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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!**

**Go Nuts!**

**By Phil Satterfield**

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Nuts of all kinds (I am talking peanuts, cashews etc) have a mixed reputation. They are high in fat, but have no carbohydrates. Many people I know will not eat any type of nut because of their high fat content. Nuts have a very important role in a healthy weight loss plan.

First, the fat in nuts is 90% percent unsaturated, which means it helps keep your arteries clean of cholesterol. Remember saturated fats, make you fat and clog your veins, unsaturated fats only cause you to gain weight. Do not let that scare you off; we need some fats in our diet.

Second, nuts have of no carbohydrates or sugar, which means they do not cause any insulin release, which is associated with weight gain. They are also so a great source of protein, one of the best of any non-meat food.

Do not go over board, nuts do have a lot of calories. But they also stay with you along time. If you find you are hungry between meals, have your self a serving of nuts. Make sure to eat one serving, read the label.

They can keep you from being hungry, because they have a lot of fat and protein. They also do not trigger the body to release insulin, which can cause you to get hungry.

Do not eat more then one serving a day. Any type will do so eat which ones you like they all have the same basic nutrients. They will also help you lower your cholesterol, because of the high amount of unsaturated fats

I know they have some fat, but if your weight loss plan is good and you the nuts by them selves, with out any type of sugar you will be fine. Drink water or diet soda pop with them. If you are watching you sodium you may want to eat unsalted nuts, or talk about with your doctor.

## Go Nuts!

So, the next time your need a quick snack, grab a handful of cashews, almonds or peanuts and enjoy.

Phil Satterfield runs

[www.dietcrazy.com](http://www.dietcrazy.com)

a small, but quickly growing site, that is dedicated to providing

people with the information they need to develop their own weight loss plan. Visit

[www.dietcrazy.com](http://www.dietcrazy.com)

and sign up for a free newsletter and get a free weight loss guide. The site has many articles and links and is growing all the time.

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### **Nut Nutrition Information For Fitness Energy.**

**By Kevin Doberstein CFT**

#### **Nut Nutrition Information For Fitness Energy. by Kevin Doberstein CFT**

As a young aspiring bodybuilder who was just starting out learning a lot of different methods of building muscle, I was taught "by experts" that fat in the diet was taboo. Any kind of fat. It didn't matter the source. It was just bad. They were wrong. If you still believe in this myth, I hope I can change your mind after reading this article.

The fats I am talking about are from nuts. Peanuts, walnuts, almonds and all other nuts. Being mainly composed of unsaturated fat provide an excellent source of energy. They are also rich in nutrients that are lacking from most people's diets. Nuts also have phytochemicals, which help prevent cancer, diabetes and hypertension. High in natural fiber. As a whole, nuts are a very healthy nutrition treat that tastes good.

As a bodybuilder that is trying to gain muscular weight, nuts can provide the extra calories that are needed. You can snack on them between meals. They are easy to take along with you anywhere.

For the bodybuilder that is trying to lose fat, nuts fit into your low carbohydrate day. And you don't have to feel guilty eating them. The key is to replace carbohydrate calories with the calories you would be getting from the nuts.

#### **Women and Nuts**

In a controlled study, postmenopausal women who ate a bag of low-salt soy nuts a day had a rather great reduction in blood pressure. Each bag had 25 grams of soy protein. You can find soy nuts at most grocery stores.

## Go Nuts!

Nutrition Breakdown of a bag of almonds. ¼ cup

Calories 200, from fat 150  
Total Fat 18g 2g saturated  
Carbohydrates 7g  
Protein 7g

The US Department of Agriculture did a study with nut eaters and non–nut eaters and found even though the nut eaters consumed more energy calories they actually had a lower BMI (body mass index) than the non–nut eaters.

In summary, the Almighty would have never created nuts if they didn't have a useful propose in life. When was the last time you seen a squirrel scampering across the ground and suddenly falling down and having a heart attack.

Kevin Doberstein is a Certified Fitness Trainer and has been a natural bodybuilder for the past 25 years. 15 years as a gym owner. For more articles about bodybuilding, bodyshaping and nutrition you can visit his site at [www.nature-boy-bodybuilding.com](http://www.nature-boy-bodybuilding.com). You can join the Nature Boy bodybuilding Newsletter for the latest information about bodybuilding fitness at this site. You can contact him at [natureboy\\_bodybuilding@hotmail.com](mailto:natureboy_bodybuilding@hotmail.com)

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