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Eating Low On The Food Chain: Vegetarianism

By Barney Garcia

Vegetarianism is becoming more and more popular. Some people chose to become vegetarian

because of health issues, animal right issues or they simply don't enjoy the taste of meat. There are several types of vegetarians which include semi vegetarians, who still eat meat, but eat meat and all animal products in small amounts. These type of vegetarians usually eat this way because of a health problem such as high blood pressure, obesity or heart disease. Lacto-ovo vegetarians don't eat any meat but include dairy products and eggs in their diet, this is the most common type of vegetarian in Western cultures. There are also lacto vegetarians, who do not eat eggs, but still eat dairy. The last and most extreme type of vegetarian is a vegan. This type of vegetarian doesn't include any type of animal products in their diet, including honey and gelatins. They often avoid wearing clothing made out of leather or wool and only use products which are not tested on animals. Most vegans become vegetarians because of issues concerning animal rights. Some vegetarians will only eat white meats, such as chicken or fish, or will only eat meat that is labeled "free range", which indicates that the animals were not raised under cruel conditions.

A lot of people who eat meat can't understand how a vegetarian can be healthy. The truth is that vegetarians tend to be a lot healthier than meat eaters. Statistics show that meat eaters are three times more likely to develop heart disease or breast cancer than vegetarians. Meat eaters are also 400% more likely to develop colon cancer. Eating too much meat has also been linked to obesity and excess weight. On average, vegetarians live about 6 years longer than meat eaters.

If you decide you want to become vegetarian, you have to make sure you are consuming enough healthy foods. A healthy vegetarian doesn't survive off of white bread and pasta alone. Make sure to include a lot of fresh fruit and vegetables, whole grain pastas, breads and rice, lots of beans and legumes, soy proteins, tofu, and nuts. Make sure you get adequate amounts of calcium by eating a lot of soy milk, tofu, spinach, kale and other vegetables high in calcium. If you are still eating dairy products and eggs, make sure you are consuming them in healthy amounts.

By switching to a vegetarian diet, you will improve you're health and lose weight as long as you are eating the right foods. There is a lot of information on the internet concerning the issue of vegetarianism, so you can find out which type of vegetarianism is right for you.

Barney Garcia is a proud contributing author and enjoys writing about many different topics. Please visit my web sites @

<http://www.diets-for-health.info>

and

<http://www.rapid-detox-spot.info>

The Best Way to Use Low-Carb Control

By Melissa White

The benefits of low-carb dieting are easy to see and make clear why so many are choosing a low-carb way of life. For example, there isn't any counting of calories or measuring portions. In addition you do not have to cut out all the food you enjoy. You can continue eating burgers, cheese, and bacon. Putting yourself on an eating plan for most people is generally complicated and yet the low-carb diet plan is simple enough for anyone. Cut your carbs down and watch the pounds fall.

No more waiting around for your diet to show results. You will be able to see the results right away. Because of the very simple fact that the amount of calories you consume does matter, by cutting down on your carb intake you will be at the same time cutting out a large amount of calories without trying directly.

Keep yourself in check. As you are minimizing the amount of carbohydrates you are eating you want to make sure that your body is getting enough nutrients. When you are following your low-carb regime here are a few things to keep in mind:

First, make sure you maintain a good fiber intake. You can do this while still sticking to your low-carb plan. Keep away from those bad carbs, such as the ones consumed from sugars. Have the low levels of carbohydrates that you do eat come from whole grains or vegetables. In fact these good carbs that you do choose to eat also aids in weight loss, this is a bonus. Your plan might change names from the low-carb eating plan to the low-carb/good-carb eating plan.

Second, try to minimize the amount of saturated fat you consume. Some low-carb plans you may find are high in saturated fats, one of the worst kinds of fats. They raise your LDL cholesterol levels, which may put you at risk of heart disease.

While eating your low-carb diet, you can reduce your saturated fats by choosing leaner protein sources such as poultry, seafood, and lean pork and beef. Make sure you cut away all visible excess fat on meats. Choose low fat or nonfat dairy products. You should also replace butter with vegetable oils such as olive or canola oil. Try to eat smaller portions of all these foods.

All in all, be smart with your food choices and it will be to your benefit.

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Melissa "Granny" White is a Low-Carb Diet fan and has been making delicious Low Carb recipes for years. You can get all 800 of her delicious recipes at:

<http://www.grannys-low-carb-recipes.com>

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