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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 to Fight Disease

By Jon Wickham

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When it comes to food, we can't ignore the facts – or the science. You need a healthy diet for a healthy life.

Research shows a healthy diet could help or prevent a number of health problems, including cancer, diabetes, heart disease, and obesity. And that number keeps growing as researchers learn more about how nutrition affects your health.

What You Should Know

Adopting a disease-fighting diet is easier than you think. When you shop, choose fruits, vegetables, beans, and whole grains, such as brown rice and whole-wheat bread. Avoid foods high in sugar and fat.

Here are some tips for arming yourself against disease with good-for-you foods:

Follow the Food Guide Pyramid

This guide tells you what foods to include in your diet each day and in what portions. It shows you how to have a balanced diet by eating foods from all the basic food groups: milk, yogurt and cheese (two to three servings; one cup of milk or yogurt would be one serving) meat, poultry, fish, dry beans, eggs, and nuts (two to three servings; one serving would be two eggs, ½ cup of tuna fish, or about ½ of a skinless, cooked chicken breast) fruit (two to four servings; one serving would be a medium-sized apple or banana, ½ cup of canned fruit, or ¼ cup of dried fruit) vegetable (three to five servings; one serving would be ½ cup of raw or cooked vegetables or one cup of raw, leafy vegetables, such as spinach or lettuce) bread, cereal, rice, and pasta (six to 11 servings; a slice of bread, ½ bagel or English muffin, or ½ cup of pasta would be a serving)

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Think colour

When it comes to fruit and vegetables, eat lots of deep-coloured produce. Oranges and dark berries, like blueberries and cranberries, are especially rich in natural plant chemicals that can protect you against diseases like cancer and heart disease. Orange and dark green vegetables, such as carrots, sweet potatoes, and spinach are also rich in these plant chemicals.

Remember fibre

Eating lots of fruits and vegetables will give your body extra water and fibre, which will help keep your digestive tract clean and healthy. Beans, bran, whole-grain breads and brown rice, and high-fibre cereals are also good sources of fibre.

Make good bacteria your friend

Fermented foods like yogurt are especially good for you as you get older because they contain "good" bacteria that keep your digestive tract healthy. Check food labels for these bacteria. The good bacteria in these foods also fight the bad bacteria that can enter your body through spoiled food and make you sick.

Eat fatty fish

Your body needs some fats to stay healthy, and the fats found in fish like salmon and tuna are good for your heart. Fish also provides a rich source of protein without the large amount of unhealthy fat you get from red meat.

Try soya

Eating about one to two ounces of soya protein daily can help lower cholesterol and unhealthy fat in your diet and protect you from heart disease. You can find many different soya products, which come from soybeans, in your food store. The most popular are tofu, soya milk (in different flavours), soya burgers and hot dogs, soya ice cream, soya nut butter, and soya flour.

Drink plenty of water

To stay healthy, drink at least eight glasses of water daily. Pay special attention to drinking enough because your thirst decision dulls with age, and remember that if you're thirsty, you're already dehydrated.

Don't abstain if you don't have to

Beer and red wine, in moderation, are another rich source of plant chemicals. This means no more than one glass of beer or red wine a day for women, two for men.

Following a healthy diet, along with regular exercise, will prevent you from gaining weight, which is

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important for good health. Losing 10 percent of your body weight, for instance, could be enough to lower your cholesterol. Choose healthy foods for a longer and healthier life!

Don't lose out, watch this space for regular updates!

Jon Wickham is the owner of Mabels&Maintaining Bygone Times, containing numerous articles thoughtfully researched mainly for the older person. You may access these articles by visiting

– You will learn about the best tips to improve your health, fitness, finances,

safety as well as information on nostalgic topics, places to visit & leisure & lifestyle.

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

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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

to find out more about carbohydrates and your

health.

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