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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!

Obesity In Children

By Zachary Thompson

Obesity is a condition that can shorten your life and can seriously affect you mentally and physically. It often has its roots in childhood. Obesity in children is growing at a frighteningly fast rate. There are more obese children now than ever before. Parents are letting their carelessness with their own diets spill over into their children's lives.

Here are a few points to think about when trying to prevent obesity and health problems for your children.

Small children are normally energetic and often require snacks in-between meals. It is most important to choose healthy snacks for your children.

Alternative snacks can include:

Vegetable snacks like carrot sticks and celery boats are a good and fun alternative to chips and "junk food" snacks.

Fruit can be substituted for candies and sugar snacks.

Soda and sugar snacks like candy produce hyperactivity in many young children and will sow the seeds for problems later in life. It also leads to dental problems and the beginnings of obesity. It is good to keep these foods in check and use alternatives if possible. Sugar is a known addictive food in that the more you eat the more you want to eat. This can quickly escalate into a serious eating problem and can lead to obesity as the body stores excess sugar as fat.

Breakfast cereals are perhaps the biggest problems in children's diets. Everyone is in a hurry in the morning and it is easy to reach for the cereal packet for a quick family breakfast. However be careful of these presweetened cereals as they give unnecessary large amounts of sugar to your child's system laying the grounds for sugar addiction. Now there are many alternatives to presweetened cereals. There are many good tasting "healthy" cereals providing added fiber and less if any sugar. These are good for your children as they will provide them with a much more nutritious breakfast and not just fill

them up with sugar and excess carbohydrates.

Fast food habits also begin when children are quite small. This is reinforced by extensive TV advertising and propaganda for these foods. It is almost inbred in us to eat hamburgers chips and other fast food. Children have an inborn liking for these foods and can easily become quite addicted to them. It is wise to try to keep these foods in limit, as they are not the healthiest foods to eat, especially for children who are growing and need nutritious foods to develop properly.

Good eating habits begin when children are very young. It can start from the time they first start to eat. It is very important to a child's health to start good eating habits at a young age. It is possible to lay the foundations of good and healthy eating habits when children are still quite small. It is just a question of educating ourselves and passing on good habits to our children. When you do this you reduce the possibility of obesity in your children and all the mental and physical risks involved.

Zach Thompson is a Glyconutrients Consultant. His clients range from pro athletes and actresses, to cancer patients and children with Learning Disabilities. To learn if glyconutrients can help you, visit

<http://www.myglyconutrientstore.com>

Parenting & Dealing With Childhood Obesity

By Michele Oberton

One of the leading problems effecting today's youth is that of childhood obesity. One of the most important parenting tips that could ultimately save a child's life is to deal with the problem early and yet with great sensitivity. The truth is that dealing with this delicate parenting issue early may help to save a child from dealing with obesity and other related illnesses in later life.

Over the years, the presence of obesity in children has dramatically increased. Many experts attribute the surge to over exposure to video games, television and computers. Others suspect that the increasing problem stems from poor eating habits and still others believe it may be a little bit of both.

Among other problems, obese children are at higher risk for developing diabetes and heart related illnesses. Health professionals are commonly worried that children who battle with weight early in life may face obesity later in adulthood, which could have a very negative impact on their health.

A child who is overweight or has recently been diagnosed with obesity, should not be singled out from the family as being the only one needing to make a change in their lifestyle. This is one of the most important parenting techniques to use when dealing with childhood obesity and is also one that will greatly impact a child's self-esteem. If parenting isn't done properly in this situation, the child may forever feel inferior or begin to identify themselves by how much they weigh, which is an unhealthy possibility. It is important that the entire family join together and participate in healthier meals, less television time and increased levels of activity, including walking.

Obesity In Children

Among the best parenting remedies used to combat obesity is preparing more fruits, vegetables and less foods that are high in fat. Positive parenting techniques will involve having healthy snacks available for your family and encouraging them over junk foods. Additionally, set a schedule for the family to take a brisk walk or spend some time doing some type of physical activity, including a game of basketball, softball, volleyball, etc. Anything that will get your child up and moving instead of spending all of his/her time in front of the television or video game will be to their benefit and will lend to the positive impact of good parenting. And finally, be vocal during your child's medical visits. This includes asking the doctor questions about any concerns that you may have, as well as taking his/her advice when it comes to the health of your child.

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