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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!

Diet Information:Body for Life

By Jason Hulott

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Body for Life was the brain child of Bodybuilding publisher Bill Phillips and was designed initially as a competition to motivate the masses into exercising and eating healthily.

He understood the pressures of modern living and devised a program of eating which meant eating smaller meals throughout the day. 6 meals in fact.

Body for life was more than just a change in eating habits though. It is also a exercise regime which allowed you to train more efficiently and you didn't have to go down the gym for hours on end.

The system has grow to huge proportions in the US and has been in the UK for the last two years. Body for Life is more than a Diet, it is a lifestyle changing process.

Over the course of 12 weeks, Body for Life promises to make changes to your eating and training habits which will allow you to build a batter body. While some of the claims and "Before" and "After" photos they display are met with scepticism, there is no doubt that Body for Life is here to stay as a major diet system.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

Diet Information:The Atkins Diet

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In the '80s we had the 'F-plan', in the Noughties, we've got the Atkins diet. Devotees to the Atkins plan claim to shed their unwanted pounds quickly and easily while still being able to tuck into 'fry-ups', while those who tried it and fallen 'off the wagon' report feeling ill and hungry throughout it.

Love it or hate it, the Atkins diet has actually been around longer than you may think. Developed in the early '70s by the late Robert C. Atkins, M.D. (who was reportedly over weight when he died), his book – "Dr. Atkins' Diet Revolution" – introduced the Atkins Diet to the world.

Atkins' theory is that the way your body processes the carbohydrates you eat — not how much fat you eat — that causes you to gain weight. By lowering your carbohydrate input, and eating high protein food, your body should enter a state of Ketosis. This is where your body burns fat as fuel.

The diet has four stages, the first 14 days of which are very strict indeed. You gradually re-introduce food but opting for a healthier option - eg eating whole wheat bread instead of white.

The Atkins Diet may be suitable for you if you like to eat a lot of meat, as bacon and eggs form a big part of the 'acceptable' diet, while in the first few weeks, pasta, alcohol, certain vegetables and other carbohydrate-rich foods are banned.

There is a list of acceptable foods, which you are not allowed to stray from - not even one chip! – so if you find it hard to follow 'rules', you may find the Atkins diet heavy going.

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