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**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Turning an Addictive Snack into a Complete Meal**

**By Protica Research**

**Turning an Addictive Snack into a Complete Meal by Protica Research**

The proliferation of fast food restaurants, convenience stores, and vending machines in virtually every corner of residential America has created a serious nutritional problem. "Snacking" - a harmless-sounding verb that deceptively implies something unobjectionable - has reached addictive proportions[i].

The manifestation of this addiction goes beyond mere obesity something that is widely considered to be a severe public health crisis[ii]. Even among non-obese Americans, researchers are identifying a wave of general malnutrition that is sweeping across the country due to addictive snacking habits[iii].

This addiction to snacking is enhanced, ironically, by the rather confusing range of so-called diet-friendly foods on the market. Some foods that are dubbed "lo-carb" diet-foods are actually causing weight gain among some dieters[iv]. In fact, some "lo-carb" labeled foods are comprised of little more than unhealthy saturated fats and even worse, they have an incredibly high calorie count[v].

Furthermore, many self-professed "lo-carb" foods are dangerously devoid of essential proteins and vitamins. The resulting nutritional shortage often compels dieters - even subconsciously -- to crave stimulating foods of all kinds. These cravings often include what is closest at hand: snacks and other nutritionally bankrupt junk foods.

Snacking is indeed a problem that America must begin resolving within the first few years of this 21 century. A real, practical, tangible solution is required now more than ever before, because education and awareness are not enough.

This does not imply that education and awareness aren't vital allies in the fight against snacking and unhealthy eating. Education and awareness have played an important role thus far, and have helped create a number of healthier eating options. Indeed, the "lighter fare" choices in restaurants, and the occasional granola bar in a vending machine that is otherwise loaded with chocolate bars, are worthy gains that education and awareness have inspired. Yet education and awareness are, in and of themselves, evidently not halting this epidemic addiction to snacking quickly enough.

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Adding to the problem is that so many of these junk food products are packaged in a way that implies some semblance of nutritional value. Terms like "on the go" or "instant meal" or "for busy lifestyles" adorn many packages for foods that are virtually nothing more than glorified snack foods that are absolutely not providing the vitamins and proteins that a healthy diet requires.

Therefore, a new approach to solving this problem is required one that stems from the momentum gained by awareness and education, but delivers a real, tangible product in the hands of Americans who want to regain control over what makes them move.

Attempts have been made, especially in the last decade, to provide Americans with this tangible solution. Nutritional energy bars now line the counter shelves of many convenience stores, and instead

of energy infusion via a chocolate bar, more people are opting for these seemingly "healthier". This is a positive step but it is not enough.

Products such as these mentioned above, while somewhat better than candy bars, are not rich in essential proteins or fortified by essential vitamins. So while "snackers" are better off after eating one of these nutritional bars than they would be if they consumed a bag of potato chips, they are not as well off as they think they are or that the nutritional bar packaging implies that they will be. These snackers still face a shortage of protein and essential vitamins a shortage that is not going to be filled unless additional nutrition is provided.

It is within this paradigm - the search for a complete "tangible" nutrition source that is rich in protein and essential vitamins - that forward-thinking companies are engineering smarter products. These nutritionally advanced solutions are carbohydrate-free, fat-free, and low calorie complete meal sources for snackers of all types, including those that are dieting.

There are, admittedly, only a very small number of companies and products that are delivering nutritionally intelligent products into the hands of snackers. However, the fact that these progressive companies - and their innovative products - exist is a positive sign, and one that just may eventually be the turning point in America's war against poor eating habits.

### About Protica

Founded in 2001, Protica, Inc. is a nutritional research firm with offices in Lafayette Hill and Conshohocken, Pennsylvania. Protica manufactures capsulized foods, including Profect, a compact, hypoallergenic, ready-to-drink protein beverage containing zero carbohydrates and zero fat. Information on Protica is available at [www.protica.com](http://www.protica.com)

You can also learn about Profect at [www.profect.com](http://www.profect.com)

### References

[i] Source: "Survey: America's Addicted to Snacking". Channel 3000 Health.  
<http://html.channel3000.com/sh/health/conditionsaz/news-health-990730-141923.html>

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[ii] Source: "Obesity Epidemic `Astronomical". WebMD.  
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[iv] Source: "Low Carb Confusion". MSN Diet and Fitness.  
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[v] Source: "Low Carb Diets". ABC& Chicago. [http://abclocal.go.com/wls/news/connectwithkids/091504\\_cwk\\_lowcarb.html](http://abclocal.go.com/wls/news/connectwithkids/091504_cwk_lowcarb.html)

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### **Eating Multiple Meals a Day**

**By Ken Dennis**

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Did you know that eating more meals a day is actually good for you? It's true. Most people eat the standard three meals a day: morning, noon, and evening. That's convenient I know, but how often have you been hungry in between those times? Let me give you a quick explanation of why you should eat more meals per day. Basically, by giving your body a constant supply of food in smaller amounts, it increases your metabolism, and we all know what that means. That's right, weight loss. Just think, just by changing the times and frequency of your meals you can aid in weight loss. That doesn't mean you can eat junk food as your meals, you have to eat reasonably of course.

The first meal of the day, as I am sure most of you heard from your mothers, is the most important meal of the day. You have been depriving your body of food for 7–10 hours while you sleep and it is starving for nutrients. Have you ever noticed if you skip breakfast you actually feel less hungry at lunch time then you do if you ate breakfast? That is because your body has gone in to nutrient saving mode, it slows down your metabolism because it doesn't know when you will feed it next! So if you think about it, eating more often is the intelligent thing to do!

How much, and how often should you eat? If you are just changing your eating schedule for general health, I suggest eating six meals a day. If you are working out at the gym, or are really physically active, try a seventh meal right after your workout! Below I will outline a general example of a six meal

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day.

07:00 – (Biggest Meal of the Day): Whole Grain Toast, try use Jam rather than butter. 1–3 Pieces of Bacon (A little bit of fat per day is ok!), 1–2 Eggs, Milk (skim), Fruit or Fruit juice.

09:30 – Apple, Banana, Yogurt, Health Bar, Glass of Milk (skim)

11:45 – Baked/Boiled Potato, Steamed Vegetables, Milk (skim)

14:00 – Tuna, Fruit, Low fat Dairy Product

17:30 – Chicken Breast, Rice, Potato, Vegetables, Salad

20:00 – Light snack, try to avoid carbohydrates 3–4 hours before bed!

It may seem hard to integrate these meals into a 9–5 workday, but give it your best and reap the benefits!

Remember, don't cut snack foods, chocolates, chips out of your diet completely, take one day a week to have that extra snack to pay yourself for doing so good! just don't over indulge!

Ken Dennis is an Amateur Bodybuilding and Website Administrator for <http://www.getbulky.com> – An Free Online Resource for Health and Fitness Information.



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