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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!**

**Useful Tips To Improve Your Diet**

**By Ron Swerdfiger**

We all workout for our own reasons. Some people want to trim down and shed a few pounds, while others workout to compliment a sport such as baseball or hockey. However to get the full benefit of your workouts you need to also focus on your diet. Here are just a few tips to help improve your diet and help you reach your goals.

1.) Fruit with an excellent Thermogenic/Carbohydrate Ratio include: Apples, Blueberries, Grapefruit, Peaches, Strawberries vs. Inferior Thermogenic Effect Fruits: Bananas, Dried Fruit, Raisins, etc., Watermelon.

2.) Good sources of insoluble Fiber:

Whole wheat products

What oat

Corn Bran

Flax seed

Vegetables such as green beans, cauliflowers, and potato skins

Fruit Skins and root vegetable skins.

3.) you should have planned cheat meals and you should cycle carbs. Because if you stay on a to restrictive diet your metabolism slows. You're body is a furnace and food is the coal. More food means your metabolism goes up (i.e. furnace heats up) but too much "coal" and it starts to collect. So essentially you need to eat to lose weight.

4.) Do not work out on an empty stomach first thing in the morning. Rather eat a piece of fruit. Since a piece of fruit reglycongenates your liver which helps in fat utilization. here is a link about it:

[http://www.parentsurf.com/p/article...\\_22/ai\\_n6170379](http://www.parentsurf.com/p/article..._22/ai_n6170379)

5.) Adaptation is your worst enemy when you are cutting as such you should cycle everything including conditioning, lifting, and food by varying intensity, duration, and quantity.

6.) Do not be insanely restrictive, if you are the odds are you will binge and gain the weight right back. the idea is to change your life style.

7.) If you are going to use fat burners do not use them in the beginning. Use them after you have

## Useful Tips To Improve Your Diet

plataued or stopped losing weight this way you got something up your sleeve for later.

8.) Stay away from sweets and sugars including soda.

9.) Fructose in high amounts can hinder fat and does not get transformed to glycogen, thus doesn't affect the muscles.

10.) You will want to maintain a high protein intake at a level of one gram per pound of lean body mass. Your carb intake should be reduced and come from complex sources.

11.) When cycling your carbs and calories you should be either +/- 900 from your BMR. Adult Male:  $BMR = 66 + (6.3 \times \text{body weight in lbs.}) + (12.9 \times \text{height in inches}) + (6.8 \times \text{age in years})$ . So M F you get 2,000cals then on sat sun around 2,900 no more though.

12.) 1g of protein= 4 cal, 1 g of carbs= 4 cal, 1g fat= 9 cal, 1g alcohol= 7 cal.

13.) Most people can only lose 1lb 1.5 lbs a week without losing muscle.

14.) In the beginning, you should keep a diet log of what you eat so you can see where you need to improve

15.) Workout wise, you should have reps from 6 10 with about 30 to 1min rest between sets.

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Online Personal Trainer

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What Is what Mesothelioma

### **DiETING While Partying: Check Out Various Diet Tips And Weight Loss Tips**

**By Jasdeep**

It's really difficult for a person to socialise if he is on a Diet. Totally ignoring parties and invitation is definitely not a solution. You have to strike a balance between your diet and social parties which, trust me, isn't easy at all. But we can always take necessary precautions so as to avoid overeating.

Here is some valuable tips to keep everyone happy. Try eating light snacks around 6 PM before leaving for the party. The problem with late night parties is that dinner isn't served before 11 and by that time rats are running in everyone's stomach, so people end up eating a lot which they shouldn't. At dinner, try eating vegetables only along with some fat free yoghurt. If you can't resist non-veg, go in for grilled chicken. Caution: Do not drink soups at parties as they have cornflour which is by any means not good for people who are on diet. Avoid unhealthy food like white bread, deep fried foods and oily vegetables. Choose salads with combination of chicken and greens with marinated vegetables. Chinese greens are great choice anyway. Eat your food slowly and cherish it to the fullest.

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Few more veryday Diet Tips for everyone: If you prefer non-vegetarian food, eat more fish and lesser red meat. Infact one should avoid Red Meat . It not only increase Cholestrol but also makes you more susceptible to heart attack and other heart related diseases. Your Diet should have less sodium and more fibre . Fibre improves your digestion and keeps your stomach in good shape. People with cholestrol problem should not eat york at all.Keep them for kids. Get into the habbit of eating fruits as desserts instead of high calorie ice creams and puddings.

For more Diet Tips, weight Loss tips and msucle building tips visit

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Dieting While Partying: Check Out Various Diet Tips And Weight Loss Tips

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