

Raport Motywowanie Wolontariuszy Anita Basinska

Marek Nowak

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years studies have linked the diet to lower cardiovascular risk and several other health benefits

extra virgin olive oil is the main source of fat the mediterranean diet can lower your risk of
cardiovascular disease and many other chronic conditions a dietitian can help you customize the

1 day ago by lisa radinovsky from greek liquid gold the health benefits of the mediterranean diet
have earned it widespread fame from social media and tv to cookbooks and conferences for eight

fish and poultry feature more often than red meat health benefits linked to the diet include a lower
risk of heart disease cancer dementia and diabetes with improved mental health and longevity the

jan 21 2025 it has been found to reduce the risk of heart disease and some cancer types improve
blood sugar and blood pressure and support weight loss 1 1 reduces heart disease risk

jan 7 2025 in combination with moderate exercise and not smoking the mediterranean diet offers
a scientifically researched affordable balanced and health promoting lifestyle choice the typical

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including lower rates of chronic long term diseases and lower body weight levels the

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linked to a longer life better heart health a sharper brain and slashed cancer risk

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