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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 Heal

By Jay Morganson

Do you know that if you eat vegetables and fruits that you are eating foods that heal? Between just

being great tasting fruits and vegetables help in more ways then you can imagine. Sure the doctors and specialists always say that we need to eat five to seven servings of fruits and vegetables a day, but have you ever actually done that? Now be honest with yourself. I always wonder what it would be like if I actually ate the recommended dose of fruits and vegetables every day. What would happen? Would I feel different? How about would I look different? Would people look at me differently? Well being that I have actually tried to do just that, I am here to show you why you should look at what you are eating, or should I say what you are not eating.

If you make the decision to eat five to seven servings (a day) of fruits and vegetables it is really not that much. It is, if you look at it normally, very easy to do such a thing. Start with breakfast, you can add assorted fruits such as raspberries, strawberries, blueberries, blackberries, or even bananas to your morning cereal and get a whole serving done and out of the way. Substitute fruit or vegetables for a snack mid day and there is two. At lunch have yourself some lettuce and tomato on your sandwich and there are another two. If you have been keeping track we are almost at 5 servings. An afternoon coffee break can turn into a healthy break with a fruit smoothie. Yet another serving and we have not even hit dinner. For dinner have a small salad to start and then why not have two vegetables instead of just one with the actual entree. It is easy if you just take a few seconds to say no to the candy bar and yes to the apple, banana, orange, or kiwi fruit.

How about thinking about your eyes for a second. Munch on some Beta Carotene rich carrot sticks to help improve eyesight. Yes your mother was right about this little ole wives tale. Go to your local farm stand and get yourself some fresh dark greens, cucumbers, tomatoes, and what ever strikes your fancy. The darker your greens the better for digestion. Fresh picked cucumbers and tomatoes hold lots of good for you vitamins and not to mention taste better too. Ever just gone to a garden and picked a carrot out of the ground, washed it off, and eaten it? Have you ever tasted such wonderful gloriousness in all your life? No? Then what are you waiting for? Go to your local farm stand and get a sampling of every thing. Not only are you supporting local farmers, but think of all the awesome health benefits you yourself will be receiving.

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When you think of fruits and vegetables don't think of it as a chore. Look at it as a challenge. Your challenge is to lead a stronger, healthier lifestyle. Your choices that you make today will affect your health tomorrow. Just remember that if you eat your fruits and vegetables then you won't have to see the doctor half as much as those who do not eat their required fruits and vegetables and two you will be healthy for a long, long time.

Did you know your fruits and vegetables carry special fighters known as phytochemicals? No? Well they do. You know them better as things like antioxidants, and the like. Antioxidants are essential for cleaning out the system. The more you eat and use the better you will feel. Not to mention look. Look for more bran in your diet also. Bran helps with the cleaning of the system. Whole grains and nuts are great for you. Whole grains have many great properties for making your body cleanse itself. Nuts help lower your blood fat content. That is important for lower cholesterol. Lower cholesterol is important for a lowered risk of heart attacks. You want to make yourself as healthy as possible especially when the cold and flu season comes around. Think of all the sniffing, chills, fevers, body aches and more. Do

you really want that? I think you would rather walk around, while everyone else is suffering, and smile at the fact that you are strong enough to fight these ailments.

Jay Morganson, Author of the "Recover Your Healthy Self"—Series

<http://www.newhoodiadiet.com>

The Wisdom To Heal

By Barbara Collins

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The Wisdom To Heal

When it comes to natural healing, it is my belief that most chronic illness or disease can be healed naturally. It is also my belief that the foods we choose to eat play a major role in many chronic conditions.

We have a large quantity of food available to choose from however, due to the modern methods of refining the quality of the food is destroyed. I believe that when we get back to the basics of a whole natural diet that our body will respond and bring to us a perfect state of health. Many diseases are nature's attempt to rid our body of congestion that has accumulated over the years of wrong eating and drinking.

The wisdom to heal from the diseased state comes in the form of change. Nothingness brings Nothingness, Change brings Change, and Change brings healing. The first question I always ask others who want to learn how to heal is this: How bad do you want to heal? The second question is what are you willing to do to get it? Without change, you will stay as you are; healing a chronic disease

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takes effort and time. Remember that you did not develop the chronic condition overnight, and your body will not heal from it overnight.

If you are willing to change your "Lifestyle", then your body is willing to work with you and start the process of healing. The wisdom to heal, I believe comes from learning and putting to use in your life the basics of man's original diet. Whole natural foods, that are not refined and that do not contain preservatives, additives, artificial colors or flavoring, and chemicals is what our body needs to return to a healthy state.

Our body does react to what we eat and what is in the food we eat. The Creator of this universe neglected nothing and when we eat our food whole as it was given to us, and not refined or processed which destroys its life giving elements, it will meet all the requirements we need for a healthy existence.

So I ask you this question? How bad do you want to heal? And what are you willing to do to get it? The wisdom to heal is in whole natural foods.

Good Health To All,

Barbara Collins

<http://www.truenaturalweightloss.com>

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About the author: Owner of True Natural Weight Loss and author of the ebook "ANaturally Slim Reflection. Educates on the use of whole natural foods for weight loss and healing of disease.



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