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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!

Seven Simple Steps To Get Your Kids To Eat Healthier

By Moss Greene

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1. Learn to enjoy eating healthy yourself.

Example is, hands down, the best teacher. Training yourself to like eating healthy will also give you the confidence to guide your children on the same path.

2. Curb their taste for processed sugars.

Sugar keeps your kids on an emotional roller coaster, causes disagreeable behavior and continually sets off cravings for more and more sugar. Never offer sweets as a reward or bribe.

3. Teach them to like pure water.

Children need liquids, but they don't need calorie laden, high sugar colas and juices. Clear water leaves room for good food.

4. Substitute whole grains for the processed ones.

Whole grain breads (especially sprouted ones), brown rice and whole wheat pastas should be your grains of choice. You may have to start with half and half and keep adding more of the good stuff until you eventually reach 100% whole grains.

5. Eliminate random snacking.

If your kids are full when they get to the table, they won't want the good foods you fix. Make sure they're hungry enough to eat what's put in front of them.

6. Help them learn to like nutritious fruits and vegetables.

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Carrots and apples only taste sweet to children who don't eat a lot of sugar. Serve vegetables when children are hungry and fresh fruit for dessert.

7. Offer only good healthy choices.

Don't give them anything but nutritious foods. If their only choice is a tuna sandwich or natural peanut butter and unsweetened apple butter on whole grain bread, they'll eventually choose one of your healthy offerings.

Moss Greene is the Nutrition Host at Bellaonline.com. Visit her web site at <http://www.bellaonline.com/site/nutrition> to find out how to look better, feel your best and have more

energy –naturally. Subscribe now to the News You Can Use Newsletter by going to <http://www.bellaonline.com/articles/art3859.asp>

Providing The Best Care For Your Goldfish

By Mike Yeager

Goldfish care is critical for the health of your goldfish. Unfortunately, goldfish are very vulnerable to disease, with young goldfish even more so. Many new goldfish owners have watched their goldfish die in their fish tanks or aquariums only days or even hours after purchasing a goldfish. Fortunately, there are a few simple steps you can take to preserve the health of your goldfish. First, do all that is possible to make sure that your fish is healthy. If there are any sores on its body, pass on it. Before you put your fish in the fish bowl, let the water return to room temperature. After your fish is in the fishbowl, feed it right away. However, be sure to not feed it too much. Usually, just a pinch of fish food will be sufficient for your goldfish. Fish bowls will usually need to be cleaned about once every week or so.

Some useful tips on Goldfish Care.

Usually, only two goldfish should be in the same fishbowl, aquarium or fish tank. Any more, and it will jeopardize the health of your goldfish. If your goldfish appears unhealthy, consider buying a healthier fish food. If your fish does not appear to be getting healthier, consult your veterinarian. Goldfish will be much healthier if you provide a fish bowl or plastic plants that your fish will be able to swim around or in. Goldfish, under proper care, will usually live about 5 or 6 years. If you take good goldfish care, you will be able to enjoy and appreciate your gold fish for many years.

Mike Yeager
Publisher

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What You Need to Know to Lose Weight Without Dieting
6 Great Habits To Improve Your Children's Immunity

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