



ILAB FOOD
ORISTANO



Local Sardinian foods – The Health Benefits

OFIR VOGEL - NATUROPATH

- Lecturer at “Broshim” campus, Tel Aviv university.
- Research collaboration with “Shamir” hospital, Israel.
Researcher of healthy longevity and the effect of nutrition on brain function.

EVENTO FINALE – 28 SETTEMBRE 2023

ORIGINAL ARTICLE

Comprehensive Approach to Lower Blood Pressure (CALM-BP): a randomized controlled trial of a multifactorial lifestyle intervention

A Ziv¹, O Vogel¹, D Keret¹, S Pintov², E Bodenstein¹, K Wolkomir¹, K Doenya^{3,4}, Y Mirovski¹ and S Efrati^{3,4}

Complementary medicine advocates the use of a multifactorial approach to address the varied aspects of hypertension. The aim of this study was to compare the blood pressure (BP) effect and medication use of a novel Comprehensive Approach to Lowering Measured Blood Pressure (CALM-BP), based on complementary medicine principles, with the standard recommended Dietary Approach to Stop Hypertension (DASH). A total of 113 patients treated with antihypertensive drugs were randomly assigned to either CALM-BP treatment (consisting of rice diet, walks, yoga, relaxation and stress management) or to a DASH + exercise control group (consisting of DASH and walks). Ambulatory 24-h and home BP were monitored over a 16-week programme, followed by 6 months of maintenance period. Medications were reduced if systolic BP dropped below 110 mm Hg accompanied by symptoms. In addition to BP reduction, medications were reduced because of symptomatic hypotension in 70.7% of the CALM-BP group compared with 32.7% in the DASH group, $P < 0.0001$. After 6 months, medication status was not altered in the majority of individuals. Significant reductions in body mass index, cholesterol and improved quality-of-life scores were observed only in the CALM-BP group. Lifestyle and diet modifications based on complementary medicine principles are highly effective with respect to BP control, medication use and cardiovascular risk factors.

Current Research:

A pilot study:

“Evaluation of the association between participation in a lifestyle and diet workshop and cognitive performance”



Brain Health
You Can Make a Difference!



Books written by Ofir Vogel

2004 WITH PROFESSOR RAFI CARASSO



2015



Previous visits and learning experiences In Sardinia since 2007



*Professor Gianni Pes, Prof' Luca Deiana
And doc' Ivo Pirisi*



Previous visits and learning experiences In Sardinia since 2007



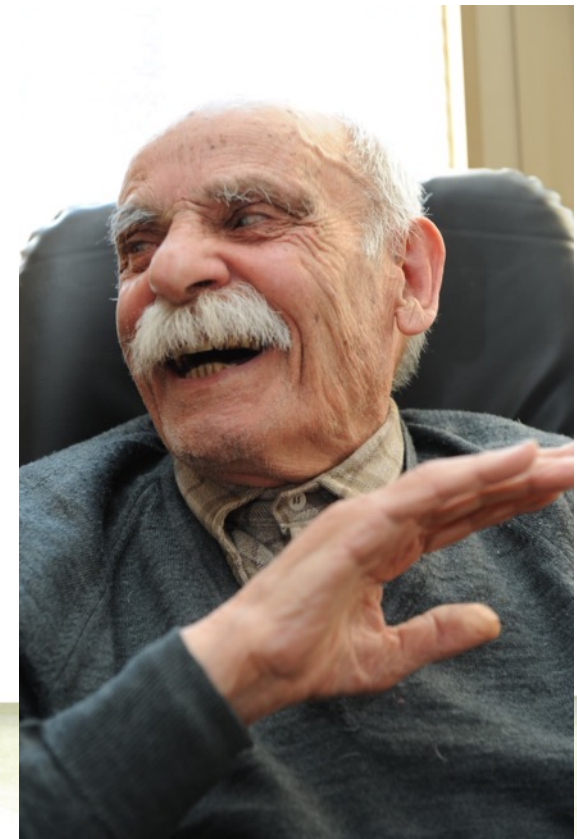
- The Health Benefits of Local Sardinian food - WHAT WILL WE TALK ABOUT?

1. Evolution: people adaptation to their local food
2. Local vs imported food
3. Seasonal food



"Anyone of any age can do many things in order to increase his chances for a long, healthy and fulfilling life."

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PEOPLE IN ALASKA CAN'T SURVIVE / THRIVE IF THEY CAN'T EAT FISH



PEOPLE IN JAPN CAN'T THRIVE IF THEY CAN'T EAT SOY



CAN SARDINIAN PEOPLE THRIVE WITHOUT THEIR LOCAL-TRADITIONAL FOOD?



LOCAL VS IMPORTED FOOD

1. Imported food and ingredients are less fresh, and thus less nutrient dense.
2. Imported food needs preservatives.
3. Can we trust Imported food? Is everything on the food label is reliable?



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The logo for Sola, featuring the word "Sola" in a red, cursive font with a registered trademark symbol.

Sweet & Buttery Bread

INGREDIENTS: WATER, RESISTANT WHEAT STARCH, WHEAT GLUTEN, PARTIALLY DEFATTED SOY FLOUR, WHEAT PROTEIN ISOLATE, OLIVE POMACE OIL, YEAST, ERYTHRITOL, CULTURED WHEAT FLOUR BLEND (WHEAT FLOUR, CULTURED WHEAT FLOUR), INULIN, NATURAL FLAVORS, SALT, OAT FIBER, CITRUS FIBER, NONFAT MILK, FLAX SEED FIBER, WHEAT FLOUR, VEGETABLE FIBER BLEND (PEA FIBER, POTATO FIBER, POTATO DEXTRIN, PSYLLIUM HUSK FIBER, BAMBOO FIBER, FLAX SEED FIBER), GUAR GUM, BUTTERMILK, MILK, CITRIC ACID, ENZYMES, ASCORBIC ACID (VITAMIN C), MONK FRUIT EXTRACT, STEVIOL GLYCOSIDES, TURMERIC COLOR. **CONTAINS: SOY, WHEAT, & MILK. MADE IN A FACILITY THAT PROCESSES SESAME SEEDS.**



SEASONAL FOOD

1. Fresh food is the most nutrient-dense food there is.
2. The best match for the time and weather.
3. Promotes food **variety** throughout the year.



FOODS THAT WERE CHOSEN TO BE STUDIED IN OUR PROJECT

- Barley
- Olive oil
- Saffron
- Walnuts
- Legumes
- Chicory
- Asparagus
- Acorns
- Chestnuts

BARLEY: ANCIENT NURAGIC FOOD A MODERN “SUPER FOOD”



Review > [Eur J Clin Nutr.](#) 2016 Nov;70(11):1239-1245. doi: 10.1038/ejcn.2016.89.
Epub 2016 Jun 8.

A systematic review and meta-analysis of randomized controlled trials of the effect of barley β -glucan on LDL-C, non-HDL-C and apoB for cardiovascular disease risk reduction^{i-iv}



BARLEY: ANCIENT NURAGIC FOOD A MODERN “SUPER FOOD”

Beneficial components:

- **Soluble fiber.** Barley is one of the foods with the highest amount of healthy soluble fiber. It is also one of the foods that contains a very special kind of soluble fiber called beta glucan. Beta glucan also stimulates the immune system by increasing chemicals that prevent infections.
- **Chromium.** A vitamin that is crucial to glucose and insulin function.
- **B - complex vitamins.** Needed for a proper nervous system, and more.
- **Very low glycemic index** compared to all other grains.



LEGUMES : SO SIMPLE, SO HEALTHY



Eating legumes on a regular basis, correlates with many health properties such as lower **cholesterol** levels, balanced **glucose** levels, balanced and healthy **immune system** and **microbiome**, lower rates of **cancer**, **overweight**, **inflammation** and even **longevity**.



LEGUMES : SO SIMPLE, SO HEALTHY

Beneficial components:

- **Soluble fiber.**
- Since legumes contain quite a lot of **proteins**, and since their carbohydrates are complex carbohydrates - legumes have a **low glycemic index**.
- **Antioxidant.** Legumes are a rich source of many different antioxidants.
- **Minerals.** Legumes are a rich source of many different and important minerals such as **potassium, magnesium, zinc ect.**



ACORNS: AN UNDERESTIMATED HEALTH FOOD?



ACORNS: AN UNDERESTIMATED HEALTH FOOD?

Beneficial components:

- **Omega 9 fatty acid.**
- **Vitamin B.** Acorns is a rich source of many B vitamins like vitamin B6, vitamin B5, vitamin B3 and Folate (folic acid).
- **Antioxidant Properties.** In addition to vitamin E, acorns contain more than 60 different phenolics. These are plant compounds that act as antioxidants.
- **Phytosterols.** Acorns oil contains phytosterols. Phytosterols known for their ability to reduce LDL cholesterol.



TO THOSE WHO WANT FERTHER LEARNINGS OR COOPERATIONS

- MORE IN DEPTH LECTURES ARE AVAILABLE:
 - HEALTHY BRAIN.
 - WHAT CAN WE LEARN FROM THE HEALTHIEST PEOPLE ON EARTH.
- YOU CAN FIND ME ON:
 - Website: www.ovn.co.il
 - Email: Ofir.vogel@gmail.com
 - Cell phone: +972-50-5795155

