

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Decrease Your Risk of Heart Disease and Cancer

March 25, 2009

Source: March 23, 2009 issue of the Archives of Internal Medicine

The long-awaited findings of a federal study about people's eating habits have finally been released. The study was conducted over a period of 10 years and included more than 545,000 men and women ranging in ages from 50-71 years old. The result? Diets that have a lot of red meat – including hamburgers, hot dogs, bacon and cold cuts, have an increased risk of early death due to heart disease or cancer.



The result of eating the equivalent of a quarter-pound hamburger daily gave men in the study a 22 percent higher risk of dying of cancer and a 27 percent higher risk of dying of heart disease, while women had a 20 percent higher risk of dying of cancer and a 50 percent higher risk of dying of heart disease than women who ate less.

These results come as no surprise to students of Dr. Christopher and The School of Natural Healing. The School of Natural Healing has taught for years that to be healthy you need to follow the Mucusless Diet, which was developed by Dr. Christopher over years of experience. The Mucusless Diet is a diet of whole, live, raw foods – including fresh fruits and vegetables, whole grains, nuts and seeds. It also allows for a small amount of fresh fish or chemical free chicken. For more details about the Mucusless Diet click this link:

[http://www.herballegacy.com/Mucusless\\_Diet.html](http://www.herballegacy.com/Mucusless_Diet.html).

