

## **The New Mediterranean Diet: Slow Carbs and Healthy Fats**

A lecture by Dr. Fedon Lindberg, Dr. Lindberg's Clinic –Weight in Balance, Oslo, Norway

<http://www.fedon.no> and [www.drindberg.com](http://www.drindberg.com)

Food is one of life's great pleasures. A balanced diet combined with exercise, enough sleep, less stress and a positive outlook on life is crucial to our health and well-being. Extensive international research shows that a well-balanced diet can greatly improve health, well-being and performance. Dr. Lindberg's practice focuses primarily on the medical lifestyle management of internal medical and hormonal disorders such as diabetes, obesity, thyroid disorders, cardiovascular and lipid disorders. Dr. Lindberg has also developed a range of balanced low-glycemic food products offering tasty, easy and accessible alternatives that make it easier to make healthier choices. Dr. Lindberg will present his New Mediterranean Diet approach, featuring a balanced variety of slow carbs and healthy fats.

The evidence is out there: lifestyle disorders such as obesity, diabetes, insulin resistance/syndrome X and cardiovascular disease; chronic inflammatory diseases such as asthma or rheumatic illnesses; female infertility; cancer – all have a great deal to do with the kind of food we eat.

In his lecture, Dr Fedon Alexander Lindberg, who runs four state-of-the-art metabolic clinics in Norway, offering patients multidisciplinary prevention and treatment for these degenerative disorders, shows you how to change your lifestyle so you can control your weight, your blood sugar and improve your overall health. He shows you what foods are compatible with human evolutionary history and how food affects hormones, metabolism and health.

A simple, delicious, well balanced slow-carb/good-fat, Mediterranean inspired new approach to eating, exercise and lifestyle designed to keep you healthier, biologically younger and naturally slim.

The ocean breeze, the pristine beaches, and the historic richness aren't the only reasons millions of us are attracted to the Greek and Mediterranean healthy way of life—the juicy tomatoes, the creamy feta, the peppery flavor of olive oil, the fragrance of wild oregano and the invigorating spices tantalize our taste buds and satisfy our cravings.

The popularity of the Mediterranean diet— one of the leading eating plans for the past 50 years – stems from data showing that people living in countries bordering the Mediterranean have had lower levels of cardiovascular disease, obesity and certain types of cancer. Mediterranean eating habits include consuming large amounts of vegetables, nuts, pulses and fish, and less meat, while olive oil is the main source of fat.

Unfortunately the modern Mediterranean countries due to globalization and adoption of a more US inspired diet and lifestyle and urbanization, have moved away from their traditional diets, causing a tremendous increase in obesity (even more in childhood obesity) and diabetes. Interestingly, the incidence of heart disease is still low in Greece compared to most other countries and life expectancy one of the highest in Europe, indicating that more than one's diet is important for good health and longevity (mindset, family ties, sun exposure etc.). The problem in Southern Europe is the MODERN diet of its people, who have moved away from their traditional diet (although a lot of positive elements remain unchanged e.g. Greece having the highest per capita consumption of olive oil in the world and the highest consumption of fruits and vegetables in Europe).

The New Mediterranean Diet is about enjoying fresh seasonal food combined to form a balance of high quality protein, slow release carbohydrate and healthy fats. It's all about fresh fish and seafood, excellent Greek lamb, high quality dairy products, vegetables, pulses, root vegetables, nuts, seeds, berries and fruits, herbs and spices, all those Super Heroes featured in the heart of the healthy home, its kitchen.

The word "Diet" originates from the Ancient Greek "Diaita" meaning "way of life", not a short lived torture to lose weight. Rural Mediterranean people tend to live an outdoor life and maintain a deep connection with nature. They still eat family meals together around the table and their lifestyle is simple and unpretentious.

More info: [www.drlindberg.com](http://www.drlindberg.com)

## THE AUTHOR

Fedon Alexander Lindberg, MD

**'One doesn't have to be a rocket scientist to realize that food can prevent and treat disease.'**

Fedon Alexander Lindberg, born in Athens, Greece, in 1962 is a specialist in Internal Medicine, with special focus on Nutrition, Hormonal Disorders and the Metabolic Syndrome.

Dr. Lindberg received his Medical Degree in 1985 from university of Athens. He then moved to Oslo, Norway where he has lived since. From 1986 until 1990, he was a research associate at the Hormone Laboratory at Aker University Hospital in Oslo, Norway, where he focused on insulin resistance and diabetes. He then worked at their Department Of Internal Medicine. Between 1991 and 1998 he worked in both Emergency Medicine and his sub-specialties within Internal Medicine at Norway's Lovisenberg Hospital. From 1996 until 1998, Dr. Lindberg was a Post-graduate Research Fellow at the Department of Endocrinology, University of California in San Diego and the VA Medical Center in La Jolla, California. His research during this time focused on insulin resistance, diabetes and obesity.

Early in 1999, Dr. Lindberg founded his first state-of-the-art metabolic clinic in Oslo, Norway, offering patients multidisciplinary Medical Lifestyle Management for prevention and treatment of lifestyle diseases including obesity, diabetes and heart disease. His weight management concept is called "Weight in Balance". Dr. Lindberg runs now four such clinics in Norway. Dr. Lindberg's practice focuses primarily on the prevention, diagnosis and treatment of internal medical and hormonal disorders such as diabetes, obesity, thyroid disorders, cardiovascular and lipid disorders.

In 2001, he published his first book on Diet and Lifestyle, which has become an international best seller and been translated into 14 languages and published in 20 countries, including the UK (Rodale Publishers, 2005, "the Greek Doctor's Diet"), USA, Germany and China. Since then he has authored and published a total of 10 books on Diet and Health, many of which have become international best sellers.

Dr. Lindberg, who is a passionate and excellent cook, speaks eight European languages and is an internationally acclaimed lecturer.

Drawing from his experience growing up in his native Greece as well as his life as an adult in Norway, he advocates a modern, revised and updated version of the traditional Mediterranean diet. The result is a well balanced, sensible 'slow carb- good fat' approach, based on eating natural foods and keeping a close eye among others on the Glycemic Index and the Glycemic Load.

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