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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!

Foods That Fight Disease

By Johnny Bee

Most citizenry know that calcium is goodness for bones, fibre is beneficial for stultification, and iron

is full for bloodshed, to name a few. But once you go beyond the basics, the picture gets murky. Here's a quiz to see however well you know which foods or nutrients tin keep or promote which diseases. Feel free to cheat. The questions aren't really a test of well you read (and remember) every issue of Nutrition Action. They're just a sneaky means to engender you to look at the answers, which contain a wealth of information on your dieting affects your wellness.

You whitethorn wonder why so many questions ask which food is littlest plausible to forestall a problem. That agency, instead of finding just I thing that works, you learn about 3 or four that do (and ace that doesn't). Each question has only single answer. Which is smallest probable to lower berth your gore press. whole-grain bread While further research is needed, grounds suggests that multitude WHO rust benevolent sources of lutein (similar kale, spinach, and other leafy greens), consume More Pisces and nuts, and take a daily multivitamin-and-mineral supplement rich person a frown peril of cataracts and macular degeneration. The same danger factors that harm lineage vessels to the heart besides hurt line vessels to the penis. So far, the attest on risk of exposure factors for sexual dysfunction in women is scarce.

Preliminary certify suggests that high-dose Zn supplements (Thomas More than 100 mg a Day) English hawthorn increase the risk of infection of prostate gland Cancer. Too much calcium (Sir Thomas More than 1,500 mg a Clarence Day) Crataegus laevigata too raise the hazard. In contrast, lycopene-ample foods (alike(p) tomato sauce), Pisces the Fishes, and soybean foods Crataegus oxycantha protect the prostatic, though recent studies on soy sauce wealthy person been disappointing. A big trial is testing whether selenium and vitamin E toilet glower genus Cancer jeopardy.

Studies suggest that vulcanized fiber—especially from breads and cereals—lav lour the gamble of impairment, diverticular disease, heart disease, and diabetes. Earlier studies indicated that character might foreclose Colon Cancer the Crab, but two prominent clinical trials that randomly assigned masses to either a first gear- or high- found no difference in precancerous Aspinwall polyps. K chloride, which is used in saltiness substitutes, bathroom turn down line of descent pressing and the chance of

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stroke. Atomic number 19 citrate appears to likewise preclude kidney stones and bone loss. Fruits and vegetables the best sources of potassium citrate.

supplements commode cause a dangerous irregular heartbeat and cardiac arrest. Coffee (not decaf), nuts, exercise, and –copious foods (equal wheat bran) appear to reduce the take chances of gallstones. It May as well aid to mother to a greater extent protein from plant foods (equivalent beans) than from animal foods (same meat, poultry, seafood, and dairy farm). Women, anyone over 60, and the overweight give birth a higher adventure of gallstones. Cancers that linked to overweight: breast, colorectal, esophageal, kidney, uterine, and possibly gallbladder and pancreatic.

Excess weight depress a man's odds of surviving, but not getting, malignant neoplastic disease. a (taking vitamin E). So far, vitamin E has failed to live up to predictions that the antioxidant would slow cognitive decline in older mass. However, staying lean and active protect your brain by warding off diabetes. Keeping a lid on descent pressure sensation (by cutting salinity and boosting fruits,

vegetables, and low gear–fatness foods, and, if necessary, by taking medication) should take down your run a risk. And a new study suggests that eating Fish III times a week assist forbid dementia.

Johnny Bee

<http://www.physiciansassistant.net>

Carbohydrates - Good Or Bad?

By Lee Dobbins

Carbohydrates - Good Or Bad?

Carbohydrates have gotten a lot of bad press in the past few years with the advent of low carb diets, but the truth is that not all carbohydrates are "bad" and, in fact, your body needs carbs to survive.

Many people mistakenly believe that eating bacon, eggs and steak will set them on the road to a thinner body with increased energy and good health, but this is not the case. While cutting out the simple carbohydrates found in processed foods is a healthier way of eating, neglecting the complex carbs found in fruits and vegetables can be hazardous to your health.

Fruits and vegetables are packed with enzymes, vitamins, minerals and fiber. All key ingredients to your health. They also contain antioxidants which can help your body fight disease and may even help ward off certain kinds of cancer.

Picking The Best Carbs

The old saying "you are what you eat" has a lot of truth to it. You get the energy that your body uses as well as your nutritional needs such as vitamins, minerals and fiber from the foods you eat. Doesn't it

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make sense, then to eat foods that will provide your body with the best fuel possible?

You want to avoid foods that are processed. I'm sorry to say that most foods that can be found in packaged in your supermarket like cookies, cereals and even white bread are filled with "bad carbs". These foods are often processed to taste better and all the nutrients are stripped out in the process. Then chemicals are added in to prolong shelf life and add to color and taste. Your body has no use for these empty calories so when you eat these foods it is a big drain on the body to digest them and try to salvage any nutritional value from them.

The fruits and vegetables, on the other hand are filled with nutrients. When you eat these, your body gets lots of high energy fuel that it can use to keep up your energy levels and help your body fight off disease. In addition, the enzymes found in the fruits and veggies aid your body in the digestion process, thus freeing it up for more important activities.

So, in reality, carbohydrates are both good and bad. It is up to you to make sure you fuel your body with more of the good carbs for optimum health. A good rule of thumb when shopping is to stick to the outside aisles of the grocery store and avoid the middle. Buy as many fresh fruits and veggies as you can (organic if possible) and frequent your local farmers market to purchase locally grown produce if you are lucky enough to have one near you.

Confused about carbs? Visit

<http://www.carbzine.com>

to find out more about carbohydrates and your health.



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