

26 Articles about Weight Loss, Exercising, Diet Tip, Fitness, Beauty & What You Didn't About Safe and Natural Weight Loss?

Part 2

Modified and created by: baLooTisme at <http://www.ihealthilicious.com>

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Title: 'Natural' Products are not always safe

Many herbs have a long history of use and of claimed health benefits. **An herb, or botanical, is a plant or part of a plant that is used for its scent, flavor, and/or therapeutic properties.** Although they are so-called 'natural', herbal products are not necessarily safe or without harmful effects. They may come from plants, but many plants are considered harmful and poisonous.

Unlike prescription medicines, **herbal products are not tested to certify their safety and efficacy before their marketing.** Active ingredients in many herbal medicines and supplements are still unknown. Some have been found contaminated with metals, unlabeled prescription drugs, microorganisms or other substances.

Since herbal products are not tested, they may cause certain health problems/complications. It may not be wise to take herbal products if you have any of these medical problems/conditions:

- High blood pressure
- Thyroid problems
- Parkinson's disease
- Blood-clotting problems
- Diabetes
- Heart disease
- Epilepsy
- Depression or psychiatric problems
- Liver problems
- Enlarged prostate gland
- Glaucoma
- History of stroke or organ transplant

Women who are pregnant or nursing should be especially cautious about using herbal products, as well as with people who are about to have surgery. Always check with your health care provider.

It is likewise important to consult with your doctor before using herbal products if you are taking any medications (whether prescription or over-the-counter). Some herbal products are known to interact with medications in ways that may pose risks to your health.

Title: Cholesterol: Good or bad?

In today's world, almost everything is free, not that everything has no price. It just seems that we have reached the era where we become more aware of our health conditions. Thus, it seems to be the era of everything that is -free. Try scanning every available product in your local grocery and you will see what I mean.

Your bread is bromated-free; your yoghurt is fat-free; your cooking oil is cholesterol-free; your canned soup is preservative-free; and the list goes on and on. Now you are beginning to wonder about the next -free commodity that you would encounter.

This is not exactly bad. In fact, **health experts encourage us to be more sensitive about the foods we eat and the nutrients that we get from them.** However, not everything that is -free is healthy. Our bodies need certain substances to be able to function well.

Let us take a look at cholesterol for instance. Very simply defined, cholesterol is a fatty substance that occurs naturally in the blood, cell walls, and most body tissues. Cholesterol is made by the liver, and it enters the body via foods rich in saturated fat.

There are two types of cholesterol; these are what they termed as the **good and bad cholesterol.** Like the literary split personality of Jekyll and Hyde, it has a good side because it is needed for certain important body functions. But for many people, cholesterol also has an evil side. When present in excessive amounts, it can injure blood vessels, cause heart attacks, and stroke.

Low Density Lipoprotein (LDL) is the "bad" cholesterol. This is the form in which cholesterol is carried into the blood and is the main cause of harmful fatty buildup in arteries. The higher the LDL cholesterol levels in the blood, the greater the heart disease risk.

On the other hand, **High Density Lipoprotein (HDL) is the "good" cholesterol.** This "good" cholesterol carries blood cholesterol back to the liver, where it can be eliminated. HDL helps prevent a cholesterol buildup in blood vessels. Low HDL levels increase heart disease risk.

So before you go into your cholesterol deprivation program, remember that cholesterol is essential for human life. It builds and repairs cells, it is used to produce sex hormones like estrogen and testosterone, it is converted to bile acids to help you digest food and it is found in large amounts in brain and nerve tissue.

Title: Food Labels

By Cheeky Muffy

If you live in America, you know that all food must be labeled. The only food that doesn't have to be is food that is in individual packages inside of a box or container. Even with that, the container that they come in have to be labeled. Do you buy your food according to these labels? That makes you feel smart, like a good consumer. What if I told you that those labels are nothing more than hog shit? Well, you would probably get angry at me. For the most part that is true. Like most things in life, people want to deceive you. Let's be honest, they want your money. They will do whatever they have to do to get it. Why not lie? Is the new formula a break through? Chances are it isn't. Chances are it is just a slight diversion from the old one. Why do they tell you it is? Because that will make you buy it. It really is that simple.

Is the product new and improved? Well, the packaging might be. If it is new and improved, wouldn't that make it a whole different product? If not, then listen to this. If the product is new and improved, then what were they selling you before? Were they selling you some shit that was worthless? If they were selling you the best quality item before, how could they make it better?

What does patented formula mean? It means nothing. Nothing that should concern any of us. It just means that whatever is in the stuff is patented. That shouldn't be too alarming. I mean, do you really think that Coke isn't patented?

What are labels good for? You might be thinking that all of this negative stuff means that they aren't good for nothing. That isn't true. What you have to determine is, what hype is and what is real. They are going to try to do everything they can to sell you the product. Even if you don't need it. That is what some may call hype. On the other hand, actual info on the food is what you are after. You just want the facts, just the facts. On the back of the label, should tell you all that you need to know. Just turn the container around and have a look see.

What kind of information should you find back there? You should see what the ingredients are. It should say in fairly simple terms what is in the product. If it has loads of big words that you don't know what they are, I would move on to another product and see what it says. It should tell you what the serving size is. It should also tell you how many servings are in the container. This is important when you are shopping on a budget. You should always pay attention to how many servings are in the container. Compare the price per serving with other brands of the same item. If you do this often, you can save yourself a lot of money.

Also the label should tell you the info on the food. How much fat, vitamins, minerals, cabs and so forth that is in the food. That is important if you are on a diet. You need to know what you are putting in your body. If at any time you feel that you don't have enough info on the product, you can always check to see if they have a web site. If they do, there might be some info on it. If they don't, check to see if there is a number that you can call. If there is a number, chances are there will be someone there who can answer your question.

Though they do label how much fat, they don't tell you what kind of fat is in it. This can cause some problems if you are on a strict diet. Like I said before, you can try giving them a call for the info that you are looking for.

Of course some foods won't have labels. Like **foods found at the farmers market or stuff that is sold at a bake sale**. You can always ask the person at the bake sale what they put in the food item. If they say it is a secret recipe, tell them it is a secret where your wallet is and walk away from them. There is no reason why they at least can't tell you what is in the things. The farmers market really isn't that big of a worry. I mean, you know what is in an onion. You might ask what type of chemicals they use on their farm. They should have no problems telling you this.

To summarize about food labels, don't believe the hype. The front of the label is where they try to sell the product to you. Instead, pay close attention the portion of the label that gives you the nutrition information.

Title: Fruits and Veggies

By Bassy

We have heard it once we have heard it a thousand times. 'Eat your veggies'. Most of us heard this more than anything during our childhood. All you could think of as a child was when you get older you will never eat another one again. Who needs those things anyway? I hate to break the news to you, but fruits and veggies are a very important part of our diets. You can't live without them. Oh you can, but you will either gain weight or feel like shit in the long run. Go a week without eating any; you will see what I mean. I guess the problem is, we tend to overcook veggies. We cook them to the point that they are either mush or they don't have the taste they once had. This is the worst thing that you can do to them. When you over cook a veggie, you rob of it of everything that makes it good for you. This is very foolish and a waste of money. A person should eat 5-10 servings of veggies per day. I know you have had that pounded into your head while you were at school. It sucks to learn they were actually telling the truth doesn't it?

Before you get all bent out of shape, **let's talk about how big a serving really is.** A medium sized fruit or veggie is one serving. A medium sized apple, carrot or banana is one serving. 5-10 of those doesn't sound too hard does it?

There are easy ways of getting the amount of veggies that you need. One is by preparing them the night before. Before you go to bed, peel and slice anything that you would want to eat the next day. This won't take much time. You might want to invest in a peeler. They don't cost very much. You can buy them at any shop that sells cookware. Also your grocery store might have one. If you can't find it, ask one of the stock boys. They will know if they carry them. One easy way to consume more fruits and veggies is to cut them up and put them in small sandwich baggies. Cut up a variety of things and store them in the small bags. You might cut up an apple, some carrots and some celery.

Keep these on hand at work. When you have a coffee break, eat these instead of rushing over to the vending machine to get a bag of snack chips. Keep a salt shaker in your desk or in your locker at work. A little salt will bring out the natural flavor of the veggie and make them more appealing. Think of these as snacks to go. You can keep them on hand if you are going to take a long trip. You can keep them at work, in the ice box for when you get the munchies, or if you want a late night snack. Soups are a great way to get a serving of veggies. You need to watch though; some of the canned soups will have a lot of salt in them. That is the downfall of buying soups that are already prepared. If you can make your own soup, that is great. Also you will cut out any unneeded fat.

A small salad is also one serving of veggies. When you go out to eat, order a salad. Make sure that you don't load it up with bad salad dressing. Go for a oil and vinegar. If you are at a place that you can put on how much oil and vinegar you want, that is even better. Just put enough oil on your salad to counter act the acidity of the vinegar.

You need to make sure that you are getting as many fresh fruits and veggies as possible. When they are raw, they are the best for your body. Some times during the canning or freezing process, they might cook them slightly. Eat a can of raw green beans straight from the can. Compare that to a raw green bean, you will see what I mean.

I would suggest to you that you eat as many raw veggies as possible. If you must cook them, blanch them slightly. Just cook them long enough so that they starchy feeling of a raw veggie is gone. Certainly don't cook them until they are limp and colorless. That robs them from anything that is worth eating. You are eating these to be healthy, that is a choice you make. Cooking them to the point that they are worthless might be an easier way to force yourself to eat them, but your efforts are being wasted.

Here are some ways to increase your fruit and veggie consumption. For breakfast put some fruit in with your cereal. This is great, I love doing this. This gives your cereal a sweet zing without adding a bunch of sugar. Also you can drink a glass of juice along with your breakfast. Juice is a great way of 'eating' your fruit. Make sure to get juice with the pulp in it, it is also good fiber.

Lunch. Eat salads. Make sure not to load them with bad dressing. Have veggie sticks along with your meal, this will also fill you up. For desert you can have a piece of fruit. This is a better desert than having a ice cream or something you will regret.

For dinner I would suggest that you try vegetarian pizza or meals based around veggies. Why not eat some fish and a plate full of greens and corn? You can mix and match things however you like it.

The key thing to understand is, **you need to make fruits and veggies fun.** If you keep it bland, you won't want to eat them. So, get a cook book or a favorite cooking site and learn how to eat your fruits and veggies. You will notice a big difference in how you feel.

Title: Good Foods

By Michael Messner

We all know that what we eat can help us prevent certain illnesses. We see on television all the time about people who are ill because of their diet. Well, maybe we should say lack of a diet. These people tend to be at risk of disease because they don't have the right things to eat. When people think of health and prevention, I think some of them think about pills and their doctor. To some people, they think these are the only tools they have. That isn't true. In fact, there are more important tools for you to use. Our diet is important not just for our appearance. A good diet will decrease your chance of getting cancer and other diseases. I know that it is hard to believe that just what we eat can play such a big role, but it does.

Think of it like this. As the old saying goes, you are what you eat. That is true. Your body needs many things to survive. Over the long term you realize that diet is more important than ever before. I probably just like you have known many people who have had cancer. Also, we see on television all the time famous people getting cancer. A lot of these people don't smoke. They don't do drugs, rarely drink alcohol.

Why are they getting cancer? I'm sure some of it has to do with genetics and some of it has to do with pollution. While up to 1/3 of it, is due to diet. That's right, they get cancer because what they eat. Perhaps it could be said better by saying, what they don't eat. Let's talk about some of the foods you should eat to prevent cancer and other illness. This is an important article, so I would bookmark it and come back when you have any questions.

Apples. It was once said, an apple a day will keep the doctor away. This is true. These are loaded with vitamins A and C. They also help lower cholesterol and they lower your chance of getting cancer.

Broccoli. Just because a former president didn't eat his, doesn't mean you should avoid yours. Actually, this is one of my favorite veggies. One serving has 97% of your vitamin C for the day. Also, it is a good source of calcium.

Oranges. Not only do these babies taste good, but they are good for you as well. They do help in preventing colds and flues. They also help prevent many forms of cancer. They are one of my favorite fruits.

Onions. Half an onion a day will lower your cholesterol. Also, if you ever notice how you tear up when you cut an onion. They are good for people with asthma or other breathing problems. They open up the head so to speak. Also they fight cancer such as stomach cancer. You might not know it, but onions were once believed to be sent from god. They were believed to make people live longer and healthier. One thing you might not know is, onions reduce your risk of heart attacks and strokes. Maybe there is some truth to all of that god stuff after all.

Carrots. Carrots have beta carotene which has been known for a long time to fight cancer. Remember when you were a kid and were told to eat your carrots or you will go blind? Well, that isn't true, but they are good for the eyes.

Salmon. Out of all the fatty fish, this one is best for you. It contains omega-3 fat, which is very good for your heart. People who eat salmon at least once per week are said to have a 50% lower chance of heart attack.

Beans. You know these little devils. I used to eat them the night before going to school so I could fart all day long. Not only are these good for prostate cancer, but they also are a good source of fiber.

Seaweed. No, I don't mean a joint that you smoke while at sea. I mean the stuff that comes from the ocean. This is loaded with iodine and other things. It has calcium, magnesium, and iron. This is very good for fighting cancer.

Lemons. All you have to do is go to the supermarket and see how many lemon flavored cold remedies there are to see the potential of this citrus fruit. Lemons are a great way to prevent a cold, the punch of vitamin C will keep you healthy. It is also good for sore throats.

Garlic. What doesn't this stuff do? Well, while it might not be a cure all like once believed. It does prevent almost everything under the sun. From heart disease to cancer, this is great stuff. I suggest that you study up on garlic so that you understand all of the good things it does. It would take an article the length of a book to go into great detail.

There you have it. Though I'm sure you are somewhat surprised, I'm sure that you will be able to absorb all the info in this article.

Title: Healthy Snacks

By Cheeky Muffy

No matter if it is while we are watching television or a quick bite to and from picking the kids up at school, we all love snacks. We can't get away from that fact. So why fight it? Our whole life we have been told that snacking is bad for us. It will ruin our apatite, it will make us fat, and it will break us out in pimples. Some of it is true, while on the other hand, it is nothing more than fiction. Snacking performs a very important role in our lives. Sometimes we snack because we are bored. We eat because we are bored. That 600 pound man didn't get that way because he was eating three square meals a day. He got that way because he was eating too much food. Our bodies tell us when we are hungry. That doesn't mean that it that all the time we are hungry we need food. But, if you have a good diet it does. There is no reason to cut out snacking all together. Snacking is also a great way to avoid things that we do as a pick me up some days. For example, we can eat a piece of fruit instead of going for that cola to get a jolt of energy.

The key thing to do is, to know what to eat and what not to eat. **Here we will give you some snacking ideas that will help you choose what is right.** It doesn't require a genius to figure it out, but you might be surprised at some of the suggestions. This might sound a bit strange, but I would suggest to you that you get a food dehydrator. You can get one for next to nothing and they are easy to use. I know that learning how to use something new isn't always as easy as it sounds, but believe me, these things are a snap to use.

You can dry all kinds of things in your dehydrator. The key thing to remember is to cut things thin. The thinner the item is cut, the faster they will dry. Fruits are a great thing to dry. You can dry whatever is one sale at the super market that you can find. You can also dry canned items. I would suggest that you start out with a few easy things. Start out with strawberries. They are about as easy as you can get.

Not only are strawberries easy, but when they are dried, they carry a punch of sweetness that only sugar can match. The great thing is, these are sweet, but they don't have the calories of candy. You can also dry veggies as well. Are you like me, do you love the instant soup mixes they sell at the store? Well, I love them but hate all the added salt. If you dry your own veggies, you can make your own soup. What I love is, I can control how much salt I add.

Here is something that I love to do as a snack. I take a handful of banana chips, strawberry chips, and about two apple chips. I take them and put them in some low fat yogurt. That makes for a snack that is good for you and something that I love eating. It doesn't get any better than that. You can snack on the dried food just plain. Grab some fruit chips instead of potato chips or candy. You really can't go wrong with dried fruits. They will last a very long time if you keep them in a baggie as well.

You can also make fish jerky, turkey jerky and beef jerky. I love making jerky because it saves me so much money. I don't have to pay over ten dollars a pound for jerky. I can use whatever cut of meat that is on sale at the store. You can always go with the same boring veggie platter for a snack. I do love my veggies, but this can get a bit boring at times. That is why I love the dried fruits and veggies.

A great veggie plate can be made up of any type of veggies. I would suggest that you make yours out of whatever is in season. That will produce the best veggie plate that you can. Also try putting a little oil and vinegar dressing on them. Don't use too much, but just enough to taste. Sprinkle salt to taste and also put some pepper or some pepper flakes on them. I love using pepper flakes because it gives the veggies a zing. You can also squeeze half a lemon over them for zing if you like.

You need to make sure that you aren't eating a healthy diet and snacking on foods that aren't good for you. I know tons of people who have a very good diet, but their problem is that they eat all kinds of junk when they snack. This doesn't serve any purpose at all. I'm sure you know people like this as well. Actually, I feel like yelling at them and calling them a moron.

If you must have some carbs, don't do anything stupid. Don't go running for the potato chips. Instead, eat some sliced potatoes and add some seasoning to them. I like to use Cajun seasoning myself. I think that adds the kick that they are lacking since there isn't any fat.

Another great snack idea is the small fruit cups that they sell in the stores. Don't get the ones that are in heavy syrup. Heavy syrup is a nice way of saying loaded with sugar. Also some of the pudding cups aren't too bad either. They also have yogurt cups these days too. They are good, especially if you get the ones with the fruit on the bottom. There you have it. The next time you feel guilty because you ate the wrong snack food, come back and read this article again. This will help you curve those hunger cravings and allow you to snack without the guilt.

Title: Help Your Heart

By Bassy

1. TAKE THE TEST! That's the highly sensitive C-reactive protein test, or HSCRP. It has been found that this blood test is as effective as a standard cholesterol test in predicting heart attacks and strokes. It measures the levels of a specific blood protein that indicates that you have inflamed heart arteries--the kind that rupture and cause heart failure. Seeing as how 50% of all heart attack victims have normal cholesterol levels, the hiccup test is much more accurate and important see your doctor and have one done .

2. Who Cares what you could lift. for the last forty years various studies have told us that exercise is good for your heart but none have told you that you are only as healthy as your last work out, the affects of exercise develop and deteriorate quickly so constant exercise is key to good health and a healthy heart. Doctors have compared those that still exercise to those that used to but stopped and the health rate was much higher in those that still, maintained their exercise schedule. While the effects of exercise diminish quickly doctors note that it is never too late to start and maintain an active healthier lifestyle to promote longevity.

3. Hang out in the weight room. As well as making your muscles bigger, working out and lifting weights will make you stronger, therefore making everything you do less taxing, thus putting less overall stress on your heart. if you develop a good strong set of muscles your heart will be less fatigued and you will live longer.

4. Get off the weed. Smoking weed is known to increase the chance of heart attack of heart failure dramatically for a few hours after you smoke a joint. If you are still smoking weed get of it, you live to be glad you stopped

5. Buy extra-virgin olive oil. So it's more expensive, so what it'll keep you around longer, extra virgin olive oil is lower in fat and "bad cholesterol. So the extra dollar is worth it.

6. See a genetic counselor. Usually your doctor knows nothing about your genetic history, change that. it is the most valid piece of medical information available about you, find out what is common in your genetic make-up and take the steps to prevent those problems, genetic information is a good place to look for possible problems

7. Get an ultra sound. The thing with heart disease is that most people don't know they have it till the hit the floor. A new procedure called an electron-beam cat scan (EBCT) could be a solution. Best for men over 40, the EBCT gives your doctor a 3-D ultrasound of your heart and blood vessels and can show blockage in its early stages, while it is new enough to correct it..

8. Pop a pill, taking high doses of cholesterol-reducing statin drugs. In a study last year of patients with coronary-artery disease, half underwent angioplasty and half were treated with the statin drug atorvastatin. The atorvastatin group had fewer heart attacks within the next 18 months. Statins are proving that blood vessels aren't just in need of cleaning. Statins do more than clear blood vessels--they actually help the vessels become larger to accommodate greater blood flow.

9. Ask your doctor about Ramipril. For 30 years, Ramipril has been used as a hypertension drug. But a study from McMaster University in Ontario shows that it actually helps prevent heart attacks and strokes and even reduces the need for bypass surgery!.

In the study, which included nearly 10,000 patients (80 percent of whom had coronary artery disease), vitamin E and Ramipril were tested against placebos. The subjects taking vitamin E showed no benefit, but those taking Ramipril had a 25 percent reduction in death rate.

Title: Lose Weight by Sleeping

Do you feel that you need to lose weight? Well then don't just count calories. You might want to count sheep as well.

Recent studies have shown that sleep deprivation disrupts a series of metabolism and hormonal processes. It causes increased hunger and affects the body's metabolism making it difficult to lose and control weight.

Lack of sleep causes a hormone called cortisol, which controls the appetite, to take excess calories and store them as excess body fat. In addition, sleep loss interferes with carbohydrate metabolism which may cause high blood glucose levels. The excess amount of glucose encourages the overproduction of insulin, which may lead to diabetes or even obesity.

Furthermore, **sleep deprivation can promote weight gain by affecting our behavior**. People who lack sleep tended to crave sweets or high carbohydrate, high fat food with low nutrient value. They tend to snack on chips, cakes, pastries, burgers, fries, soft drinks, etc. Though the short-term rise in blood sugar, brought on by these snacks, gives a surge of energy, the extra calories are not needed by the body and must be stored as body fat.

These calories are not so easily shed than taken. When they are sleep deprived, people are often too tired to exercise or they work out less intensely than usual. They commonly feel exhausted and lack the energy and motivation to do even simple exercises. They rather go to sleep, or eat, than go physical. In due time, the calories that are gained and not easily burned are deposited in the body as fat.

Some people may require less hours of sleep to be in top condition during the day; while others need more than 10 hours. But experts agree that most people need at least eight hours of sleep each night to give themselves enough energy to exercise, eat right and keep off those unwanted pounds. Yet, according to a poll sponsored by the National Sleep Foundation, only 30 percent of adults get eight or more hours of sleep on weeknights; while 52 percent do on weekends. A third of adults reportedly sleep no more than six-and-a-half hours nightly.

In fact, disruption in the sleeping patterns in the United States and in the industrialized world is thought as one of the main reasons that people are getting overweight. People should start making behavioral and lifestyle changes now for a better, healthier tomorrow.

Title: Losing Fat Fast: Is it possible

The first thing you need to know if you want to lose fat is that you need to BURN fat. Burning fat is all about using up more calories than you taking in. If you eat more calories than your body uses throughout the day, these additional calories will be stored as body fat. To prevent a buildup of body fat you need to either reduce your calorie intake or increase your daily activity levels - doing both will have the best effect on reducing body fat.

This simply means that the fatter you want to lose then the greater the amount of calories you have to burn off. **To help you achieve and speed up your fat loss, here are few things that help.**

Speed up your metabolism—Exercise speeds up metabolism. The more active your lifestyle the more likely you are to have a quick metabolism and lose weight.

Metabolism does control weight, this is true. What most people don't know is that they do in fact have the ability to control and adjust their metabolisms and thereby control their weight. Exercise does speed the metabolism up. The more active your lifestyle the more likely you are to have a quick metabolism and lose weight. It may not be healthy for all of us to get into a highly active lifestyle all at once but it is possible to get there as quickly as you safely can as an individual.

Eat healthy balanced diet— Be sure to eat a variety of foods, including plenty of vegetables, fruits, and whole grain products. Also include low-fat dairy products, lean meats, poultry, fish, and legumes. Drink lots of water and go easy on the salt, sugar, alcohol, and saturated fat. A large part of the battle in fighting fat and a slow metabolic rate is the western world's view of food as entertainment. In addition to taking on an active lifestyle you will need to stop looking at food consumption as a means of gratification. This is what causes us to be gluttons. Instead of stopping when our hunger is sated we continue on until we are stuffed to get more enjoyment out of it.

Get plenty of rest and sleep— Sleep and other lifestyle patterns can help or hinder the rate at which we metabolize foods. An active lifestyle should lead eventually to being able to exercise to exhaustion; this in turn should keep your metabolism quick and your fat content low. By extending oneself to ones limits you fully utilize the lungs, heart, and muscles and burn fat most efficiently.

Be strong mentally—Try not to be obsessed by your weight. Everyone has a bad day. Do not punish yourself. Try to lose any guilt feelings towards the mistakes you have done. Instead, just move on, start again and enjoy life as it comes.

Title: Low Fat Dessert

By Bassy

No meal is over unless there is a dessert involved. If you are here in America, you know that most of the desserts out there are bad for you. They are loaded with salt, sugar and or fat. We have become a nation of junk food addicts. I do have a theory on this. I think that when a group of people experience wealth, their diets change. I know that this is simple and even a moron can come up with something like this, but hear me out. When a group of people have enough money that they have a choice of what they will eat, they will choose to go along with the more fatty foods. I think this is because we tend to store fat to keep us warm for the winter. In our minds if there is a bunch of food to choose from, then we will go towards the fatty foods. Like most animals, we prepare for the winter time. We know that it will be cold so we want a layer of fat to keep us warm. Another aspect of it is, we are greedy. All people are greedy. We want the best of everything. We want a nice new car, new house and all the rich food that we can eat. In the past, a wealthy person ate different foods than someone who is poor.

What to do? You want that little bit of joy at the end of the meal, but you don't want to become a lard ass. Well, you can have your cake and eat it too. We will discuss some of the more healthy desserts that you can eat. First I want to say, don't get fooled by this low fat stuff. It isn't worth the time. You will eat twice as much of it to fill your cravings. It is because it is missing something, the fat. **The one thing that you are craving the most.** In the end you aren't really doing yourself any favors. You are falling in the trap that all fat people fall into. They think since it is low fat, they can eat twice as much of it. That may be true, but only if you don't want to lose weight.

Fresh fruit is always a good dessert. You can prepare it easily and it tastes great. Nothing tastes better than fresh fruit that is in season. Make sure that it is perfectly ripe and ready to eat. If it is ripe, it will be sweet and juicy. If you eat fruit that isn't ripe it will be hard and not have all the flavor that it can yield. You don't have to stick with the ho hum fruit salad. You can choose a ton of different ways to eat fresh fruit. You can bake apples for example wrapped in tin foil with a little bit of brown sugar. This is wonderful.

One of my favorite things is bananas sliced in orange juice. The sweet tangy flavor of the orange juice is really different compared to the banana. I could eat a truck load of this stuff. It is also a great pick me up if you are feeling sluggish. We have all seen those wand mixers advertised on television. Some people call these boat motors. It is a hand held mixer/blender that you can use for a lot of things. I love these things. If you have one of these, it is easy to make a great low fat dessert.

Here is a simple dessert using your boat motor. Take skim milk. You need to make sure that it is ice cold for this. Take your milk and put it in a drinking glass. Use your boat motor to whip air into it. You will notice after awhile it kind of looks like whipped cream. Add some bananas and strawberries and a little pinch of sugar to make it sweet. This is very low fat and it tastes great. You get that desire for fat taken care of that you have been craving so much. The whipped milk really almost feels like whipped cream. You won't believe how much it feels like the real thing.

You can also use this to add some zing to all kinds of things. You can use it to make your low fat milkshakes. You can add your protein mix to this for a great meal with very little fat. You will be surprised at how many things you can do with this whipped topping. People will think that you have fallen off of your rocker when they think you are eating a big serving of whipped cream. Before you know it, all your buddies at the gym will want you to make them something to eat with your boat motor. That is when you will have to tell them to get their own.

You can also eat gelatin. Make sure that you get the unflavored kind. It will come in either envelopes or in sheets. There will be directions on the package to tell you how to make it. You can add fruit juice or you can add fresh fruit to your gelatin. If you have a boat motor, you can use it and add some of that whipped topping you make from the skim milk. You will love this. You can also eat some low fat cakes. Just because it is cake, doesn't mean that it is bad for you. **Just make sure that there isn't a whole lot of eggs or dairy involved.** Also sometimes people sneak in mayo in their cake batters. Make sure you know what is on the cake. Also jam or jelly is great instead of frosting.

I'm sure that you can come up with your own ideas as well. Just think of what you already like to eat and put a spin on it. **Please, stay away from the low fat stuff.** All that will do is make you crave more of that than you should be eating. In the long run, you aren't saving any calories.

Title: Meat

By Paul Freegale

Eating too much meat isn't good for us. We all know if we eat too much it will make us feel run down and tired. Not only that, but there are health risks involved too. A diet in high fatty meats can lead to heart disease and cancer. No one wants that. Some people choose not to eat meat for religious reasons, they believe that it is wrong to kill an animal, or they may want a healthier diet. It is popular with the young crowd. I have never understood it really. Though I suspect that after you get older and bust your ass off for a living, you want to reward yourself with some nice juicy meat. This might come as a shocker, but anyone who has read any of my articles knows that I don't hold back. I don't think the vegetarian diet is healthier. I really don't.

The problem is most people that I know who don't eat meat load up on other things. They eat a lot of dairy or eggs. I think they do this because all humans crave animal products. We crave the fat and the flavor. Most of the vegetarians I have known have really done a number on themselves with the amount of fat they eat. They lie to themselves because they think since they eat no meat, that their diet is healthier. They think they can eat whatever they want, as long as it isn't meat.

While I don't think that meat is the devil that some make it out to be, too much isn't good for you. Also, too much of the wrong kind of meat isn't good for you as well. What do you do? You love meat, but not sure what to eat? You should try cutting out a good percent of the red meat that you eat. This will mean that you can't eat burgers and fries every other day, but you shouldn't be doing that anyway. There is nothing wrong with eating some red meat from time to time as long as you aren't over doing it.

I tend to eat poultry every day. I love meat, I can't do without it. So, I stick to chicken and turkey whenever I can. I love these two meats anyway, so it's not that hard. You need to find ways that you can eat these and enjoy them. I know that some people cook poultry to the point that they are so dry you almost choke on them. There is no need to do that. I know that it is important that you cook them well done so you don't get sick. There is a difference between well done and over done.

You should invest in a meat thermometer. This way you can take the guess work out of knowing if your meat is done or not. Temperature is the important thing when cooking meat. You want it to be an internal temp that is enough to cook it all the way through. If it comes up to temp, which means it is done. Cooking it more won't make the meat any safer.

Roasting, grilling, baking is a great way to cook poultry. You don't want to add fat to it because you don't know how to cook it properly. You don't want to deep fry it to make it juicier. That makes the whole effort of eating the lean meat worthless.

Here are some ideas that you can use.

Bake the chicken with some spices and herbs on the outside. This is a great way to make sure it is juicy and has a lot of flavor. Grill chicken breasts. Throw them on the grill and let them cook away. Chicken breasts are great for grilling. I think that is the only thing they are good for really. If you do much of anything else with them, they will become dry and rubbery.

Thighs are great when it comes to being juicy. These tend to have a little more fat on them, but they are great. I love chicken thighs. There is so much you can do with them. Chicken wings are great in stir fries or when baked. Don't make the mistake of deep frying these great things. Bake them on a cookie sheet and load them up with hot sauce. You will have a great meal that will rival their deep fried cousins.

Depending on what part of the world you live in, fish can be great too. If you are like me and live far inland, getting fresh fish can be a problem. Sometimes if you live in a major city they will fly fresh fish in for the supermarkets to sell. If you live in a small town, you will probably be forced to buy frozen or whatever they can catch locally. There is no reason why you can't make it a weekend trip and go out fishing. Fishing is a great way to relieve stress as well. If you know of a few good spots, a few big fish is all that you need. You will have more fish than you know what to do with.

If you are lucky enough to live near the ocean, you have probably grown up eating all kinds of fish. My favorite way of eating fish is probably grilled. I like it to be grilled with a little seasoning and maybe a hint of lemon. The lemon I think keeps the fish tasting fresh and alive. When you are buying fish, the fish should never smell fishy. I know that sounds stupid, but that is the truth. If it smells fishy, then it is probably old. You don't want to waste your money on bad fish.

Fish should smell like the sea. Always buy fish with the head on it. If cleaning a fish bothers you, have the person selling it to you chop it off. The eyes should look clear and not foggy. It should look like it was just caught yesterday. With fish, freshness is the most important thing.

Like I said, I don't believe that anyone should avoid eating meat. I think that it is good for you. The catch is, you need to be careful what you eat. If you can do that, you have it made.

Title: Milk Shakes

By Paul Freegale

If you are like me, you have enjoyed milkshakes since you were a kid. When I think of milkshakes, I think of summer time. Drinking something cool and refreshing to cool off on a hot day. As you know, protein is an important part of the diet. I like to make milkshakes that are not only refreshing, but good for me as well. These are easy to make and are a great way of not only getting the things your body needs, but a great snack. Here we will talk about a few of my favorite recipes. Take notes, I'm sure these will soon be your favorites as well. First off you will need a blender. You really can't make any of these without one. You can get one cheap and you will use it again and again. If you are serious about your health, I would suggest you get one right away. None of these are meant to replace your diet. You shouldn't start to drink these in place of meals. Not only will you end up feeling awful, you will end up with the shits. Yes, that is what happens if you eat these all the time.

I'm not going to go into exact measurements. I can't tell what you like and what you don't like. Do you love bananas? If so, just add some more. You don't need my permission. Take a few cups of milk. You can use skim if you like. I prefer whole milk, but that is what I grew up on. Put one banana, 1 scoop of protein powder, a drop or two of vanilla and some ice cream. You can use low fat ice cream. Blend this and enjoy.

I like the taste of the banana and the added punch of vanilla will be great. Don't add too much vanilla, which will make it taste awful. Here is another one of my favorites. **If you are looking to add mass muscle, you will love this one.**

Take some skim milk. Add a handful of strawberries and a banana. Add some protein powder. Now, add about four or five egg whites. Depending on how much weight you want to put on, add egg whites accordingly. I also add some ice cream, I don't add as much as I would for the first one. If I am trying to add mass muscle, I add more fruit than ice cream. I know that some people have different opinions about this, but this is how I like it.

I'm only going to tell you this once. So, make sure that you pay close attention. You are about to eat raw eggs. Yes, you can get sick eating raw eggs. But, if you handle them properly, you won't have to worry. Don't let the eggs sit out in the open for too long. Don't put them in front of the window and take a nap. You want to crack the eggs and drink your shake as soon as possible. If you keep the eggs cold and drink it right away, there isn't much of a chance of getting sick. Anything with raw eggs need to be kept cold!

Here is another one that is fairly easy.

I take one apple and dice it up before I put it in the blender. You don't have to chop it into mush, but just enough to make the job easier on the blender. Let the blender do most of the work. Put in a cup of blueberries. This might sound a little weird, but I also put a carrot in it. I do this to add some carbs to the shake. I also add some skim milk.

This might sound like the weird part, but hear me though. I don't add any ice cream to this one. What I do is, I put some ice cubes in it instead of ice cream. This won't make the shake as creamy, but it will still make it drinkable. You can do this to avoid extra calories. I do this from time to time depending on how my diet is. There are also other things that you can add to your shakes that will make them taste better. Keep in mind that you can change any of these to suit your needs. We all feel like something different from time to time; don't worry about changing things slightly.

You can use any fruit that you like. There really isn't much of a problem with that. All fruit is good for you. I would suggest that you get whatever is in season. I would check to see if your area has a local farmers market. This is a place where you buy fruit and veggies straight from the farmer. You can't get much fresher than that. Also, you get to support farmers in your community and you get to know some of them. Have a favorite fruit? Find out which farmer grows the type you prefer. If you get to know them, over the years you might be able to get a discount or get a heads up when they are picked.

You can use veggies in your shakes. If you have a juicer, I would suggest that you juice them and add the juice. You can substitute some of the milk for the juice. You shouldn't juice something like garlic or onions, but celery and carrots are two good choices. There are a lot of veggies that are great in nutrition that will go well with your shakes.

You can add things such as, maple syrup, chocolate syrup, honey, caffeine and so forth. You need to keep in mind if you are adding something sweet such as honey that will be added calories. You might not want to do that depending on your workout plans. Stimulants are something that you should be careful with. You can use them, but use caution. I would suggest that you ask your doctor before using any of these.

Title: Mini Meals

By Michael Messner

Mini meals are a great way to lose weight. When we think of eating several smaller meals instead of the normal three, we automatically think that it will make us gain weight. Hold onto your hat, because you are about to learn something new. It is suggested that if you are trying to lose weight that you should eat six mini meals per day. Why is this? Well, it is quite simple. When we go on a diet, we tend to think we are depriving ourselves of something. We tend to think that we will be hungry and nervous all day long. This doesn't have to be the case. Let me tell you how. If you eat six meals per day, you will end up feeling fuller. The reason why this works is, you are tricking your stomach. You are making it feel like there is always something being added. This is, because it is true.

How do you achieve these mini meals? At first glance, a mini meal seems like something that would tempt you to eat things that are bad for you. You need to avoid these urges as much as possible. When you are eating this many meals, the urges will be great. You will think that you can sneak in things because you are eating so often.

What to do? First I would suggest that you buy some containers that you can put in your ice box. You know those plastic things that you normally would store food in. Why do you need to get these? These are a great way of making many small meals. All you have to do is put the amounts you want for a certain meal in them and keep them in the ice box. Everything is ready to go, all you need is a fork. How exactly should you do this? Well, you might find this to be very strange, but just listen to me. You don't have to have a huge budget or be a top notch chef.

What I would do is this. **You should eat each meal twice per day.** Have two breakfasts. Have two lunches. This is where it can get interesting. Eat different things for each meal. Did you have eggs for your first breakfast? Eat cereal for the second one. You must keep in mind that the amount of food you would eat for a normal meal is now cut in half.

Sandwiches are a great way to achieve this for lunch. You can eat half of a sandwich for your first lunch and the other half with your other lunch. You can also mix and match the sandwiches. Do you make your lunch the night before? Make two lunches the night before. Split the two sandwiches into four different lunches. This way you will have two different sandwich halves each day. I love doing this.

Does this mean that you also eat twice as many snacks? You need to get the idea out of your head that you are actually eating twice the amount of food. You really aren't. All you are doing is eating more often. You are doing that to avoid the hungry feeling that you tend to get when you diet. With that said, you eat your snacks the way you normally would. There is no need to cut them out of your diet. After all, you are eating the same amount of calories as you would if you were eating three meals per day.

The reason why this diet is so successful is because you aren't going to jump for things you shouldn't eat. If you are having a hard time with your diet, you probably notice your new found love of carbs. They give you a shot of energy that you are craving. By eating six meals per day, you don't have that hungry feeling that you normally would have between meals. That is the reason why you aren't reaching for the carbs. As always, before starting a new diet contact your doctor. Tell him exactly what you plan on doing. You need to do this in case you have any health problems that may be affected by this new diet change. It sounds crazy, but sometimes things will happen when you change diets.

All in all, this is just another approach to losing weight. That is how you should look at it. If you see it as something that is anything more than that, you might put too much pressure on yourself.

Title: More Food Myths

By Cheeky Muffy

We all have heard myths regarding many things. I think you all know how I feel about these things. If they aren't true, they end up doing more harm than good. I don't know why we continue to spread myths, but I figure it has to do with lack of education. Myths still exist about diet. I have heard that in some parts of the world that certain meats have myths about them. For example people don't eat cats in Thailand because they think they contain poison. I'm not sure if I would eat a cat, I haven't so far in my life. But, if I was hungry enough I probably would. To what extent do we allow ourselves to get caught up in things that aren't true? Well, for thousands of years we have done it day in and day out. Sometimes myths are based upon real facts that keep us healthy. If we can't explain why people get sick eating a certain thing, then a myth is a great way to prevent it. In this day and age of science there is no need for that. Unless you are in a third world country, they can figure out why you got sick from something.

Let's talk about some of these myths. I think that some of them are funny.

Eggs are bad for you. This is one that always gets under my skin. Sure they are bad for you if you eat a dozen per day. But if you eat them like you should, they are actually good for you. Eggs have been given a bad name for too long. I think we should all go out and have a three egg omelet today. I'll take mine with cheese please. Greasy snacks cause pimples. This has been said about chocolate as well. This is farthest from the truth. Pimples are caused by clogged pores not by what we eat. If you are rubbing the chips all over your face, you might have an argument there. But, I don't think that is the case.

A glass of wine a day will keep the doctor away. This is true to an extent. They have done research on people around the world. People who drink wine are healthier. Of course, some of that is based on diet as well. I mean, if you are eating a whole pig every day, no amount of wine is going to help you.

What is healthier butter or margarine? Some people will disagree with me here, but I think butter is. Butter is a fat that hasn't been over processed. I like to think that all of these processed foods that we are eating is actually bad for us. I don't see the reason why butter is any worse for you. In fact, they are almost the same in regards to fat content and calories. I'm not saying that you should consume large amounts of butter. I would say the same is true with margarine. The key thing to do is, use it in moderation.

Are frozen foods less good for you than fresh? By no means. Sure they might lose a little of their crunch in the freezing process. The important thing to do is make sure that you aren't eating veggies that have other things added to them. This happens all the time; they will add cheese or other stuff to them. A lot of times they will cost less than the fresh items. If you are on a budget, I would suggest that you compare the prices of frozen veggies to fresh ones. You might actually get to save some money.

Can Mountain Dew make a man impotent? Well, this one is laughable. But it is said that the food dye can cause problems in men. The USDA has said that this isn't true. I'm not sure what to believe really. I want to think that this isn't true. I don't have to worry because I don't drink the stuff. Does vitamin C cure a cold? No. We are made to believe that it does, but in fact it doesn't. There is no proof that it does.

Do carbs make you gain weight? Yes they do. They will put on the pounds just like any other food will. If not more so. The key thing is moderation. Don't eat a loaf of bread with your breakfast. Celery takes more calories to digest than is in the product. That is false. There is no food like this on earth. There are more calories in celery than you will burn by eating it. That is one of the biggest myths out there.

As always, there is a little truth to the myths, but not much. Sometimes we will see things that we know are wrong, but they do have a point to them. Sometimes the point is just to make you think.

Title: More Myths

By Bassy

When it comes to myths, food and sex are the ones that have the most. I think this is because these are two things that we have to do in life. We have to have sex or we don't reproduce. We have to eat or we will die. There isn't much choice when it comes to food. Here we will discuss more of the food myths. Bookmark this article, because you are bound to learn something new. Our food supply isn't as safe as it used to be. All you need to do is pick up a newspaper and see that for yourself. It seems that somewhere there is always someone getting sick from recoil or some other food borne illness. Are preservatives bad for you? No, they aren't. If anything they are what keep you from getting sick. If it weren't for these, many more people would get sick and die from the food they eat.

Can coffee cure a hang over?

No it can't. Caffeine can't cure a hangover. You get hung over because you are lacking water. The alcohol took a big chunk of the water from your system. Caffeine actually makes you urinate. So really it has the opposite effect.

Is it okay to eat fast?

The less that you chew your food that means the more your stomach will have to work to digest your food. You have teeth with many different uses. Some are for cutting and some are for grinding. You should make the most out of them. This is why it is important that you take good care of your teeth.

Do beans cause gas?

Yes they do. They are high in fiber. A lot of things that are high in fiber actually cause gas. Also, things like corn and peppers also cause gas. Soaking beans before you cook them can take away some of the gas, but it won't take all of it.

Do carrots improve your eye sight?

No, they don't. Do however, make your eyes healthy. That may sound like it contradicts its self, but it doesn't. They don't improve your eyesight, but they do help you maintain your current ability to see.

Can swallowing gum cause stomach problems?

It can cause gas, abdominal pain, and diarrhea. If you are chewing gum that has sorbitol, that could be causing problems too. Oddly enough, this is also found in semen.

Do cherries relieve pain?

The answer is yes. People who eat at least 20 tart cherries a day have a reduction in pain from arthritis.

Does parsley take away bad breath?

Yes it does. So do other green leafy veggies that contain chlorophyll.

Does an apple a day keep the doctor away?

Yes it does. There are many good things about apples. They help reduce the risk of cancer. They also help lower cholesterol. Who says that old sayings aren't true? As with all things, take myths with a grain of salt. If you are curious about a myth, do some research on it. You will be surprised at how much information you will learn.

Title: New Snack Ideas

By Paul Freegale

It might be hard for some people to believe, but snacking is actually good for us. Doctors tend to recommend that we snack during the day. Snacking gives us that boost of energy that we need. The problem is, most people snack with the wrong types of food. They will snack with potato chips or with candy. While that is okay from time to time, I wouldn't make a big habit out of it. I would like to think that the best approach to the bad things is this. Eat them one day of the week. Have the chips on Saturday while you are watching the game. You will enjoy them more during the game than you would at your desk. So, what should you eat for a snack? Don't run to the burger joints or to the vending machine at work. Neither of those places have what you are looking for. First I would suggest that you take a look at what your over all diet is. More importantly, how much coffee you are drinking. If you are drinking too much coffee, I would suggest that you cut back and start to eat more fruit.

I would never suggest to you that you eat the energy bars that they sell in the health food store. I think if you are snacking during work or at home, you don't need such a thing. Maybe if you are hitting the gym, but if you are hitting the keyboard at work, there is no need for them. All you are doing is wasting your money. This is what I do. I cut up a variety of veggies and put them in plastic sandwich bags. I might cut up celery, bell pepper, carrots, and so forth. Anything that you will eat is okay to put in your snack pouches. That is what I call them, my snack pouches. I also keep a salt shaker in my desk. I find that I am more likely to eat the veggies if I put a little salt on them. Try it, you will be amazed at how good they taste.

I try to keep some whole fruit on hand. What I mean by whole fruit is. Things such as peaches and apples. I don't keep any canned fruit at work. Sometimes I will get those fruit cups and put those in my desk. If you do that, make sure that you get the ones without the sugar added. By nature I am a tight wad. So I don't buy the fruit cups very often. I find that I can make the same thing for much less money. What I will do is make my own fruit cocktail.

Here is how I do it.

I take a few peaches and slice them. I take a handful of grapes and put them in. I don't chop them up, but I do wash them. Then I cut up a few pears and throw them in. Then I peel and slice some banana. I might throw in some kiwi or some apples. You can add whatever you like. I didn't give exact measurements because you should put however much in as you like. Don't like bananas? Don't put any in yours!

If you have ever eaten the stuff in the stores, you know that there is a little fluid in the can. Sometimes this is heavy syrup. Basically that is water and sugar. I am sure we all have seen this before. I find that when I eat my own fruit cocktail I miss that liquid. What I do instead is, I add some orange juice to my fruit cocktail. This gives me the wetness that I crave without having to add a bunch of calories by adding sugar. Try it, you will be amazed.

Yogurt can also be a great snack to get you through the day. Try to get the low fat variety. Make sure not to get the ones with the fruit on the bottom. Sometimes they add sugar and that is calories you don't need. Get plain yogurt or get the vanilla kind. You can throw in whatever fruit that you like. I like strawberries in mine. I would suggest that you think about getting a food dehydrator. You can use these for all kinds of things. The nice thing is, you can dry fruit in them. I love to take a bunch of dried fruit and throw it into my desk. It won't spoil for a long time. Your coworkers will make sure that it isn't around long enough to spoil. They will keep asking you for some every time they see you.

Another little treat that I like to do is bring some whole wheat crackers along with me. Make sure you get the ones that aren't loaded with fat. Some of the snack crackers are. I drink a little orange juice with my whole wheat crackers. That is one of my favorite snacks.

Snacking is a bad thing. I recommend that all of you snack. Make sure though, that when you snack, you are eating healthy. You will notice the difference in no time.

Title: Diet Coke Can Help You Lose Weight

Is Diet Coke a safe replacement for regular carbonated beverages? Can it really help you lose weight or, at least, is it a good choice when it comes to cutting calories? There are as many pros and cons to Diet Coke as with anything else in the world. Some people would say carbonated beverages are a definite no-no when it comes to a healthy life style and a seriously committed weight loss program, while others would say Diet Coke has zero calories so why not drink it if you really enjoy carbonated soft drinks.

Artificial sweeteners are beneficial. They don't promote tooth decay or affect blood sugar levels in diabetics like sugar does. Also, judicious use can help in weight loss. For example, if you drank, say, three 12-ounce cans of regular sugar-based Classic Coke every day and then switched to artificial sweetened Diet Coke, you would decrease your calorie intake by 480 calories a day, or 3,360 fewer calories a week.

Theoretically, by doing this, it is possible to **reduce weight by about one pound a week**, given that any 3500 calories which are not used are stored as one pound of fat in our bodies.

In fact there are so many healthy food products available today, that it's really hard to imagine how come we are faced with an ever increasing obesity problem. This situation has led many to put the blame on artificial sweeteners, when in fact the problem lies elsewhere.

The fact is a low-fat or no-fat diet just makes you hungry for more sweets to counterbalance the horrible taste bland foods have.

We don't eat and drink only because we are hungry, but also because we enjoy certain aromas and tastes and when food lacks aroma and taste we do try to make up for it.

And there are also people who need a high dose of caffeine on a daily basis. Caffeine addiction is quite common in today's world, even though most of us would rather not to call it a true addiction. Caffeine is a great stimulant for the human body because it keeps us focused and active and we like to feel that energy boost every time we drink something that contains caffeine. This is why caffeine is used in most of today's weight loss pills. It can also have a low to mild appetite suppressant effect.

In case you do need to drink more than 3 cans of coke a day, you can at least do yourself a favor and have Diet Coke. It will give you all the benefits of caffeine without the headaches of counting the sugar calories.

Of course, **replacing meals with Diet Coke or any coke for that matter is not a good idea.** Even if caffeinated beverages are a great help when dieting, you should not skip meals and - as you already know by now - you should plan for a balanced, healthy diet. This will help you make the most of your weight loss efforts and will ensure long term results.

Title: Planning Your Diet

By Michael Messner

We have plans for everything these days. That is how we can fit 100 different things into each day. While to an extent this seems a bit over doing it, some things do need to be planned. I don't know why we don't plan our diets. I mean, we plan everything else. Some people even plan on when they will have sex. Hence, the birth of hump day. Why not spend a few minutes and plan out what you will eat? If you are reading this, you have the time so. So sit back and follow these seven easy steps. Don't blink, if you do it will be over. It is really that simple.

1. Mini meals are great.

They tell people with certain disease that they should eat several small meals each day. They say that a person should eat something every two hours. Well, that isn't too impossible to do. I would suggest that you start out every four hours. Keep it like you normally would any of your other meals. Make sure you have your protein and your fiber. Have some veggies and some fruit to balance everything out. Don't make your mini meal a bucket of fried chicken. I know that since it is a mini meal, the temptation doesn't seem as great. I mean, if you only slip up in a mini meal, who is watching?

These are a great way to avoid hunger and improper snacking throughout the day. Just make your mini meals up and eat them every time that you have planned. If you plan on eating every two hours, every two hours it is. It doesn't take a road map to figure this out.

2. Don't go overboard.

This is easier said than done. You need to have a specific amount that you are trying to reduce. If you are trying to reduce your meals by 10%, then you should stick to that. I'm not suggesting that you break out the calculator and count up every meal that you have. If you have been on a diet for very long, you already have a good idea how many calories things have. Don't eat with your eyes, eat with your mind. That will help you cut down on the amount of food that you eat.

3. Eat good tasting food.

From time to time let yourself go. Eat something that you know you shouldn't. If you get it out of your system, it will be easier to maintain your diet. If on the other hand you don't allow yourself to eat things you shouldn't from time to time, all you will do is hurt yourself in the long run. You are going to nibble each day on those things instead of just eating them occasionally.

4. Eat your calories, don't drink them.

Don't fill up on sodas and other drinks. You can get all your calories for one day in these if you do it too much. A few sodas here. A few cups of hot chocolate there. A few beers here. You get the point. That will put on the pounds easily.

5. Exercise.

You need to do this to keep fit. Not only will it keep you fit, but it will keep you mentally sharp as well. That can go a long way in helping you stick to a diet. If you are depressed, chances are you will end up eating fatty foods that will make you fat. When you consume all of that fat, it will make you more depressed. It is a bad cycle to start.

6. Make your meals last.

Chew your damn food son! I bet you heard that one as a kid. Well, it is true. Don't swallow your food. Instead, eat it slowly and enjoy the taste of it. If you do this, it will make you feel like you have actually eaten something. If you swallow it down, you won't get the same benefit. You will continue to feel a void.

7. Discover your food triggers.

We all have these. When was the last time you went grocery shopping and you looked at a bag of cookies and realized that you had to have them? I do this sort of thing all the time. You need to understand what foods trigger your response system. If you can do this, you can avoid situations that will make you eat things that you shouldn't eat.

Well, that wasn't so bad was it? There is no need to flip out when it comes to a diet plan. It is simple and easy. Just like anything in life, you should have a plan before you begin to do whatever it is that you are doing. The same is true with your diet.

Title: Power Drinks

By Bassy

We all see ads for power drinks and energy bars. How many times have you seen a coach get some Gatorade poured over his head? I've seen it so many times it makes me sick. I don't even watch football that often! So, should you consume such things? It depends on who you are really. That is what will tell you the answer. The types of things that you like to do. Are you the average Joe? You want to eat healthy so you feel great and look great. You don't work out often or at all. You go on walks at night time with your woman. Some of that might be for the exercise and some of it might be so you have an excuse to get in the shower with her when you get home. Do you need power drinks and energy bars? No. I'm not sure if that is surprising or not. I used to work at a gas station many years ago. I used to see people getting these drinks all the time. Most of them were fat guys who were also getting a hot dog to eat while they nuke their hamburger. We all know about some of those second rates food items at the gas station.

I'd say that 95% percent of people buying these drinks were men who were overweight. I'm not sure why that is really. I think it has something to do with them seeing sports stars drink it on television. Certainly, they aren't drinking it to lose weight or to be more active. I'd say the same is true if you want to eat the energy bars. I mean, if you aren't going to use them for energy to work out with, it is all a waste. You should spend the money on more important things.

Why do fat guys eat this stuff? Ahhh, the power of marketing. I really think that is all that it boils down to. They respond to the marketing that they see. They see people that they look up to eating and drinking these things, so they feel if they consume them they will be just like their favorite sports hero. Now, if on the other hand you do work out, these can be a great tool for you use. Did you know that you shouldn't eat for up to two hours before you work out? Did you know that it takes at least 30 minutes to one hour for a snack to digest? This is where the energy bars come in handy. They are something small that your body can digest and you won't even notice your body doing any of the work. Eat one an hour before you go into the gym. You will notice how you don't get hungry while you are working out.

For about every half hour you plan on working out, drink about 16 oz of sports drink. That is a good rule of thumb. It takes about 40 minutes to absorb this, so drink it before you work out. **If you are the average Joe who doesn't work out but use these for energy, let me tell you something. You are wasting your money. That is all that you are doing. You aren't getting any real benefit from these things. Sure you might be getting some energy here and there, but it is all a waste of money. You can gain the same amount of energy with a good diet.** Take all of that money you are spending on this stuff and put it to good use. Save it up for a month and take your woman out to eat or someplace fun. You will get more out of it that way than if you spent it on this junk.

Why am I talking about these things in such a negative manner? Because **I hate to see people fall to the hype of marketing.** That is why. You don't need this stuff. You need this stuff as much as you need a star named after you. Did you know that you can name a star after yourself for 40 dollars? You will never get to go there or even get a piece of the rock that makes it, but you can have it named after you. It is all a waste of money. Give that money to some charity that feeds the needy. They need the food more than you need an energy bar. I mean, why do you really need the energy anyway? Because you have filled up on sweets and burnt yourself out?

Instead you should focus on a healthy diet. That includes snacks of fresh fruit and veggies. That will give you energy and won't rob your wallet. Make sure that you are eating right and you are getting enough rest at night. There is no need to waste money on snake oil.

Title: Spicy Foods

By Bassy

Ah, spicy food. Is there anything better than a spicy meal, especially when it's homemade? There is no one around to tell you that it's too hot, no overly-cautious cook afraid to add too much piquant, and no one to watch as you sweat bullets and gulp down your molten concoction just the way you like it. But can spicy food damage our sense of taste? When do we know we've had too much of it? And do quesosakatenango chili peppers really cause hallucinations that send you on a quest to find your soul-mate (for all The Simpsons fans)? One can experience stomach problems and other conditions if a meal is a bit too zesty. Furthermore, constantly eating hot food can have permanent negative effects on the body. Here's what you need to know about the negative impact spicy food can have. Now that you know which foods can cause you harm, here is why they shouldn't be overused.

Geographic tongue

Eating potent things can cause a condition known as geographic tongue (genign migratory glossitis). **It is believed that geographic tongue is caused by an allergic reaction to certain comestibles.** Whether or not it's caused by allergies isn't clear, but spicy food is usually the culprit. The condition appears quite rapidly and produces irritation by forming strange patterns on the tongue. After an onset, one can have a weakened sense of taste for up to one month. It disappears with time and isn't dangerous, but it can be quite irritating.

Gastritis

An overabundance of spicy food can cause Gastritis. **Gastritis is an inflammation in the stomach lining.** It is usually triggered by infections, but spicy foods like chili peppers are also believed to reduce the stomach's protective barrier. Chronic gastritis can produce ulcers by allowing the stomach's own acids to eat away at the lining. Ulcers can heal with time, just like any other lesion, but one must eat milder meals. Acid reflux

In some people, spicy food can trigger acid reflux disease, which isn't bad per se, but it can be bothersome. Restaurant cuisine often seems to elicit this condition -- all that burping men experience after a nice Italian meal at their favorite bistro isn't a result of bad manners, it's the body not being able to handle all that strange, spicy cuisine.

Chronic acid reflux disease can also lead to esophageal cancer, but only in rare cases. Cutting down on peppery cooking is a good first step to reducing this risk. Acid reflux, especially at night, can also erode teeth.

Bad breath

Garlic and onions are among the **worst-smelling things a guy can eat**, and they also happen to cause bad breath. Granted, bad breath isn't much of a nuisance, but it can sometimes spell disaster, especially on a nice first date. So avoid spicy cuisine on those nights.

Insomnia

Here's one most men probably didn't know: **spicy food is bad for sleep**. The cause is quite simple. The body needs to slow down before it can snooze and spicy food raises body temperature (that's why we sweat after a consuming fiery food). If one happens to consume something zesty before going to bed, it can disrupt slumber. The first cycle of sleep is particularly sensitive to hot food. Damage to taste buds Finally, constantly eating hot food can permanently reduce the sensation of taste. I often hear people assure others that they will get used to the burning of chili peppers. It's true, people do feel less scorching after years of spicy abuse, but not because the body got "used" to the sensation in question.

Over time, taste buds wear out, making this reduced sensation nothing more than wear and tear of chronic abuse. It's no different from people getting "used" to loud music in clubs in both cases the body suffers permanent deterioration.

Title: The Epidemic called OBESITY

Obesity has become a global pandemic affecting the lives and health of millions of people, according to the World Health Organization. It is an accelerating social problem in industrialized countries and is also growing in the former colonial world.

Obesity is very often defined as an eating disorder. However, it is not a simple condition of eating too much. Health experts believe that obesity is a serious and chronic disease prevalent in today's society.

As the "obesity epidemic" increases, so is the number of people that suffers from it. Approximately 300,000 adult deaths in the United States alone each year are directly attributable to unhealthy dietary habits and physical inactivity or sedentary behavior or obesity. In the United States alone, nearly one third of the adult population is obese. In the Europe, they have a similar encounter of the disease. An astonishing 58 per cent of Britain's adult population is considered overweight or obese, a report published in England said. The National Audit Office of Britain reported last year that 20 percent of British women and 17 percent of men were as much as 70 pounds heavier than the recommended weight for their size.

Obesity is not just a health issue. It is also considered as a socio-economic problem that utilizes \$117 billion per year in the United States alone. In Britain, obesity cost £2.6 billion in NHS bills and indirect losses to the UK economy. At least 18 million sick days a year can be attributed to obesity, it says, and the increased risk of heart disease, diabetes, colon cancer and stroke reduces life expectancy by around nine years.

When it comes to explaining these trends, not only media reports, but many scientific articles disparagingly refer to a combination of fast food, increasing car ownership and a sedentary lifestyle in front of television sets or computer monitors.

In the first place, such generalizations are often backed by little substantiated data. Some studies have found that the prevalence of obesity among children is directly related to the hours of television viewed, for example, but other studies have failed to establish a correlation.

More fundamentally, these observations ignore the economic and social driving forces behind the changes in diet and lifestyle—including the profits generated by the food and entertainment industries—and the intense pressures caused by increasing working hours and declining living standards for the majority of working people.

Obesity can also lower the life expectancy of individuals. In addition to this, obese people are increasing their susceptibility and risks to a number of diseases directly related to obesity. This includes: type 2 (adult onset) diabetes; high blood pressure; stroke; heart attack; heart failure; cancer such as cancer of the colon or rectum; gallstones; gout and gouty arthritis; osteoarthritis; sleep apnea; and pickwickian syndrome.

Title: The Many Advantages of Herbal Medicine

Nowadays is the era of everything that is herbal and natural. Millions of “all natural,” “all herbal” health and dietary supplements are swamping the markets today. Some of us are puzzled as to where and how the sudden exaggeration for those things started. Maybe it was because we became suddenly concerned and watchful of our health and well-being. On the other hand, maybe the media has so much influence over us that we often fail to see beyond the glamorous models and endorsers. In any way, do not fail to recognize that usage of herbal medicines and natural remedies dates back millions of years ago. Archaeological remains from early civilizations have revealed that plants were used in burials and other rituals. The earliest written account of herbal remedies comes from China and dates back to 2800BC.

Herbal medicines have had a chequered history ever since, in and out of favor with the great and the common man. But throughout the last 5000 or so years, it has continued to develop until today, when in the light of growing concern about the efficacy and side effects of many synthetic drugs, herbal medicines are once again providing a safe and natural alternative treatment for many everyday complaints.

Among the listed advantages of herbal medicines and natural alternatives are as follows:

1. Cost- Herbs cost less than prescription drugs. They are certainly much more convenient. Without a prescription, you can go to the health food store and buy whatever you want. However, it is always wise to consult with your doctor first before taking ANY medications. Natural does not necessarily mean safe for you. Many natural substances can be harmful. However, it is also important to note that medicines are not categorized as drugs. Alternative medications are treated as food, not medicines, because they are considered "natural". They can be sold as dietary supplements without a prescription. Supplement claims are not subject to the same scientific scrutiny as prescription medications. Unlike prescription medicines, herbal products do not have to be tested to prove that they work well and are safe before they are sold. In addition, herbal products may not be pure--they might have other things in them, like plant pollen or contaminants that could make you sick. At the present time, testing and standardized manufacturing of herbal and other supplements is needed.

2. Effectiveness and Potency - Reasons for seeking alternative treatments include dissatisfaction with traditional healthcare, although the efficacy of herbal medicines is mostly subjective to the patient. Potency may vary, depending on genetic variation of different strains of herbs, growing conditions, timing and method of harvesting, exposure to air, light and moisture over time and type of preservation.

Title: The Many Benefits of Exercise

Health experts encourage us to include exercise as a necessary part of our daily routine to promote our general well-being. Together with healthy and balanced diet, adequate rest and relaxation, exercise is recommended to promote optimal health. People who are usually inactive can improve their health and well-being by becoming even moderately active on a regular basis. Physical activity need not be strenuous to achieve significant health benefits.

Greater health benefits can be achieved by increasing the amount (duration, frequency, or intensity) of physical activity. **There are many benefits of exercise**, not only as an aid in effective fat/ weight loss, but also in reducing our risks of developing or dying from some of the leading causes of illness and death.

Here is a general overview of what exercise can do for us.

1. Exercise reduces our risks of dying prematurely.
2. Exercise reduces our risks of dying from heart diseases, cancers (including uterine, colon, and breast), stroke, diabetes and arthritis.
3. Help us lose weight, especially fat weight by decreasing our Body Mass Index (BMI), reducing our total cholesterol and reducing the circulating levels of triglycerides in our blood and increasing our metabolic rate. Perhaps this is why active people can "Eat anything and not gain weight." and why other folks "Gain weight just by looking at food."!
4. Exercise improves the functioning of our Immune System as well as blood and oxygen circulation for our vital organs.
5. Exercise increases our insulin sensitivity to prevent against type 2 diabetes.
6. Exercise increases our energy and endurance level.
7. Exercise slows down aging by improving our physical, mental, emotional and psychological well-being.
8. Exercise reduces our risk of developing many bones and joints diseases or disorders.
9. Exercise even helps in enhancing creativity and imagination. It is also linked with improved mental vigor, including reaction time, acuity, and math skills.
10. Exercise helps in providing physical and mental rejuvenation, making us feel good about ourselves and thus improve our esteem and confidence.
11. Exercising improves mood and due to the chemicals it releases in the brain called endorphins, it gives you an overall feeling of well-being. This is the same chemical that being in love or eating chocolate induces!

12. Exercise will help you sleep better. Just be sure not to exercise too close to your bedtime if you exercise at night, because it may keep you awake. If you need to exercise within a few hours of going to bed, make sure it's only a brisk walk. Experts say you should allow yourself about three hours between exercise and going to bed.

So get off that couch and start moving. Remember, the time and effort that you put in exercising today may spell your health and well- being tomorrow. Take our word for it!

Title: The Many Benefits of Walking

You probably always hear the expression 'take a hike!' You know what? Health experts are actually encouraging you to follow that particular advice.

Walking, or the art of traveling by foot, is human's natural means of transportation. However, with today's society full of vehicles, walking is slowly becoming a lost art. And this should not be, health experts said, as walking has numerous benefits to us.

Here are some that we have compiled just for you.

Health Benefits

Walking is a cardio vascular workout that can help reduce your risk of heart disease; aids in alleviation of depression and lower back pain; increase your muscular strength; improve coronary condition; reduce risks of infection and hypertension; aids in maintaining a healthy weight; and curbs the decrease in bone density. Likewise, it also helps in maintaining flexibility and coordination hence, reducing the risk of falls. Like almost all forms of exercise, it adds more health and zest to your life.

Social and Economic Benefits

Aside from the obvious health benefits, walking can also have a very large social and economic impact in today's society.

Walking is free. In comparison to the cost of operating a car, which is approximately 5,170 dollars a year, walking will not cost you anything.

In addition to this, walking will also give you more time to interact with others. Walking has been shown to improve self-esteem, relieve symptoms of depression and anxiety, and improve mood. Walking, particularly in pleasant surroundings, and with other people, offers many opportunities for relaxation and social contact.

Environmental Benefits

Moreover, walking is the only form of transportation that will not contribute to air pollution.

Motor vehicle emissions represent 31% of total carbon dioxide, 81% of carbon monoxide, and 49% of nitrogen oxides released in the United States alone, and thus create 60 percent of air pollution. Although individual cars are much cleaner today than they were in earlier years, if total traffic continues to grow, overall air quality will deteriorate. Moreover, cars and trucks burn millions of barrels of oil, a non-renewable energy source, every day.

Transportation Benefits

Walking will not contribute to traffic and requires less space than automobiles. Moreover, it reduces the risk of vehicular accidents on the road. Walking can help to reduce roadway congestion. Many streets and highways carry more traffic than they were designed to handle, resulting in wasted time and energy, pollution, driver frustration, and gridlock.

So do not discount walking. It can actually do you good.

Title: The Many Benefits of Weight Lifting

Most people, especially women, discard weight lifting as a good form of exercise because they think that weight lifting will actually make their bodies look like a man. If you are one of those people, then you might be surprised to know that this is not true. The hormones of man and woman are not the same. The hormone testosterone plays a major role in muscular development. Because women have very little of this hormone, they tend not to "bulk-up" with weight training.

Researches also demonstrate that resistance exercise, also called strength training, like weight training and weight lifting, has profound effects on the musculoskeletal system, contributes to the maintenance of functional abilities, and prevents osteoporosis, sarcopenia (loss of body mass), lower-back pain, and other disabilities.

Weight lifting also contributes to muscle conditioning. **Muscle conditioning is important for the overall stability and strength of the body.** It is beneficial until the end of life if well maintained. Muscle conditioning is good for the bones because bones grow stronger and denser with stresses put on the muscles around them.

Moreover, weight lifting makes the muscles, connective tissues and tendons stronger.

The way you sit and stand are influenced by the health of a network of neck, shoulder, back, hip and abdominal muscles. Stronger muscles can help you stand and sit straighter and more comfortably. You may notice improved balance and stability.

As you begin to notice the positive physical changes in your body and develop a regular exercise routine, your ability to handle stress effectively will improve. Weight training allows you to sleep better, i.e., fall asleep quicker and sleep deeper. Clinical studies have shown regular exercise to be one of the three best tools for effective stress management.

Weight lifting, like most forms of exercise also raises metabolism thus causing the body to burn more calories. This helps in the maintenance of our desirable weight. Boosted metabolism (which means burning more calories when at rest) with reduced body fat. Your overall weight may not change, but you will gain muscle and lose fat. Over time you should notice decreases in waist measurements and body fat measurement.

Remember the adage "**something is better than nothing.**" Start improving your health. A little start like lifting those grocery bags and rocking your baby to sleep may mean a decrease on your risk of muscle loss on later years.

Consult with your doctor if you want to make weight lifting a daily part of your fitness regimen.

Title: Too Many Calories

By Bassy

How many calories do you need? Well, that depends on a lot of things. Your age, sex, type of work, physical activity, all comes into play. There is no one answer for this type of thing. I have to warn you, I don't believe the general ideas on how many calories a person should have. If you have a 2,000 calorie diet, you are starving yourself. I know that some people live and die by this number, but I just throw it to the wind. **Why don't I pay attention to a number such as 2,000?** Only because it is stupid. Yes, you heard me right, stupid. How is a person who is very active going to live off of 2,000 calories? I mean, you would end up looking like those dying skinny kids in the 3rd world countries. I think you get the drift though. I think those numbers are put in place by people who are so focused on health, that they are blinded by it. I mean, **if you have 3,000 calories in one day, it won't kill you.** Though, they might want to make you believe that it will.

I'm not saying that you should throw all of this stuff to the wind. That would be foolish. What I am saying is, you should take it with a grain of salt. There is no reason why you should get bent out of shape if you go a few hundred or even a thousand over this limit. I mean, if you are going over by 5,000 then you should be worried. Some people do need to be concerned with such a thing. For example, people who are on a diet because of heart problems. You should be very focused on your diet. Also people with sugar problems would fall into this category as well.

If you don't have some sort of health problem, I wouldn't get too bent out of shape. Though, if you are eating from the drive through lane every day, then you might have a problem. What am I saying? Use common sense. Understand where your calories are coming from. If you are eating 3,500 calories and they are mostly from things that are good for you, don't go ape shit on yourself. If on the other hand if it is all from candy and deep fried foods, I would be concerned.

You should be more concerned about where the calories are coming from. Ahhh, now I think you see what I mean. **If you are eating 1,500 calories alone of fruits and veggies, that is better than eating that in fat. Isn't it all the same? Not really. I would say that it isn't the same.** I know that some of you will argue with that. It isn't the same because the calories are coming from a good source. They are coming from things that are good for you. The fruits and veggies will help you out in many ways. They will also help you fight off cancer and heart disease. This isn't true if you are over eating on fats and sweets.

What to do? Well, all I know is what I have stated above. If you are eating over 2,000 calories and you are eating things that are good for you, I wouldn't be too concerned. As always, you should talk to your doctor. That is the best advice I can give you. You should always talk to him before you go and do something new. You might have a health condition that will require you to go on a diet that he tells you to go on.

If you are healthy, base most of your diet on raw fruits and veggies. That is where the action is. That is where you will get the most bang for your calorie. Happy eating!

Recommended Weight Loss and Diet Product:

| Product | Rating | Visit product site |
|---|--------|------------------------------------|
| Proactol (natural diet pill) | ★★★★★ | Proactol |
| Avatrim (green tea diet pill) | ★★★★☆ | Avatrim |
| Dietrine (carb blocker) | ★★★★☆ | Dietrine |
| Hoodia Chaser (natural appetite suppressant) | ★★★★☆ | HoodiaChaser |
| Hoodia Balance (natural appetite suppressant) | ★★★★☆ | HoodiaBalance |
| Hoodia Gordonii Plus (natural appetite suppressant) | ★★★★☆ | HoodiaGordoniiPlus |

Thanks for finishing reading this free e-books about Weight Loss and Dieting (part 2). Part 3 and the next another part will be produced in the future. You can download it for free at

<http://www.ihealthilicious.com/download-free-ebooks>. Above is listing that I make **review and recommended** for you to **safe loss weight** and **natural weight loss**. So, you don't have to find other weight loss product out there, because there are many fraud weight loss pill and diet pill out there.

I highly recommend you to choose [Proactol](#) because they are 100% proven for SAFE AND NATURAL WEIGHT LOSS. They also have **testimonial** if you want to take a look. If you're not satisfied with this product, **you can get your money back. 100% guarantee your money back in 6-months.**

Have a happy living and have a nice day. See ya!