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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!

STAY HEALTHY AND YOUNG

By Hifzur Rehman

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Yes, it is possible for the people of all ages to keep themselves healthy, physically fit and young looking throughout their whole lives. Just take the following three steps and enjoy a healthy, happy and a long life.

1.Eat Balanced Food

It's OK to eat for taste or for fun and eat whatever you like most but only occasionally. Remember, if you develop bad eating habits then you would have to pay its price in the shape of bad health and illness. Hope you are wise enough not to play with your health.

Eat a wide variety of foods containing a good balance of carbohydrates, vitamins, food fiber and minerals, which are essential elements of a healthy diet. Eat simple and natural foods that are easily digestible and promote good health. Fruits, vegetables, green leaves, grains, whole grain breads, fish, poultry, low fat dairy products, honey, nuts etc. are good and nourishing food. Limit you intake of full-fat milk, full-fat yogurt, cheese, chocolate, ice cream, milk shakes, cakes, eggs, all kind of fried foods, red meat, sugar and salt.

2.Exercise Regularly

A simple way of living a healthy life is to exercise regularly. Regular exercise keeps your body in good shape, physically as well as mentally. It increases your stamina, builds and tones your muscles and energize your whole body. It also reduces the chances of having heart attacks, colon cancer, diabetes and high blood pressure.

Engage yourself in some kind of regular exercise of your own choice; brisk walking, jogging, hiking, swimming, dancing, cycling, skiing, climbing, aerobics or yoga. These are good exercises. Choose one or more exercises which you like most. Do it regularly. Give top priority to your health. Put it in

your agenda. Make it a part of your goal.

3. Get Rid of Negativity

If you are a person with a negative approach to everything then nothing will work for you. Even eating a balanced diet and taking part in regular physical activity will not show any sign of recovery in your body if it is charged with negativity. Get rid of negative feelings about yourself and others. Think positive, feel positive, be friendly with positive people, read a lot of self-improvement and motivational material and charge your body with positive currents. Depression, stress, tension and anxiety are the products of negative thinking about life and thus increase your chances of having a heart attack and other diseases like colon cancer, high blood pressure, indigestion problems, gastric troubles, body pains, headaches etc. Find the reasons of depression and try to address them through positive thinking and a sensible approach to day-to-day problems. Learn from your mistakes and try your best not to repeat them. Get rid of negativity and enjoy a healthy life!

Hifzur Rehman is the owner and editor of a wonderful website

which

offers a lot of useful and interesting information on various aspects of human life.

Raising A Healthy Bird.

By Robert Michael

1. If you want your bird to live a long life it is important to feed it in a nutritionally sound way. Birds often die too young because they are malnourished or they pick up a disease because they were not being fed correctly.
2. Birds who are part of the parrot family should be fed a variety of foods. Seeds are used by most as the only part of the bird's diet and this is a mistake. Seeds have too much fat, not enough protein and almost no vitamins. Seeds should not make up more than 50 percent of your bird's diet.
3. Try healthy table foods like items that contain whole grains and pretzels, pasta and whole wheat bread. Many birds can be persuaded, given time and encouragement, to eat dairy and poultry products. Try serving your bird low-fat cheese, yogurt and chicken. Avoid any food that is high in fat and stay away from avocados, they are toxic to birds!
4. Beans and legumes as well as fruits and vegetables are good sources of nutrition for the pet bird. It may take quite awhile to get your fine-feathered friend to accept these changes, (up to a year) but it will be the best thing for your bird.
5. When you get ready to make these changes do it slowly. Offer the fresh foods twice a day for about an hour at each feeding. Don't leave the fresh food in the cage longer than that. It becomes

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unappealing and can develop bacteria.

6. Feeding your bird twice a day is a good idea. Your bird will become hungry between feedings and this practice produces a more active bird. With a healthy appetite the bird is more likely to try new foods. You will also be able to keep a closer watch on how much your bird is eating. (If your bird is sick, laying eggs, caring for young, or nesting they should always have food available.) When food consumption drops, a bird is usually not feeling well.

7. If your bird is having a hard time getting used to the new diet, try warming the food or cooking the vegetables. It will take a little time to discover what works for your bird. Offer seeds only at meal time and along with other foods until you see that your bird is eating enough to stay healthy. Birds often do better with new diets when they are fed outside the cage.

8. Water is the final key to your bird's nutritional success. The water must be fresh and all bowls should be thoroughly cleaned each day with hot water and soap. Disinfect these bowls with bleach every week. Be sure all the bleach is totally rinsed away from the bowls. Adding a multivitamin to the bird's water daily is a good idea until you know the bird is getting enough vitamins from the fruit and vegetables. Birds are delightful pets and feeding them properly allows them to enjoy a healthy lifestyle and this practice can extend their life expectancy.

Robert Michael is a writer for Las Birds which is an excellent place to find birds links, resources and articles. For more information go to:

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