



*Your Body is
Your Temple*

by Anne Wolski

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What Is A Healthy Diet?

What is a healthy diet? It's not about counting calories, measuring portions or cutting carbs. You won't really find a healthy diet on the lite menu at your favourite restaurant and you certainly won't find it at the local fast food joint. A healthy diet is all about what you eat rather than how much you eat.

If you think the latest fad diet is your panacea to health, you are in for a big surprise. Losing weight, staying healthy and getting back into shape after many years of diet neglect is not about fads or eating in some radical new way for six to twelve weeks and then going back to the way you used to eat.

The best thing you can do to keep yourself healthy is to eat a healthy diet all the time, not just when you want to lose weight. Eating healthy is a long-term lifestyle choice, something you need to do for your entire lifetime.

But what is a healthy diet? Is it what we have been lead to believe milk for strong bones and teeth, protein in the form of lean beef or chicken and maybe a healthy microwave dinner if we are on the go. Unfortunately this diet is what is identified as the Standard American Diet or the SAD.

And what's so wrong with the SAD?

Well, has it made us a healthier people? Are we better off as a nation because of it?

With all of the health studies, advanced health care, the war on cancer dating back to the 70s, and the most advanced technology available on the planet we have to ask ourselves why do we still need to spend \$1.3 trillion a year on health care in the United States. Why aren't we getting any healthier?

Other pertinent questions about your health beg for answers such as, why after more than 30 years since the War On Cancer was declared, do we still have an increasing cancer rate. Yes, we have many more people surviving cancer but the rate at which people are getting cancer is increasing. We have come a long way in taking care of sick people, but we haven't made any progress as a nation in preventing those people from getting sick.

Why do more than 15 million people in the United States have diabetes? Why do we still have more heart problems today than we did 30 years ago? Why is more than 50% of our population on some kind of prescription drug?

We spend more per person on medical care than any other nation in the world. Why is this happening in a country that seems to be able to solve nearly any technological problem? Why can't we solve our medical problems? How would life be different for us if we were to be a nation of healthy individuals?

The secret to a healthy diet and a healthy life is living food...fresh vegetables, fruit, juices and green leafy salads. The answer to a healthier you is summed up in three words: breakfast, lunch and dinner.

Living a healthy life and having a healthy family is all about eating a healthy diet, every day of our lives!

Your Best Key To A Healthy Diet: Variety

It has been said that variety is the spice of life, and that is certainly true when trying to eat a healthy diet. No one likes to eat the same thing day after day, and boredom is the enemy of a healthy diet.

Fortunately for those trying to follow a healthy diet, there is plenty of variety to be had in healthy foods. In addition to the hundreds of varieties of fruits and vegetables available at the average grocery store, there is a wide variety of beans, lentils, nuts, meat, dairy products, fish and poultry. There is no need for boredom to set in when pursuing a healthier lifestyle.

The key to enjoying a variety of foods while eating healthy is to plan meals carefully and be sure to use the many varieties of foods that are available. Using a combination of fresh fruit, vegetables, meats and whole grains, it is possible to create a fresh, exciting and healthful meal every day of the week.

Nutritionists often stress the importance of a varied diet, both for nutritional and psychological reasons. A varied diet is essential for good health, since different types of foods contain different types of nutrients. And following a varied diet is important to your psychological well being as well, since feeling deprived of your favorite foods can lead you to give up your healthy lifestyle.

It is much better to continue eating the foods you like, but to eat them in moderation. Instead of giving up that juicy bacon, for instance, have it as an occasional treat, perhaps pairing it with an egg white omelet instead of a plateful of scrambled eggs. As with everything else in life, good nutrition is a tradeoff.

It is important for everyone to eat foods from the five major food groups each and every day. The five food groups identified by the USDA include grains, vegetables, fruits, milk and dairy and meat and beans. Each of these food groups contains specific nutrients, so it is important to eat a combination of these foods to ensure proper levels of nutrition.

Of course simply choosing foods from the five food groups is not enough. After all a meal from the five food groups could include cake, candied yams,

avocados, ice cream and bacon. Although all five food groups are represented, no one would try to argue that this is a healthy days menu. Choosing the best foods from within each group, and eating the less healthy foods in moderation, is the best way to ensure a healthy and varied diet.

For instance, choosing healthy, lean meats is a great way to get the protein you need without consuming unnecessary fat and calories. And removing fat and skin from chicken is a great way to eliminate extra fat and calories.

When choosing breads and cereals, it is usually best to choose those that carry the whole grain designation. Whole grains, those that have not been overly refined, contain greater nutritional qualities and fewer sugars.

In addition, many grains and cereals are fortified with additional vitamins and minerals. While this vitamin fortification is important, it should be seen as a bonus, not as a substitute for a proper diet. Many foods are supplemented with important nutrients such as calcium (essential for strong bones and teeth) and folic acid (important in preventing birth defects).

Substituting healthier foods for less healthy ones is a cornerstone of a healthy diet. For instance, substituting lean cuts of meat for fattier ones, and substituting skinless chicken or turkey breast for less healthy drumsticks, is a great way to maximize nutrition without sacrificing good taste.

No matter what your reason for following a healthy diet, or what your ultimate fitness goals may be, you will find that a good understanding of nutrition will form the basis of your healthy diet. Understanding how the various food groups work together to form a healthy diet will go a long way toward helping you meet your ultimate fitness goals. Whether your goal is to run a marathon, lose ten pounds or just feel better, knowledge is power, and nutritional knowledge will power your diet for the rest of your life.

Your Diet And Nutrition Are You An Emotional Eater?

Many people suffer from the same eating problems, but among those eating issues, there is one that stands out. Emotional eating. For most people, it is the leading cause of abnormal weight gain, as you end up compensating for your emotional distress by sitting down for a large snack. Once and a while this is fine, but do it too often and you will find it hard to lose any weight.

Every time you eat anything, you need to write down your state of mind in your food journal. Were you feeling tired, upset, depressed, happy or energetic? Just writing a few words about how you felt at the time you decided to eat can make a world of difference when it comes time to analyze your eating behaviors.

While your emotions are a good starting point, if you want to get even more in depth in your journal, you should go ahead and make that extra effort. At the end of each day, make a note about what happened during that day. Were the events good or bad? Did they lead to you eating more than you normally would have?

Once you analyze your emotions in regard to your hunger levels and how often you eat your meals, you may be able to find a pattern which you can use to become a more proper eater. Maybe you'll find that you eat more when you're depressed, even if you do not feel that hungry. Or perhaps you will find that you bolster happy days with food to make you feel even better.

The ultimate goal of any food journal you create is to be able to track your dietary patterns to see what needs to be changed if you hope to lose weight. While the core of your food notebook should be based on what you eat and how much of it you ate, you should also take the time to write about your state of mind, how often you eat, and where you have your meals. While these facts may seem useless at first, they can provide you with a number of interesting observations about what you need to change if you hope to lose weight.

Vegetarian Diet: Great For Weight Loss, Health And The Planet

"Animals are my friends and I don't eat my friends" was how George Bernard Shaw explained his vegetarian diet. Albert Einstein said that the adoption of "the vegetarian manner of living...would most beneficially influence the lot of mankind."

Whether you are interested in vegetarianism because of lofty moral ideals such as those held by Shaw and Einstein, or because you just want to lose weight and feel better physically you are not alone. Throughout the world there is a growing interest in vegetarianism.

Let's take a look at the main reasons for being a vegetarian.

Physical: There is a long list of modern diseases that are aggravated by meat eating: colon cancer, heart disease, kidney disease, arthritis and gout top the list.

In addition, many toxins accumulate in meat, as animals are on the top of an agricultural food chain that is heavily dependent on chemicals and pesticides. Added to the chemicals of the environment, are the hormones secreted into an animal's bloodstream as it faces death. "The flesh of an animal is loaded with toxic blood and other waste products," was how the Nutrition Institute of America described it.

If that isn't enough to make you think about trying a vegetarian diet, there is more

You Can Live Without Meat: You can get all the vitamins, minerals and even protein that you need without eating any meat products. A diet of fruits, vegetables, whole grains, and dairy products will certainly provide you with what you need. And such a diet is not boring. Have you ever tasted an elaborate vegetarian Indian dinner, or vegetarian Chinese cuisine, or vegetarian Italian food?

While it is possible to be vegetarian and also be fat, it is much harder! A vegetarian diet is not a fad diet that you will do for a period, but something you can follow and enjoy for your whole life.

But there are more reasons why a vegetarian diet makes sense.

Moral and Social Reasons: We all love our cats, dogs, and house pets. We regard them as beautiful creatures who are part of our family. Other animals, cows, sheep, pigs, chickens ducks, etc. are also beautiful creatures and they too want to live. If we can live our lives without killing them, then why should we?

Finally, our Mother earth is small and has limited resources. Feeding humanity with meat takes a big toll on the environment. It makes more sense for us to get nourishment from plant proteins rather than growing grains and then feeding it to animals. Every year millions of people die of hunger in the developing countries, while thousands die of avoidable diseases in the developed countries due to overeating the wrong kind of food. Surely, in the 21st Century, we can do better than this. The spread of the vegetarian diet may be the best way to correct this crazy imbalance.

So, think about it, and try out a vegetarian diet. It will help you to slim down, feel great physically and connect you with the other living beings on planet Earth.

What You Need To Know About Vegetarianism

Living healthy requires maintaining a healthy diet. No diet may be healthier than meals dominated by fresh, all-natural vegetables and fruits.

Lately, more and more people have shifted to vegetarian meals because scientific research demonstrated the adverse effects of animal meat.

Nutritionists explain that the high amount of animal fat present in meat, dairy, and other animal products may be probable factors leading to the onset of diabetes mellitus, obesity, colorectal cancer, high blood pressure, and coronary artery disease.

To avoid these diseases, nutritionists have long expounded on the health benefits of high intake of fruits and vegetables.

However, people generally have many misconceptions about vegetarianism or the practice of eating foods from the plant kingdom.

This article attempts to clear these misconceptions and bring to light what the said lifestyle is about.

Vegetarians may be classified into four groups. Vegans eat no animal foods, while semi-vegetarians generally avoid meat but consume poultry and selected animal foods.

Meanwhile, lacto-ovo-vegetarians avoid meat, poultry and fish, but take in milk and eggs. Finally, lacto-vegetarians consume milk products but not other animal foods. Some vegetarians also go as far as avoiding clothing made from animal products like fleece, fur, and leather.

More so, others avoid processed foods, alcoholic beverages, and foods bred with pesticides.

Historically, vegetarianism can be traced from philosophical beliefs, specifically religious traditions and teachings of Buddhism and Hinduism.

The said religions shun away from animal flesh due to their doctrine upholding self-denial, reincarnation, and the blessedness of all forms of life.

However, during the 19th century, the practice has transcended religious boundaries when the Vegetarian Society, a British non-religious organization, became famous in 1847.

Modern vegetarians uphold the rejection of meat in their campaign for animal welfare, labelling the killing of animals for consumption as a violation of their rights. The practice has already gained worldwide acceptance.

Some people contend that the vegetarian diet is insufficient in meeting the daily nutritional requirements. However, dieticians have explained that plant-based meals are low in cholesterol, saturated fat, and salt.

Likewise, plant-based meals may be planned in order to obtain the essential nutrients normally obtained from meat, fish, and poultry.

Vegetarians may consume diets dominated by fruits, vegetables, cereals and grains. In place of meat products, lacto-ovo-vegetarians may use nuts, lentils, eggs, nuts, peanut butter, dry beans, and peas. Vegetarians avoiding milk may find other sources of calcium and Vitamin D-enriched foods.

Also, vegans may have to take vitamin and mineral supplements to ensure adequate intakes of nutrients that may only be obtained from animal-based meals.

Consciousness on healthy living involves awareness on the different options and forms of vegetarianism. Heres to a healthy lifestyle and well-being to all of us!

Understanding Fats and carbohydrates and their role in a healthy diet

In recent times it would give the impression that fats and carbohydrates have both gotten a bad rap. First it was fat that was the culprit in all dietary ills, and low fat diets were all the rage. Then the two switched places, with carbohydrates being the bad guys and fat reigning supreme.

Both fats and carbohydrates play an important role in nutrition, and both are vital to a healthy diet. It would be impossible and unwise to remove all fat from the diet, since fat is important for the production of energy, and for carrying valuable fat soluble vitamins like vitamin D, vitamin E and vitamin K, throughout the body. In addition, fat plays a very important role in regulating various bodily functions.

Even though some fat is essential to a healthy body, too much fat can be harmful. Excessive levels of dietary fats have been implicated in heart disease, stroke, high cholesterol levels and even some cancers. Most nutritionists suggest limiting daily fat intake to less than 20% of calories, although taking that level lower than 10% is not recommended.

The type and amount of fat in the diet makes all the difference. A diet high in saturated fats, trans fats and cholesterol has been associated with a variety of ills, including heart disease, stroke and other related diseases. In addition, many long-term chronic problems, such as obesity, are associated with high levels of dietary fats.

Food labels do make the complex process of choosing the right fats somewhat easier. For instance, trans fats will be listed on the ingredient list of foods that include them. In general, trans fats are found mainly in processed foods. When limiting your daily intake of fat and cholesterol, it is good to have an understanding of nutritional labels. This government mandated labels could be a huge help to those who take the time to read and be aware of them.

Carbohydrates are an important part of a healthy diet as well, and carbs are necessary for providing energy and many vital nutrients. Carbohydrates are found in fruits and vegetables, in grains and in milk and dairy products. It is important to choose carbohydrates carefully, however, since not all are equally healthy.

Keeping saturated fats and trans fats to a minimum is important to a healthy diet. Trans fats, which are solid at room temperature, are most often found in highly processed foods like cookies, cakes and other baked goods. In addition, trans fats are often found in fried foods and in salty snacks like potato chips. While these foods are fine in moderation, it is best to avoid large quantities of such snacks.

As with many products, less is often more when it comes to choosing foods rich in carbohydrates. For example, less refined whole grain bread is generally more nutritious than white bread, which has gone through a greater amount of refining. That is because the refining process tends to decrease nutrient content over time.

Of course, there are some elements in the diet that should be limited. Two of these elements are sugar and salt. Most Americans consume too much salt and sugar, and this has led to epidemics of obesity, diabetes, heart disease and other ills. Limiting sugar and salt, while choosing good fats and unrefined carbohydrates, is a great way to make the most of the nutritional value of the foods you eat.

What Good and Bad Fat can do to Your Health

THE FAT TYPES AND THEIR EFFECTS

High consumption of fat or of the combination fat and carbohydrates causes obesity, heart disease and other health problems. However the different types of fat have very different effects on the health. Here is a survey of the different fat categories and their effects:

Mono-unsaturated fat - This type of fat prevents heart disease and circulatory disease in moderate amounts.

Omega-6-poly-unsaturated fat - This fat type prevents heart disease if you do not consume too much of it. However it causes inflammatory reactions. This type of reactions are benign when they are moderate and when they are provoked to fight disease. But a constant high inflammatory response is dangerous, and can cause rheumatism, heart trouble and cancer. A very high consumption of this type of fat is therefore dangerous.

Omega-3-poly-unsaturated fat - This type of fat prevents heart disease and reduces inflammatory reactions in moderate amounts. Therefore it also reduces the risk of cancer, intestinal inflammations and rheumatism.

Omega-9-poly-unsaturated fat - This type of fat also prevents heart disease and reduces inflammatory reactions in moderate amounts. Therefore it reduces the risk of cancer, intestinal inflammations and rheumatism.

Saturated fat - This type of fat is probably not dangerous in small amounts. In higher amounts, saturated fat gives high cholesterol levels, causes clogging of the blood vessels, causes coronary heart disease and increases the risk of infarct of the heart and other organs.

Cholesterol - Cholesterol is a fat-like compound found in the food, but also synthesized from saturated fat by the body. High intake of saturated fat or of cholesterol itself therefore elevates the cholesterol level in the body. Cholesterol is a necessary compound, but in higher amounts it causes

clogging of the blood vessels, causes coronary heart disease and increases the risk of infarct of the heart and other organs.

Trans-fat - This type of fat is produced by chemical processing to yield specific mechanical properties. Margarine often contains this type of fat. This type of fat is dangerous, and is probably a causal component for heart disease and cancer. There is however one exception: Some amount of fat containing the trans acid conjugated linoleic acid seem to be benevolent for the skin health and may help reduce weight. Conjugated linoleic acid is found in milk and butter.

COMMON PROBLEMS OF THE AVERAGE DIET

The average American and European diet generally contains too much fat and carbohydrates combined. The fat consumed is generally a mixture of trans fat, saturated fat and omega-6-poly-unsaturated fat. This bad fat consume causes overweight and is probably a major contributing component for the incidence of heart disease, cancer, intestinal inflammatory diseases, rheumatism and other inflammatory conditions.

RECOMMENDED AMOUNT OF FAT IN THE DIET:

A common advice is to let 25-30 % of the energy needed be covered by fat and the rest by carbohydrates. However, experts do not agree at his point. Some recommend a low carbohydrate diet with more fat, and others recommend a high carbohydrate diet with a low fat amount.

In either case, the combined intake of fat and carbohydrates should not be much higher than your daily energy consumption if you have a normal or wanted weight. If you want to loose weight, this combined amount must be lower. If you want to gain weight, it should be higher.

THE RIGHT MIXTURE OF FAT TYPES

The right mixture of different fat types is as important as the amount of fat in the diet to keep good health. However, you must not take the percent ratios given here too literally, since there is little agreement about the exact ratios that should be recommended. Furthermore, if you have an active lifestyle that

demands much energy, this is best achieved by increasing the amount of carbohydrates and mono-unsaturated fat.

Mono-unsaturated fat - Ideally as much as 35% of the fat consumption should be from this type of fat. You can find this fat in olive oil, rapeseed oil and walnut oil.

Omega-6-poly-unsaturated fat - 30 % of the fat consumption should be from this fat type. You find it in soy oil and corn oil.

Omega-3-poly-unsaturated fat and omega-9-poly-unsaturated fat - 20 % of the fat consumption should be this type. You find it in fish oil and in fatty fish. If you suffer from inflammatory conditions like rheumatism and intestinal inflammation, you will probably benefit from increasing the amount of this fat type, and reduce the amount of other fat types.

Saturated fat - Not more than 15 % of the fat consumption should be saturated fat. Saturated fat is found in fat from mammals, coconut fat and in milk.

Cholesterol - The cholesterol level in the body depends upon the combined amount of consumed cholesterol itself and saturated fat. To keep the cholesterol level right, you should not consume too much saturated fat, and not very much of food containing cholesterol, like eggs and spawn.

Trans-fat - This type of fat should ideally not be a part of the diet at all. Margarine, cookies, snacks and often also bread contain this type of fat. It is therefore important to reduce consumption of margarine, cookies, snacks, and to check the composition of the bread you consume.

Conjugated linoleic acid - This is perhaps the only trans fat acid that is benevolent in some amount. It is found in natural milk fat, and you can buy dietary supplements of this substance. A small amount of this substance may help keep your skin healthy and may help you to reduce weight.

Women's Health and Weight Loss: The Importance of Iron in a Woman's Diet

One of the biggest weaknesses of the traditional commercial diet is the lack of iron that exists in its stringent and often excessively limited eating guidelines. In order to lose weight, many unsuspecting women get bamboozled into taking part in weight loss programs that cut out many of the nutrients that they need. Iron is one of the primary casualties of such diets and weight loss plans.

The plot thickens for women in particular due to the fact that their bodies regularly lose iron during menstruation. Therefore, eating a low-calorie, low-iron diet in an effort to lose weight only makes the problem more severe.

It is generally suggested that women supplement their diets with an iron supplement such as the Vitality multivitamin offered by Melaleuca, the Wellness Company. This is particularly important during periods of heavy exercise and training that are typical aspects of any weight loss program or general effort to lose weight even when a special program is not in use.

One thing to be on guard for, however, is excessive iron supplementation by iron-deficient (non-anaemic) women. There is a disorder known as hemosiderosis which results from large deposits of iron made in the liver that causes a glitch in the proper metabolism of the iron itself. Avoiding prolonged large doses will eliminate the risk of this particular disorder.

Below are a few recommendations from the American Council on Exercise (ACE) that will help you to make sure you get the adequate amount of iron intake in your daily diet, whether on a program to lose weight or not:

Eat foods with high vitamin C content with all meals. Vitamin C aids in the absorption of iron. (Examples: salsa; chilli peppers; oranges)

Include dark meat chick and/or turkey in the training diet. Both of these are rich in iron

Vegetable proteins such as split pea soup or chilli beans with lean meat help the iron in those meats to properly absorb

When eating starchy carbohydrates such as cereals, breads, and pastas, gravitate to those labelled "enriched" or "fortified" for their higher iron content.

Ways to Help your Child Fight Childhood Obesity

Halloween, slumber parties, and birthdays. Sometimes, it seems like childhood is one big food fest. It is difficult to deprive your child with special delicacies and delights when all her friends are having a grand feast.

However, this simple condition can bring about more trouble than you can think of. Treating your child occasionally may be good, but giving them the chance to devour every sweets and treats that they want could mean one big problem - childhood obesity.

In some instances, some people claim that genetics can play a major part in childhood obesity. It does, but not as big as the role that parents do. It is a falsehood that genetic materials induce a child to be heavy at an early age.

For the greater part of the population, genetic materials may establish the lower maximum values of peoples weight, but people themselves establish the higher maximum values by their food choices. In addition, since most kids cannot simply set the limits and choose the food that they need to eat, it is the duty of the parents to set the limits.

You do not know how to do it? Here are some tips that will help you keep track of your child's food and eating regimen and help him fight childhood obesity.

1. Happy Halloween!

As the only festival dedicated almost completely to overeating on sugar-laden treats, Halloween holds an extraordinary place in hell for most parents dealing with childhood obesity.

This can understandably be a very tough time for your child to get through, but you can make it easier. Try focusing on the real spirit of the season and make a special haunted house for the kids, or let them have a spooktacular party with ghost stories, rubber spiders, and the old spaghetti intestines and grape eyeballs game.

For younger kids, a costume party with pumpkin painting and other activities is always fun. The important thing is that you shun away your kids from any signs of sugary sweets.

2. Overnight trips

The first solo sleepover can be nerve-wracking for both you and the host parents. Kids old enough for slumber parties and overnight trips are typically at least starting to manage some of their own food and diet regimen, which helps.

Spend some time with the parents in advance of the event to give them a briefing on what your child might potentially need, and make yourself available via phone for any questions they might have.

Provide them with healthy snacks that they can eat and give them nutritious to cook.

3. Calorie-conscious kiddos

It is important to teach your child about the kinds of foods that they are expected to eat. Splurge some time teaching your child the comparative calorie substance. That will make your child make better food choices.

It is better to teach them early how to read food labels to help boost their food awareness.

4. Snack on the right foods

Children are very vulnerable to snacks; hence, it would be difficult to remove them. The only best way to prevent childhood obesity is to allow them to snack on the right foods. Give them some apples instead of a bar of chocolates.

Keep in mind that eating is a habit. If your children's eating regimen has been accustomed to healthy eating from the very start, they will grow healthy and strong.

Indeed, fighting childhood obesity is not a problem. It is just in the manner parents teach their children the right stuffs to eat.

What is the Glycemic Index?

Over the last 30 years, research into food and blood glucose response has completely changed our carbohydrate classification system.

It has been learned that it is impossible to predict the impact on blood glucose levels by certain foods, instead people are fed carbohydrate foods and the response measured.

This response is known as the Glycemic Index (GI), it is a measure of how quickly carbohydrate foods are digested and absorbed, and ranks carbohydrate foods according to their impact on blood sugar (glucose) levels: as indicted by elevated blood glucose.

Foods with a high GI are absorbed quickly into the blood stream and cause a rapid rise in blood glucose levels. While foods with a low GI are broken down more slowly over time and keep blood glucose levels more stable (Remember that low is slow!).

Some carbohydrate foods will maintain your energy levels for hours, while some may cause your blood glucose to rise and fall. Different types of carbohydrate can also affect feelings of fullness in the stomach and this can influence hunger and your ability to control your body weight.

Why is the GI important?

When our blood glucose levels are stable we have plenty of readily available fuel for the brain and muscles. If our blood glucose levels drop too low (hypoglycaemia) we feel tired, dizzy and generally unwell. If our blood glucose levels rise too quickly a rapid drop usually follows this.

Include low glycemic index foods in meals and snacks to slow the release of glucose into the bloodstream. A low glycemic index snack a few hours before exercise will help maintain your energy levels for more effective training.

After high intensity exercise (strength training) a high glycemic index snack should be consumed within 30 minutes. This will help to replace energy and start the recovery process.

Low-GI foods take longer to digest and help delay hunger pangs that little bit more and thus promote weight loss. So please choose your carbs carefully as this will lower your insulin levels and burn more fat. The secret is to swap high GI foods with low GI foods.

Simple steps to a low GI diet.

Step No 1

Start with a healthy, well balanced and varied diet based on a good nutrition program. The diet should be low in fats, moderate in carbohydrate and protein. The program should be high in fibre and contain a varied amount of foods to provide the required amount of vitamins and minerals.

Step No 2

Look at the type of carbohydrates that you consume during the day. Look at the carbs that you eat the most, as these will have the most dramatic impact on your diet.

Try to change the carbs you eat the most with at least one low GI one. (Replace potato with sweet potato, use noodles instead of rice) By substituting half of your daily carbohydrate from high GI to low GI will result in an overall reduction in the GI of your diet.

Reducing the GI in your diet reduces your insulin levels and increases the fat burning apparatus in your body. Try to reduce the high GI's in your diet by substituting them with low GI's.

Regular consumption of low GI foods increases the feelings of fullness and satisfaction and so prevents weight gain. Try taking in six small meals a day of healthy low fat low GI foods to prevent overeating at meal times and control appetite.

Remember, that it is also important to look at the calories in food to. Rice and bread might be low in fat but when your body is burning the carbohydrates in these foods it doesn't burn as much fat. So if you are on a low fat diet, you wont lose as much weight if your calories are still high.

Have a look at the table below for the different GI food ratings.

Low GI (<50)	Medium GI (50-70)	High GI (70>)
Grapefruit (26)	Pineapple (66)	Cornflakes (80)
Baked Beans (15)	Raisins (64)	W/M Bread (72)
Lentils (29)	Sweet corn (59)	Baked Potato (98)
Peanuts (13)	Potato Chips (51)	Carrots (92)
Soy Beans (15)	All bran (51)	Brown Rice (80)

Compare these two menus and try to adjust your diet accordingly.

High GI Menu

Breakfast: 40 Grams of cornflakes with milk. Two slices of whole meal toast with margarine and jam.

Snack: Two sweet biscuits with a white coffee.

Lunch: Ham and salad whole meal Roll with an apple.

Snack: Four crackers with cottage cheese and chives

Main Meal: Serving of Roast chicken with a large baked potato and peas.
Small piece of cake.

Low GI Menu

Breakfast: 40 Grams of bran with low fat milk. Two slices of low GI toast (Try Burgen) with margarine and jam.

Snack: Two oatmeal biscuits with a coffee (Low fat milk).

Lunch: Ham and salad Roll (Low GI bread). Soft-serve vanilla yoghurt with toasted muesli sprinkled on top.

Snack: Two bananas.

Main Meal: Serving of Roast chicken with a small baked potato and peas. Two scoops of low fat ice cream with half a cup of canned peaches.

Chicken, beef, fish, eggs, nuts, and avocados contain very little or no carbohydrates. These foods if eaten by themselves will not have much effect on your glucose levels and are very low GI. Alcoholic beverages especially wine are also low GI so can be included in your diet but remember to count them in your daily caloric intake.

Low GI foods are ideal for losing weight due to the slow absorption from the stomach. Low GI foods also help to keep blood sugar levels more stable and this has an effect on reducing sweet cravings.

Why Low Glycemic Foods?

Some currently popular eating plans like The Perricone Prescription, A Week in the Zone and The Protein Power Lifeplan recommend low glycemic foods.

The theory is that sugar and high glycemic carbs that rapidly convert to sugar trigger a release of insulin to control the level of sugar in the bloodstream. Excess sugar in the bloodstream is inflammatory and causes a cascade of free radical damage.

To explain how dangerous this is, Dr, Perricone points out that diabetics with poorly controlled blood sugar age one third faster than nondiabetics and are prone to kidney failure, blindness, heart attack and stroke.

So insulin comes to the rescue to clear the excess sugar from the bloodstream. And what do you suppose the insulin does with all this sugar? It stores it as fat. And worse yet, until the insulin sweeps up the excess sugar, it runs rampant throughout the body causing glycation and cross-linking of the bodys collagen.

The effect is visible on the skin, which becomes leathery and inflexible as we age. Though it cant be seen, the same damage is taking place inside the body where it affects other vital organs including the kidneys, lungs and brain.

So far, so good. Nutritionists have recommended that people cut their consumption of sugar for decades. The surprise when one ranks sugars and carbs by their glycemic index, is that some foods we normally think of as healthy show up as being bad for you.

The glycemic index is a ranking from 1 to 100, with 100 indicating the increase in blood sugar from eating table sugar (or white bread in one scale). Whichever scale is used, the important thing is a rank ordering of a foods effect on blood sugar.

The low glycemic food diets mentioned above have different cut off points. For example, Dr. Perricones 28-day program prohibits any foods that score above 50 on the glycemic scale. That leaves out such things as bananas, bagels, carrots, corn, potatoes, rice and watermelon.

You can read more about the glycemic index (GI) and view the whole table <http://www.mendoza.com/gi.htm> here. This site is authored by David Mendoza, a freelance medical writer and consultant specializing in diabetes. The site is a gold mine of information.

Mr. Mendoza points out that a food's glycemic index tells you how rapidly a particular carb turns into sugar, but not how much of that carbohydrate is in a serving. In other words, it's not just the quality of the carb, but also the quantity, that counts.

The version of glycemic index on his site (courtesy of Professor Jennie-Brand Miller of the University of Sydney) includes a column called glycemic load (GL) as well as a column of serving size in grams. A glycemic load of 20 or more is considered high; 11 to 19 is medium; and 10 or less is low.

Looking at this bigger picture, some of the bad carbs in low-glycemic food diets turn out to be not so bad. A 120g serving of watermelon has a horrible GI of 74 but a very low GL of 4. A medium banana (129g) has a bad GI of 51 but a medium GL of 13. An 80g serving of carrots has a borderline GI of 47 but a low GL of only 3. The same amount of corn has a GI of 47 but a low GL of 7.

On the other hand, some carb foods look bad whether you go by the GI or the GL. A 70g bagel has a high GI (72) as well as a high GL (25). A 150g serving of boiled white rice has a GI of 56 and a GL of 24. A medium baked potato (159g) has a high GI (60) and a marginal GL (18).

If you decide to concentrate on low-glycemic foods, I recommend you focus on a food's glycemic load. Just be careful to adhere to the indicated serving sizes (or adjust the calculation accordingly), GL is a better measure of how much sugar in total is being poured into the bloodstream and the amount of sugar that will be stored as fat.

Vegetable Protein Has One Definite Advantage Over Meat Protein

While its still controversial which one is better, most recent study shows one definite advantage of vegetable protein over meat protein is that plant protein can help lower blood pressure. Those who consume a lot of vegetable protein have lower blood pressure.

Researchers at Imperial College London did a survey on nearly 4700 people from the UK, the US, Japan and China. They found that the more vegetable protein the subjects said they had, the lower their blood pressure.

The report published in the journal Archives of Internal Medicine suggested vegetarians tend to be lighter than non-vegetarians, and that the amino acids and magnesium found in plant protein may play roles in lowering blood pressure.

Since the study shows plant protein has some benefits that meat protein lacks, it is recommended we add some amounts of vegetable protein in our diet for better health. Good sources of vegetable protein include whole grains such as corn, wheat, oats, milo, barley, soya products such as tofu, soya milk, nuts and seeds like peas, beans, peanuts, almonds, pipe nuts etc. A well balanced diet including certain amounts of plant protein is definitely better than a diet that gets dietary protein from meat only.

What Can Honey Do To You?

If you feel exhausted and want something fresh to release all your fatigue, why don't you take a teaspoonful of honey and add to your tea, then drink it. You are going to feel better then.

It's not difficult to find honey as it is easy to get and available everywhere in the market. In fact, honey has been a part of the commodity in the ancient century. They used honey for different purposes such as for health treatment, food and beverage, and other useful matters.

Nobody has doubts the usefulness of this sweet viscous fluid produced by bees. Honey makes a good alternative to sugar in food and beverages.

Honey is a source of nutrition. It contains many enzymes, vitamins, minerals and amino acids, as well as fructose, glucose, and water.

In addition, honey also contains antioxidants that can fight free radical from human body. Free radical are molecules that attack human healthy cells.

Current research on honey has shown its beneficial as an antimicrobial agent that can treat different kinds of ailments. The most common use of honey as an antimicrobial agent is to treat wounds, burns and skin ulcers.

Honey can also help seasonal pollen allergies. Consuming a teaspoonful of honey a day for a few months can boost your immune before the allergy season (mostly during autumn) comes.

Thanks to the bees, people can taste the sweetness of honey and take the benefits out of it to improve human's health.

Probably bees are the most helpful insect to human as they produce not only honey, but also something related to honey. Let's see what they are:

Royal Jelly - This is the most nutritious food for the queen bees throughout her life. Luckily, human can take out and consume some of it. Its tastes a little bit bitter, but has so many benefits. It's rich in vitamins, minerals, proteins, amino acid and antibiotic.

It can enhance immunity; prevent arthritis and multiple sclerosis; treat asthma; slow down the signs of aging; stimulate hair growth etc.

Beeswax - It's a product from the abdomen of the worker bees. Worker bees have some glands on the inner sides of the ventral shield or plate of each segment of the body. The beeswax is useful to make lipstick, capsule, balm, body lotion, candles or as a wood polish or floor polish.

Bee Pollen -- It's the male seed of a flower blossom that is gathered by the bees. Whoever consumes bee pollen may have more vitality in life. Most athletes like bee pollen because it sustains and enhances their quality performances. For ordinary people, bee pollen can stimulate organs and glands, rejuvenates human body, and brings about a longer life span.

As you can see, all the products "made" by the bees are beneficial for our health. Why don't you try them for your health sake.

Vitamins How to Get the Most From Your Diet

It's not easy to eat right, but when you are going out of your way to eat healthy you should be sure that you're getting the most from your foods. One important issue regarding vitamins is that some foods lose their vitamin content when they're not handled properly.

Raw is better. It's a simple fact of fruits and vegetables that cooking tends to damage vitamin content. If you have the choice between eating raw apples and applesauce, you'll find that raw apples generally retain more of their natural vitamins. But are those raw vegetables and fruits always going to provide you with the vitamins you need? Not necessarily.

Read the label of processed foods. Many manufacturers fortify their processed foods with vitamins. In some cases, you may find that the applesauce actually has more vitamins and a higher content than a raw apple. It's important to note that the vitamins you're getting from the applesauce aren't natural to the apple, but they're present nonetheless.

It's easy to tell the vitamin content of your favourite breakfast cereal, the fruit juice you had for a mid-morning snack or that granola bar you had on the way home from work. You tend to watch what you eat, so you also read those labels to be sure you're eating snacks that are high in the vitamins you most need for your body. But what happens when you grab an apple? Most fresh fruits don't come with a label so it's sometimes difficult to know just what you're eating. You'll find some very helpful charts that list vitamin content of most fruits and vegetables, but keep some important facts in mind.

Harvesting and handling matter. The harvesting time and practices may enhance or decrease the actual vitamin content of individual fruits and vegetables.

Variety counts. An apple isn't necessarily an apple. Different varieties have different vitamin content. The same is true of most fruits and vegetables.

Cooking practices make a difference. Though fried vegetables will typically have a lower vitamin content than raw, the type of oil used to do the frying also

makes a difference. Different oils have different vitamins and add (or detract) from the vegetables.

If you're really looking to get the most from particular vegetables, fruits and other products, take time to do some research into the particular food you're interested in or the vitamins you're looking to increase. You may be surprised to find out that handling, cooking and choosing make a big difference in the vitamins you actually consume.

What Causes Us To Age?

Science has made stunning discoveries in this area of human interest, it's something we all want to know - can we slow down the process of ageing, can we live longer, if so, how? It's a highly technical subject, too detailed to look at in-depth within this ebook. But, we can give you some powerful pointers to help slow down the ageing process and increase your chances of a healthier old age.

What determines your biological 'age'?

Our parents precondition us from a young age to believe that we'll live to a certain age. We walk around with a particular notion in our subconscious that we have a pre-defined lifespan of between 60-90 years. But there is no definitive speed at which a person should gracefully age because we are all so different. Some people seem to look and act eternally young - ageless, wrinkleless! Others, less fortunate, look old beyond their years.

Our body's biological age is a reflection of our physical, mental and spiritual journey through life. In perfect conditions, our bodies can survive to an age of 125 years! Look at the two very different lists below, the potential for ageing becomes quite obvious when you compare such a stark difference in lifestyle.

The first person has all the attributes to significantly slow down the ageing process and live to a ripe old age with good health.

Lifestyle characteristics that promote longevity:

- . Regularly partakes in enjoyable exercise
- . Enjoyable career and tolerates 'healthy' stress
- . Generally happy relationships with spouse and children
- . Active member of the community, enjoying many friendships
- . Seeks to learn new things and enjoys personal development
- . Eats a balanced, healthy diet

- . Supplements diet with vitamins, minerals and antioxidants
- . Has a sense of worth and purpose in life

If your life reflects these characteristics then you have adopted the attributes which significantly slow down the ageing process and increase your chances of living to a ripe old age with good health.

Lifestyle characteristics that do not promote longevity:

- . A sedentary lifestyle
- . Overweight or obese
- . Inability to cope with pressure
- . Isolation - working and living alone, few friendships
- . Poor or limited career opportunities
- . Constant diet of nutritionally deficient food (junk food)
- . Eating too much food (comfort eating)
- . Drinks excess alcohol
- . Smokes cigarettes
- . Regularly visits the doctor for various illnesses
- . Harbors resentment, anger, fear
- . Lack of purpose and self worth
- . Lack of stability and routine

If this list is more like you then you may be ageing fast! Time to take action and make some changes if you want to improve the quality of your latter years.

It may be a daunting task to make lifestyle changes, however, by taking things one step at a time and being consistent in developing new lifestyle habits - you will notice the difference in time, and your body, friends and family will thank you.

What To Eat To Boost Your Memory

Being aware of the nutritional value of the foods we eat is obviously essential to a healthy body. Eating the right combination of carbohydrates, proteins and healthy fats works towards keeping muscles strong and organs functioning the way nature intended.

Our minds are no different and eating foods rich in certain nutrients can help alleviate brain fog and boost our memories back to the place they were when we were younger. It only seems natural that since most of our body is fuelled by the healthiest of foods, feeding our minds the same way follows suit.

There has been extensive research done into studying the effects of certain minerals and vitamins in relation to brain function. It's common sense that sugar although a temporary stimulant quickly loses its lustre and although we might feel very vibrant and alive after eating a candy bar, within an hour or two our bodies have become sluggish and less responsive. Our minds and therefore our memories would feel the same high and crashing low if fed a diet of sweets.

Eating sensible is important for boosting your memory. Foods that are rich in antioxidants are said to work in helping memory function. The benefits of antioxidants are often associated with fighting cancer and playing a positive role in certain diseases of the heart. Now with the knowledge that they also work towards improved memory function, having them as a staple in the daily diet seems natural. Some examples of foods readily available that are high in antioxidants include carrots and certain kinds of nuts. Green tea is also an excellent source of antioxidants and its benefits reach well beyond boosting the memory.

Another product that helps with memory function is soy. Eating foods like tofu will provide benefits that help improve memory. Another great source of soy is the soy milks that are available in most food markets. Many are flavored and the taste although not exactly the same as cow's milk is considered appealing to many people. Soy also offers many other benefits to the body and knowing that it can help with boosting your memory is good stimulation for trying it and possibly making it a regular part of your diet.

Most people use oil in some form for cooking and if choosing a specific type of oil can boost your memory it would seem sensible to incorporate it into your

everyday cooking. Olive oil is a healthy choice for many reasons including its effects on memory function. Using it to cook or within salad dressing is a healthy way to work towards having less brain cloudiness and improved memory clarity. It's another step towards feeling confident that you are doing everything you can to ensure that your memory stays sharp.

Adjusting one's diet to balance the effects of memory loss seems a perfect solution. With just a small change in the consumption of certain foods anyone can feel as though they are not only eating healthier but also improving their memory.

Why You Should Consider Buying Organic Food

Besides the fact that organic food tastes better and it reduces the amount of cancer-causing chemicals that enter your body, there are plenty of other very good reasons why you should buy organic food. Here are just a few:

Organic Meat Comes From Healthier Animals

The animal from which you got your meat is guaranteed to have been healthy throughout its life. Why? Part of the criteria governing organic products is agreeing not to use antibiotics to treat an illness. Animals that are raised with the ultimate goal of being organic are raised in more humane conditions (as outlined by the United States Humane Society). These better living conditions result in healthier animals and healthier animals simply are less prone to illness and disease.

Of course, nothing can guarantee an animal will never become ill, and occasionally one will require antibiotics to cure an ailment. When this situation happens however, the animal that was treated with the antibiotics must be removed from the organic farm. The affected animal loses its organic status and is usually sold to a conventional farm where it lives out the remainder of its life.

Buying Organic Is A Form of Protest

When you buy organic food, you're basically making a statement that you care about what you're putting into your body. So much is happening to our food before it enters the supermarket. We hear about it, yet we do nothing to stop it. If you ever took a few moments to think about all that food is exposed to, from start to finish, the details likely would boggle your mind.

Sure, all that perfectly-shaped produce and those rather full-sized chicken breasts look enticing, but those perfections are the end result of growth hormones, genetic engineering, and an abundance of pesticides and fertilizers.

You've probably heard the saying, Nature is not perfect countless times, yet time and again you continue to reach for that perfect tomato. When you buy organic, you are in effect saying you don't want to be part of that scene any longer. When enough people buy organic, and more are making the switch every day, food companies will be forced to listen to consumers.

It's Something You Can Do to Protect the Environment

The chemicals that go onto the fields that produce the fruits and vegetables you eat and that feed the cows and pigs that turn into your hamburgers and pork chops contaminate the soil and the water. This affects the animals that live off the land and it also contaminates the environment.

When you choose foods that are produced without these cancer-causing chemicals, you are not adding to this problem. Your purchases likely won't put an end to environmental damage, but as with all things in life, change begins with one person. Get a few friends to change their buying and eating habits, and then have them get a few friends to change and soon enough, a sizeable impact will be in the works.

Recommended Resources

HEY!!!

If you're running an online business, then you know that information and digital products are the hottest thing around. And creating your own products is the best way to brand yourself as an expert in your niche.

But.....creating your own products can be a pain in the 'you-know-what'!!

That's why Kurt Tasche created PLR Lightning. You'll have instant access to an enormous number of PLR products including:

**Ebooks
Software
Articles
Videos
...and more!!**

<http://www.plrlightning.com/?thankyou-page=158>

Are you looking for a steady stream of income?

**Imagine for a moment the reality of logging on to your email account and receiving cash from people all across the net. Can you imagine your excitement when you see \$3, \$12, \$24 or even \$30, \$36 payments of cash being paid direct to you via your email for the rest of your life !? Imagine having a way to get a million people to anxiously send you \$3. That's \$3 million dollars (\$3,000,000) just waiting for you!
Well! Don't imagine it because YOU can do it starting right this minute!!!**

Are you up to your max in credit card limits? Are you facing possible foreclosure? Are you struggling to meet the rent? Are you facing the auto being repossessed? Do the kids want new clothes or the newest gizmo's to keep up their status with the other kids or even the oldest wants a automobile?

Don't despair! You can turn your life and that of your loved ones, around. It is nice to sit and think about how this can change your life and turn even the most dismal financial situation around.

**This is NOT a Multi-Level Marketing (MLM), Pyramid or Matrix Program!
This is your very own reseller site, advertising, and marketing material.
Your mini-site will automatically sell \$3 packages for you...**

**If you've ever wanted to own a website or an online business but just haven't had the ideas, experience, or know how...
\$3 Dollar Millions is the best place to start!**

This may absolutely be the simplest 100% automated income mini-site ever seen!

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