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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 Health Problems - Part II

By Sharon Hopkins

– Bananas – Mother Nature's perfect snack. No preparation, no washing or refrigeration. They are

prepackaged in a biodegradable wrapper for perfect enjoyment. Since they are easily digestible, they are often served as babies' first food. Women suffering from PMS can get a healthy serotonin rush by consuming a banana. Bananas help build a shield against heart disease. They are packed with potassium that helps fend off high blood pressure. In short, the goodness of bananas battles cancer, heart diseases, high blood pressure, kidney stones, premenstrual syndrome and strokes.

– Barley - Barley with all its magic ingredients is good for heart diseases, diabetes, high blood pressure and high cholesterol. Beta-glucan fiber lowers cholesterol, while tocotrienol deactivates an enzyme that tells the liver how to produce artery clogging cholesterol. Barley is a quick fix for constipation. Just 1 cup of cooked barley can provides approx 14 gms of fiber to get the bowels moving.

– Basil - Originally a cooking herb, Basil has found many uses as a medicinal herb too. Basil weakens the ulcer producing activity of aspirin and alcohol, fight inflammation and swelling and battle infection causing bacteria. It also prevents colon cancer and helps build strong bones. Basil helps reduce bloating and flatulence. If you overindulged with alcohol, drink tea by steeping 2 tbsp of chopped fresh or dried basil leaves mixed in 1 cup of just boiling water for about 15 minutes. Strain and sip and feel the difference.

– Beans - These luscious legumes are loaded with fiber and other nutrients to keep body running in top shape. Beans fights cancer and cholesterol. B vitamin folate reduces blood levels of amino acid involved in heart disease. People having type 2 diabetes benefit from the soluble fiber present in the beans. It slows down the passage of carbohydrates from foods into the bloodstream. Beans fight the battle of bulge as they control your appetite by taking up lots of room in your tummy. If you keep forgetting things, people, etc, boost your brainpower by eating a serving of beans few times are week.

– Beef - Are you surprised to know that beef can help to fight common health problems? Loaded with disease fighting nutrients, beef if you buy lean gives no complaints. Lean beef lowers level of bad density lipoprotein and improves levels of high density lipoprotein cholesterol. Beef supplies vitamins and minerals that maybe in short supply in a diet. Selenium in beef is a powerful antioxidant that lowers

the risk of skin cancer, fights heart disease and wards off infections.

– Beet - Heart shaped veggies, 1 cup of fresh beets gives 1/3 of daily folate requirement. In short vitamin B that keeps homocysteine in control so that it does not trigger a heart attack. Beta - cyanin, a phytochemical that gives deep red colour is a cancer fighter. Beet juice curbs normal healthy cells from changing into cancer cells. Beets are good source of fiber for good bowel function. Beet battles cancer, diabetic and heart disease.

– Bell Peppers - Ring in health benefits with bell peppers. A red bell pepper packs in twice as much vitamin C than an orange. Vitamin C acts as an antioxidant eating up free radicals that cause cell damage leading to heart disease and cancer. Vitamin C also bolsters your immune system helping to lessen the severity and duration of a cold. Lutein and zeaxanthin - two plant compounds in red bell peppers prevent age related macular degeneration (ARMD) that is responsible for sharp vision. ARMD is common cause of irreversible blindness in people. Ophthalmologists recommend intake of these

compounds from foods rather than medicine or supplements.

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. Healthy Food provides vital nutrients that aid

our body's metabolic function and ensure well being. Read up on foods that fights of host of diseases and other health problems.

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 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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