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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 Tips

By Bernard Dozier

Enjoying life to the fullest and aging gracefully without the burden of disease depends primarily on the healthy choices we make for our bodies TODAY.

Here are tips that will aid you lengthen your "good" years:

Eat Breakfast

Research suggests that eating breakfast early in the day may reduce the risk of weight gain and perhaps heart disease and diabetes.

Avoid fats and carbs from items like sugar, potatoes, and white bread. Choose foods that are heart-healthy and include fruits, whole-grain cereals, bread, reduced-fat cheese, and low fat or skim milk.

Beat the Sugar High

For those that have a sweet tooth, staying away from sugar is a constant struggle. On one hand it is just so much easier and faster to grab that doughnut on the way to the office! On the other hand, sugar becomes like an addiction that is very hard to break.

If you happen to like sugar a little more than you should and you need that sugar fix each day, an enormous way to get control and to curb the sugar craving is by using a natural substance called 5-HTP. You can find it in most any natural health food store. (5-hydroxytryptophan)

There are no magic pill for weight loss, but if appetite, and not willpower, is your downfall, then 5-HTP may do the trick.

5-HTP is a direct precursor to "serotonin". It causes feelings of fullness and eliminates cravings for carbohydrates and balances the serotonin levels in your brain. This safe, effective herbal compound can also lift your spirits, which makes it great for mood swings, anxiety and depression. The recommended dosage is 50-100 mgs per day.

Healthy Tips

Rotate Your Exercise Routine

Varying your exercise routine can help slow down the aging process. By changing routines you avoid boredom, and most importantly the danger of injury caused by overusing a particular muscle, bone, or joint.

Try rotating between aerobic exercises such as walking, dancing, jogging, swimming, cycling, and skating.

Add strength training exercises a couple of times a week and gently stretch your muscles at least two or three times a week to help prevent weakness, stiffness, bone loss, and falls.

Take Charge!

Taking charge of your own medical history and lifestyle is your right! You don't have to become Dr. Know-it-all, but researching specific areas of health that pertain to your own conditions is a smart

move.

Researching the natural remedies in addition to what your doctor advises giving you more choices, as well as natural healing options. Getting a second opinion from additional health care professionals is important as well.

You have the right to all your medical records and eyeglass or contact lens prescriptions. You are entitled to all copies of lab results, immunization records, and imaging studies. Keep them filed at home in an organized manner. Keep a record of up-to-date medications and doses for your files as well as carrying this list with you at all times.

By feeding your body and mind the best foods and nutrients possible not only will you have more energy, your body will be stronger and your mind sharper. The tips in this report are the first steps on the route toward a healthier life.

Bernie Dozier writes articles on many topics including Health, Hebal, and Beauty

<http://herbal-health-beauty.com/>

Easy Meals for Moms on the Go!

By Sarah Delaporte

Easy Meals for Moms on the Go! by Sarah Delaporte

For moms and students, eating healthy and inexpensively is a necessity to maintain energy but many times hard to accomplish.

Here are some quick tips for grabbing a quick and inexpensive meal when time, energy and money are in short supply! :) Eat for under \$1 a meal and give your body the healthy energy it needs.

Healthy Tips

For several years now, I have tried to come up with ways to eat quickly, nutritiously and inexpensively. Combining these three aspects has been a difficult goal, but I believe it has and can be achieved. Here are some insider tips I have learned that I would love to share with you! :)

For \$1 with time in short supply, I stop at McDonalds and order a salad with Vinegrette dressing. They have dark green leaves, tomatoes and very fresh vegetables in their salads making this a very healthy alternative. For an extra buck and added protein, I add the breaded chicken sandwich from the dollar menu, tear the chicken into pieces and add those to my salad. (I often throw the sandwich bread away or offer it as a 'healthy' snack to nearby birds.)

For breakfast, I keep the all in one nutritional drinks close at hand. When I have no time to spare, I can quickly drink one of these on the road and have my nutritional needs met without the time! Plus, they taste good too. :) Yum! (These average \$1 a can)

For lunches, you can use tortillas and add peanut butter and jelly to them. Then roll them up and cut them in half for a healthy snack.

I also store frozen goods in the freezer at work. This saves me money and I am quickly able to zap fish, chicken, or vegetables in the microwave for a healthy and inexpensive meal. This method also keeps the food longer so you won't have to always remember to pack a meal. Another suggestion is to store frozen juice at work and make it before lunch in your own container (providing there is room in the company refrigerator). This is a healthy and inexpensive alternative to pop.

Whatever you do, make sure you are hydrated and well-fed. Your health depends on it!

Sarah Delaporte is the owner of Freebie Coupon Corner. She loves helping consumers save money on their groceries with her helpful e-book publications. For more information about Freebie Coupon Corner, you can visit the website at: <http://www.couponcorner.net>



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