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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!**

**Eat For a Healthy Heart – Fill Up On Fibre!**

**By Ng Peng Hock**

In a defining study called Interheart, involving 52 countries, 15,152 cases and 14,820 controls

subjects, showed that certain things help in a heart-healthy diet, and certain things increase the chances of heart attacks. The study revealed that daily consumption of fruits and vegetables are good for the heart. On the other hand, heavy and regular alcohol consumption, and other risk factors like obesity, diabetes, and cholesterol are bad for the heart. This is revealed by an associate consultant of the cardiac department of a hospital. Eating too often, snacking on food with high saturated and trans fats, and inadequate fibre intake are some of the causes that contribute to the risk factors mentioned before.

Instead of having foods with high trans fat, such as French fries, chips, nuggets and chicken thighs, you should choose stir-fried vegetables and stewed meat. Take a piece of fruit that can provide you with fibre rather than eating doughnuts and cookies that will be full of sugar. Do not eat beyond the enough calories that is necessary to maintain your ideal body weight. Stick to three main meals and skip snacks as far as possible. More importantly, "Fill Up On Fibre!" This is an advice urged by many dietitians and doctors.

Fibre is usually found in the skins of most fruits and many vegetables. Fibre adds bulk or roughage to the diet. Lack or not enough of it can cause constipation, piles, cardiovascular disease, and this may even increase the risk of colon cancer. As fibre is resistant to digestion, it is fermented slowly in the colon and it will stimulate the growth of good bacteria for a healthy gut. But unfortunately, most people do not like to eat foods of high fibre because they are either difficult to chew or they are tasteless. Nevertheless, if you wish to have a healthy heart, you probably have no choice. Don't wait till problems exist. By that time, it may be too late even if you seriously wish to take lots of fibre every day.

Working people like most of us can refer to the following suggestions as a reminder for us to take fibre on a daily basis.

- Start the day with wholegrain such as wholemeal breads.
- Eat at least one serving each of fresh fruit and vegetables at lunch and dinner.

## Eat For a Healthy Heart – Fill Up On Fibre!

- Eat fruit and greens with the edible skin on. For example, eat apple without peeling its skin.
- Bring a fruit to work. Having a fruit on the table serves as a reminder to eat it!
- Ask for more vegetables when eating out.

Changing eating habit is definitely not easy. But, if we can do it slowly over time, we can eventually achieve it! Just remember this, "Healthy Diet is the Key to a Healthy Heart!"

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Heart Disease Prevention – 8 Simple Ways You Can Do Immediately, Goto:

<http://www.howtopreventheartdisease.com>

### **Why Fruits And Vegetables Are Important!**

**By Jerry Hall Leo**

No single food can provide all the essential nutrients that the body needs. Therefore, it is important to consume a wide variety of foods to provide adequate intakes of vitamins, minerals and dietary fibre, which are important for health.

8 guidelines for a healthy diet

· Enjoy your food · Eat a variety of different foods · Eat the right amount to be a healthy weight · Eat plenty of foods rich in starch and fibre · Eat plenty of fruit and vegetables · Don't eat too many foods that contain a lot of fat · Don't have sugary foods and drinks too often · If you drink alcohol, drink sensibly

Fruit and vegetables

Fresh, frozen, dried and canned fruit and vegetables all count. Also, 100% fruit or vegetable juice and pure fruit juice smoothies count. Beans and pulses, such as baked beans and lentils also contribute to this group.

Choose a wide variety and aim to eat at least 5 different portions a day. A portion is approximately 80g (e.g. 1 medium apple, a cereal bowl of salad or 3 heaped tablespoons of peas). Servings of fruit juice, vegetable juice or smoothies can only count as one portion per day no matter how much you drink. Beans and pulses (i.e. haricot, kidney, baked, soya and butter beans, chickpeas and lentils) only count once per day no matter how many different types you eat.

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We do not and can not digest cellulose. This is a carbohydrate used by plants to make their cell walls. It is also called roughage. If you do not eat foods materials which contain fibre you might end up with problems of the colon and rectum. The muscles of you digestive system mix food with the digestive juices and push food along the intestines by peristalsis; if there is no fibre in your diet these movements cannot work properly.

A good diet is important for good health. Find out more about Balance Diet at

<http://www.smartreviewguide.com/balancediet>



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