

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Fat burner myths

By Dr. Donald A. Miller

Fat burner myths by Dr. Donald A. Miller

A surprisingly high number of books by physicians and nutritional consultants teach that foods in combinations, or special supplements, can "turn up your fat burners". Publications by the Mayo Clinic, US Government, and other reliable sources all say this is TOTAL NONSENSE.

If one could ignore calories and eat "fat burner" foods to lose weight, the combinations would have to work the same as weight loss drugs, which pose significant health risks.

Here are real ways to "cheat" on weight loss, with drugs / herbs, surgery.

- a) Ingest fewer calories
 - ☒ take something to kill appetite
- b) Burn more calories (exercise is safest way)
 - ☒ induce fever
 - ☒ induce agitation & hyper activity
- c) discard body mass by artificial means
 - ☒ diuretics, to expel water faster than normal
 - ☒ steam room, sauna, hot clothes, wraps to lose water
 - ☒ laxatives, to interfere with digestion, lose water
 - ☒ induce vomiting
 - ☒ cut off or suck out parts of the body

All of these cheats are risky, most are temporary, most can cause damage to the body even up to death. Dehydration can kill quickly.

A safer way is to stuff the stomach with low calorie vegetables, plus a few almonds, which will satisfy hunger and leave no room for steak or pie.

"Reality is
not what you think it is
nor what you want it to be
Reality IS"

* Diet with FACTS, not Fat–Burner MYTHS. *

For more pages in this health series, send blank email to
snips@easyhealthdiet.com

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports, including two eBooks available through Amazon.Com. More health information can be found at his web site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.com>

Dairy in Diet

By Dr. Donald A. Miller

Dairy in Diet by Dr. Donald A. Miller

Dairy foods are a great source of calcium and some vitamins and minerals. But seek out the low fat versions for good health. Powdered milk has no fat, yet much calcium. Also, powdered milk has far fewer germs than pasteurized bottled milk.

Diets in Asia and other parts of the world are low in dairy products, yet those countries have large populations, mostly healthy if they have enough to eat.

In fact, many adults of Asian descent lack the enzymes needed to digest dairy foods. Often, milk and cheese, etc., are replaced by soy foods.

If soy milk is used in place of dairy milk, high calcium foods or supplements are needed in diet. Also, most purchased soy milk contains sweeteners, which is not good.

Fat burner myths

* Diet with FACTS, not Fat–Burner MYTHS. *

For more pages in this health series, send blank email to
snips@easyhealthdiet.com

Donald A. Miller, Ph.D. is the author of "Easy Health Diet", and several thousand other reports, including two eBooks available through Amazon.Com. More health information can be found at his web site <http://easyhealthdiet.com>. Contact at <mailto:drdon@easyhealthdiet.com>



This Free E–Book has been brought to you by Natural–Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!