

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Vital Nutrients Is Your Diet Missing?

By Lee Dobbins

People today do not eat as well as they did even 30 years ago and many of us are starved for essential nutrients and don't even realize it. With today's fast paced lifestyles, it's more convenient to grab a fast food meal or energy bar then to cook up a balanced meal full of the nutrients our bodies need to work their best.

Our diets are woefully lacking in fruits and vegetables which provide us with vitamins, minerals, enzymes and fiber that help your immune systems fight off illness and disease. And when we do eat fruits and vegetables chances are they are full of pesticides and chemicals. No wonder our health on the whole is declining!

Below are several essential nutrients that are probably missing from your diet. Going for the quick fix and replacing them with supplements won't make up for the synergistic effects of these nutrients found in food and if you want to avoid the harmful effects of pesticides then it's best to go with organic foods when possible.

Vitamin A

Vitamin A gives us healthy eyes as well as helps to maintain the linings of the intestinal, respiratory, and urinary tracts. It also helps keep our skin healthy. To get more vitamin A in your diet, eat darkly-pigmented foods such as spinach, carrots, winter squash, kale, and sweet potato.

Vitamin C

Vitamin C is needed in order for our body to create collagen, which is basically the glue that holds our skin, bones and blood vessels together. It also aids in making brain chemicals, neutralizing damage from free radicals, and metabolizing cholesterol. Vitamin C has also been shown to help reduce

What Vital Nutrients Is Your Diet Missing?

arthritis, diabetes and heart disease. To add this vitamin to your diet, drink add a glass of orange juice or eat an orange every day. Other foods that contain vitamin C are strawberries, kiwifruit, red bell peppers, cantaloupe, Brussels sprouts, and broccoli.

Vitamin E

Vitamin E is an antioxidant that helps to neutralize free radicals and protect cells from damage. It plays a key role in the immune system and can even help prevent the common cold as well as lower

the risk of Parkinson's disease. Foods high in vitamin E include sunflower kernels, almonds, and sunflower oil especially when used in salad dressings, which helps you get nutrients from the vegetables as well as carry the vitamin E into the bloodstream.

Fiber

Fiber is the part of fruits, vegetables and whole grains that is not digested. Whole grains can lower your heart disease risk by 30 percent. It is recommended that you get 14g of fiber for every 1000 calories you eat. To get more fiber in your diet have a 1/2 cup serving of Fiber One cereal and add more beans to your diet. Switch to whole grain bread and eat lots of fruits and vegetables with your meals.

Calcium

Calcium helps us build and maintain healthy teeth and bones. It prevents bone-thinning osteoporosis and also contributes to healthy blood pressure. Recent studies have shown that calcium can reduce the risk of colon cancer. To get enough calcium, drink three glasses of low-fat or fat-free milk a day, or eat eight ounces of fat-free yogurt along with 2-3 ounces of low-fat cheese every day.

Magnesium and Potassium

What Vital Nutrients Is Your Diet Missing?

Magnesium works together with calcium and along with potassium it is linked to healthy blood pressure. These two nutrients are also thought to help protect against osteoporosis, diabetes, heart disease, and stroke. To get more magnesium, add a half-cup of bran and cooked spinach each day. For more potassium, eat sweet potatoes, white potatoes, bananas, and white beans.

Lee Dobbins writes for the

A2Z Vitamin And Herbs Guide For Natural Healing

where you can find out

more about vitamins and herbs as well as natural healing methods.

What Type Of Food Should You Really Feed Your Cat?

By A. M. Wilmot

What should you feed your cat to make sure he or she will have the necessary nutrition? What is the ideal mix of food to help your cat live to the limit of it's life span?

To answer these questions, one should look at the diet of a feline in it's natural habitat. In the wild, a cat eats almost exclusively animal tissue. However, they would normally eat the entire body of the animal,

including it's stomach contents, which has many nutrients that are simply lacking in an animals muscle tissue.

Another question many cat owners have is: Is fresh meat the best possible food for cats? Not necessarily. Fresh meat will not provide a balanced diet for a cat, as they are extremely protein dense while being very low in vital nutrients such as calcium.

Alternately, some cat owners have asked, "Is it O.K. to feed my cat an exclusively vegetarian diet?" The answer to that question is a clear cut no. Cats cannot produce the nutrients it needs from an exclusively vegetarian diet in the same way that humans can.

Being a highly specialized hunter, it has simply lost that ability during the course of it's evolution.

Major skin problems are often the result of a deficiency in certain essential fatty acids which can be found in animal flesh alone.

Another problem is that a deficiency of the amino acid taurine, a vital building block for proteins in the body, which can cause both blindness and heart failure. Cats are simply born carnivores.

Is it o.k. to give a cat only dry food? According to petshub, the answer is yes, providing that you ensure that fresh water is available at all times.

What Vital Nutrients Is Your Diet Missing?

Dry food is generally more convenient, hygienic, and affordable than canned or fresh food. It also exercises the teeth and reduces the buildup of tartar, which can grow into a severe problem in cats that are fed a soft and mushy diet.

For more information about proper cat nutrition go to

<http://www.premium-cat-food.com/>

A. M. Wilmot is a writer and researcher in the field of human and pet health. For more information visit

<http://www.premium-cat-food.com/>

or

<http://www.dog-food-nutrition.info/>

What Type Of Food Should You Really Feed Your Cat?

How Is Your Pit Bull's Diet?: Dog Nutrition Tips

Nutritional Supplements And How They Help Your Health

Glyconutrients A New Paradigm

Fad Diets & Weight Loss

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat

1000 Atkins Diet Recipes

Obesity and Weight Loss

How To Improve Blood Circulation

What Vital Nutrients Is Your Diet Missing?



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!