

Don't call it a disease!

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By Darryn Aldridge

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They are now calling being overweight a disease.

Well, what next!

You've really got to wonder whether calling being overweight a disease a good idea at all.

I mean, it's not like a conventional disease in the sense that you can go off to a doctor and get a prescription

written out for. This is very different and should be treated as such.

The biggest mistake we make with being overweight is trying to fit our condition into a nice pigeon hole.

Call

it a name and then sit back and let someone else take responsibility for it. When we give something a medical

name, we tend to hand over any control of that problem to someone else, blaming it on "your condition" and wait for someone else to find the solution to it.

We couldn't be more WRONG!

The reality behind it all is that no matter how you look at it (physical and/or medical conditions aside of course) we are the ones that are responsible for continually pushing more food down our throat than we actually need to survive.

Remember, no one is forcing us to perform this daily ritual.

It's something we have learned to do over the years that has now become our way of life.

The real issue is coming to terms with why we are consistently doing this. Most of us are aware that we are

overeating, yet why are we unable to stop the routine of this daily feasting?

Let's consider some of the reasons why we might do this:

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1. It feels good to eat. We substitute food as a means of comforting ourselves. Food becomes our best friend, or even our soul mate.
2. Boredom. With such a big diverse world full of stimulus, we still find nothing more exciting than eating to pass the time away!
3. Frustration. What happens when we get frustrated with our lives, work, family and going ons' around us? Again we turn to food as a form of comfort to help us through these times.
4. Fear. We live in an uncertain world. Crime, work pressures, family pressures, all combining to make us look for a source of comfort, and that tends to be food again.

So, what must we do to break these habits that we have so easily formed?

Well, firstly we need to stop looking at this as a problem someone else needs to find a solution to. Like it or not, this is your problem and you need to take ownership of it.

Take a deep breath, look in the mirror and accept that this is your issue and accept that only you can truly find

the reasons why you are overweight.

Accept this, and you are truly on your way to finding the answer to your weight problem, and then you can start down the road to finding a solution that will work for you permanently.

Can you now start to see why this issue should not be pigeon-holed into some nice medical term?

Giving ownership of the issue to someone/something else will only end up keeping you from totally coming to terms with yourself.

Imagine how fantastic this will make you feel inside. Once you take ownership of the problem, you then have immediate control over it rather than it controlling you, and you can begin to find meaningful ways to address it.

As humans, we all have this ability make decisions. Let it be you that makes the decisions for you.

Don't allow circumstances or anyone else to have that control.

Be the one that decides your future, you will love yourself for it.

Darryn Aldridge is the co-author of a step-by-step, "tell it and show it how it is" guide to permanently losing weight and keeping it off forever! Visit his web site at <http://www.diet-ebook.com> and sign up for a free weekly newsletter, filled with helpful tips and useful information.

Lyme Disease in Dogs

By Niall Kennedy

It is hard to get an early diagnosis of lyme disease in your own dog. The first sign of lyme disease in

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humans is a rash, well; animals do not develop this rash. Lyme disease is also not one of the first illnesses that the veterinarian looks for when you take your dog in for a visit. Many other common illnesses can produce some of the same symptoms, so it can be hard to detect.

Lyme disease does affect each dog different as it does with humans. Many dogs that are affected with lyme disease seem to be in pain and many stop eating. They may even run very high fevers. Lyme disease affects the entire body and some dogs may become lame and then even if untreated the lameness can disappear but can reappear later on. Your dog may not even show any signs of an illness for a long period of time and in fact have lyme disease, and then the symptoms can show up a year later.

Diagnosis of lyme disease can be done with a blood test. But, if your dog has had the illness for a long time even confirming that it is, in fact lyme disease can be hard to prove. In many cases, the antibodies that are present when a dog has lyme disease may have already disappeared or have not been created yet.

So, of course, the best way to go to ensure that your dog does not contract lyme disease is in the prevention. Always groom your dog after they have been outdoors in and around where ticks live, high grass, thick brush, or even in the woods.

Niall Kennedy

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