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**This diet could significantly lower mortality risk in women**

2 messages

**the long game by mbg** <hello@hello.mindbodygreen.com>

Tue, Jul 2, 2024 at 5:30 AM

Reply-To: thelonggame@mindbodygreen.com

To: michellebvartan@gmail.com

mindbodygreen July 02, 2024

Good morning! This send is transporting me to the Mediterranean Sea. I'm recalling travels to Greek islands—warm days spent sauntering through small streets and eating fresh fish and mixed olive plates. At the time, I didn't realize I was also learning how to live longer. And it's not just from that freeing feeling that comes with living like the Europeans, there's increasingly more science to back up their lifestyle choices.

Read on to learn about the latest research on how following the Mediterranean diet can add many years to your life, and lively years at that. **If you follow the Mediterranean diet, what changes have you noticed in your health?** Would love to hear from you.

— Michelle Vartan, Writer & Editor

The Mediterranean diet proves to be effective in living longer.

The benefits of the Mediterranean diet are well-studied. But how do these findings apply to women—specifically American women—and not just those who live in the blue zones of Italy or Greece (exceptionally healthy communities)? A new study took a look:

- Researchers followed 25,000 American women for up to 25 years.<sup>1</sup> They evaluated a panel of approximately 30 biomarkers representing various clinical risk factors.
- They found a higher adherence to the Mediterranean diet was associated with **23% reduced risk of mortality**.
  - Metabolic and inflammation biomarkers made the largest contribution.
- The results also showed a **benefit to lowering both cancer and cardiovascular risk**—the top causes of death in women.

**The Gist:** Watch what you eat. Healthier dietary habits, like eating Mediterranean style, can help you live longer.

+ Eat Mediterranean:

- Try this [7-day Mediterranean meal plan](#)
- Following the Mediterranean diet? [Add a keto twist](#)
- Find out why [this diet lowers cancer risk](#)

## Stop low back pain in its tracks



Just **two hours of continuous sitting** can trigger lower back pain<sup>2</sup>—which is bad news for the 80% of Americans who work predominantly sedentary jobs.<sup>3</sup>

### Let's break it down:

- Lower back pain impacts more than 619 million people globally.<sup>4</sup>
- Chronic pain has been linked to anxiety, depression, fatigue, trouble falling asleep, and mood changes.<sup>5</sup>
- Frequent movement breaks, standing desks, stretching, massage, and core strengthening exercises are effective ways to reduce low back pain from sitting.<sup>6</sup>

There are endless recommendations for back pain remedies (and I've tried a lot of them)—but **the biggest game-changer for my sore muscles** has been the Hyperice Venom 2 Back. The wearable device combines heat, massage, and compression to **ease my pain instantly**.

Use code **MINDBODYGREEN** to save 15% and feel the relief for yourself.

Save Now

## Take the stairs

When you're faced with the choice of climbing up the stairs or opting for the elevator, we have new info that may influence your decision: New research reveals that opting for the stairs could help you live longer.<sup>7</sup>

Cardiovascular disease is preventable with exercise and stair climbing can be overlooked as an accessible way to get your heart pumping. Here's what they discovered:

- The study investigated whether climbing stairs could reduce the risk of cardiovascular disease and premature death.
- Compared with not climbing stairs, stair climbing was associated with a **24% reduced risk of dying from any cause and a 39% lower likelihood of dying from cardiovascular disease.**
  - More specifically, there was a reduced risk of heart attack, heart failure, and stroke.
- The study authors concluded that encouraging people to take the stairs in day-to-day life will improve heart health.

**The Gist:** Whether at work, home, or in between, take the stairs to help your heart.

+ Heart pumping

- [Climb this many flights](#) to cut heart disease risk
- [5 nutrients](#) to promote heart health
- How sleep impacts your [heart health](#)

## Just Desserts



Credit: Credit: Dobránska Renáta / Stocksy

- Try these [11 desserts](#) that are Mediterranean-diet-approved
- Chocolate treats [that won't mess with your blood sugar](#) (at least as much)
- A keto neuroscientist's [nighttime treat](#)
- A [one-bowl carrot cake](#) for a no-mess cleanup

## Hyperice Venom 2 Back

This wearable device offers instant relief for lower back pain, without interfering with your day-to-day. Use code **MINDBODYGREEN** for an exclusive discount.



Save 15%

## Low Lift Tip Of The Week

Say it with us: Carbs are not the enemy. In fact, some carbs may aid in recovery, notes exercise physiologist, physical trainer, and ultra runner Alyssa Olenick, Ph.D.

If you want to eat healthier carbs, **stick to what Olenick calls “strict carbs,” which are foods that are high in other nutrients.** Like:

- Whole fruit
- Oats
- Quinoa
- Rice
- Potatoes

For an extra boost, pair your carbohydrates with other macronutrients to boost satiety. Learn more about [carbs and recovery here](#).

That’s it for ***the long game***—thanks for playing. Have a great weekend!

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*Credential check:*

- *Written by mindbodygreen’s Michelle Vartan, Writer & Editor*
- *Expert reviewed by mindbodygreen’s nutrition research scientist, [Emma Engler, M.S.](#)*

1 [JAMA Network Open](#)

2 [International Journal of Environmental Research and Public Health](#)

3 [Journal of the American Heart Association](#)

4 [World Health Organization](#)

5 [Cleveland Clinic](#)

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7 [European Society of Cardiology](#)

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**Michelle Vartan** <michellebvartan@gmail.com>  
To: Michelle Vartan <michellebvartan@gmail.com>

Tue, Jul 2, 2024 at 7:26 AM

Sent from my iPhone

Begin forwarded message:

**From:** the long game by mbg <[hello@hello.mindbodygreen.com](mailto:hello@hello.mindbodygreen.com)>  
**Date:** July 2, 2024 at 5:30:47 AM PDT  
**To:** [michellebvartan@gmail.com](mailto:michellebvartan@gmail.com)  
**Subject:** This diet could significantly lower mortality risk in women  
**Reply-To:** [thelonggame@mindbodygreen.com](mailto:thelonggame@mindbodygreen.com)

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