

Chocolate: Medicine for a Modern Diet?

[Video Transcript](#) of CNN on the
New England Journal of Medicine's Report

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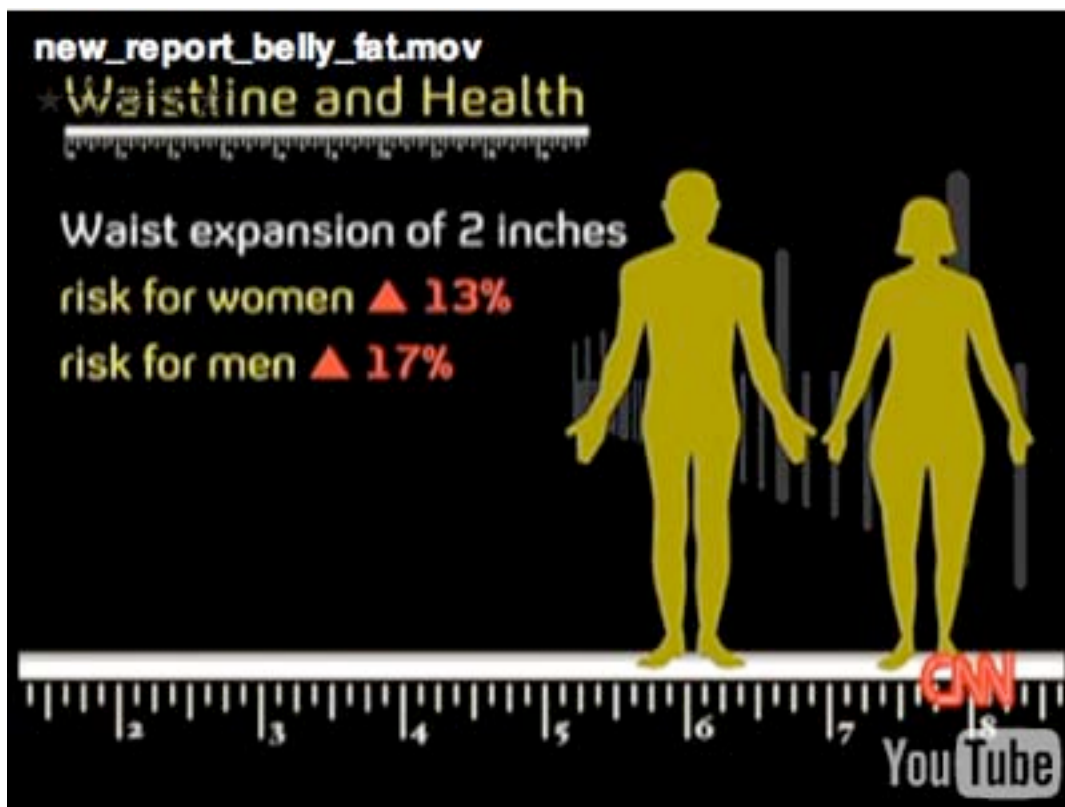


CNN Transcript



Even if you are not technically overweight keep an eye on that bulging waistline. That's the message from researchers investigating nutrition and cancer. The study of 360,000 people from nine European countries has found waist size to be a powerful indicator of the likelihood of premature death and that the waist to hip ratio has a significant bearing on the lifespan.

Elio Riboli: We for the first time have strong evidence that abdominal obesity is an additional risk factor. For the same height and weight people who accumulate their fat in the abdomen, they have a double risk of premature death compared to people who have a more distribute and diffuse of overweight.



In the study men with waists over 47 inches had a doubled rate of death compared to those with waists under 31.5 inches. Women with waists exceeding 39 inches had twice the rate of death of those under 25.5 inches. Researchers say waist measurements should now be used along side the standard measure of obesity the *body mass index*, which is your weight in kilograms divided by your height in meters squared. They found people with a completely normal BMI score of between 18.5 and 24.9 are at significantly higher risk of dying early if their waists are larger than average. Researchers found that for two people with the same BMI, every time the waist expands by just two inches the risk of death increases by 13% for women and 17% for men. The hip waist ratio is calculated by dividing the size of the waist by the size of the hip. So if your waist measures 40 inches and your hips are 45 your waist hip ratio would be 0.89 and you would be at risk.

Abdominal fat is known to secrete messenger substances they may contribute to heart disease and cancer. The study stresses that G.P.'s should regularly measure patient's waists and prescribe more exercise and healthy diets for those at risk.

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