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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!

Read This Article If You Enjoy Eating

By Timothy Ward

I'd like to start today by asking everyone who enjoys eating to raise his/her hand. That's it? Come

on, I know more of you love eating than that. Don't be shy. If you love stuffing your face with sweets and junk food until you look like a squirrel hoarding food for the winter, throw your hand up. If you live for all-you-can-eat rib night at Billy's Arcade & BBQ, throw your hand up. If your midnight snack lasts 2 hours and includes more than one course, put your hand in the air and wave it like you just don't care. I'm not here to judge anyone today, I just want to know where my food lovers are.

That's much better! I'm seeing a lot more hands in the air now. There's still a gentleman in the rear who, judging from his bodily proportions, looks to be a regular at the Shoney's All Day-Everyday Buffet whose hand is not up, but if he doesn't feel comfortable participating then he doesn't have too. Or maybe he's just too full to move. Whatever the case I'm glad most of you decided to play along. You may now put your hands down.

We have established that almost everyone here today loves eating. This is no big surprise. Since our bodies need nourishment to continue functioning, logically the best way to keep us eating is make the process enjoyable. Whether you believe a Supreme Being made us this way or you believe we evolved this way over time is a matter of personal opinion. I am not about to get involved in that discussion. I didn't bring my riot gear with me today, and quite frankly, I tend to giggle uncontrollably every time someone arguing for evolution uses the term 'Homo Erectus'. So we'll just agree that eating is necessary and enjoyable. A win-win situation. At least for those of us fortunate enough to have access to appropriate amounts of food on a daily basis.

We don't always like to think about it but people starve to death everyday. Millions of people the world over are hungry and don't know if they will ever eat again. Let's take a moment to let that sink in. There are people who don't know if they will eat another morsel of food-EVER. Whole families with nothing to eat, lying around waiting to die. Many of them wanting to die because of the intensity of the hunger pains. Any of us who have ever went half a day without eating know how miserable it feels to be hungry. Now imagine going days-even weeks-without eating. Or worse imagine watching your children writhe around in pain from hunger. Imagine the powerlessness these parents must feel. It's truly a horrible thought and an even more horrible reality.

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Any of us fortunate enough to be born in a land where food is plentiful and readily available have an obligation to help our hungry fellowman. This doesn't always take money. A simple prayer at night for all the world's hungry costs nothing and can work wonders. The Internet is home to countless websites that allow you to donate food simply by visiting other websites or clicking on banners. Volunteering for local charities that help feed the hungry in your own area is a great way to help out and get some self-fulfillment. If you do have a little money to spare there are numerous charities that you can donate to that are not scams and really do help feed the world's hungry. Whatever the method you decide to use remember that the starving citizens of our planet appreciate your sacrifice. Your time or money may make the difference in their or their children's life. So please join the fight against hunger. You can make a difference.

Timothy Ward asks you to help fight hunger by visiting

http://timothyward.netfirms.com/help_fight_hunger.html

and taking a few moments to donate cups of

food to the hungry for free.

Enjoy Healthy Eating!

By Ingela Berger

Can you enjoy healthy eating? Some people seem to think that healthy eating is some kind of punishment. On the contrary, it's a pleasure! There are so many delicious dishes that can be made with less fat and sugar. It's a new world to discover. When I go out for dinner or cook in my own kitchen I often choose a vegetarian meal. There are lots of different ingredients to choose from and the combination possibilities are almost endless. Sometimes I just pick a few products in the store without having any idea of what to do with them and then I surprise myself with a new tasty dish. It's fun! Use your imagination. Eat what you enjoy and enjoy what you eat! You don't have to exclude meat in your food, but we all need much more vegetables. We should try to see the vegetables not just as accompaniments, but as a meal in itself, with its own value.

Relax!

Try to give yourself time in the kitchen. You need to slow down and be free from stress to be able to enjoy eating. Think of your time in the kitchen as an important part of your day. Make your kitchen a place where you can relax and feel comfortable. Make it nice, put a cloth on the table and some flowers. Light candles. Many people seem to want to get out of the kitchen as soon as possible. If you feel that way, you won't be able to enjoy your meal. Be present, focus on the meal, don't watch TV or read any paper or magazine while you're eating. Enjoy the food, see how it looks, feel the appetizing smell and taste of it.

Eat slowly!

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When you are enjoying something you want it to last long, right? Eat slowly, take your time to enjoy every bite. Chew it well. When you eat slowly like this you will notice that your body will tell you when it's time to finish. You will know when you are content and you can avoid eating too much. Stop eating when you feel content even if there is still food on your plate.

Make a small lifestyle change!

When you go to a restaurant next time, order something new that you haven't tried before. Next time you go to the store, buy some low fat or light products that you haven't tried. Find out if they really are as boring as you might think they are. Maybe you'll be surprised. Maybe you will find new favourites and get new ideas for delicious meals to enjoy! Then you have made a small lifestyle change. And all major achievements start with the first step.

Ingela Berger started her own Internet business Lifestyle Plans

<http://www.lifestyleplans.com>

in 2003

out of a desire to inspire and encourage others to make reality of their dreams of a personal, healthy

and fulfilling lifestyle. Ingela has studied theatre directing, history of art, and leadership psychology. After some years working with art exhibitions and the theatre she is now back at school to become a health and lifestyle consultant.

ingela.berger@comhem.se

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