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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!

Getting the Most Out of Our Food

By Mark Dayley

Getting the Most Out of Our Food by Mark Dayley

Good health is a combination of necessary rest, continuous exercise, nutritious foods, fasting, and even a positive happy attitude. In regards to the need for nutrition, the body can be likened to an expensive ore-processing machine. Mining low-grade deposits is like consuming foods low in nutrition. It takes large amounts of low-grade deposits (food low in nutrition) to produce the precious metals (vitamins, minerals, etc.) sought after. Low-grade deposits also contain large amounts of waste materials, which cause extra work and unnecessary wear and tear on the equipment (the body). It makes sense to mine higher-grade deposits (food high in nutrition) where more precious metals (vitamins, minerals, etc.) can be acquired with less work, and with less wear and tear on the equipment (the body).

"Living under conditions of modern life, it is important to bear in mind that the preparation and refinement of food products either entirely eliminates or in part destroys the vital elements in the original material." - United States Department of Agriculture

Our "SAD" (Standard American Diet) diets of today, are generally comprised of refined and processed food (low grade deposits). When whole food is refined or processed, essential nutrients (vitamins, minerals, enzymes, fiber, etc.) are stripped away and lost. Processed or devitalized food lacks the complete nutrition our bodies need.

Here are a few suggestions from Dr. John R. Christopher's "Mucusless Diet" to help migrate to a more nutritious whole food diet providing good health:

- The Do's; eat any whole, live, raw foods. Fruits, vegetables, whole grains, nuts, seeds, and a small amount of fresh fish or chemical free chicken.
- The Don'ts; eat (or eat less) salt, eggs, all refined sugars, meat, all milk products, flours and flour products Do not be concerned because this diet reduces meat and the commercial types of protein and don't worry about adding protein, as you will get all that you need in these foods. The gorilla is built on the same order as the human being, and he gets all the protein he needs from just fruits, nuts and seeds.
- The best food to start the day is fresh fruit or a good low heated whole grain. This should be a cereal

in its wholesome state.

- Sprouted grains are another excellent and nutritious food source. Alternate the grains. Almost any live seed or grain can be sprouted, find the one you like and enjoy.
- Fruit and vegetable juices along with dried fruits are another wonderful source for this diet.
- There are also thousands of salad combinations available, with some investigation and experimentation, you will never run short of interesting combinations.

The next eUpdate article will address physical exercise in greater depth.

Nature has everything to offer if you are willing to indulge. Start today to make these suggestions a part of your new lifestyle. Enjoy good health and long life!

About the author: Mark Dayley has studied numerous health and nutrition topics, written articles for health related newsletters and magazines, registered many nutritional products internationally and consulted for various health and nutrition companies for several years. Mark sits on the boards of Body and Sole Patches, LLC. (<http://www.bodyandsolepatches.com>) and New Life Health Center (<http://www.newlifehealthcenter.com>)

Quality Dog Food Is Essential For The Health Of Dogs

By Mike Yeager

Dog food is very important for the health of dogs. It is easy to overlook it, but it is essential to pick the right dog food for your pet dog. People sometimes just pick the first dog food bag they see at the store, instead of considering what is needed for your own dog. Puppies need different types of food than mature dogs, just as different breeds of dogs also require different types of dog food. If your dog seems like it has no energy, consider switching to another type of dog food. If you are unsure what kind to buy, you should consult your veterinarian.

Dog Food should be healthy and tasty.

If your dog does not like a certain type of dog food, do not force your dog to eat it. Instead, try to find another type of dog food that has all the vitamins that your dog needs, and your dog enjoys eating. Also, be aware that your dog's taste may change over time, and may not necessarily eat the same dog food all of its life. If it does not like its current dog food, then buy some other types of brands, and see which one is its favorite.

Mike Yeager
Publisher

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Do You Know What You Are REALLY Feeding Your Pet?
Eat, Drink, And Be Merry

Food and Feng Shui

Do You Know Where Your Food Thermometer Is?

Smoothies for Athletes

Recipes from the Heartland

How to become a Chef!

Complete Library Of Cooking

Beat that Fat



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