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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!

Power Eating

By Carole Pagan

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It's 11:30 a.m. You're in an important meeting. Your stomach growls so loud that the speaker pauses to see just where that noise came from.

You feel like crawling under the table.

You're trying to concentrate, but you feel weak. Unable to keep your mind on your work. You're antsy. All you can think about is lunch.

Everyone piles down to the restaurant. You are so starving, you order the bacon cheeseburger with fries. And they have this great white chocolate cheesecake. Gotta try that!

Back to the meetings. An hour later, you can barely hold your eyes open.

Have you had too many days like that?

Here's a great formula for getting through the marathon days in top shape.

The night before a big day, eat –

Spaghetti with tomato sauce
Tossed salad

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Bread

Lots of fluids (preferably water)

And get enough sleep.

For breakfast, eat–

Cereal with 2% milk

Banana

Low Fat Yogurt

Juice

If possible, grab some fruit or a power bar to eat during the morning

break. Drink water throughout the day.

You will be fine until lunch, and beyond.

At lunch, top choice is turkey and cheese on wheat and some fruit.

If that's not available, have a salad with chicken and cheese, like a cobb salad, or a chicken ceasar salad, and a piece of bread.

Drink lots of water.

You'll run circles around the rest of them!

Yes, I hear all you "no carb" people screaming. Carbs are energy.

If you have high energy requirements, you must have carbs. We all need carbs. You just have to be smart about the carbs you eat, and when you eat them.

Besides, Atkins Died.

Carole is the author of Breaking Destructive Eating Habits–

A shocking report that reveals why they don't want you to lose weight and what you can do to get your life back.

Get your copy and finally be free from the lies.

<http://www.ConvenienceNet.com/destructive.html>

Carole is a single mom and Internet Entrepreneur. She owns ConvenienceNet.com, Beating–the–Demons.com, MLMEssentials.com, and ConvenienceHosting.

Eating Out Wisely

By Denton Krypps

Many people I know love eating out at different cafes and restaurants. They love trying out new places

Power Eating

almost as much as they love returning to their old favorite spots. They love trying new menu items and discovering new ways to eat the foods they enjoy the most. Eating out can be both a wonderful and very dangerous thing.

In America we are blessed to have restaurants dotting the streets of many towns and cities of all sizes. We are rarely at a loss for places to eat out. One of the greatest things about eating out is that it saves time that many busy people do not have to waste. After spending long hours at our workplaces, few people have the time or energy to return home and cook a gourmet meal. Eating out seems to be a great solution at the end of a long, tiring day.

Eating out can also be great because we can try a wide variety of foods and drinks that we don't have the ability to make ourselves. No one loves eating the same basic foods over and over again, so eating out can be a good way to give our tastebuds something new.

However, if we are not careful, eating out can also be dangerous for a couple of big reasons. First, we must use caution in eating out for the sake of our health. Most restaurants and cafes offer huge portions of items that are unhealthy to eat and drink. Eating out often means filling up on appetizers, a main course, a few high calorie beverages, and a dessert to finish off the evening. Think about how many calories you can consume during a meal like this. I am not, of course, saying that we should never enjoy eating out. I am, however, saying that we need to be careful, for our health's sake, about eating out too frequently. We must be careful to watch our choices when we are eating out. Choose healthier items or commit to only eating half of the meal you choose. There are ways of eating out healthily, it just takes conscience effort.

Another huge reason to be careful about eating out too often is your pocketbook and budget. It is no secret that eating out costs more, on average, than cooking meals in your own home. It is easy to accumulate large bills, especially at nicer places. So be careful that you stick to a budget when you make plans for eating out.

Beware. Eating out can be one of the greatest pleasures or one of the most dangerous things. Enjoy it, but do it with caution.

Denton Krypps has been enjoying eating out with caution ever since he realized the potential dangers of making it a habit. Check out

to learn more.



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