary by Dr Simon Poole, MBBS, DRCOG, Cambridge.**

“It seems that with each month that passes, a new diet is in the headlines.

**In recent weeks there have been a number of articles in the media about the 'Atlantic Diet' following research published by scientists about a particular dietary pattern which has been described in Spain and Portugal.**

The data certainly showed some beneficial outcomes for people who were following the diet with reduced incidence of metabolic syndrome - the combination of high blood pressure, obesity and high LDL cholesterol.

The Atlantic Diet has been described as being very similar to the Mediterranean Diet but allows more of certain foods which are eaten in the Atlantic rather than the Mediterranean coastal areas of these countries, such as a greater emphasis on cod, which tends to inhabit the cooler waters of the Atlantic ocean. There may also be a greater consumption of potatoes and some dairy products from the region.

**However, what unites them is the absence of processed foods and the presence of ingredients we know to be good for health.**

Vegetables, legumes, fruits, wholegrains, nuts, seeds, herbs, spices and the regular use of extra virgin olive oil are all included in Mediterranean Diet scores and are very much the basis for the Atlantic Diet. Rather than identifying the foods that separate these two healthy diets, it is probably more useful to promote the foods that unite them. Rather than identifying a 'new' diet to add to the list of so many fad diets which gain passing media interest, it is probably better to acknowledge and celebrate the common features of the different regional Mediterranean diets, and to do the same for the many 'heritage' diets from other parts of the world which consists of healthy unsaturated fats, plant-based proteins, low glycemic carbohydrates, high levels of micronutrients from well managed and sustainable soils and the multitude of bioactive compounds from plants grown in harmony with the land.

**- Dr Simon Poole, MBBS, DRCOG, Cambridge**

# Want to Transform Nutrition Science into Real-world Success?

Join the Nutrition Education Annual Event 2024 – featuring VIP guest Dr Tom Rifai, MD, FACP, DipABLM, and True Health Initiative Council Member



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Fasting Uncovered: Evidence on TRE, Ramadan, Intermittent, Mimicking, and Prolonged Fasts

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Nutrition Clients: Too Few or Too Many? How to Identify Your Growth Opportunities

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Afraid to Niche? Nutrition Client Niching Gone Wrong: Where to Focus First vs Last

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Developing Your Flagship Nutrition Program with Alex Ruani

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Dr Tom Rifai on Bridging Nutrition and Medicine for Better Health (Live interview w/ Q+A)

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Food Additives Hypersensitivities Uncovered: E-numbers, Sweeteners, and other Processing Compounds

The Health Sciences Academy has put together a month-long event, packed with interactive trainings and practical tools to grow a successful practice. It features a series of complimentary webinars on a wide range of topics – from nutrition science to success for your practice.

**Plus you have the unique opportunity to learn from some of the most respected voices in the world of nutrition and health, including Dr Tom Rifai who will dive into bridging nutrition and medicine for better health.**

Since you are part of the True Health Initiative community, you're one of the first ones to know.

**Secure your FREE seat now →**

## In the Spotlight

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### 1. Comprehensive Nutrition Guide for Seniors by Council Member Ruth Phillips



Maintaining good health and enjoying a balanced diet can be quite a task as we age. Nutrition plays a crucial role in the well-being of senior citizens. A well-rounded and rich diet ensures seniors have the essential nutrients for optimal bodily function.

Moreover, healthy eating habits can significantly reduce the risk of age-related ailments like osteoporosis, heart disease, and type 2 diabetes. Our Council Member, Ruth Phillips at [caring.com](https://www.caring.com) has developed a guide that offers insights into the unique nutritional needs of seniors to assist them and their loved ones.

**[Check out the Guide now →](#)**

*“Nutrition is a vital part of health, especially for seniors. Eating healthily can go a long way in preventing illness, particularly diseases more common as people age, such as osteoporosis, heart disease and type 2 diabetes.*

*This guide talks about the unique nutritional needs of seniors and some of the common challenges they face when it comes to eating healthily. It includes tips for planning a healthy diet and special dietary accommodations in senior living facilities.*

*It also outlines valuable food safety information for seniors and resources to help older adults access the nutritious foods they need.”*

- Ruth Phillips

Community Outreach and Senior Advocate, [caring.com](https://www.caring.com), and esteemed THI Council Member

## 2. Art and Science of Health Promotion Conference on 'The Essential Role of Health Promotion in Advancing Health Equity'



The Art and Science of Health Promotion Conference is a dynamic gathering designed to unite health promotion and wellness professionals from various fields and backgrounds. This engaging three-day Core Conference is complemented by pre-conference Intensive Training Seminars, offering a rich blend of scientific insight and practical strategies.

Expect inspiring keynotes and interactive sessions, and explore how health initiatives can contribute to more equitable outcomes. Hosted by the International Foundation of Employee Benefit Plans, this event is a must-attend for those dedicated to making a difference in public health and wellness.

[Download the PDF with event details →](#)

### On Our Radar

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Behind the scenes, a collective of THI members is joining forces with top scientists, educators, and influencers to challenge the meat and dairy industries' influence on dietary science and guidelines.

These issues collectively lead to widespread 'misguidance' regarding dietary choices, significantly impacting both human and planetary health. The goal is to reshape dietary guidelines for the betterment of global wellness and sustainability.

**Stay tuned for how you can contribute to this pivotal movement.**

Thank you for reading our March knowledge booster! 😊



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