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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!

Drink Your Milk and LOSE Weight!

By Cheryl Winter, M.S., R.D., R.N.

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We all know how important getting adequate calcium is for building strong bones and teeth, and for preventing osteoporosis, a condition of gradually weakening brittle bones. But did you know that recent research has discovered that adding calcium to your diet can also promote increased weight loss? Isn't that great news for millions of Americans who are struggling with their weight? Of course, calcium needs a little help in this weight loss battle, through the reduction of calories in your diet and/or increased physical activity, but when an adequate intake of calcium is combined with a sensible weight loss plan, results are even greater! It appears that when the diet is low in calcium, a key enzyme responsible for storing fat and preventing the breakdown of fat is elevated, thereby contributing to increased body fat and weight. Conversely, a high calcium intake appears to have the opposite effect, resulting in both weight and body fat loss.

Is It Calcium or Is It Dairy?

To answer this question, researchers conducted a 24-week study with thirty-two obese adults who consumed a reduced-calorie diet designed for weight loss. The participants were divided into three groups with varied calcium/dairy intake. One group was supplied with a calcium supplement of 400–500 mg per day, with no significant source of calcium from the diet. The second group received 1200–1300 mg per day from a calcium supplement, and the third group received 1200–1300 mg per day from calcium-rich dairy products. The results were more than significant. All groups lost weight, but both groups receiving adequate calcium resulted in a significantly greater weight and fat loss than the group with inadequate calcium intake. But wait, that's not all! The group consuming 1200–1300 mg calcium from dairy products had an even greater weight and fat loss. This evidence suggests that a weight management plan should include adequate levels of calcium, and that dairy sources of calcium are an even better way to go.

Are you Lactose Intolerant?

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Lactose is the natural sugar contained in dairy products. According to the New England Journal of Medicine, people who believe they are lactose intolerant (and therefore avoid milk) do not actually demonstrate clinical symptoms. New research indicates that most people can tolerate one and even two glasses of milk. It has also been found that if lactose is consumed on a regular basis, and with other foods, it is better tolerated than if it is only consumed occasionally, and alone. In other words, symptoms are more likely to occur with a consistent dairy-"free" diet and that occasional ice cream cone on an empty stomach, then if one consistently consumed dairy on a daily basis. However, if this still doesn't work for you, consider using a lactase enzyme with your dairy consumption, such as Lactaid® or purchase milk with the lactase enzyme pre-added. Cheese and yogurt, also excellent sources of calcium, seem to be more easily tolerated than milk in people reporting lactose intolerance. And of course, low-fat and fat-free versions of dairy products are always better choices, when weight

management is an issue. Children less than two years of age, however, still require the full-fat dairy versions.

This is exciting news on the benefits of consuming calcium and dairy products in an effort to promote fat and weight loss. With today's epidemic of obesity getting worse everyday, we need all the help we can get!

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Diet for Infants

By Bette Daoust

A healthy diet for infants, from birth to 12 months, is what helps them grow fast and healthy. It is very important an infant should get the right kind and amount of nutrients each day.

Here are healthy diet tips that infants should eat:

1. Infants need milk that is rich in iron. So a goat's milk, evaporated milk or a cow's milk is never an alternative option for infants. Besides, these types of milk are harder to digest.
2. If you will not breastfeed and want to result in using formulated infant's milk, it is best to check the nutritional value. Never settle for formulated milks that have low iron content. Iron helps babies to grow healthy.
3. Never give soda, fruit juices, baby fruit juices, tea or coffee. Stick to breast milk or formulated infant milk.
4. Always check the formulated infant's milk if it is pasteurized. This assures you that all kinds of germs are killed.
5. Never give honey, raw eggs, or corn syrup. These contain germs that can harm your infant.
6. Never add anything on your breast milk like cereal or natural juices. These can alter the frequency of your baby's feeding. It can also cause your baby to gain weight very fast, which is not normal.

Remember that breast milk is always best for infants. It can keep your baby from getting sick. It provides more antibodies.

Your baby should be feed when he acts hungry like crying. Infants are usually fed every three hours. Remember that babies need to be fed 8 to 12 times within the 24 hours time.

For formula milk, there are different kinds of formula milk for infants now days. There ready to drink milk that do not require mixing and there are also in powdered form. Be sure to follow the instruction on how to mix the formula. It is also best to boil the water that you will use for mixing if you opt for powdered milk.

Bette Daoust is the writer of –

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and

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