



**Efisio Luigi Marras**  
Maltese and Italian  
political relations  
excellent

Interview Page 6 & 7



**Health on Monday**  
Training intensities  
and their effect  
on fat-loss

Feature Pages 14 & 15

the  
malta

# INDEPENDENT

Monday 18.10.10

www.independent.com.mt

## Prayer Service

Several people clutching rosary beads took part in a 24-hour rosary chain which was held at the Borg in-Nadur hill outside Birzebbuga last weekend, in an area which devotees say "is blessed by the Virgin Mary". Candles and a guestbook surrounded the temporary tents which were set up to protect devotees from the elements for the prayer vigil. The vigil was set up after Angelik Caruana, who claims that the Virgin Mary speaks to him during prayer service every Wednesday, warned that divorce goes against Catholic principles.

Photograph: Ben Borg Cardona



## 'Things will not change overnight'

● New Arms pledge to improve situation

■ Annaliza Borg

Bearing in mind the disastrous situation at Arms Ltd, the new CEO, Wilfred J. Borg, has expressed his commitment to improve the situation at the Water and Electricity billing company.

"However, things will not change overnight," he said when contacted.

Mr Borg, who formerly served as Chief Officer for IT, Corporate Services & Subsidiaries at Air Malta for a number of years, has vast experience in the provision of corporate services and information technology.

Appointed on Tuesday, he has officially taken office and is taking stock of the situation. Noting it was early for detailed comments, Mr Borg said he was identifying areas that need to improve.

Some work has already been carried out over the past couple of weeks. In fact, the average waiting time, length of queues, the time taken for phone calls to be answered and the number of 'lost' phone calls, have dropped, although not as much as government officials and the company itself would like them to, he pointed out.

Average waiting time was down to 55 minutes by the end of last week, from 90 minutes and over, a Finance Ministry spokesperson confirmed. Meanwhile, customer care agents increased from 11 to 15. Handling of calls improved substantially because the World Aviation Group call centre was giving a helping hand in handling queries. The service, however, needs to be further developed, the spokesperson pointed out.

He also said that work on an online portal was being carried out and it should be available over the coming months. Tests were being carried out.

Continued on page 2 >>

# John Dalli welcomes Ellul-Grech investigation

■ Noel Grima

European Commissioner John Dalli yesterday welcomed the request by Joseph Ellul-Grech that an investigation be made into the case involving him and Mr Dalli.

In a letter sent to Prime Minister Gonzi, reported on yesterday's issue of this paper's sister paper, *The Malta Independent on Sunday*, Mr Ellul-Grech re-

ferred to charges he faced in 2003 regarding the mailing of 20,000 copies of a letter defaming Mr Dalli.

Mr Ellul-Grech, who was charged by the police on indications given to them by Mr Dalli, was found not guilty by the Magistrates' Court. The case was not appealed by the Attorney General.

Yesterday, TMIS said that Mr Ellul-Grech is now seeking an investigation to establish who was, in actual fact, be-

hind the letters.

In comments to this paper yesterday, Mr Dalli said he too was very interested in finding out who was behind the letters, just as he recently said he wished the Prime Minister would hold an investigation into "the false allegations made against me" in the case regarding which private investigator Joe Zahra is currently serving a prison sentence.

Mr Ellul-Grech said in an open letter which appeared in yesterday's TMIS that he and his family were forced to return to the UK because it became impossible for him to find employment in Malta due to the case.

The police had carried out a raid on Mr Ellul-Grech's house and seized some objects at the time. They also examined Mr Ellul-Grech's computer but reportedly found that it was damaged.

# DEEP HEAT

## PATCH

ODOURLESS, NON STAINING, READY TO USE



## Fast Relief from Muscular Aches and Pains

DISTRIBUTED BY KEMIMPORT LTD. TEL: 2149 2212

Issue No: 4,045 Price: €0.50



97703624561742

### TODAY'S WEATHER

Thunders High 20°C  
WEATHER FORECAST PAGE 21 >>  
Low 17°C  
UV 5

WHAT'S INSIDE CROSSWORD & GAMES 21 DEBATE 10 ENTERTAINMENT 16-17  
FINANCIAL 18-19 LEADER 11 TV 20 SPORT 22-28 WORLD 12-13

If you have a story or picture, contact us on [tmid@independent.com.mt](mailto:tmid@independent.com.mt) or on 21345888

THIS NEWSPAPER SUPPORTS RECYCLING

## Health on Monday



## The power of protein



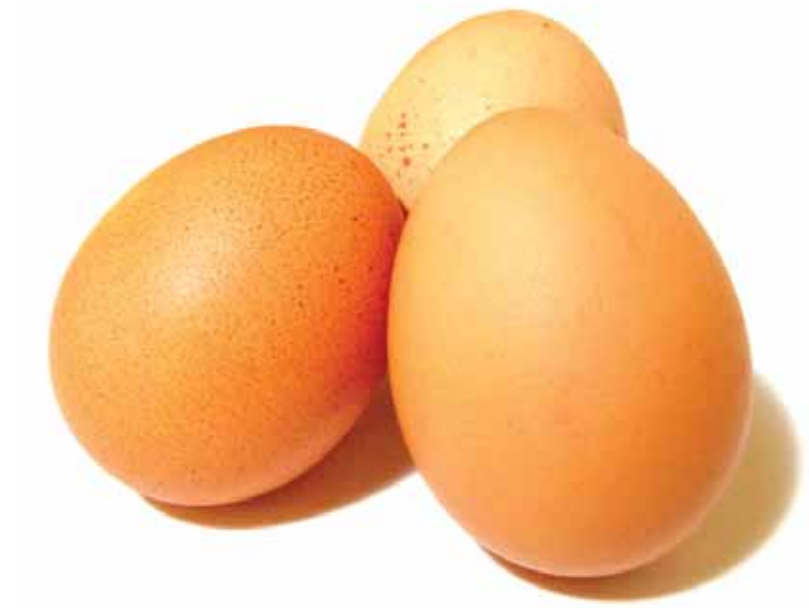
Protein is essential to cellular repair. Without adequate protein, our bodies enter into an accelerated aging mode. **NICHOLAS PERRICONE** investigates.

Protein is the basic material of life. In fact, the word "protein" comes from an ancient Greek root meaning "of first importance." The body could not grow or function without it. When protein is broken down by digestion the result is 22 known amino acids. Eight are essential (cannot be manufactured by the body) the rest are non-essential (can be manufactured by the body with proper nutrition). Since the human body can only manufacture 14 of the twenty-two amino acids that are essential for life, the remaining eight must be provided through the intake of dietary protein. Yet, a contemporary diet rarely contains protein in sufficient quantity to maintain and repair cell and skin health.

When the protein supply is depleted, the body is forced to feed upon itself. This causes both tissue and muscle to break down.

Protein is essential to cellular repair. Without adequate protein, our bodies enter into an accelerated aging mode. Our muscles, organs, bones, cartilage, skin, and the antibodies that guard us from disease are all made of protein. Even the enzymes that facilitate all-important chemical reactions in our body—from digestion to building cells—are made of protein. If your cells do not have complete availability of all essential amino acids, cellular repair will not only be incomplete, it will be much slower than it should be.

Remember this key fact: we cannot store protein in our bodies. To keep our face and body firm, toned, lithe, and supple, provide it with a fresh supply of high quality protein every day. That's three meals a day and two



snacks. This protein, combined with skin care products, can help you maintain your youthful glow—skin that is virtually ageless!

### Recommended proteins

- Fish – wild Alaskan salmon is the best choice
- Shellfish
- Free range poultry
- Omega 3 organic eggs from free range chickens
- Tofu
- Low fat dairy products, esp. yogurt and kefir

### Protein first!

Always eat your protein first. Reach for that shrimp cocktail or smoked salmon appetizer first—and when your dinner arrives, eat the protein first, followed by your green salad and vegetables. Why? Because by eating your protein first at every meal you are helping suppress your appetite.

Proteins are digested much more slowly than carbohydrates—even carbohydrates that are high in fiber. Also protein is neutral in terms of its effect on blood sugar.

### Choosing artichokes

Nearly all vegetable vendors and grocery stores stock fresh artichokes making them relatively easy to include in your diet. Pick artichokes with well-coloured, undamaged leaves. Fresh artichokes will be heavy due to their moisture content. Smaller artichokes have more tender leaves (baby artichokes) while larger ones have bigger hearts.

### Tips for including artichokes in your diet

To keep things healthy artichokes can be boiled, baked, grilled, or barbecued. Googling for artichoke recipes gives an endless supply of ideas and suggestions.



## The importance of weight training for fat-loss



When you ask people what kind of exercise they typically do for weight-loss, the most common reply is either walking or 'cardio'. **RICHARD GERES** writes.



It is not uncommon for people to lose up to 40% of their weight as lean muscle tissue, which on a total weight-loss of 10kg would mean 4kg of solid muscle tissue gone!



Richard Geres is an ACE-certified Personal Trainer  
[www.richardgeres.com](http://www.richardgeres.com)

**W**hen you ask people what kind of exercise they typically do for weight-loss, the most common reply is either walking or 'cardio'. Observe any Health Club at peak operating times and you will see the 'cardio' section jam packed with people, especially women, whereas the weight-training section will be much less busy. 'Cardio' is typically considered the exercise of choice for weight-loss, whereas weight training (or resistance training) is usually only considered if one wants to develop 'huge' muscles.

However weight training plays a huge role when it comes to fat-loss. Here are a few reasons why it's so important:

A large degree of your body's energy is burnt inside your muscle cells. Just like a car burns fuel inside its engine, we burn our fuel inside our muscle cells. Cars with large engines usually consume high amounts of fuel, while small engine cars are usually considered 'fuel efficient'. Our muscles can be compared to the engine of a car. A higher amount of muscle mass will effectively burn more energy, thus raising the body's metabolic rate, even when you're asleep.

During a fast-paced, intensive workout, your metabolic rate may increase by up to 10 times its resting rate if the workout is done in a circuit or super-set fashion with little rest in between. On top of that, it can raise your metabolic rate for the rest of the day, allowing you to burn more calories all day! This effect is known as 'EPOC' effect, which stands for excess post-exercise oxygen consumption. Research evidence suggests that a high-inten-

sity, intermittent-type of training (interval training) has a more pronounced effect on EPOC (Haltom et al. 1999). Also, it appears that resistance training produces greater EPOC responses than aerobic exercise (Burlinson et al. 1998). The research suggests that high-intensity resistance exercise disturbs the body's homeostasis to a greater degree than aerobic exercise. The result is a larger energy requirement after exercise to restore the body's systems to normal (Burlinson et al. 1998), and thus an explanation for the higher EPOC. The underlying mechanisms that cause the higher EPOC observed in resistance exercise include elevated blood lactate, and an increase in circulating catecholamines (epinephrine and norepinephrine) and anabolic hormones.

If you're following a calorie-reduced diet as part of your weight-loss programme you are very likely to experience muscle loss as part of your overall weight-loss if you're not engaging in a regular resistance training programme. You may be happy about seeing the kilos come down on the scales, however a large percentage of the weight loss achieved may come from lean muscle tissue, which as we mentioned earlier is so important for keeping your metabolic rate elevated. It is not uncommon for people to lose up to 40% of their weight as lean muscle tissue, which on a total weight-loss of 10kg would mean 4kg of solid muscle tissue gone! 4kg of muscle loss can have a significant lowering effect on your metabolic rate, and make it much more difficult for you to maintain your weight once the extra kilos are off. Muscle loss is the main reason why most people regain their



A large degree of your body's energy is burnt inside your muscle cells. Just like a car burns fuel inside its engine, we burn our fuel inside our muscle cells



weight so easily after they complete a diet programme.

If your goal is to achieve a more attractive, tight and toned looking body, then you definitely have to engage in a resistance programme. Resistance training enhances muscle tone, improves posture and addresses often neglected muscle groups like buttocks, thighs, hamstrings and the core, as well as the shoulders and the upper back muscles in the upper body, besides providing you with an aerobic workout at the same time! A huge time-saver!

A common misconception about weight-training for fat-loss is that you should use light weights and perform high repetition exercises. Fact is however that you will only build stamina and endurance within a muscle with high-repetition workouts, but it will not shape or tone your muscles. For any toning effect to occur, you must keep the weight heavy enough to cause muscle fatigue in the 10-20 repetition range.

As you can see it really does pay off to do your resistance training regularly! When resistance training exercises are done in a circuit type fashion with little rest in between, it has a huge metabolic effect, which is great for anybody wishing to burn fat. During these metabolic workouts, fats and sugars are being metabolised at highly elevated levels and you are doing a ton of good to your body that may have been sitting on a chair all day or just has been neglected for a long time.

Make sure to implement a basic resistance training programme in your weight-loss plan besides your cardio programme and enjoy a slimmer, more attractive body that you will find easier to maintain long-term.

## Get friendly with artichokes

**D**id you know that the globe artichoke (Cynara cardunculus) is a natural diuretic, a digestive aid, and provides nutrition to health-promoting bacteria in the intestinal tract? Some studies suggest that fresh artichokes can help control blood-sugars in diabetics and lower cholesterol levels thus warding off arteriosclerosis. Some new exciting studies have also shown that artichokes contain an unusual amount of anti-oxidants, in the form of phytonutrients. Among the most powerful phytonutrients are Cynarin and Silymarin, which have strong positive effects on the liver.

Since ancient times, the artichoke has been used for liver and gallbladder conditions, 'cleaning' the blood, as well as the bladder. The Egyptians highly prized it as a health and diet food and Plinius described it as the 'food for the rich' because of the health problems contributed to a 'rich' life style - excessive in rich foods, fats and wine that led to liver illnesses (such as cirrhosis), gout and a general run down condition.

Today we know that the artichoke is very high in fibre, potassium, calcium, iron, phosphorus and other trace elements important for a balanced system. It is known to positively help poor liver function (thus

helping to lower the blood cholesterol), arteriosclerosis, gout and improve the gall secretions. Cynarin, an active chemical constituent in artichokes, causes an increased bile flow. The majority of the Cynarin found in artichoke is located in the pulp of the leaves, though dried leaves and stems of artichoke also contain cynarin.

The artichoke is diuretic and may help some migraine conditions (most especially those caused by toxins in the blood). As it helps the body rid itself of excess water and moves toxins it also has the added side effect of an improved skin luminosity.