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

**Chocolate Bliss. Bodybuilding, bodyshaping and Fitness Walking nutrition.**

**By Kevin Doberstein**

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**Doberstein**

Feel free to use this article for your web site or e-zine as long you include the author bio and make sure all links are live and working. Please don't change anything in the article. If you use the article, let me know where. 25 years of blood, sweat and tears literally go into my articles, please be courteous back. I wish you the best success if you use my article. This article is copyright protected by Nature Boy Bodybuilding 2004. Thanks so much! Kevin the Nature Boy.

Start of article.

Chocolate Bliss. Bodybuilding, bodyshaping and Fitness Walking nutrition.

You have been on your crusade to shed your layer of cellulite by watching your nutrition needs. You have been training hard in the gym bodybuilding, bodyshaping and putting the elasticity back into your muscles. You diligently had been Fitness Walking to burn the fat. You can't believe how much better you feel about yourself both physically and mentally. If you can have some chocolate bliss it would be a perfect world. Well now you can.

You are probably telling yourself, hey Nature Boy, did you slip on some deer dung in the wild and hit your head on an Oak stump. No I didn't. Excuse me, it was a White Pine.

First lets start with the ingredient list

- 1, A box of chocolate sugar free, fat free instant pudding.
- 2, A chocolate whey protein. (I use Optimum 100% Whey Protein) Whey protein mixes easily.

That's it!

So simple. Just mix a scoop of whey protein into a serving of the instant chocolate pudding. You can add a sliced banana to it and still keep it low in carbohydrates. The fruit will add natural fiber and other

nutrients.

As a bodybuilding treat, this will help you keep in a positive nitrogen balance.

Nitrogen balance needs; As a bodybuilder you would like to stay in a positive nitrogen balance to ensure growth. A negative balance will make the body cannibalize muscle tissue to feed the muscles you just worked. A bad thing if you want growth. Nitrogen from protein is the best way of receiving it. Egg and milk products naturally high in nitrogen. Whey protein is excellent.

The blissful stats:

Total calories–145

Fat grams–1.5

Carbohydrates grams–10, 1 gram as sugar

Protein grams–23

Well you have to pardon me. My head hurts from hitting it on that White Pine stump. Enjoy your chocolate bliss.

Jeopardizing your health is the last thing Nature Boy wants. Please check with your doctor before starting a fitness program. We want to make this a healthy start to a better lifestyle.

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Kevin Doberstein has been a natural bodybuilder for the past 25 years. 15 years as a gym owner. Kevin was once quoted "give me a barbell and flat bench and I will give you a bench press, give me raw broccoli to eat and I will give you gas". For more articles about bodybuilding, bodyshaping and nutrition you can visit his site and join his newsletter at [www.nature-boy-bodybuilding.com](http://www.nature-boy-bodybuilding.com). You can contact him at [natureboy\\_bodybuilding@hotmail.com](mailto:natureboy_bodybuilding@hotmail.com).

## **Chocolate, Candy, Fudge**

### **By Mike Yeager**

A delicious, mouth-watering piece of sweetened chocolate is a treat that tempts everyone. Whether it's a delicious chocolate truffle or a double dipped chocolate nut cluster that just bursts with flavor as soon as it placed inside your mouth; quality chocolate candy is a treat that you enjoy and deserve. Chocolate candy, soft candy, chewy candy, chocolate and fruit candy are all available today over the internet at great prices.

For a quick energy pick up, consider chocolate. After putting your body through a grueling workout such as walking, running or bike riding, it demands bodybuilding nutrition. An easy, quick and reasonably priced way of fulfilling this need is to simply savor a piece of chocolate.

How do you show someone you love them? Do you buy them expensive gifts? Spend quality time

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together? Make personal sacrifices just to see them smile? Dedicate a song to them? Write a love letter or note of encouragement? Become their cheerleader? Those are wonderful things to do but my question goes deeper than those types of activities, even beyond your romantic partner. How about a piece of chocolate? There's nothing better. We hope you enjoy the selection of chocolate makers we've suggested. We only deal with quality makers of chocolate and candy who use the finest, freshest quality ingredients and that are offered at reasonable prices.

Mike Yeager  
Publisher

Chocolate, Candy, Fudge  
Chocolate Splendor, Food For The Gods. Bodybuilding Nutrition.  
Personal fitness goals and keeping them.  
Benefit of Whey Protein.  
Protein Supplement

101 tips to stay fit and live longer.  
131 Ice Cream Maker Recipes  
1000 Atkins Diet Recipes  
Smoothies for Athletes  
The Big Book Of Cookie Recipes



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