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Quick And Easy Way To Figure Out If It Is Junk Food

By Sintilia Miecevole

This article was written to answer many of the most frequently asked questions on this topic. I hope you find information helpful. Unless we really love cooking or plan and prepare ahead with our meals, we can fall victim to the easy way out – fast food or junk food.

Here is a story; could it be you? The weekend is here and you think you now have a couple of days to relax. Saturday morning – you make the coffee to start the day and then you're off shopping. You get back just before lunch and discover that you have to get the kids to their hockey practise. Too late for a healthy lunch, by the time they are organized it will be time to go. So you pick up a hamburger on the way. Traffic is a nightmare. By the time you put your feet up, you find it is time to get the kids. It's almost supper time and you're really tired now and you're in no mood to prepare a meal so you pick up pizzas from a well-known fast food outlet. Sunday and time to prepare brunch and you go downhill from there so you pick up some chicken with chips and some salad...

So what is a good diet? One which contains the nutrients your body needs in the correct amounts. That is the key to a healthy lifestyle. The main things your body needs from food are proteins (for growth and repair), carbohydrates (for energy), fats (gives a store of energy and the fatty layer protects and insulates your body from impacts and temperature loss), vitamins (for good health), minerals (for the correct functioning of your body systems) fibre (aids digestion and production of faeces) and water (70% or so of the body is water).

Does the hamburger provide all the things your body needs? Does it supply the nutrients you need? The answer is yes. The burger itself contains some meat, so there is the protein, some minerals and fat, the burger also contains fillers and those, plus the burger bun provides carbohydrate. The salad that comes with the burger meal provides fibre, water, vitamins and minerals. The fries provide more fat and carbohydrate and the main bulk of the water comes from the drink. To our surprise, the burger meals do provide all you need!

The problem is with the quantities of these nutrients. There is usually way too much fat and carbohydrate compared with the other nutrients. There is very little fibre. The vitamin and mineral proportions are low, unless you have a shake with the meal, which will increase the proportion of dairy

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product based minerals such as calcium. Now you need to make sure your next meal makes up for this out of balance meal. For your evening meal you should eat a low fat, high fibre meal, plenty of vegetables cooked lightly or eaten raw so as not to destroy the vitamins. If you must eat between meals, snack on fruit or vegetables.

Another issue is the use of additives. For example, the addition of salt improves the flavour of food so naturally manufacturers put it in so eating processed food increases your salt levels – increases blood pressure and leads to heart problems. A little salt is necessary; it provides your body with the mineral sodium which is needed in small quantities. Preservatives are another issue here. In small quantities, these are not supposed to be harmful. Do you eat processed food all of the time? This is something for you to think about because you are really causing great harm to your body.

Antioxidants are so important. They help to prevent damage to the cells of your body, damage that can lead to cells becoming cancerous. Teas are a very good source of antioxidants. Ordinary (black) tea

provides some but a lot of the beneficial constituents are lost during the fermentation process. Unprocessed, pure organic teas like Green Tea or Oolong (the latter is only partly fermented) are the best. So instead of coffee in the morning, try tea, because it is more beneficial. Tea also contains the caffeine, but not as much as in coffee. You might have to drink more but think of the extra benefits to your health. Also, Green tea is thought to inhibit the absorption of cholesterol. The high levels of animal fats in burgers inevitably mean more cholesterol so there is another good reason for switching from coffee.

Simple changes to your diet can make your hectic lifestyle more healthy. Enjoy the odd burger or other fast food; just compensate healthier foods for the rest of the day.

I must say, a system that works very well for me is when I am making meals, cook extra and freeze them. When I come home tired, I just get the individual meals out of the freezer, heat them up and in minutes I'm eating a super meal. It's even faster than fast food and tastes better too!

Thank you for joining us. We hope you have a look around while you're here.

Sintilia Miecevole loves food – even fast food so join her at

<http://www.fufood.com>

which provides

information from junk and health foods, supplements and nutrition to recipes and more. Be sure to visit

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The Cheapest Way To Stop Eating Junk Food And Start Finding Your Ideal Weight Again

By Emmanuel SEGUI

Your health is your responsibility. As a human being, you have the choice to put in your stomach whatever you want. It is YOU and only you that can choose what you want or not to eat. In other words, it is YOU who chooses to be slim and fit or not. That is your choice. You need to take 100% responsibility of the way you eat. That's the beginning of your success.

Now, you'll say: "I can't, it is stronger than me" or "look at this cake, I can't leave it alone. It needs to be eaten." or "It is so good, another one please!". The question is: "Why do you eat?" Is it for pleasure or for fuel? After all, food is just food, but the emotion we attach to food is so strong that we tend to eat for pleasure or for an emotional reward.

When you eat junk food, subconsciously you say YES! to it. Let's learn another word: NO! Most of us said, "No!" quite well when we were two and we have grown up to be people pleasers and say "YES!" all the time. Most of us believe that saying "No" can cost us a lot in our adult life.

NO! is a powerful word when said at appropriate moments. One of the best moments to say that powerful NO is when you want to eat junk food. Dr. Bob Bodenhamer, co-developer of neuro-semantic said, "All change in essence boils down to saying 'No' to what you don't want and 'Yes' to what you do want."

If this statement is correct, each time that you say YES to junk food, you say, subconsciously of course "I want to be fat and don't want to be slim and fit" even if consciously you really want to be healthy and full of energy.

Words are power and your language is a representation of your map. Let's add some choice to your map. The more choices you have, the more success you will have.

Therefore, let's learn or re-learn to say this powerful NO! The results of saying NO to certain foods are: you will have a sense of control over your own body (you don't want to be controlled by it, don't you?), you will feel more confident, more self-esteem and eventually you will feel at peace. It will reinforce your belief that you need to take 100% responsibility for your own health and nobody will do it for you

First, get a good strong representation of saying "No!" to something. It doesn't need to be related to food. You will want to make sure that your No looks, sounds, and feels congruent and that it truly fits with your beliefs and values.

Second, to reinforce this powerful NO, find 4 other situations where you said NO!. It can be as simple "NO, it's too late to go out now". The most important is that it needs to be congruent. If you are a 100% people pleasers and can't find any NO! situations, think of what it would be, how you would feel and what you would hear if you had the courage to say NO! to something or someone. This is this kind of NO! that you need.

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Third, Say No! to the junk food. Re-access the "it's stronger than me" feeling and once you have it, say No! Do it congruently, intensely, and repeatedly. And you can keep on saying No! until you begin to feel that it no longer has any power to run your programs. Notice how the feeling diminish and how the desire for the food is far and disappearing. To finish, picture yourself already slim and fit. You already know it's not hard to do it. Now, say a big "YES! That's what I want!"

As you know, you have the power of saying NO! Everybody does. But we are trapped with some limited old thinking that eating is for a reward or for pleasure. We are conditioned to eat for false reasons. When you keep repeating this pattern, you break some old belief and it comforts you: you can change, you can do it, can't you?

Emmanuel SEGUI

YES! It is possible to change, to get slim and fit and to live more at peace. In fact, much easier than you could ever imagine. Discover now how you can do it in the #1 personal development plan on the net. Click =>

<http://www.vision-to-action.com>

emmanuel@vision-to-action.com

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