Jungle people with almost no heart problems
10th April, 2017

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. 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 effect almost all of us."

Sources: healthline.com / newscientist.com / thelancet.com

True / False
a) The people with the healthiest hearts live in the Amazon jungle. T / F
b) The people have a largely freshwater fish-based diet. T / F
c) The people generally have high levels of blood sugar. T / F
d) An 80-year-old has the world’s strongest cardiovascular system. T / F
e) The study on the jungle people can be read in a medical journal. T / F
f) A doctor recommended keeping levels of blood sugar low. T / F
g) A study has never before documented people with no coronary disease. T / F
h) The doctor said we couldn’t adopt aspects of the tribe’s lifestyle. T / F

Synonym Match
(The words in bold are from the news article.)
1. discovered a. stay away from
2. risk b. whole
3. besides c. calculates
4. avoid d. features
5. estimates e. possibility
6. adopted f. earlier
7. entire g. in the end
8. prior h. found
9. aspects i. took on
10. eventually j. apart from

Discussion – Student A
a) What do you think about what you read?
b) How interested are you in reading the full article?
c) How are your blood pressure and cholesterol levels?
d) Is there anything in this article we didn’t know before?
e) Should we have health training at school?
f) Should the government make laws to make us follow a healthy lifestyle?
g) What do you need to do right now to be healthier?
h) What questions would you like to ask the researchers?

Writing
It is easy for all of us to eat an extremely healthy diet and exercise a lot. Discuss.

Chat
Talk about these words from the article.

researchers / region / plant-based diet / physical activity / cholesterol / heart attack / medical journal / coronary disease / blood pressure / industrialized / lifestyle / condition
Phrasm Match
1. in the Amazon region
2. no risk
3. because of their plant-based diet
4. a very strong cardiovascular system
5. kidney
6. coronary
7. their entire life
8. This has never been seen
9. we can adopt some aspects of their lifestyle
10. eventually effect

Discussion – Student B
a) What is the most interesting thing about what you read?
b) Should we all go back to living off the land?
c) Why doesn’t everyone have a plant-based diet?
d) How can we fit exercise into every part of our day?
e) How is your health?
f) What do you do to stay fit and healthy?
g) What do you know about the cardiovascular system?
h) Would you swap your life to live with the Tsimane people?

Spelling
1. the Amazon neiorg of Bolivia
2. low blood seusrpe
3. low chllerstooe levels
4. such as heart attack, stroke, jetebdas ...
5. kidney afliure
6. the same Irrasccaduivao age
7. published in the medical oanlurj ‘The Lancet’
8. rryaocn disease
9. This has never been seen in any ropir research
10. in the itrtndnaedzisi world
11. enytlaoltp forestall a condition
12. uavvyleIn effect almost all of us

Answers – Synonym Match
<table>
<thead>
<tr>
<th>1. h</th>
<th>2. e</th>
<th>3. j</th>
<th>4. a</th>
<th>5. c</th>
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</thead>
<tbody>
<tr>
<td>6. i</td>
<td>7. b</td>
<td>8. f</td>
<td>9. d</td>
<td>10. g</td>
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Role Play

Role A – Love
You think love is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren’t as good. Also, tell the others which is the least beneficial of these (and why): vegetables, sleep or medicine.

Role B – Vegetables
You think vegetables are best for your heart. Tell the others three reasons why. Tell them why their things aren’t as good. Also, tell the others which is the least beneficial of these (and why): love, sleep or medicine.

Role C – Sleep
You think sleep is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren’t as good. Also, tell the others which is the least beneficial of these (and why): vegetables, love or medicine.

Role D – Medicine
You think medicine is the best thing for your heart. Tell the others three reasons why. Tell them why their things aren’t as good. Also, tell the others which is the least beneficial of these (and why): vegetables, sleep or love.

Speaking – Lifestyle
Rank these with your partner. Put the best things for your heart at the top. Change partners often and share your rankings.

- love
- medicine
- vegetables
- sleep
- laughter
- long country walks
- being with friends
- exercise

Answers – True False
a T b F c F d F e T f T g T h F

Answers to Phrase Match and Spelling are in the text.