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**Impair Healthy Healing In People Over The Age Of 30!**

**The Value Of High Water Content Food**

**By Dr Edward Steiner**

Do you want to know how to feel good? Do you want to be vibrant for a long time? Take care of your body and it will take care of you.

Digestion takes probably more energy than anything else. The average meal takes 3 hours and 30 minutes to digest if combined properly. Incorrectly combined food can sometimes take up to 14 hours to digest. This is a very powerful way to conserve energy.

Take note: Recall the last time you had a huge meal...a huge meal when you felt so full you could hardly move. That doesn't make you feel like going out and running a marathon, does it? How often do you feel like going out and running a marathon after eating a huge steak?

How would you like to learn something interesting? Starches and proteins require different mediums to digest in the stomach. One requires acid in the stomach to digest and the other alkaline. Now anyone with even a basic knowledge of chemistry knows that acids and alkalines cancel each other out.

If you want to have more energy you need to learn to properly combine your foods.

You've probably heard people say you need to eat more vegetables. I heard that too for a long time. It didn't motivate me to go out and eat it. It wasn't until I understood that food is literally the building blocks of all the substances of your body that I understood the importance of it. What you eat literally becomes your brain, your liver, your kidneys, your skin and your eyes. This is powerful. What you put in to yourself becomes part of your body.

If 70–80% of your body is water, what does it make sense to eat? Foods which have a 70–80% water content. Vegetables are the most important food you will feed yourself in your lifetime. Vegetables will cause your energy to increase, your skin to look brighter, your eyes to sparkle, your energy to rise and your libido to increase. Vegetables are high in almost every substance known to be essential to the building of the body and life.

For the next 7 days eat a salad with every meal.

## The Value Of High Water Content Food

See, would you take a green shiny apple, spray it with fly spray, then eat it? You know how ridiculous that sounds. Would you eat it? Of course not. Yet that's what's happening to our food every day. Our fruits and vegetables are now being treated with pesticides and industrial strength sprays that are poisonous to the delicate insides of our body. Some foods are now being treated with radiation. It's now proven conclusively that radiation contributes to cancer.

If you tried describing sex to an alien, they probably wouldn't understand it until they experienced it. They wouldn't understand it until they did it. You won't understand the power of making at least 50% of your diet vegetables until you take this and do it. Vegetables are around for a reason, and for the same reason there are no hamburger trees!

Organic food contains up to 3 times the amount of nutrients of conventional fruit and vegetables. How would you like to eat spinach and have the nutrients of 3 times the amount? I certainly would. As food

grows, it's draws nutrients from the ground. The better the quality of soil, the more nutrients can be drawn into the food. Research reports many of our foods are missing vitamins, minerals, enzymes etc because of depleted soils. Buy organic food wherever possible.

The brain knows when you are full, because the stomach sends a signal to a part of the brain called the hypothalamus. The hypothalamus is 12 minutes "behind" the stomach. There is literally a 12 minute delay between being full, and your body knowing you are full. When you stop eating before you are full, you give your body a chance to recover energy.

Sugar is widely considered to be one of the most dangerous substances for the body. Avoid it at all costs. There are a few other ingredients to keep away from if you are serious about your health and energy. Salt dehydrates the body. It's not widely known that black pepper is 17 more times irritating to the liver than alcohol.

That brings us to the next point, caffeine. I understand people love their coffee. I was once a coffee drinker, before I became interested in health. Caffeine gives us energy because it opens up the capillaries in the brain. The same effect can be had by deep breathing. The challenge comes when the effect of caffeine wears off. The capillaries in the brain restrict causing us to feel lethargic. Caffeine works because the body has to "speed up" to cope with the dose of poison it's been given.

Unfortunately, while alcohol has perceived benefits, it is pure fermentation and decay, rotting sugar. It is absolutely toxic. There are other things you also need to be aware of. White rice is treated with bleach. It starts out brown and is bleached to become white. What about white flour? It's also bleached. What about sugar or pasta? They too have been bleached to give a false sense of purity. Would you go to your laundry cupboard and drink bleach? That's preposterous, yet most of us eat food treated with bleach. Bleach has the effect of ripping the stomach lining – an effect that is similar to the drug ecstasy. A report out of Germany states "they're putting fine pieces of cracked glass now in ecstasy, those pieces have the effect of putting finite tears in the stomach lining enabling the substance to enter the bloodstream more quickly".

## The Value Of High Water Content Food

Do you like food? Amazingly, most people I interview say "Yes". What's the purpose of eating food? While it tastes good and feels good, physiologically eating is the building blocks of the body. Skin, eyes, internal organs, joints, white and red blood cells, they are all built out of the food and liquid that goes into our body. So logically, what's one of the most powerful ways to change the appearance your eyes, skin and strength of the organs?

Change the building blocks that you choose to take in. Literally improve the food you eat. There's an old saying that goes "There was no hamburger in the garden of Eden". Religion aside, when your body starts getting the food it wants and needs, it will start to desire healthy foods. Try it; you'll literally make new food choices.

Due to the common diet, most people's bodies are full of bacteria; these bacteria are what are responsible for cravings for terrible food. It's not the built in mechanism of the body to crave these substances, it's the bacteria! No one smokes a cigarette for the first time and says "Oh boy, this tastes great!" Over time, the body learns to adapt to the poisons put in.

As you give your body more and more wholesome food and treat yourself with respect, you will naturally crave better and better food. There are plenty of delicious recipes around, recipes that will leave you with energy for hours rather than tired and bloated. It's just that very few people know about

them.

Eating natural food will also return your body to a more wholesome weight. Have you ever had the case of eating a big meal and immediately afterwards having to go and raid the cupboard? Why is that? The brain has a built in survival mechanism that when it senses the body is lacking nutrients, it tells us to get hungry. That is the sense of hunger is the body telling us it needs nutrients. If you suffer from the problem of being frequently hungry, it's because the hunger mechanism is literally turned on all the time, the body is in a constant state of asking for nutrients. Due to our poor diets and low nutrients in most of our foods now, many people find themselves living in a case of constant hunger.

Ideally, you should invest in a "juicer". A juicer takes all the nutrients in food and releases it for the body to absorb readily and quickly. A glass of vegetable juice is more filling than an entire pizza because of the concentrated amount of nutrients.

Dr. Edward Steiner has dedicated over 15 years to understanding nutrition and articulating complex information simply. He has worked internationally with individuals who wish to improve their lives through the proper use of exercise and nutrition. He has condensed the best information he has discovered in 15+ years into one place at

<http://www.energyboostnow.com>

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**Hot-Weather Fish Feeding Facts**

## The Value Of High Water Content Food

**By Brett Fogle**

Summertime provides the best time of the year to water garden - and also to be on the alert for high-temperature problems.

To remain healthy and continue growing, fish need to get all the nutrients available from their food, so feed them food they can easily assimilate in their systems. If fish seem hungry, feed them once to three times daily.

Feeding small amounts guarantees all the food gets eaten, preventing leftover food from spoiling in high, summertime temperatures and dirtying the water. Don't feed fish that aren't hungry - it only wastes money and soils their environment.

Oxygen dissolves easier in winter, when water temperatures are low. Warmer temperatures mean harder-to-acquire oxygen in water.

In summer, therefore, fish sometimes find it difficult to get enough dissolved oxygen - particularly in severe summer heat. Even when fish eat, the motion caused by their feeding further depletes oxygen supplies.

Avoid stressing your fish in the summer by feeding them in the cool, morning hours of the day. And to increase oxygen in the water, add a fountain or other aeration method to circulate and add air to your pond water. Submersible plants also help to increase the amount of soluble oxygen.

So, pay attention to your fish. The best rule of thumb is to never give them more than they'll eat in five minutes. Unlike people (!), fish eat only what they need to survive, and as water warms past 77 degrees Fahrenheit, your fish will eat less.

Brett Fogle is the owner of MacArthur Water Gardens and several pond-related websites including

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. He also publishes a free monthly newsletter

called PondStuff! with a reader circulation of over 9,000 pond owners. To sign up for the free newsletter and receive a complimentary 'New Pond Owners Guide' for joining, just visit MacArthur Water Gardens at

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