

Where Home Cooking Gets the Cold Shoulder

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But of course it isn't a cowboy town. It is a reindeer town. Outside the one-story administration building, the parking lot is nearly filled with parked reindeer waiting restlessly for a racing competition to begin. Inside the building, the women of the village are having a fashion show; almost all the clothes are made from reindeer skins. In a large tent, generous portions of reindeer stew are being ladled out. Even the wolf is connected to the reindeer: It was killed only after having preyed on a flock of them.

Not many visitors come to this remote village on the Yamal Peninsula, north of the Polar Circle, several hours by tractor or snowmobile from the nearest road. And of those who do, few come for the cuisine, which has a reputation for being monotonous to the extreme. But I am attracted by the food and by a nutritional question: How come the people here, who for long periods eat nothing but the meat from one type of animal, are healthier than we are? It is what Patricia Gadsby, writing for Discover magazine about the somewhat similar diet of the indigenous people in Northern Canada and Greenland, called the Inuit paradox.

In this case it would be the Nenet paradox. The Nenets, the indigenous reindeer-herding people of this part of Siberia, have a menu that sounds like just the opposite of what the doctor ordered: They eat reindeer meat, most of it raw and frozen. From September to May they eat very little else, apart from the odd piece of raw, preferably frozen, fish. One would think that this extreme protein- and fat-driven diet would lead to a lot of health problems -- obesity, cardiovascular diseases -- but the opposite is true.

It is my experience that the further away you come from the city centers of the Arctic, the healthier people look, says Lars Kullerud, president of the University of the Arctic, a network of more than 100 universities and colleges. He researches the diets of the region's indigenous people.

Another hour or so away by reindeer sled, the connection between the land, the people and the diet is even more evident than in Schuch'ye. As the guest of Nicolai Laptander and his wife, Ustinia, I spend the night in a chum, a traditional tent made from reindeer skins not unlike a Native American tepee, where they live with their seven children. The children look extraordinarily healthy. And although the diet is a challenge, even for this omnivore, it is exceedingly clear that the Laptanders don't eat only the reindeer's meat; they eat just about every part of the animal. To see an 8-year-old child reach for another piece of raw liver, then a helping of raw, frozen meat, then the marrow of a cooked bone, brings warmth and envy to any parent with a picky offspring. But it also tells a lot about the secret of the Nenet diet.

When we in the industrialized world discuss nutrition and health, the focus is often on balancing broad categories of food. A healthful diet, we are told, should consist of a good mix of grains, vegetables, fruits and fish and a moderate amount of red meat. But although that probably is the best rule where food of all types is plentiful, it is not really an option in the Arctic, especially not on the Siberian tundra.

Most of the meat we eat in the United States, as in most of the industrialized world, is farm-raised, often from animals that were bred especially for their ability to gain weight and that were raised, more often than not, in confinement. Game meat, such as reindeer or even the venison you can buy in the store, is quite different. It is not just more flavorful than beef and pork. It also is leaner and has a different fat structure.

For the most part, game meat has less fat than farm-raised meat, says Louw Hoffman, professor of meat sciences at Stellenbosch University in South Africa. And its fat contains a high proportion of unsaturated fatty acids, such as omega-6 and omega-3, which among other things help our immune system, he says.

Hoffman, a world-renowned specialist in game meat and an avid carnivore, is critical of the anti-meat sentiments that have become more prominent in recent years.

Meat, both red and fish, contains all the required amino acids in the correct ratios, he says. After all, we eat muscle to build muscle. In addition, it contains all the minerals; it is particularly a good source of highly bioavailable iron. We now know that in Europe, a large number of teenage girls that are vegetarian become anemic when they reach puberty.

Except for liver, most meat does not contain much Vitamin C. Still, scurvy is almost nonexistent in traditional Arctic cultures. That is because reindeer and other game meats contain higher levels of Vitamin C than do other meats, because the natives eat the liver, and because the natives' diet is supplemented with cloudberry and cranberry. The fact that much of the meat and the fish are eaten raw is also important.

Under normal circumstances, the first men in the 20-22 age aging physical development at the start of full maturity. However, do not have to feel depression and panic. Experts confirmed that the life expectancy is entirely possible to achieve 110-year-old, in order to retard aging, men must understand their different age groups in the physiological characteristics of a targeted manner to take care of various methods.

This age group, men began to slow down the metabolism of the body, sweets because of excessive heat, easily converted into fat accumulation in the abdomen, preferably less or quit. Because of this age group of men is Ganshi Ye, the opportune time to make friends, the usual entertainment, the opportunity to drink more, attention should be paid less alcohol. Wine can increase people suffering from liver cancer, oral cancer and the possibility of larynx cancer, alcohol can make high blood pressure, leading to heart disease or suffering from myocardial infarction. And excessive drinking will also affect the quality of life, and a lot of alcohol caused more damage to human sperm.

Do not smoke, you smoke will reduce the average life expectancy 10. As smoking increases cardiovascular disease, lung cancer and respiratory diseases, and therefore, in this age of the best men to quit, such as the time can not quit, should eat carrots, Congsuan, spinach and orange and yellow fruits, Eat more fish, tea, and so often to reduce the smoking. To regular physical activity, you can always recreating Take a deep breath, its benefits will gradually be reflected. To delay the aging muscles can only do more exercise. But rather the choice of sports science, only more like entertainment rather than the movement of high-intensity training before this help, it will be just the opposite. The campaigns will promote the body burn excess calories, but also to maintain normal metabolism. If this is not the time to intensify physical training, physical fitness at the age of 70 will drop two-thirds. Chengjialiye this age group is the best time. According to statistics, there are even married the premature death rate than single, widowed and divorced are low. To select the most suitable for their own career, suitable jobs have enormous impact on life expectancy.

Laoyijiege, noise prevention and care for good skin

Erlizhinian into the skin began relaxation, wrinkles began to appear around the eyes. At this time should be little sun, regular smear Cream, to prevent dry skin. The men in this age Another issue faced by the decline in hearing, which is working and living environment caused by the noise. If you are music enthusiasts, listening to some heavy metals less music, more noise in the post work must wear ear protectors.

In the blood cholesterol level is increased with age, the blood vessels to plug low-density lipid material also on the rise, and excretion of waste will help the high-density lipoprotein is on the decline. Therefore, attention to diet appears to be particularly important, must not Baoyinbaoshi. To increase the content of high-density lipoprotein, the more light to eat the food. To control fat, a daily energy intake of fat should not exceed 30 percent, but not less than 15 percent.

Experts suggested that in this age of the men should proceed to prevent kidney disease, daily drink 8 to 10 cups of water. 35-year-old, the men s microgastropods very easy uplift, sports fishing, and never three days, two days of drying network. Adult men Zhushi complicated, emotional tension has an impact on the consumption of, if not always on time quantitative dining and a hunger Guobao, gastrointestinal damage and may affect mood and sleep, mood and sleep less will affect consumption. Thus forming a vicious cycle. In such cases more sense exhausted, and will affect the harmonious sexual life. When the exhaustion and tension, it is possible dizziness shortness of breath, the spirit of the phenomenon of lax, especially to the body is so weak. Therefore, in the proper sense of catering to eat more protein-rich food such as milk, eggs, etc., and a balanced intake of various nutrients, in order to make adequate nutrition and energy.

During this period the most headaches is the problem of declining eyesight. Diabetes is the most common diseases leading to blindness due, it will gradually damage human blood vessel, or even eye. Therefore, the eye should be regularly go to the hospital for tests. Similarly, the risk of cardiovascular disease and various patients. Peacetime may wish to do more eye exercises, from top to bottom can slowly turn around the eyeball or the arm extended, with the thumb of the body before painting 8 characters, eyes follow the movement of thumb. Spent 15 minutes every day to do these exercises can be effective in preventing Presbyopia and cataract. Many men will feel that their demand may be in fact quite normal, will look to improve the quality of life of boost.

It is the work of heavy tension, using simple muscle relaxation method to achieve the general state of relaxation. Are as follows: find a place to sit down, quickly tighten the body of a piece of muscle for five seconds and then slowly relax. Repeatedly to tighten the muscles, relaxing movements, from scratch, eyes to toe, body muscle can be carried out. Not to go to the hospital to change years of bad habits. Many men do not like to see a doctor, according to statistics, 80 percent of seriously ill patients admitted that they are not long-term hospitals, small errors into a more serious disease, wait until heart disease, stroke and other diseases attack only when forced to go to the hospital, missed the most Better treatment time. Therefore, routine annual physical examination is the best way to maintain health.

Medical research shows that the human body's cholesterol levels in 50 years of age will be stagnant, as far as possible eat butter calorie foods such as bread, because this age group often easy-meat. The human immune system function will be much worse than the past, more vulnerable to various diseases, physical restoration of the same needs more time. This requires people to choose food rich in vitamin C, E and the carrot-based food, because they help regulate the body's balance of chemical reactions.

Oral health is also very important, at this time in regular gum shrinkage. Fu, also easy to face, a double chin, we might as well do some facial massage. Of course, in this age of males is the most susceptible to the illnesses of the body to reduce muscle and easy to cause difficulties in urination. At the same time, this period is the main problems facing the emaciated body, perhaps this is the Qiuzhibude fat people, but this is not a good sign. Weight dropped from the reduction in human muscle, the muscle in the human body is greater than the proportion of fat. In this age, weight loss is a dangerous signal of human aging. Shoulder and arm the skin relaxation in the most powerful, the need for regular exercise muscle.

Men's height will decline, is about 20 per shrink about 1.5 cm. At the same time, the shiny hair will gradually dim, you can use some of the nutrient-rich conditioner. However, we must not forget exercise the brain, usually more than reading the magazine reported, recreating puzzle can be.

This age group of men, their appearance will be obvious characteristics of the changes: more rough skin, the size began to appear senile plaques; nose is longer wider, more meat earlobe. Sleep may help reduce the physical strength of the recovery, the memory will become increasingly worse. Legs and waist will naturally aging. Once weakened the strength of legs, people easily fall, or even lead to a lifetime bedridden.

In physical exercise, adhere to a quarter of an hour a day, mainly for knees, the extension of the action, and adhere to the outdoor walks per day, recreating broadcasting, such as gymnastics. At this point the most important thing is to maintain an optimistic mood and in good health, not appearance emotional impact of the changes to remain calm attitude, emotional optimism. At the same time, in order to prevent the occurrence of various types of cancer, should be consumed with anti-cancer effects of foods, such as: fresh fruits and vegetables, especially spinach, tomatoes, celery, apples, Zaozai, citrus, pineapple, peas, Douya Cai, melons, carrots; Contain polysaccharides in the plant, mushrooms, straw mushroom, edible fungus, tremella, Hericium erinaceus, Yanggu, and so seafood is the best anti-cancer food to eat sea cucumbers, kelp, seaweed, Gebeng, squid, Squid, mussel, shrimp, Haizhe Pi, abalone, and so on, these are anti-cancer, anti-cancer effects; contain trace metal elements of the food: eggs, sesame seeds, liver, kidney, brewer's yeast, malt, water chestnuts, Adlay, Lingjiao, lilies, Chinese yam, tea and so on.

Although the food there are anti-cancer, anti-cancer effect, but the daily consumption, but excessive intake will be fully balanced diet and not partial eclipse, in order to achieve anti-cancer effects. Try to eat more oily and fried foods, eat more vegetable oil, eat animal oil, garlic and usually eat more fish, drank moderate red wine, these practices can reduce cholesterol levels.

About the Author

From www.washingtonpost.com:

Protein is the basic building material for muscle tissue, and strength trainers need to. When combined with a good diet and strength.

Body Building diet and Meal Plans to build muscle mass fast, maximize fat. And finally, the High Protein Body Building Meal Plan Collection.

The bottom line is, extra protein, over what you need, is not going to do much for you for weight loss, or for building muscle. Protein.

All the supplements you need for your high protein diet. nutritional supplement, body building supplement, discount supplement, discount.

Body Building Diet. The Bodybuilding Diet is designed to build muscle while. The next two meals involve more whey protein, some fruit juice and more egg.

Great Protein, Awesome Price. Add some serious muscle to your body without. Please consult with a healthcare professional before starting.

Its all about balancing your diet properly. Protein is found in. Veg diet for muscle building. There are few simple things that you need to understand.

Body building supplements, enhancing athletic performance, muscle building. Triple Protein Shake is designed to go far beyond all previous.

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