

## Diets High in Fruits and Veggies Cut Mortality Risk by Almost Half

By: Julie Wilson, Natural News

A new study published in the *Journal of Epidemiology & Community Health* confirms what many of us have suspected, that eating loads of FRESH (and preferably organic) fruits and vegetables daily significantly lowers your risk of death at any age.

According to the study, the more servings of fresh fruit and vegetables you consume, the less likely you are to have death knocking at your door.

By analyzing the eating habits of more than 65,000 people residing in England between 2001 and 2013, researchers found that those who ate seven or more portions of fruits and vegetables per day experienced a 42 percent decrease in the risk of death, compared to those who only ate less than one portion per day.

"The risk of death was reduced by 36 percent with five to seven portions, 29 percent with three to five portions, and 14 percent with one to three portions," reported *HealthDay News*.

Interestingly, vegetables are slightly healthier than fruits.

Consuming multiple portions a day decreases your overall death risk by 16 percent, "compared with 13 percent per portion of salad and 4 percent per portion of fresh fruit."

However, researchers warn that the study only associated a decreased risk in death to eating "fresh produce."

The findings did suggest that eating seven or more portions of fruits and vegetables a day reduced the risk of heart disease by a staggering 31 percent, and the risk of death from cancer by a whopping 25 percent.

These are obviously very encouraging numbers, and a form of treatment that should not be dismissed.

"We all know that eating fruit and vegetables is healthy, but the size of the effect is staggering," said the study's author, Oyinlola Oyebode, with the department of epidemiology and public health at the University of London.

Oyebode also commented in the university's press release:

"Vegetables have a larger effect than fruit, but fruit still makes a real difference. If you're happy to snack on carrots or other vegetables, then that is a great choice but if you fancy something sweeter, a banana or any fruit will also do you good."

Also important to note is that the study found no significant health benefit associated with fruit juice. Fruit juice often contains loads of additional processed sugar and sugary syrups, rather than natural fruit flavors.

Of course, consuming organic, rather than conventional, fruits and vegetables will provide you with the necessary vitamins and minerals, but without the pesticides.

Additionally, fruits and veggies also supply your body with much needed fiber, a resource that helps you feel full and maintains your digestive system.

Keeping your gut healthy is key, especially as more and more Americans are being diagnosed with mental health problems, including anxiety and depression.

While some experts argue that anxiety begins within the mind and subsequently displays symptoms in the digestive track, others believe that it's the other way around, with digestive problems causing emotional anxiety.

*ABC News* reported that "scientists think there may be a link between what's in your gut and what's in your head, suggesting that bacteria may play a role in disorders such as anxiety, schizophrenia and autism."

Dr. James Greenbalt, a Boston-area psychiatrist, strongly recognizes the power of healthy gut bacteria and the mental health complications that can occur when bacterial levels become unbalanced.

"The gut bacteria talk to the brain in multiple ways through either the immune system or the enteric nervous system," said Jane Foster, associate professor of neuroscience and behavioral science and part of the McMaster University and Brain-Body Institute.

Overall, the more you incorporate fresh, whole foods into your diet, the less likely you are to suffer from both physical and mental health problems.

**Additional sources:**

<http://www.foxnews.com>

<http://www.hsph.harvard.edu>