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Beyond Diet and Exercise:
New Book Reveals the Key to Living a Healthy, Low-Stress Life

PALO ALTO, CA. – (October 18, 2007)

Is stress edible?

The Palo Alto Institute, a non-profit think tank, today announces the publication of *Low-Stress Food: Eat Your Way to a Low-Stress Life*. Written by Stanford-trained physician, Dr. Joon Yun, this new book explores the revolutionary idea that how food is cultivated, shipped, stored and processed on the way to our plates may actually be responsible for creating “edible stress”. “ We haven’t asked the fundamental question why stress and “bad food” are risk factors for the same list of chronic diseases,” said Dr. Yun. Insight into the role of chronic stress in our diet represents a critical step in recognizing how food impacts our mental and physical well-being. *Low-Stress Food* presents a unifying principle that connects the health benefits of natural, organic, raw, local, macrobiotic, non-GMO, in-season, indigenous, unprocessed, wild-caught, humanely-raised, slow and free-range foods.

A clear link has been established between stress and many chronic diseases such as diabetes, heart disease, hypertension and obesity. These conditions account for a significant portion of our healthcare spending. “ The food we eat may be a hidden source of chronic stress,” explains Dr. Yun. “ Our bodies absorb this second-hand stress from animals and plants in the same way they absorb vitamins and minerals. We may have evolved a tendency to acquire stress from the food we eat as a way to anticipate lean times, and respond accordingly by fattening up.”

Low-Stress Food discusses how to find food that is less likely to harbor edible stress. For example, animals fed a natural diet, living in humane environments, and engaging in regular physical activity are more likely to possess higher levels omega-3 fatty acids than animals under less hospitable circumstances. Omega-3 fatty acids have been shown to reduce stress when consumed. Meats obtained from these livestock also tend to possess less of the unhealthy saturated fats that induce stress-like changes in our bodies. These fats increase the risk of developing many diseases also associated with stress.

Animals that live less stressful lives may also convey fewer stress hormones to those who consume their meat. Similarly, plants such as olive trees which are cultivated under favorable conditions also appear to exhibit a healthful profile of fats.

Eating foods that contain less oxidative stress may be another way to consume less stress. Fresh food that experiences minimal handling, transport, processing, and preparation likely accumulates less oxidative stress on its way to our fork. Plants possess large amounts of antioxidants to deal with potential oxidative stress. "In the same way eating antioxidants is beneficial, consuming plant-based food that has accumulated less stress may be beneficial too," said Dr. Yun. Stress causes plants to mobilize ethylene, a stress hormone that induces many changes in their composition. Among such changes is the production of simple sugars, compounds that have been associated with many common diseases.

Natural, organic, raw, local, macrobiotic, non-GMO, in-season, indigenous, unprocessed, wild-caught, slow and free-range foods may provide their health benefits through a common pathway: by exposing us to less edible stress. These foods likely possess less harmful oxidative stress, fewer stress hormones, less saturated fat, and more omega-3 fatty acids that reduce stress in all of us.

About Dr. Yun

Dr. Joon Yun leads healthcare investing at Palo Alto Investors and is a founder of the non-profit think tank, Palo Alto Institute. Dr. Yun is a graduate of Harvard University and Duke Medical School, and served on the staff at Stanford University. He has authored numerous studies published in peer-reviewed journals and serves on the boards of several companies and philanthropic organizations.

To schedule an interview with Dr. Yun, please contact Paula Page at paulapage@earthlink.net.
For more information, please visit: <http://www.low-stressfood.org>.

About The Palo Alto Institute

The Palo Alto Institute is a non-profit think tank founded in 2005.

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