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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!

Healthy Eating Tips for Healthy Living in 2005

By Andrew LaPointe

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Eating healthy is fast becoming a way of life. American's are living longer, however, the goal of many is not to simply live longer, the goal it is to live a longer and healthier life. Simple everyday fruit can help.

Recent studies have indicated that the antioxidants in fruit provide a whole host of health benefits: the anti-aging power of blueberries and the joint pain relieving properties found in cherries to name a few.

The multitudes of health components found in fruit are truly a gift from Mother Nature. Here are a few everyday fruits for healthy living in 2005:

Cherries - The Supercharged Fruit:

Are cherries truly fruit for a healthy you? Recent studies have revealed that cherries offer an assortment of health benefits including the ability to offer natural relief from joint pain caused from gout, arthritis and joint inflammation.

The wonder of the cherry is the anthocyanins. According to research from Michigan State University tart cherries contain anthocyanins and bioflavonoids, which inhibit the enzymes Cyclooxygenase-1 and -2, and prevent inflammation in the body. These compounds have similar activity as aspirin, naproxen and ibuprofen.

Further investigations revealed that daily consumption of cherries has the potential to reduce the pain associated with joint inflammation. Many are choosing to drink cherry juice, eat cherries or consume tart cherry pills for relief of gout, arthritis and joint pain.

Linda L. Patterson is a living testimony of the soothing affects of cherries on her joint pain. "I enjoy crocheting and lately my hands have been so painful, I couldn't crochet for more than about 30 minutes.", says Patterson. In an attempt to find relief from her pain, she located Fruit Advantage Tart

Cherry capsules, (www.fruitadvantage.com)

a supplement made from red tart cherries. "Within the first week of taking the tart cherry capsules my hands felt so much better.", says Ms. Patterson. "I am now able to crochet without the pain in my hands."

Blueberries - Nature's Top Antioxidant Fruit:

Blueberries emerged as the top antioxidant capacity fruit in a laboratory testing procedure called ORAC – Oxygen Radical Absorbance Capacity developed by the USDA*. ORAC has become the definitive measurement of antioxidant capacity.

James Joseph, Ph.D, Chief of the USDA Human Nutrition Research Center on Aging in Boston, is working with blueberries to examine their potential to help improve motor skills and reverse the

short-term memory loss that comes with aging.

"The blueberry has emerged as a very powerful food in the aging battle," said Joseph. "Given the possibility that blueberries may reverse short-term memory loss and forestall other effects of aging, their potential may be very great."

Terry Johnson, a resident of Grand Rapids, Michigan, munchies on dried blueberries for the convenience and taste. "I work behind a computer for eight hours a day and I like to snack. I began eating dried blueberries instead of a candy bar from the vending machine. Now I feel good when I snack because I am eating fruit instead of candy."

Strawberries:

Studies have shown that strawberries can help promote a healthy digestive system and help lower blood cholesterol. A handful of strawberries can go a long way to a helping you maintain a healthy lifestyle.

According to Jennifer LaPointe, Director of Marketing for Traverse Bay Farms, www.traversebayfarms.com "many of our customers are looking to eat healthier and our gourmet fruit product fit this trend. It's certainly better than fast food."

Traverse Bay Farms sells Fruit Advantage Tart Cherry capsules, cherry juice concentrate and a variety of dried fruit products including: cherries, blueberries, red raspberries, strawberries. The company may be contact for additional information or interviews at 1-877-746-7477 or www.traversebayfarms.com

None

The Right Way to Eat for Better Health and Weight Loss

By Ryan Cote

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Did you know that how and when you eat is important for good health?

For most of your life, you probably have eaten breakfast, lunch and dinner. Now depending on your eating habits, this may be okay...but many people skip breakfast because they don't have the time, they have a semi-normal lunch and then a large dinner. Avoid this at all costs...

When you wake up, your body is screaming for food– it's been many hours since you last ate. By skipping breakfast, you're depriving your body of the nutrients it needs and forcing it to go into hibernation mode– this slows down your metabolism. Dinner should be your lightest meal of the day because your metabolism is slowest in the evening...yet for many people, it's their largest.

That being said...

The ideal eating schedule is to have a small, healthy meal every 2–3 hours (healthy sandwich, protein shake, peanut butter, fruit, healthy fats, whole grains, nuts etc). Your body isn't made for digesting huge portions of food. By eating small meals every 2–3 hours, you keep your metabolism at top speed and your digestive system healthy.

And it really isn't all that difficult. Go out and buy nutrition bars (but pay close attention to the ingredients– Kashi bars are great)...buy good fat like peanut butter and almonds...fruit like apples and berries...lean meats like chicken and turkey...whole grains breads– these are all foods you can bring to work with you. It's what I do every day so I know it's possible.

To sum things up, you need to change your habits so you're eating small, healthy meals every 2–3 hours. This will keep your metabolism at top speed, your digestive system healthy and your body in peak performance.

If this is completely impossible for you, then make sure your breakfast is your biggest and most nutritious meal of the day, lunch your second largest, and dinner your smallest. And don't forget to drink water!

Try this for a month or two...combine it with a good exercise plan and the right nutritional supplements and you'll be amazed at how great you feel.

Ryan Cote is the author of 4 Days to Better Health, a free 4 day e-course with additional advice on nutrition, exercise and nutritional supplements. To receive all 4 days, visit



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