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What A 6–Month Old Can Teach Us About Our Eating Habits

By Melanie R. Jordan

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Recently, I had the pleasure of seeing my 6–month old niece Rianna in Las Vegas. She has just started eating "real" baby food beyond the formula in her bottle, and I got a kick out of feeding her one of her meals of squash. Okay, so not all of it got in her mouth, but she was pretty cooperative overall.

I was curious as to what else she was eating, and my sister–in–law showed me an assortment of baby food jars containing green beans, carrots, bananas and a variety of other fruits and vegetables.

It was at this moment the following thought hit me. When we come into this world we are "NMP" (a healthy eating style) and then some! We don't start off eating meat, poultry and the various other junk food we become accustomed to later on. The craving for these items is something we learn. And if we can learn it, we can also "unlearn" it. That's what I did when I used my unique Fallback Methods to make the easy, gradual transition to my healthy "NMP" eating style. By the way, I coined the acronym "NMP" for my book "Have Your Cheeseburger And Keep Your Health Too!" to describe my healthy eating style. It stands for "no meat or poultry", but unlike vegetarian diets, includes fish, and its emphasis on converting favorite comfort foods we all grew up on and like to eat out, into more healthful meatless forms.

You can do your children a huge favor by bringing them up "NMP", or at least as "NMP" as possible, and letting them continue with the non–meat/poultry diet they naturally started when they first were introduced to solid food. You can also help the other children in your life—grandchildren and nieces and nephews by teaching them when you have time with them that good food choices are their friends.

There is an epidemic of overweight and obese kids in the United States due to poor diet and a sedentary lifestyle (too much television, video games and computer time). So diseases like Type II diabetes which are supposed to be "adult onset" are starting to show up even in teenagers. Researchers have shown that arteries can begin being clogged by poor diet from the early years of childhood on. It's never too soon to adopt healthy eating habits that can put a child in the best possible

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position to have a very long and healthy life.

So does this mean that as your kids grow they cannot have all the "traditional" kid fare that all of us love like hot dogs, hamburgers and chicken nuggets? Not at all! There are healthy and delicious non-meat/poultry versions of all of these foods that you can use, and feel good about giving your child. So your kids can definitely "have their cheeseburger and keep their health too!" There's even one company, Yves, that has introduced a line of "lunchable"-type meals that mimic those incredibly unhealthy, heavily-advertised meals that kids are often sent off to school with.

And, just because you're not a kid (at least in numeric age) anymore yourself, it doesn't mean that you can't easily "unlearn" and improve upon your current eating habits. "NMP" eating is designed to allow you to eat healthfully, yet still have all your favorite comfort foods. "NMP" also teaches you to avoid hidden food dangers. It's the unique combination of the two that gives you the best of all possible worlds when it comes to diet and your health. So why not make "NMP" the healthy eating style of

choice in your household? It's never too early and it's never too late!

Note: Please check with your pediatrician or other healthcare professionals to determine the best way to incorporate healthy "NMP" eating in your child's diet and it's applicability to his or her particular needs.

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Melanie is the author of "Have Your Cheeseburger And Keep Your Health Too!" This Booklocker.com print best seller uniquely shows how healthy eating achieved with favorite comfort foods is deliciously possible! Melanie also publishes a free monthly e-zine called "Have Your Cheeseburger And Keep Your Health Too! Update" (subscribe by e-mail to healthycoach@aweber.com). Visit her web site Healthy Eating Coach's Corner at

Diet Information:Body for Life

By Jason Hulott

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Body for Life was the brain child of Bodybuilding publisher Bill Phillips and was designed initially as a competition to motivate the masses into exercising and eating healthily.

He understood the pressures of modern living and devised a program of eating which meant eating smaller meals throughout the day. 6 meals in fact.

Body for life was more than just a change in eating habits though. It is also a exercise regime which allowed you to train more efficiently and you didn't have to go down the gym for hours on end.

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The system has grown to huge proportions in the US and has been in the UK for the last two years. Body for Life is more than a Diet, it is a lifestyle changing process.

Over the course of 12 weeks, Body for Life promises to make changes to your eating and training habits which will allow you to build a better body. While some of the claims and "Before" and "After" photos they display are met with scepticism, there is no doubt that Body for Life is here to stay as a major diet system.

<http://www.uk-diets-online.co.uk> provides information about all the major diet systems available. Download as FREE copy of the Tasty Weight Loss and Muscle Building Recipes Book, a 33 page book which you can download for free to get some ideas for weight loss recipes.

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