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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!

Why Are Europeans Thinner?

By Bantadiet.com

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Every American tourist that returned from Europe admits that Europeans are much thinner than Americans.

Michael Fumento wrote in his book "The Fat of the Land" that the average North American is more than 16 pounds heavier than the average Northern European and that the US has almost three times as many grossly obese people as Sweden. "Yet by our [American] standards they are doing everything wrong," he added.

Let's look at some statistical data.

Obesity(*) Trends

Europe 1961 7 %

USA 1961 13 %

Sweden 1988/89 5.3 to 9.1

USA 1988/89 32 to 33.5

Europe Currently 21.0 to 20.8

USA Currently 64 to 62

How could it be? The latest conclusion: Europeans serve smaller portions in the restaurants — so, the dietitians concluded, such is the Europeans' habit.

The most important question, however, remains unanswered: Why do Europeans have such a habit?

Dr. Zilberter suggests that the smaller European portions are the result of higher fat consumption leading to higher Fat Burning Index of European meals and resulting in decreased appetite.

Why Are Europeans Thinner?

Banta Diet program uses high Fat Burning Index foods and recipes to free you from hunger, cravings, and counting fats, carbs, or calories. The portions become smaller naturally.

* Obesity is defined in terms of Body Mass Index (BMI). BMI is the formula describing the relationship between body weight and height. Some dietitians use BMI as a measure of body fat.

Bantadiet.com is about European way of eating.

History and Health Benefits of Echinacea

By Chester Ku-Lea

Echinacea, the purple coneflower, is the best known and researched herb for stimulating the immune system. Thousands of Europeans and Americans use echinacea preparations against colds and flu, minor infections, and a host of other major and minor ailments. This native American herb has an impressive record of laboratory and clinical research. Thousands of doctors currently use echinacea for treating infectious diseases.

History

Echinacea has a rich tradition of use by North American Plains Indians who used it medicinally more than any other plant. It was prominent in modern American medicine in the early 20th Century, and was discovered by Europeans, who have used it extensively since the 1930s. Today millions of Europeans use echinacea as their primary therapy for colds, flus, infections, and for general immune-boosting effects.

Health Benefits of Echinacea

Echinacea increases the "non-specific" activity of the immune system. In other words, unlike a vaccine which is active only against a specific disease, echinacea stimulates the overall activity of the cells responsible for fighting all kinds of infection. Unlike antibiotics, which are directly lethal to bacteria, echinacea makes our own immune cells more efficient in attacking bacteria, viruses and abnormal cells, including cancer cells. Echinacea facilitates wound healing, lessens symptoms of and speeds recovery from viruses. Anti-inflammatory effects make it useful externally against inflammatory skin conditions including psoriasis and eczema. It may also increase resistance to candida, bronchitis, herpes, and other infectious conditions.

Benefits

- Colds, coughs and flu and other upper respiratory conditions
- Enlarged lymph glands, sore throat
- Urinary tract infections
- Other minor infections
- May help combat herpes and candida
- Wounds, skin regeneration and skin infections (external use)
- Psoriasis, eczema and inflammatory skin conditions (external use)

Why Are Europeans Thinner?

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