

Hey Everybody!

This is the second in our “highlights” email series. Every week we’ll send you a short (but sweet) email containing the following:

- 1) One piece of simple, actionable advice to improve your health and performance, including the reference(s) to back it up.
- 2) One item we read or saw in the health and fitness world recently that we would like to give a different perspective on, and why.
- 3) One awesome thing that we think you’ll enjoy!

One action to add to your health routine this week:

Eat real food to improve mental health and body composition.

The recent [SMILES trial](#) is the first randomised-controlled trial (RCT) to show that a whole-food Mediterranean diet can be an effective treatment strategy for moderate to severe depression. Participants switched from a baseline diet high in sweets, processed meats, and salty snacks to one focused on whole grains, vegetables, fruit, legumes, nuts, low-fat and unsweetened dairy foods, lean meats, eggs, and olive oil.

You may feel that whole grains or dairy or legumes don’t belong in a healthy diet, but these results agree with the recent [FATFUNC study](#) from Norway. They found dramatic improvements in body composition and metabolic health regardless of whether people followed a low carb or low fat diet, as both diets focused on food quality: i.e. >500 g vegetables, berries, and fruits per day, and vegetables with every meal; plus at least two fish dinners per week.

Focus on food quality before worrying about further restrictions or macronutrient manipulation.

A different perspective:

In a new popular book, a journalist describes knowing that he was losing fat because he could “see it” in his stools. Though we obviously weren’t there, we’re pretty sure that’s not a good thing. During normal fat loss, you oxidise the fat, breathing it out as [water and carbon dioxide](#) (CO₂). Fat in the stool is called [steatorrhea](#), and is often caused by malabsorption, gallstones, or damage to the liver or pancreas. Definitely not something to write home about.

Something awesome:

Robb Wolf has a new book, and we think it’s awesome! Called “[Wired to Eat](#)”, it’s a great introduction into why the modern environment is doing us no favours when it comes to health and eating habits. It also includes some simple ways understand your own personal physiology and navigate a path back to better health. You can also check out some of his extra notes and thoughts [here](#).