

Enjoy the hottest music and informative discussions this week on UBI World TV...

WHERE YOUR HEART BELONGS

The latest video clips and top music hits from Greece and engaging talk on the most relevant and important issues of the week.

Make sure to tune in to UBI World TV, the leading provider of the best channels broadcasting direct from Greece and Cyprus, for a mega week of music and information from Greece's number one channel, Mega Cosmos, exclusively on UBI.

Mega Star

Mega Star is turning 20, and it's getting fresher, more exciting and younger than



ever! Now on its 20th season of airing on Greece's favourite channel, Mega Cosmos, Mega Star is THE music show that beats all music shows! Bursting with enthusiasm with the hottest music that is all the rave in Greece today, the show is presented by the amazing and talented VJ, Katerina Stikoudi.

Look out for the new season of the most established music show on Greek television with more exclusive interviews, brand new video clips, music trends, stories about the singers, bands and musicians who are making the news, and of course the legendary Music TOP which counts down the most popular mu-



sic that everyone is listening to! Mega Star airs every Sunday at 17:00pm AEST on Mega Cosmos, exclusively on UBI so don't miss it! (Rpt. at same night, 1:30am)

Mega Weekend

Weekends are always entertaining on Mega Cosmos – but it can also be as informative and engaging with the top-rating informative morning show Mega Weekend.

Join hosts Manolis Anagnostakis and Iordanis Chasapopoulos as they examine the most important stories that happened during the week, their backstage banter and comments, as well as a glance on what's ahead in the coming week. Listen to the lively discussions between Manolis and Iordanis and their special guests on the



highly informative Mega Weekend, airing live every Saturday and Sunday at 14:00pm AEST on Mega Cosmos, exclusively on UBI. (Rpt. Every Sat and Sun at 23:15pm).

Get the largest and the best Greek TV and radio service in Australia and New Zealand. Subscribe NOW to receive a great offer. Simply call 1300 400 800 from anywhere in Australia, 0800 4000 23 from anywhere in New Zealand, email sales@ubiworldtv.com or visit www.ubiworldtv.com.



Australian Research Praises the Beneficial Qualities of Greek Nutrition

Australian papers refer to the benefits of Greek nutrition, particularly the typical person's diet on the island of Crete, for those suffering from type 2 Diabetes. After research conducted by the University of Canberra, Professor Catherine Itsiopoulos found that besides weight loss and a positive feeling of energy, the participants reduced two of type 2 diabetes symptoms: reduced glucose levels and increased antioxidant elements. Greek nutrition may also help prevent heart disease, contribute to longer life and reduce by 30% the risk of depression. Pregnant women who follow the Cretan diet reduce the risk of asthma and allergies to their children.

This kind of nutrition is based on the consumption of vegetables, olive oil, fatty fishes twice a week, red wine in limited quantities, minimal meat, milk products, nuts, and spices with limited use of salt.

The newspapers which published the basic points of this research mention that "Greeks may have financial problems at this time but their nutrition is unique throughout the world." (Herald Sun).

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ALEX & EVO
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