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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Cooking Healthy For Radiant Health

By Adoz Lizzat

Who can resist the mouth-watering pictures in a cookbook? Who doesn't have childhood memories

of the fragrances that wafted from the kitchen on holidays, and even on regular, ordinary days? Spices, bread baking, cookies fresh out of the oven - all these trigger a deep longing in most of us. As eating holds a guaranteed spot in everybody's daily schedule, so do those who prepare it. They have become the uncrowned gods and goddesses of our lives.

Real cooking consists of more than opening a can with a dull picture of green beans on the front, or popping a TV dinner from a wax-covered box into the oven or microwave. The true goal of cooking is to nourish these marvelous bodies that we live in, to allow them to grow and express vitality and strength, to keep them healthy and able to overcome environmental germs and bacteria. Summarized in one word, the main purpose of cooking is health!

When does a fruit or vegetable (or any baked item) furnish us with the most nutrition? The experts feel that food grown in one's own environment will usually contain the most nutrition. Freshly harvested food provides the maximum nutritional value. After a fruit or vegetable has been sitting for several days, or transported around the world, the value of the vitamins and minerals diminishes.

The best means of 'cooking' fruits and vegetables for their health value is to eat them raw in salads or as snacks. As soon as heat is applied, a good quantity of the nutrition is destroyed. A good cook can prepare a beautiful plate with the natural colors of freshly picked fruits and vegetables.

Genetically engineered food has infiltrated the growing of almost all crops. This procedure didn't exist until the last decade, and it remains highly controversial as the long range effect on humans has never been tested.

Briefly described, this procedure consists of infecting a healthy seed or grain with various bacteria or insects to lengthen its shelf life, to make it look 'pretty' for the consumer long after the nutritional value has dissolved. This not only has a negative effect on one's health, but leaves the cook with a less than delicious product to serve.

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Cooking with natural foods that are organically grown (that means with no harmful pesticides or chemical fertilizers) gives today's health conscious cooks the best chance to delight in the time spent shopping and in the kitchen. Whipping up a carrot cake that will enchant both family and friends (best make two cakes while you're at it), or preparing a quick but nutritious breakfast so the body will gleefully handle the challenges of the day without needing to be drugged by coffee or caffeine, make heading for the kitchen the favorite part of the day! Truly the cook is the god of the household!

Adoz Lizzat is the brain behind Recipes Galore An Outstanding Resource for all Cooking Requirements. Deals with all cooking requirements. Please visit

<http://www.cookingc.com>

for more

information.

Radiant Heating And Radiant Barriers

By Larry B Lang

If you have a radiant heat system, radiant barrier foil is an ideal way to maximize your radiant heat efficiency.

Radiant heat is heat that is transmitted from a heat source through space and a radiant barrier is designed to reflect that heat towards your living space.

Radiant barriers are made from materials that are poor at absorbing heat but excellent at reflecting it. A radiant barrier is usually a thin sheet or coating of a highly reflective material, mostly aluminum. An effective radiant barrier must reflect 97% of the heat and in order to perform correctly, the reflective side must be open to an air space.

By using radiant barrier foil you can substantial increase your energy savings especially since this foil barrier can reflect so much heat back to its source. By using a foil barrier you will keep your home far warmer than without a radiant barrier.

A few things are important to look out for when buying a radiant barrier. If you're doing the installation yourself, you should select a tear resistant radiant barrier so your installation will be easier. The best way to test the strength of the radiant barrier is to take a small sample and try to tear it by hand. If it rips apart, chances are it will tear easily and make your installation difficult.

The types that don't tear easily usually have a woven mesh that is laminated between two sheets of foil. Other types of radiant barrier use what is called, a " bubble-pack" between the foil sheets, giving the radiant barrier some added strength.

Another thing to check would be the flammability rating. You should select a radiant barrier that has a

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Class I USB (Uniform Building Code) or a Class A NFPA (National Fire Protection Association) flammability rating. To make sure, you can always ask your local fire department or building inspector to review your selection or recommend an appropriate product.

Be aware that radiant barriers can also be used as vapor barriers, which prevent moisture from passing through them. So depending on where you are using a radiant barrier will determine what kind you use. You don't want warm air passing through it onto a cold surface and then condensing, this could cause problems.

For installation, place the radiant barrier, foil-face up under a sub-floor about 1 to 2 inches below the radiant tubing.

To receive the best efficiency and comfort from your radiant heating system some basic rules should be followed; all of your exterior rim joists should be insulated; and insulation should be stapled to the bottom of your joists under the radiant barrier.

Also, keep in mind that radiant in-floor heat will not work properly until the joist space is closed.

While radiant barriers are certainly not new on the market, they are an inexpensive yet effective way

for homeowners to save energy and money. Radiant barrier materials are continuing to improve and they are becoming widely available throughout North America.

With a radiant heat system, a radiant barrier will reflect the heat back into the home, heating your home much more efficiently.

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