

The Mediterranean Miracle: Hiding in plain sight

[< All episodes](#)

We Are What We Eat: Pay The Farmer Not The Pharmacy

- September 9, 2020
- MEERA & ASHOK VASUDEVAN
- SEASON 1
- EPISODE 30

1. [The Mediterranean Miracle: Hiding in plain sight](#)

LISTEN ON



<?xml version="1.0" encoding="UTF-8"?>

<?xml version="1.0" encoding="utf-8"?>

<?xml version="1.0" encoding="utf-8"?>







[<?xml version="1.0" encoding="UTF-8"?>](#)

SHARE EPISODE

Link

Show Notes

Show Notes

Studies have proven beyond doubt that the Mediterranean diet reduces risks of Alzheimer's, Parkinson's, diabetes, cancer and even lowers the risk of death from cardiovascular disease and stroke. Wow! When we think of the expression "Kitchen Pharmacy" it is difficult to find a better example. The Mediterranean Diet though, is more than just about food. It's a way of life. People there eat better and live healthier lives than almost anywhere on the planet.

Let's look at both today- their food and the lifestyle. They are simple and pleasurable.

Find out more at <https://umaglobalfoods.com/blog/>