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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Can Pizza Actually Be Healthy For You?

By Ryan Cote

This article may come as a surprise to you, especially if you follow a healthy and nutritious diet...

It's about pizza, the weakness of many people including me. I love pizza— always have. I make sure I eat it in moderation, but it's still one of my favorite foods.

Now there's good news for pizza lovers.

According to Men's Health magazine, research concludes that pizza can be good for you. It's important to point out, however, that we're talking about real pizza— not the kind you get from Pizza Hut, Dominoes or the frozen food section of your supermarket. By real, I mean pizza made with real crust, real tomato sauce and pure olive oil.

According to Men's Health, scientists writing in the European Journal of Clinical Nutrition found that eating pizza can reduce your risk of a heart attack. In a 4-year study of nearly 1,000 Italians, those who ate pizza at least once a week were 30 percent less likely to experience a heart attack than the folks who didn't partake of the pie.

This is contributed to pizza's cardio protective ingredients, including olive oil and tomato sauce. And here's a way to make the pizza even healthier: top it with vegetables, part-skim cheese and use whole wheat crust. You'll then have a meal that is actually good for you.

Can you get this kind of a pizza in a pizzeria? You might be able to find some that offer whole wheat crust, but I doubt you'll find any that offer part-skim cheese. What you can do is buy the ingredients at your local grocery store and make the pizza yourself. Speaking from experience, this can be a fun thing!

Enjoy the experience of making your own pizza and savoring a nutritious meal. After all, feeding your body with nutritious meals is the number one thing you can do for better health.

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Can Pizza Actually Be Healthy For You?

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What Is So Special About Gourmet Pizza?

By Melinda Carnes

Pizza has been around for thousands of years. When did out of the ordinary and delicious gourmet pizza make its debut? What would the forefathers of pizza think of this culinary masterpiece?

Everyone knows that a standard pizza comes with pepperoni, cheese, ground beef, peppers, onions, anchovies and sausage. Today gourmet pizza is created with any kind of topping. They are topped with anything from broccoli to chocolate. There are gourmet pizzas for breakfast that can be topped with scrambled eggs, bacon and cheese. And, there are vegetarian gourmet pizzas that are topped with a medley of vegetables.

The gourmet pizza is relatively new and was created for the privileged. It has grown in popularity in nearly every household in the United States. Pizza parlors are popping up all across the country. A Sunday afternoon of football will be a definite hit with the gang if a gourmet pizza with all the toppings is served. A sure pleaser for chocolate lovers is a dessert pizza topped with marshmallows and chocolate.

Gourmet pizza was conceived with the belief that less is better. Only by using the finest quality ingredients and one or two toppings, can a pizza acquire the status of a gourmet pizza. Only the freshest and highest quality meats and freshest mozzarella can be used. The difference in a standard pizza and a gourmet pizza will be proven with each bite.

An ordinary consumer, with a little imagination, can create a gourmet pizza at home. A variety of pre–baked pizza shells are available in all types of food stores. With some imagination and experimentation, a home chef can make a mouth–watering work of art. Most food stores carry a line of pizza shells, cheeses and gourmet sauces. Cheeses other than Mozzarella can be used.

Gourmet pizza shops continue to grow, offering a variety of pizzas from different cultures. Every culture brings an innovative way to make the gourmet pizza. These tasty delights will bring dining pleasure for years to come.

Can Pizza Actually Be Healthy For You?

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