

Researchers Discover the Healthiest People in the World

VOCABULARY WORDS

1. failure /'failyər/ the action or state of not functioning.
Example: The doctor advised her to watch out for signs of heart failure.
2. coronary /'kôrə,nerē,'kärə,nerē/ relating to or denoting the arteries which surround and supply the heart.
Example: If the coronary arteries are free of obstructions, the heart will receive sufficient oxygen.
3. adopt /ə'däpt/ choose to take up, follow, or use.
Example: She had to adopt a positive attitude.
4. industrialized /in'dəstrēə,līzd/ (of a country or region) having widely developed industries.
Example: Taiwan is densely populated and highly industrialized.
5. forestall /fôr'stôl/ prevent or obstruct (an anticipated event or action) by taking action ahead of time.
Example: He forestalled critics by offering a defense of the project.



Researchers have discovered the people with the healthiest hearts in the world. The Tsimane people live in the Amazon region of Bolivia and have almost no risk of serious heart disease because of their plant-based diet and high levels of physical activity.

Besides having a healthy heart, the Tsimane also have low blood pressure, low cholesterol levels and low blood glucose. This all adds up to a very strong cardiovascular system. And this means they avoid many of the diseases and conditions that kill hundreds of

millions around the world, such as heart attack, stroke, diabetes and kidney **failure**. A study estimates that an 80-year-old from the Tsimane tribe has the same cardiovascular age as an American in their mid-50s.

The study on the Tsimane is published in the medical journal 'The Lancet'. Study co-author Dr Gregory S. Thomas stated: "This study suggests that **coronary** [disease] could be avoided if people **adopted** some elements of the Tsimane lifestyle, such as keeping their cholesterol, blood pressure and blood sugar very low, not smoking and being physically active."

He added: "Most of the Tsimane are able to live their entire life without developing any coronary [disease]. This has never been seen in any prior research. While difficult to achieve in the **industrialized** world, we can adopt some aspects of their lifestyle to potentially **forestall** a condition we thought would eventually affect almost all of us."

DISCUSSION

1. Why doesn't everyone have a plant-based diet?
2. How can we fit exercise into every part of our day?
3. What do you do to stay fit and healthy?
4. What do you know about the cardiovascular system?
5. Should the government make laws to make us follow a healthy lifestyle?
6. What do you need to do right now to be healthier?