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100% Effective Natural Hormone Treatment
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Impair Healthy Healing In People Over The Age Of 30!

What You Should Do To Cure Obesity

By Mary Williams

In the United States alone, obesity has become an unstoppable epidemic. Hundreds of thousands of Americans die every year because of obesity. Don't become another statistic!

Warning: What you are about to read may offend some people, but it needs to be said.

Many people suffer from being overweight. It may result from a stocky build, slow metabolism, or some other physical reason, but it is a fact of life for many people. They will probably struggle with it their entire lives.

However, obesity is different. A very miniscule percentage of obese people have medical reasons for their condition. The rest of them just cannot stop shoveling the food in long enough to see the consequences of their actions.

Have you been in a restaurant or at a party and watched an obviously obese person shoveling in the food and drinking a soda? Do they think the diet soda will make all that fat and calories go away? It doesn't work that way.

The following are the beginning steps of a very long and bumpy road to recovery. However, if you want to rid yourself of obesity once and for all, you may want to immediately put the suggestions below into action before it is too late:

- Stop eating fatty foods! Potato chips, french fries, soda... you name it! Before you can recover from your problem, you have to admit that you have one. And those fatty foods are indeed a big problem. If you feel that you absolutely must eat something, get some fresh fruit or vegetables. They not only contain the essential nutrients that your body needs for good health, but some will actually burn more calories than they replace.
- Check up with your doctor. If you are more than 50 pounds overweight, only a fool would recommend any diet plan until you are medically cleared by your physician. Your doctor can also advise you on the best programs to help you get started. This cannot be emphasized enough. Once you have eliminated

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the fattening foods, see your doctor before going one step farther.

– In the worst case scenario, consider seeking a counselor. Is there a deep seated, subconscious reason for your eating disorder or are you just a pig? The answers may surprise you. Once you discover the reasons for your self destructive behavior, you will be better equipped to handle them. If you cannot afford counseling, talk to a trusted friend or, if you are a religious person, perhaps someone at your church. They may not be able to diagnose your problem, but they can be there for you when you encounter those bumps in the road to recovery.

In conclusion, fighting obesity is just a matter of effective prevention and discipline. It is about forming a new, healthier habit. Would you rather live the rest of your life tired, unhappy and fat? Or do you think it is time to get your act together and start eating healthy? You decide!

Mary Williams is an expert in diabetes and health related issues. Visit her sites

<http://www.diabetesdietsecrets.info>

,

<http://www.diabetesrecipe.info>

and

<http://www.diabetessymptomsecrets.info>

for more diabetes information.

How To Cure Sleep Apnea

By Alan Schill

If you are reading this, then you obviously want to know how to cure sleep apnea. You are not alone. Many sufferers around the world are just like you. They are exhausted from lack of sleep, irritable during the day to their friends and loved ones and commonly find themselves unable to concentrate on everyday activities that previously went without notice. But, the good news is that you no longer have to miss sleep and take off from work because you are too exhausted. There are ways that you can cure sleep apnea and, best of all, you can start tonight.

Do you sleep on your back every night? If so, it is time to try something new. When you go to bed tonight, immediately turn over on your side and try to fall asleep. Researchers believe that individuals who sleep on their back are more susceptible to sleep apnea because it is easier for their airways to be blocked by the muscles and tissue in their throat. If you sleep with one standard pillow, try using two. By elevating your head even a few inches, you may help to lessen your chances of having airway blockage.

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One of the most effective ways to cure sleep apnea is through weight loss. Obesity is one of the leading causes of sleep apnea and, therefore, is a large part of it's cure. By beginning a well-balanced program consisting of diet and exercise, you will not only be helping to cure sleep apnea, but also taking a big step toward warding off future illnesses associated with obesity.

It is important to remember that only a physician can properly diagnose sleep apnea. This is confirmed through a series of questions and possibly a sleep study, which is when the patient spends the night at a sleep center where their breathing patterns are monitored. After every possible attempt to cure sleep apnea has proven unsuccessful, a physician may recommend surgery. Before electing for surgery, the patient should be aware of all risks associated with the procedure. At the same time, it is very important to cure sleep apnea or suffer the increased risks of heart disease, stroke and other serious illnesses. Many physicians will recommend use of a device called a Continuous Positive Airway Pressure (CPAP) device, which provides continual air pressure for the sufferer throughout the night. Some users of the CPAP machine find additional comfort with the Sleep Genie, which helps the mouth to remain closed and prevents the escape of the CPAP air treatments. While not intended as a cure for sleep apnea, the Sleep Genie often provides for better quality sleep to sufferers.

This article is intended for informational purposes only. It should not be used as, or in place of, professional medical advice. Before beginning any treatment for snoring, please consult a doctor for a proper diagnosis and remedy.

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<http://www.SleepGenie.com>

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