we talk about the health benefits of certain foods-- we're talking about your physical health. but the foods found in a mediterranean diet may help your mental health as well. action 4's matt cherry explains in today's medical moment. medical experts have for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10- thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components.
Entry #2

7 News: Good Morning
Texoma
KSWO (ABC)Wichita Falls, TX
DMA: 149
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News
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((tom)) usually, when we talk about the health benefits of certain foods, we’re talking about your physical health. But as terri poahway tells us, the foods found in a mediterranean diet may help your mental health as well./// -- ---((pkg 1:20))((terri)) for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren’t sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well.((outro))
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how about this? what you eat could have a positive effect on your mental health. medical experts are now saying a mediterranean diet high in vegetarian foods, fish, good fat like olive oil, can actually reduce the risk of depression. in a study published in the october archives of "general psychiatry" scientists found that people who ate things like nuts, grains, fruits, vegetables, and fish had a 30% lower risk for depression than people who didn't eat a mediterranean diet. the diet also has physical benefits showing improvements in the participants' circulatory syst.
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Entr #18

Play Media
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DMA: 94
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important health news about you...and your diet. usually, when we talk about the health benefits of certain foods, we're talking about your physical health. but as matt cherry reports in today's health minute, the foods found in a mediterranean diet can help your mental health, as well. --reporter pkg-as follows-- for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: áhigh ratio of monounsaturated fatty acids to saturated fatty acids; ámoderate alcohol and dairy consumption; álittle meat; áand a lot of legumes, nuts, grains, fruits, vegetables and fish.when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression.but the participants who stuck to the mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren't sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. for today's health minute, i'm matt cherry.
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For years, medical experts have touted the physical health benefits of a Mediterranean diet high in vegetarian foods, fish and "good" fats such as olive oil. Now, scientists say a Mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. The October Archives of General Psychiatry contains a study of more than ten-thousand healthy Spanish people who logged their food intake. Researchers monitored how well participants stuck to the nine components that make up the Mediterranean diet, including high ratio of monounsaturate d fatty acids to saturated fatty acids, moderate alcohol and dairy consumption, little meat and a lot of legumes, nuts, grains, fruits, vegetables and fish.

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mediterranean diet can be good for your physical and mental health. more than 10,000 spanish people participated in the study and said that the mediterranean diet reduces the risk of depression and. heinz vegetarian food fish nets and but that's like olive oil. scientists and doctors say the physical health benefits may be contributing factor in you can find a steady and the oct. archives of general psychiatry.
the health benefits of certain foods, we’re tking about your physical health. but new research finds: food found in a mediterranean diet may help your mental health as well. t?@?@m here’s matt cherry with tonight’s medical minute. for years, medical experts have touted the physical health benefits of a mediterranean diet high in vegetarian foods, fish and “good” fats such as olive oil. now, scientists say a mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. the october archives of general psychiatry contains a study of more than 10-thousand healthy spanish people who logged their food intake. researchers monitored how well participants stuck to the nine components that make up the mediterranean diet, including: high ratio of monounsaturated fatty acids to saturated fatty acids; moderate alcohol and dairy consumption; little meat; and a lot of legumes, nuts, grains, fruits, vegetables and fish. when the researchers followed up with the participants, a median of four years later, they found 480 of the 10-thousand had developed depression. but the participants who stuck to the mediterranean diet most closely had 30- percent less of a depression risk than the people with the worst mediterranean diet scores. the authors aren’t sure why, but they say the physical health benefits -- including improvements to the circulatory system -- may help. and they say the combination of foods might help as well. i’m matt cherry.
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in the battle against cocaine addiction. Doctors at Yale University School of Medicine say early results show an experimental cocaine vaccine helps some addicts cut their tendency in half. The vaccine helps addicts achieve high levels of antibodies that'll stop them from experiencing a high. Of the fifty-five addicts given the study, thirteen percent were able to achieve the necessary antibodies. The vaccine so appears to bind to the cocaine... so the drug can't affect the brain and other organs.

Usually, when we talk about the health benefits of certain foods, we're talking about your physical health. In today's health minute, Matt Cherry reports that the foods found in a Mediterranean diet may help your mental health as well. For years, medical experts have touted the physical health benefits of a Mediterranean diet high in vegetarian foods, fish, and "good" fats such as olive oil. Now, scientists say a Mediterranean diet can also keep you healthy mentally -- by reducing the risk of depression. The October Archives of General Psychiatry contains a study of more than ten thousand healthy Spanish people who logged their food intake researchers monitored how well participants stuck to the nine components that make up the Mediterranean diet, including: a high ratio of monounsaturated fatty acids to saturated fatty acids; a moderate alcohol and dairy consumption; a little meat; and a lot of legume nuts, grains, fruits, vegetables, and fish. When the researchers followed up with the participants, a median of four years later, they found 480 of the 10,000 had developed depression. But the participants who stuck to the Mediterranean diet most closely had 30-percent less of a depression risk than the people with the worst...
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to nicotene, heroin and cocaine may be treatable with vaccines. they work by making the body create antibodies to prevent the drug from reaching the brain and producing a chemical high. vaccines will be used with other treatments such as behavioral therapy. 38% of addicted cocaine users who use the vaccine saw a reduction in their use. >>> are you feeling depressed or low spirited? changing your diet could help. a study in the archives of general psychiatry says eat food that looks like it came from the mediterranean. scale back on meat, dairy, fat, eat nuts, more fish, vegetables, legumes doused in olive oil. and don't forget to have a glass of wine, maybe two. mediterranean countries report less mental illness and suicide. so the mediterranean diet could be for you and save travel money.
time for your daily dose of health news, help may be on the way if you're struggling with cocaine addiction. a shot may keep drug abusers from getting high, the vaccine works by blocking the drug from reaching the brain. in the study, 40 percent of the people -- 40 percent of the people substantially cut back or stopped using cocaine for a period of time. it's from the archives of general psychiatry. phillip: a mediterranean diet may help you fight depression, consisting mostly of vegetables, fruits, nuts, whole grains, fish. in a new study, spanish researchers tracked 11,000 people and followed those who followed the mediterranean diet had a 30 percent reduction in the risk of depression. the mediterranean diet has been linked to a reduced risk for heart disease, stroke, type ii diabetes and cancer.
a new vaccine aimed at helping cocaine addicts is showing some promise. the experimental shot works by raising levels of antibodies created in response to taking the drug, those prevent the substance from affecting the brain. the vaccine helped more than one-third of participants in a new study to develop the anti-bodies.. but the effects only lasted for two months. the study is published in the archives of general psychiatry. people who follow a mediterranean diet -- may be less likely to become depressed. a study from spain found people who follow it closely cut their risk by 30 percent. researchers believe the diet may improve blood vessel function and fight inflammation -- all can reduce the chances of developing depression.