



Subscribe to Times Union
Subscriber Services
Advertise With Us
Get TV Weekly Magazine

Weather Traffic E-Edition Help Register Sign In

Thursday, April 12, 2012
38°F Albany, NY
Scattered Clouds

timesunion.com

Search timesunion.com Web Search by YAHOO! Businesses

HOME NEWS SPORTS BUSINESS OPINION ENTERTAINMENT LIVING BLOGS JOBS HOMES CARS CLASSIFIEDS SHOPPING INDEX

The Buzz Blog Women@Work Market Summary Stock Listings Mutual Funds My Watchlist My Portfolio 7-Day Archive Press Releases

Bel Marra Health Comments on Research That Shows a Direct Link Between Fast Food and Increased Risk of Depression

PRWeb
Published 10:05 a.m., Wednesday, April 11, 2012



The Buzz: Business news



UAlbany building new \$25 million data center

The University at Albany is preparing to...

04.11.12 at 03:22 p.m. | Comments »

(PRWeb)

PRESS RELEASE



The company that placed this press release with PRWeb is responsible for its content. It is not edited by the Albany Times Union.

Bel Marra Health, well known for offering high-quality, specially formulated vitamins and nutritional supplements, has commented on recent research that shows a direct connection between eating fast food and an increased risk of developing depression.

Toronto, ON (PRWEB) April 11, 2012

Bel Marra Health, well known for offering high-quality, specially formulated vitamins and nutritional supplements, has commented on recent research that shows a direct connection between eating fast food and an increased risk of developing depression .

The research was done by scientists at the University of Las Palmas de Gran Canaria and the University of

Granada, and showed that consumers of fast food are 51% more likely to develop depression than those who consume little to no fast food.

The study sample consisted of 8,964 people who were part of the SUN Project (University of Navarra Diet and Lifestyle Tracking Program). Lead author of the study Almudena Sánchez-Villegas, Ph.D. commented that “the subjects had never been diagnosed with depression or taken antidepressants. They were assessed for an average of six months, and during this time, 493 were diagnosed with depression or had started to take antidepressants.”

Also shocking is that the research showed those in the study group were not only more likely to show an increased risk of depression, but were also more likely to be single, work more than 45 hours per week, smoke cigarettes and have poor dietary habits overall.

Expert in Pulmonary Medicine, Dr. Victor Marchione says that this isn't the first study of its kind so the results should be taken heed to. He comments, “previous research has shown that there are specific nutrients available that can play a key role in preventing depression. Omega-



3 fatty acids alongside a healthy diet can do wonders when it comes to depression and mood health as a whole.”

(SOURCE: “National Institute of Health” Fast-food and commercial baked goods consumption and the risk of depression. April, 2012)

Bel Marra Health, the maker of Extra Strength Omega-3 Miracle , a product designed to encourage good immune system health, also offers quality vitamins and nutritional supplements in formulations designed to address specific health concerns. All ingredients are backed with scientific evidence. Every product is tested for safety, quality, and purity at every stage of the manufacturing process. Furthermore, Bel Marra Health products are produced only in Health Canada approved facilities, going that extra mile to ensure our health conscious customers are getting top quality products. For more information on Bel Marra Health visit http://www.belmarrahealth.com or call 1-866-531-0466.

Bel Marra Health
100-7000 Pine Valley
Woodbridge, ON L4L 4Y8
pr(at)belmarrahealth(dot)com
866-531-0466
http://www.belmarrahealth.com

For the original version on PRWeb visit:
http://www.prweb.com/releases/prweb2012/4/prweb9377339.htm

Printable Version Email This Me gu 0 Share

We Recommend

- Oh baby! Great-grandchild for Queen Elizabeth II
Groundbreaking starts for 240-bed nursing home
Nude maid service raising eyebrows in Texas city
Feds reach cleanup deal on Dewey Loffel dump with GE, chemical company
Thank You Ron Canestrari
Niskayuna remains unbeaten with drubbing of Burnt Hills

From Around the Web

- How To Design the Ultimate Blog Homepage (Contently)
10 Signs You May Be in an Emotionally Abusive Relationship (HeathCentral.com)
Why Social Media Doesn't Work (and What You Can Do About It) (Numantra)
How To Focus: Keep Things Simple (Evergreen Search Marketing)
Big Pharma and innovation (Zintro Blog)

Top Jobs

- Retail Hess Corporation, a Fortune 55 energy company featuring high volume retail Hess Gasoli... more »
SENIOR ENGINEER COMMUNICATION AND SIGNALS Position Number: 90151303 AMTRAK This position works c... more »
Nursery School Teacher Experienced, high energy, nursery teacher needed for special needs... more »

MORE »

FROM OUR HOMEPAGE



Tulip Festival music acts, schedule announced



Assembly exit signals period of transition
Video



A precious gift for the giving

More Business Stories

Displaying 1-4 of 12



Signing off on Bellevue beam



Stocks bounce back



Alcoa's surprise profit may give market a lift



\$10M to clean PCBs from Dewey Loeffel dump

Stock Ready To Soar

Top Stock Pick - \$6 Trillion Market
www.StocksDigest.com

A \$6 Trillion Opportunity

Learn Why This Penny Stock Could Go Stratospheric
www.PennyStockWizard.com

Find a Credit Union

Research Rates And Get Valuable Credit Union Tips.

TIMES UNION

- Home
News
Local News
Your Town
Capitol Confidential

Business

- Technology
Entertainment
Living
Blogs
Weather

Births/Weddings

- Photos and Video
Comics | Games
Data Center
Archives: Full | 7-Day

MARKETPLACE

- Cars
Find Albany jobs
Homes
Classifieds
Business Directory

LOCAL SERVICES

- Air Conditioning Contractors in Albany
Car Dealerships in Albany
Cleaning Services in Albany
Family Doctors in Albany
Furniture Stores in Albany

SERVICES

- Help/Contact Us
Copyright/Reprint
Terms of Service
Privacy Policy
Hope Fund