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The MIND diet score was developed in three stages: (1) determination of dietary components of the Mediterranean and DASH diets including the foods and nutrients shown to be important to incident dementia and cognitive decline through detailed reviews of the literature , , , (2) selection of FFQ items that were relevant to each MIND diet component, and (3) determination of daily servings to be ...

MIND diet slows cognitive decline with aging - ScienceDirect

Houston McTear (February 12, 1957 – November 1, 2015), was an American sprinter, who emerged from desperate poverty in the Florida Panhandle to become an international track star in the mid-1970s.. McTear rated in the top 10 in the 100 meters for the United States from 1975–1980, but he was stronger at shorter distances, including 60 meters.His 1978 world record in the 60 meters (6.54 s ...

Houston McTear - Wikipedia

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BackgroundFew studies have evaluated the relationship between changes in diet quality over time and the risk of death. MethodsWe used Cox proportional-hazards models to calculate adjusted hazard ...

Association of Changes in Diet Quality with Total and

In 1967, Irwin Stillman published The Doctor's Quick Weight Loss Diet.The "Stillman diet" is a high-protein, low-carbohydrate, and low-fat diet.It is regarded as one of the first low-carbohydrate diets to become popular in the United States. Other low-carbohydrate diets in the 1960s included the Air Force diet and the Drinking Man's Diet. Austrian physician Wolfgang Lutz published his book ...

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