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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!**

**Tips to Achieve Your Optimal Body Shape**

**By Cheryl Haining**

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Tips to achieve your optimal body shape

A few simple changes can make all the difference to the long-term health of your body. Here are some tips and suggestions to improve your body and your health.

**Food Choices**

What you eat and drink gives your body the fuel and energy to carry out all the physical and mental activities that you do every day. Some foods, such as fresh fruits and vegetables provide excellent fuel for the body, with lots of beneficial nutrients.

Other foods provide poor quality fuel. These include high sugar content foods and 'junk' foods. What percentage of your current diet is giving you energy efficient, nutrient rich food? Try keeping a diary for a week then analyse where your major energy and body fuel comes from.

**Healthy Choices**

Choose meals and snacks that are kind to your body. These are natural foods such as fruits, vegetables, salads, grains and pulses. These are 'living' foods. Avoid foods that are over processed, stored too long, high in sugar or fats. These are 'dead' foods with little to offer nutritionally. Variety is also vital, helping you obtain the broad range of nutrients your body requires.

**Fibre**

Your body needs between 18-35 gms of fibre a day. Fibre, together with water, is essential for proper digestion. Fibre provides the food for 'friendly bacteria' in the colon, which manufactures various essential vitamins. One cup of the following is equal to 10gms of fibre: - oats, peas, dried apricots, peanuts, prunes and sunflower seeds. Half a cup of wheat bran or almonds also equals 10 gm of fibre.

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### Water

Your body is 70% water and it needs a fresh daily supply to ensure cells are hydrated and energized. Water is essential for the digestion of food. Keep your body properly hydrated by drinking 6–8 large glasses a day.

### Less is more

Eating large meals puts a great strain on the digestive tract. Choose smaller, more frequent meals. This will keep your fuel tank topped up through out the day. Remember the more you eat the more your body has to either burn off, or store as fat. So eat to live - don't live to eat! Slow down eating and enjoy your food. Chewing is essential to assist the digestive process. Eating food quickly, or while stressed, disrupts digestion and the absorption of nutrients.

### Get Active

You need enough activity to keep all your moving parts in good working order. Choose the form or exercise that suits you best. Remember to incorporate warming up and cooling down exercises to avoid pulling or straining any muscles.

### Relax

Find time every day to relax. Take time out once or twice a day for at least 15 minutes. Sit or lie comfortably, close your eyes, breathe deeply and slowly. Listen to some relaxation music. No interruptions just focus your attention on your health, happiness and abundance of all you need.

### Love

Love makes everything workable. For complete harmony of mind, body and spirit surround yourself with people you love and who love you. Follow these steps and watch your body reach its optimal potential.

Cheryl Haining is a skin care and nutrition coach. She has her own successful business. Her mission statement is to ensure everyone reaches at their optimum body shape, size and condition. Contact Cheryl at <http://trimlikeme.net/?refid=ea-27547> or email her at [cherylhaining@yahoo.com.au](mailto:cherylhaining@yahoo.com.au)

## **Want To Live Longer? Detox Today!**

### **By Jeff Jefferson**

Never before has the need to detoxify our body system become more important than today. With the advancement of technology there are now more things that negatively affect our health and our environment.

The air we breathe, the water we drink, even the food we eat is polluted in one way or the other. This is because the air we breathe has carbon byproducts and the water we drink has heavy metals and the

## Tips to Achieve Your Optimal Body Shape

food we eat is not as natural as it should be. Most of it is chemically enhanced or genetically modified one way or the other.

All these things make the statement that "We live in a very toxic age" very true!

In order to live longer and healthier there is a growing need to detoxify our bodies. If you don't detox regularly, these poisonous substances from the air you breath, the water you drink and the food you eat will lead to ill-health such as insomnia, gastric problems, poor skin, premature aging due to accumulation of toxins over the years and ultimately untimely death.

You can decide to naturally detox or take herbs and vitamins to detox. A lot of people choose to detox naturally because they know the body has its own ability to clean itself up.

Our bodies have natural defenses and resources that work to constantly to clean up our systems, even when we sleep.

Unfortunately, most people's bodies are unable to detox mainly because of poor health. If the body is performing at optimal level, it should be able to detox itself.

As I've mentioned before, because of the polluted air, water and food we eat, it becomes impossible for anyone's body to perform at optimal level. There is always some form of pollution affecting the body one way or the other.

That is why it is necessary to use some detox herbs and vitamins to assist the body in detoxifying itself. These detox herbs and vitamins can help to restore the body to its optimal level, thereby giving it the strength to detox it self.

These detox herbs and vitamins and some healthy habits can really go a long way in helping the body to take care of it self, thereby allowing us to live longer.

So, if you want to live longer and healthier, there is the need to constantly detoxify your system either naturally or with the help of detox herbs and vitamins.

Want to Discover 4 Detox Secrets?



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