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How to Super Charge Your Diet

By Jason Reischutz

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How to Super Charge your Diet

What I am going to tell you is some very powerful information. I am going to show you how to make YOUR recipes super healthy like mine. You like eating you favorite recipes, so you should continue to do so. Most recipes can be made healthier.

1. Ratio is more important than quantity. I do not count calories. I want you to make sure that meat is less than one third of your plate and fruits and vegetables are at least 2/3 of your plate. Meat and protein slow down digestion; you need fiber and carbohydrates to keep your digestion moving.

2. Mix proteins and sugars. This will help to keep your blood sugar level. Blood sugar affects energy levels and mood as well as hunger. For example if you eat an orange by itself it will cause your blood sugar to spike. You will have a burst of energy but then be tired a while later. But if you eat a handful of nuts with it will keep your blood sugar level. If you find your self always eating or craving sweets eating some protein with the sweets will reduce this tendency.

3. Try to avoid fats that are solid at room temperature. Your body has trouble processing these fats; they clog your arteries and make you fat. Examples of fats you should try to avoid are lard, margarine, and butter. However you can eat as much good fat as you like. Replace those saturated fats like lard and butter with good fats like olive and vegetable oil. The foods will taste the about the same but be much better for you.

4. As I have mentioned before be careful with packaged foods. Read the ingredients and select the ones with the least chemicals. A lot of things that you buy packaged can be made without chemicals at home easily. See the back issues for my quick easy hummus, salsa, and guacamole recipes. Remember, when you make something yourself you know exactly what's in it.

5. Avoid white flour, white sugar, high fructose corn syrup, and white rice. These things are all highly refined and have different bad effects on our health. Drink less soda. It is bad for you. Try to drink less than one or two a day. It raises your blood sugar. Besides that, it rots your teeth; even diet soda has

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acids that rot teeth. When cooking these things can be easily replaced with whole grain flours, cane sugar, fruit preserves, and long grain brown rice.

6. Kick it up a notch. Add lots of spices to your food. If your food is tasty you will want to eat it and not eat junk or fast food. Most spices are also very powerful antioxidants. Hot things like pepper also increase our metabolic rate. Add spices right at the end of cooking so they retain their full flavor and antioxidant power. Next time I will have the tip of the day be about what may be the most powerful spice of all: cinnamon. If you can afford it or if you are lucky enough to have a garden or sunny window sill, using fresh herbs makes almost anything better. I like to keep a little basil plant on the window sill in the winter.

7. Eat some raw foods. Raw fruits and vegetables have important enzymes that aid our health and

detoxify us. Wash them real well. If you can afford to, use organic fruits and vegetables or grow your own. They are often more nutritious. An apple a day keeps the doctor away.

8. Reduce grilled or smoked foods. These processes make toxic chemicals. The `char' on grilled foods and the smoke flavor in smoked foods contain concentrated free radicals. I know they are delicious, but they are deadly. Try using the broiler, oven or frying in olive oil as alternatives to grilling.

9. Take some vitamins. I think it is good to eat a Multivitamin; it can't hurt and a big jar is cheap.

10. Drink lots of green tea and water. Ice water actually had negative calories. Drink a glass before a meal and you will be less likely to overeat. A glass of hot green tea after a meal will help digestion and elimination of any toxins.

11. Don't skip breakfast. Your mom was right.

Jason Reischutz is the Editor for "Recipe for Health" newsletter. You can receive articles like this for free at: www.weightlossthroughwellness.bravehost.com/newsletter.html

Super Rules, OK?

By Darby Higgs

Do you rule your superannuation or does it rule you?

It's easy to fall for some myths about your super unless you do some clear thinking about who is in charge. Virtually all Australian employees now have a superannuation account, many have several, even more than they know about. We all hope to use this money to fund our retirement, but unless you look after your super then you are in danger of losing some of your money along the way.

Myth number 1. Someone else can look after my super. Only partly right. It is possible go through your working life letting your super run on autopilot, but you may be in for an unpleasant surprise if you

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don't keep an eye on your super. Make sure your employer is paying the correct amount, and that if your employer goes broke your super is still available.

If you change jobs you need to decide if you wish to 'roll over' the money into another fund. This is especially important if you change jobs frequently. You can find that you have relatively small amounts scattered over several funds, and in each you will be paying a management fee before you earn any distribution or interest. In the long term inflation will eat away at the value of your principle, even though the dollar amount stays the same. Many super companies provide a free service to consolidate small accounts for you. Use them.

Myth number 2. It's not my money until I retire. Dead wrong. It's your money, just like the rest of the money in your pay packet. Super funds are providing a service of managing your money until you can legally access it when you retire. You have control of it. After July 2005 you will have even more say about your money. If you are not happy with the service you should tell the service provider. If they can't fix your problem, then you can sack them and put your money elsewhere.

Myth number 3. I don't need to worry about it until I am at least fifty–something. Not really. Australians are enjoying longer lives and better health. You will need more money if you want to have more options in retirement. You will probably need to top up your super to achieve financial independence in your golden years. The sooner you start the better.

The Australian Government is generously giving away our money to help lower and middle income earners top up their super. It's called the superannuation co–contribution scheme. If you, or your spouse, are eligible you should make sure you get your share.

Fact number 1. Our superannuation is our money. To look after your super you need to learn about your rights and options. It's a long term task. You need to get information and advice. Don't rush, but start soon.

Darby Higgs is a Melbourne–based web writer. He is the manager and editor of

a

website aiming to empower investors in retirement funds to take a more active role in the governance of their money.

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Super Cars

How To Super Charge Your Affiliates

Super Bowl Sunday Is The Biggest Unofficial Holiday

Super Bowl Harbinger of Problem Drinking

Beat that Fat

30–Day Low Carb Diet 'Ketosis Plan'

1000 Atkins Diet Recipes
Obesity and Weight Loss
Recipes from the Heartland



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