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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!

Save Money and Reduce Fat

By Dr. Donald A. Miller

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I mentioned elsewhere that soybeans have all the essential proteins and fats we need for health. Also I have read that a piece of land producing soybeans for direct consumption can support at least 20 times as many people as the same land producing meat by feeding livestock.

I have applied this knowledge by substituting soybeans or tofu or tempeh for about half the meat I formerly used in such dishes as stews, meat and eggs, and so forth.

If you are serious about losing weight, but don't want to feel hunger, put a lot of unprocessed vegetables and fruits into your menus, and replace a third to a half of your four legged meat items with traditional soy foods. Also, cut out all refined sugars, limit alcohols, be sure to eat whole grain foods. And make a very rude noise at anyone who says to eat "low carb".

Lets look at those suggestions in terms of money. At retail stores, soybeans are now around US \$1 per pound, and beef cuts range from about US \$2 to US \$15 per pound.

Another comparison is that soy foods have zero saturated fats, but beef cuts frequently often run from 10 to 50 percent saturated fat.

Center for Science in the Public Interest, with reports on-line at www.cspinet.org, tells us "USDA allows ground beef labels to make claims that would be illegal on other

foods." "Ground beef accounts for 45 percent of the beef sold in the U.S. and it adds more fat -- and more artery clogging saturated fat -- to the average American's diet than any other single food." "The USDA allows no more than 10 percent fat by weight in most foods that are labeled 'lean.' But the USDA allows ground beef that is up to 22.5 percent fat to be called 'lean.'

I recently did the following junior science experiment. I placed a pound of soybeans in a glass dish with more than an equal amount of water. After letting them soak awhile, I had to add more water to cover. This happened again, so I had to

transfer all to a larger pot. About an hour of soaking seemed to be enough, so I added enough water to cover the beans about an inch, placed the pot on a stove burner set to medium heat. When the pot started to boil over, I reduced heat to the minimum setting. After a cooking time of about 90 minutes, I withdrew a small bowl of the beans. I had added nothing else to the pot, so I could later play with flavorings a cupful at a time.

In retrospect, I probably should have used a pot about four times the size of the dry soybeans, then added about two volumes of water.

My first such meal consisted of about 2 cupfuls of beans, various condiments, two slices of whole wheat bread with a light smear of SmartBalance™ butter substitute (no trans fats), some raw carrots, and water to drink. With no condiments, the bean taste is rather bland, so be willing to try various spices, herb blends, diced garlic and/or onion, pepper, a spoonful of real soy sauce, or whatever. Don't add straight salt unless you sweat a lot. And you might use some lean ground beef as a flavoring, rather than the main dish.

By the way, I had no after effects that people sometimes experience from eating other kinds of beans. No cramps, gas, heartburn, and also no hunger.

I would welcome soybean recipes that readers invent. Tempeh starts out with more flavor than plain soybeans, but must be purchased or made with controlled fermentation. Whole soybeans can be used right out of the bag.

Save Money and Reduce Fat

Psst. Hey buddy. Wanna save a buck? Wanna save your life?
Then use your brains when you select your menus!

** Diet with FACTS, not MYTHS. **

Dr. Donald A. Miller is author of "Easy Health Diet" <http://easyhealthdiet.com/diet.htm>, "Easy Exercise All Ages" <http://easyhealthdiet.com/eeaa.htm>, and numerous free articles on health <http://easyhealthdiet.com/articles/>. Seven of ten deaths are caused by preventable diseases.

Some Simple Advices about Diet to Fight Rheumatism and Chronic Inflammation

By Knut Holt

Inflammation is a major component in most rheumatic pain conditions or rheumatic diseases, therefore it is advisable to eat a good amount of food that reduces inflammation and reduce the consumption of food that contains inflammatory agents. Here are some simple dietary advices that may help reduce rheumatic conditions:

THINGS YOU SHOULD EAT TO REDUCE RHEUMATISM

Fish, especially fat fish, fish oil, olive oil, walnut oil and raps oil should be a part of your diet. The fat in these types of food, omega-3-poly-unsaturated fat or omega-9-poly-unsaturated fat reduces inflammation. However, if you add these types of oils to your diet, you should reduce the intake of other types of fat, so that you do not get too much fat.

You should also eat much vegetable, since also these make a body chemistry that reduces inflammation.

THINGS YOU SHOULD NOT EAT TOO MUCH OF

Do not consume much soy oil and corn oil, since these types of fat increase inflammation. Most food you buy that is ready to eat from a factory or restaurant, contain these types of fat. You should therefore reduce the consumption of food you do not cook yourself.

Bread, cereals and products made of corn or cereals also increase the inflammation response, especially if they contain wheat. Wheat causes a special type of inflammation in the intestines called celiac disease in some individuals, but may also trigger inflammation of non-celiac type. However, full-corn cereals and full-corn bread are valuable types of food, so you should not stop eating them. But if you eat bread or corn products at every meal, you should reduce your intake of these and eat more potatoes, beans and peas.

THINGS YOU SHOULD IDEALLY NOT EAT AT ALL

You should absolutely not consume fat that has been chemically altered to give it another consistence. This type of fat has a very negative effect on the health and may be very potent inflammatory agents. Margarine, snacks, fast food and ready made cakes or cookies often contain this kind of fat. Unfortunately this type of fat is also often added to bread. A good idea could be to bake your bread

yourself.

Knut Holt is an internet consultant and marketer focusing on health items. -----TO FIND natural medicines against common diseases, for example: Over-weight, acne, eczema, hypothyroidism, fatigue, depression, hemorrhoids, joint pain, hypertension, high cholesterol, circulatory problems, digestive ailments, allergies, menstrual problems, respiratory diseases and more, PLEASE VISIT:-----

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