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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!

Empower Your Shopping Experience

By Antoinette Mc Donnell

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Healthy living begins with healthy eating and healthy eating begins with healthy shopping...

Regardless of what nutritional program you are following – whether it is low fat, no-sugar, low carbohydrate, or based on some other method – there are always healthier choices that can be made when you are shopping.

Support your nutritional program week-by-week and day-by-day by ensuring that you stock up on the wholesome foods you need for your meals and snacks. Having the right food on hand helps you avoid eating the wrong things such as food, which are too high in fat, calories, sodium, and sugar. Additionally, shopping wisely helps you eat more of the good things like fibre, vitamins, minerals, and antioxidants.

Use the suggestions below to avoid supermarket "traps" and help stay on track...

Plan The Shop & Shop The Plan

Put on your 'thinking cap' and make a list of the foods you need before you shop and stick closely to it. Plan your shopping around your favourite meals and recipes & don't be tempted by those wayward specials that may fall outside of the foods best for your program.

HALT! Don't Shop When You're Hungry-Angry-Lonely-Tired

Heed this word and make sure to eat before you shop to avoid impulse buying or stocking up on items you may regret later.

Begin With Colours

Empower Your Shopping Experience

Fill up your shopping cart first in the produce section with lots of vitamin-rich vegetables and fruits. Select a variety of colours, flavours and textures to add interest and variety to your meals. Be adventurous and go for exotic fruits or vegetables that you may not usually choose.

Choose Individual Servings

When buying chicken, fish or meat, get single meal-size servings that you can freeze and use as needed. That way you'll always have good-quality fresh protein on hand and won't be tempted to eat more than your body wants. Likewise, buy fresh vegetables like mini carrots in small packages too. They'll stay fresh and make convenient "on-the-go" snacks.

Read Labels

Supermarket aisles are avenues to greater nutritional knowledge as the food label offers more

complete, useful and accurate nutrition information than ever before. Become a fervent 'label reader' and scrutinize packaged foods, dressings and sauces before purchasing.

Avoid The "Aisle Of Weakness"

In all honesty, everyone has their "aisle of weakness"—be it the ice cream, cakes or sweet section. Do yourself a favour and avoid mouth watering temptation by steering completely clear of the entire area. And this "aisle" (or "aisles") is usually found in the centre! So, shop the perimeter of the store first, which is where you find the healthier foods.

Tantalize & Excite Your Taste Buds

Stimulate your palate and your recipes with the inspiration of fresh herbs like basil, ginger, lemongrass and cilantro. In addition, stock up on spices that can literally transform an ordinary meal into an exotic dish. Actively pursue variety. Expand your range of choices and explore new tastes, within and among food groups. Eating a wide variety of foods not only promotes optimal nutrition but also provides us with the 'pleasure factor'.

Don't Feel Deprived

Even though there are certain foods you'll want to avoid on your nutritional program, the supermarket is packed with a great variety of health-friendly food items. By choosing a variety of the foods you enjoy, and watching your portions, you need never feel deprived—no matter what foods you choose. Make moderation your goal, you decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty.

Final Check

Before you check out, ask yourself (honestly!) if there is any item in your shopping cart that you could remove to better support your program. Put yourself and your optimal nutritional program before all

else.

When you shop healthily, it is a great contributor to the 'feel good factor'!! Additionally, consider clearing your cupboards and fridge of any foods that don't support your program. With only great-tasting nutritious foods around you can cook up a healthy storm and enjoy your meals & snacks to the fullest –and enjoy the pleasurable aspects of eating and... living!

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Antoinette is a successful wellness mentor who has been assisting people achieve excellent health through cellular nutrition. For people wanting to lose weight she uses a scientifically proven approach that enables people to boost their energy and to block cravings while they are burning fat and thus losing weight. Visit her website at

and see

what you can do to take control today.

Christmas shopping online might or might not be for everyone. This article shows how doing it online, enhances your overall Christmas experience!

By Ebe Heng

Christmas shopping online is not for you? If you are one of those that share this thought, you probably like to enjoy the atmosphere of physical shopping. Doing your Christmas shopping online despite all its convenience, lack the festive mood. The convenience of online shopping has reduced the shopping experience to a browse and click mode, no mood and very little atmosphere.

So, you might think that despite the staggering numbers that shows how many people are actually doing their Christmas shopping online, they are just a minority out of the entire Christmas shopping population. Well, while I do not have the statistics to back this up -this thinking is likely to be true

To ascertain the fact that the Christmas shopping online folks are really a sub-set of the Christmas shopping crowd, just visit Marcy's, Barnes and Noble or one of the large departmental stores during the pre-Christmas period, and the crowd you see would highlight the fact that a very large proportion of shoppers are still doing their shopping offline.

And of course, it is this crowd that give rise to the Christmassy feelings. Never mind that you have to wait an hour to find a parking lot or half an hour to pay for your purchases, this feeling enhanced by the jingles that flood the stores is something that doing your Christmas shopping online would never be able to offer.

Having said so much about the value of shopping physically, are there any merits to doing your Christmas shopping online? Yes, from my own experience there are at least two major contributions

that doing your Christmas shopping online can provide.

First, Christmas shopping online eliminates the hassle of browsing and deciding at absolutely ground zero on the spot. Imagine you are doing shopping with only a vague idea of what to buy for whom and your only reference is some scribbling on a post-it note.

Enter online Christmas shopping, and you are able to browse online and zero in on the category of items that you would like to get for your love ones. One of the biggest value of Internet is it allows you to conduct your research and craft a comprehensive list of items that you would like to get for your love ones. So that, when you are doing it physically, all you have to do is to choose from the different brands and decide on the ones that have the best value. Thus, saving time and allowing you to buy for more people in lesser trips.

The other contribution of online Christmas shopping is that it is able to take care of your 'bulk purchases'. What I mean is during this festive season of giving and sharing, there would be lots of gifts exchange, and gifts giving to acquaintances.

So, for this group of people, you would probably be getting something that is nice but would not invest

too much thought into it, and then you would buy plenty of it to last through the season. Doing your Christmas shopping for these folks online frees out more time for you during those shopping mall trips to choose something special for your love ones. It also takes care of the inconvenience of bringing a lot of stuff yourself (online shopping would have the purchase deliver right to your door steps).

There you have it! Online Christmas shopping allows you to do a thorough research on the gifts to get for your love ones and it also gives you more time in physically shopping for those gifts by allowing you to buy the generic stuff online. So, using technology allows you to enjoy the magic feeling of shopping under the thick Christmas atmosphere provides by shopping malls with lesser things on your mind to worry about.

Having said all these, I hope you folks would integrate (what a word!) online shopping to brighten your overall Christmas shopping experience and enhances the joy and magic buying for those special ones...

Merry Christmas!

Ebe

Ebe is the editor of

, which provides quality Christmas related links

and articles to better the joyous occasion. He reviews and ensures all contributions lead to a fun and easy online shopping experience for Christmas gifts

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Christmas shopping online might or might not be for everyone. This article shows how doing it online, enhances your overall Christmas experience!

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